

Te Kōrero Whaiaro o tētahi Yogi

Ā muri iho ko

ngā tuhinga wairua o Paramhansa Yogananda

Hei tārua ki ngā pae pāpāho pāpori

Pūrongo Whaiaro o he Yogi



N
ā
Paramhans
a
Yogananda

ME TE KUPU WHAKATAKI NĀ

.WY Evans-Wentz, MA, D.Litt., D.Sc

Engari āe"
kite ngā tohu
me "kareka,
e kore
koutou e
whakapono."
- Ioane 4:48

Mana
pupuri,
1946, na
Paramha
nsa
Yoganand
a

I whakatapua Ki Te Mahara o

RŪTA BURBANK

He Amerika Tapu

Ngā Ihirangi

Kupumatua, Nā WY EVANS- WENT Z

Rārangi o ngā Whakaahua

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E rua Ngā tuakana o Terese Neumana, i
Konnorsreuth E te Ariki Mahasaya, te
Kaiwhakatapu Harikoa

Jitendra Mazumdar, taku Hoa i runga te "Kore moni Whakamātautau"
"i Brindaban Ko Ananda Moyi Ma, te "Whaea e Pupuri ana i te Harikoa

Himalayan Ana Kua nohoia nā
Pāpāji E Sri Yukteswar, tōku
Ariki

Te Karahipi Whakatutuki-ā-Whaiaro, Te Tari Matua o Los Angeles

Te Whakatutukitanga i a Ia Anō Hāhi o Katoa
Ngā karakia, Hollywood Te Whare Tapu o taku
Guru i te taha moana i Puri

Te Whakatutukitanga i a Ia Anō Hāhi o Katoa
Ngā karakia, San Diego Ōku Tuahine -- Roma,
Nalini, me Uma

Uma tōku tuahine

Te Ariki i roto i tōna āhua hei Shiva

Yogota Pāngarau, Hermitage i
Dakshineswar Te Kura o Ranchi, Te
Whare Matua

Kashi, Whānau Anō, ā, Kitea Anōtia

Bishnu, Motilal Mukherji, toku Matua, Mr. Wright, TN Bose, Swami
Satyananda Rōpū o Ngā Māngai ki te Ao Whānui Runanga o Whakapono
Ngā Rīpera, Pōtana, 1920 He Guru me he Ākonga i roto i te Hermitage
Tawhito

Pāpāji, te Yogi-Karaiti o Hou Īnia Rāhiri
Mahasaya

He Yoga Akomanga i roto
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Terese Neumann o Konnersreuth,
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Krishnananda me tana Raiona Wahine Atawhai

Rōpū i runga te Te kai Pātio o taku Guru's Serampore
Hermitage Ko Miss Bletch, ko Mr. Wright, māua ko au --
i Ihipa

Rāpindranath Tagore

Swami Keshabananda, i tana Hermitage i roto
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Ko Mahatma Gandhi, kei Wardha

Kiri Para, te Wahine Yogi Ko wai Kaua
rawa Kai Mr. EE Dickinson

Taku Guru me Ko
au anō Ngā Ākonga
o Ranchi Encinitas

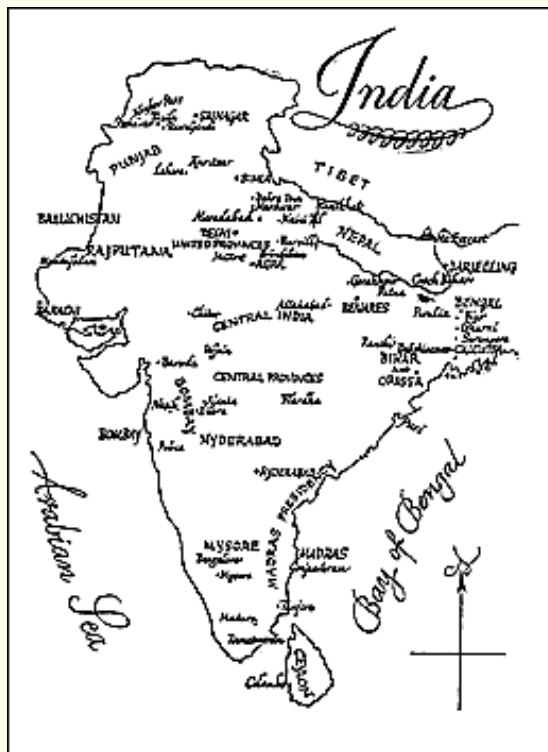
Huihuinga i roto San

Francisco Swami

Premananda

Tōku Matua





Mahere o Īnia

KUPU WHAKATAKI

.Na WY EVANS-WENTZ, MA, D.Litt., D.Sc

Ihu Te Kāreti, Ōkiwa; Kaituhi o
Te Pukapuka o te Hunga Mate
o Tibet, te Yogi Nui o Tibet a
,Milarepa

.*Te Yoga Tibet me ngā Whakaakoranga Huna, me ētahi atu*

te uara o te *pukapuka Autobiography a Yogananda* nā te mea ko tētahi o ngā pukapuka torutoru i te reo Ingarihi mō ngā tāngata whakaaro nui o Īnia kua tuhia, ehara i te mea nā te kairipoata, nā te manene rānei, engari nā tētahi o ō rātou iwi me ō rātou whakangungu - arā, he pukapuka *mō* ngā yogi *nā* tētahi yogi. Hei whakaaturanga mātakitaki i ngā mea whakamiharo ngā oranga me ngā mana o hou Hinitū hunga tapu, te pukapuka kua hiranga e rua i te wā tika me he mea pumau tonu. Ki tōna kaituhi rongonui, i mōhio ahau ki a ia i Īnia me Amerika, kia mihi nui, kia whakawhetai hoki ngā kaipānui katoa. Ko tana tuhinga oranga rerekē tētahi o ngā mea tino whakakitenga i te hohonutanga o te hinengaro me te ngākau .Hinitu, me te taonga wairua o Īnia, kua whakaputaina i te Hauāuru

He mea whakahīhi ki ahau te tūtaki ki tētahi o ngā tohunga whakaaro nui, ko tōna hītori oranga tēnei e kōrerotia ana i konei - arā, ko Sri Yukteswar Giri. I puta mai tētahi āhua o te tangata tapu whakahirahira hei wāhanga o te tuhinga matua o taku *Yoga Tibetan me ngā Kaupapa Ngaro* . **1-1** I Puri, i Ōrissa, i te Whanga o Bengal, ka tūtaki ahau ki a Sri Yukteswar. Ko ia te upoko o tētahi whare karakia marino e tata ana ki te takutai moana i reira, ā, ko tana

mahi nui ko te whakangungu wairua o tētahi rōpū. o taitamariki ngā ākonga. Ia i whakapuakina hihiri te hiahia i roto te oranga o te ngā tāngata o te Kotahitanga Ngā Whenua me ngā whenua o Amerika katoa, me Ingarangi hoki, ā, i pātai mai ki ahau mō ngā mahi i tawhiti, inā koa ko ngā mahi i California, a tana akonga matua, a Paramhansa Yogananda, i .arohaina nuitia e ia, ā, i tonoa mai e ia i te tau 1920 hei karere māna ki te Hauāuru

He mārīe te āhua me te reo o Sri Yukteswar, he ataahua te aroaro, ā, e tika ana kia whakanuia e .tōna rangatira

i whakaae noa mai ngā akonga ki a ia. Ko te hunga katoa i mōhio ki a ia, ahakoa nō tōna ake haporī, kāore rānei, i whakanui i a ia. E maumahara ana ahau ki tōna tinana roa, tika, ā, he tangata whakahihi, he kākahu tae kōwhai tōna, he rite ki te kākahu o te tangata kua whakarērea ngā mahi o te ao, i a ia e tū ana i te tomokanga o te whare karakia hei manaaki i ahau. He roa, he āhua miro tōna makawe, ā, he pahau tōna mata. He pakari tōna tinana, engari kikokore me kua pai te āhua, me tāna taahiraa hihiko la i a i whiriwhiria hei tāna wāhi o whenua wāhi noho te tapu te tāone o Puri, te wāhi e haere mai ai ngā tini Hindu karakia, e tohu ana i ngā kawanatanga katoa o Īnia, i ia rā ki te haerenga ki te Temepara rongonui o Jagannath, "Ariki o te Ao." I Puri i katia ai e Sri Yukteswar ōna kanohi mate, i te tau 1936, ki ngā tirohanga o tēnei āhua rangitahi o te orange, ā, i haere atu ia, me te mōhio kua haria tōna tinana ki te mutunga wikitoria. He tino harikoa ahau ki te tuhi i tēnei whakaaturanga. ki te teitei āhua me tapu o Hīri Yukteswar. Ihirangi ki noho tonu tawhiti mai i te te tini, i tuku ia i a ia anō me te kore herekore, me te marino ki taua orange tino pai i tukuna e Paramhansa Yogananda, tana akonga, kua whakaahuahia mō ngā tau maha. WY EVANS-WENTZ

1-1 Te Pāpāho o Te Whare Wānanga o Ōtautahi, 1935.

A te Kaituhi Ngā mihi

He nui te mihi ki a Miss LV Pratt mō āna mahi roa i roto i te tuhinga o tēnei pukapuka. Ngā mihi nui ki a koe kei te utu hoki ki Kuini Rūta Zahn mō te whakarite o te taupū, ki Mr. C. Richard Wright mō whakaaetanga ki te whakamahi i ngā kōrero mai i tana rātaka haere i Īnia, me ki a Tākuta WY Evans-Wentz mō ngā whakaaro me ngā whakatenatena

PARAMHANSA YOGANANDA

o Oketopa, 1945
Encinitas, California

Upoko: 1

Taku Ngā mātua me Moata Te ora

Ko ngā āhuetanga motuhake o te ahurea Īnia kua roa e rapu ana i ngā pono mutunga kore me te akonga-guru e haere tahi ana **1-2** whanaungatanga. Nāku ake ara i ārahi ahau ki tētahi tohunga whakaaro nui, rite tonu ki a te Karaiti, nāna nei i whakairo tōna oranga ataahua mō ngā tau maha. Ko ia tētahi o ngā rangatira nui o Īnia anake

te taonga e toe ana. I puta mai i roto i ia whakatipuranga, kua tiakina e rātou tō rātou whenua mai i te aituā o Papurona me Ihipa.

Ka kitea e au aku maharatanga tuatahi e hipoki ana i ngā āhuatanga tawhito o tētahi whakatupuranga o mua. I puta mai ki ahau ngā maharatanga mārama mō tētahi oranga tawhiti, he yogi **1-3** i waenganui i ngā hukarere o Himalaya. Nā ēnei tirohanga o mua, mā tētahi hononga kore-ahu, i homai he tirohanga ki ahau mō te heke mai.

Kāore i peia atu i roto i tōku hinengaro ngā whakama o te tamarikitanga. I te pouri ahau, i te kore e taea e au te hikoi, te whakapuaki rānei i ahau anō. I ara ake ngā ngaru inoi i roto i ahau i taku kitenga i te ngoikore o tōku tinana. I puta puku mai tōku oranga kare ā-roto kaha hei kupu i roto i ngā reo maha.

I roto i te pōhēhē o ngā reo, ka taunga haere taku taringa ki ngā kupu Bengali hurihuri a tōku iwi. He whānuitanga whakamīharo o te hinengaro o te pēpi! Ki te whakaaro pakeke he mea iti noa ki ngā taonga takaro me ngā matimati.

Nā te kaha o te hinengaro me te kore aro o tōku tinana i kawē mai i ahau ki ngā momo tangi uaua. Ka maumahara ahau ki te miharo o te whānau whānui i tōku mamae. He maha atu anō hoki ngā maharatanga harikoa e whakaemi mai ana ki ahau: ko ngā awhi a tōku whaea, me aku nganatanga tuatahi ki te kōrero puku me te takahanga pēpi. Ko ēnei wikitoria tōmua, e warewarehia wawetia ana, he pūtake tūturu tonu nō te whakapono ki a au anō.

Ehara i te mea ahurei aku maharatanga whānui. He maha ngā yogi e mōhiotia ana kua mau tonu tō rātou hinengaro whaiaro me te kore e whakararururuhia e te whakawhiti nui ki te "ora" me te "mate". Mena he tinana anake te tangata, ko tōna ngaronga ka waiho ko te wā whakamutunga ki te tuakiri. Engari ki te mea i kōrero pono ngā poropiti i roto i ngā mano tau, ko te tangata he āhua kore tinana. Ko te uho pumau o te whaiaroaro tangata he hononga poto noa ki te tirohanga ā-hinengaro.

Ahakoia he rerekē ngā maharatanga mārama o te pēpitanga, ehara i te mea tino onge. I a au e haereere ana i ngā whenua maha, kua whakarongo ahau ki ngā maharatanga o mua mai i ngā ngutu o ngā tāne me ngā wāhine pono.

I whānau mai ahau i te tekau tau whakamutunga o te rautau tekau mā iwa, ā, i pau aku tau tuatahi e waru ki Gorakhpur. Koinei tōku wāhi whānau i ngā Porowini Whakakotahi o te raki-mā-rāwhiti o Īnia. Tokowaru ā mātou tamariki: tokowhā ngā tama, tokowhā ngā kōtiro. Ko ahau, ko Mukunda Lal Ghosh **1-4**, te tama tuarua me te tamaiti tuawhā.

He iwi Bengali a Pāpā rāua ko Māmā, nō te iwi *kshatriya* . **1-5** I manaakitia rāua ki te āhua tapu. Kāore i puta noa te aroha o tētahi ki tētahi, he marino, he whakaute. Ko te noho tahi a ngā mātua te pūtake o te ngangau hurihuri o ngā oranga taitamariki e waru.

He tangata atawhai, he tangata whakahihī, he tangata pūmau hoki a Pāpā, a Bhagabati Charan Ghosh, i ētahi wā. Nā te aroha nui ki a ia, heoi i pupuri mātou tamariki i tētahi tawhiti whakaute. He tohunga pāngarau me te tohunga arorau tino pai ia, ā, i ārahihia ia e tōna hinengaro. Engari he kuini ngākau a Māmā, ā, i ako ia i a mātou mā te aroha anake. I muri i tōna matenga, i whakaatu nui atu a Pāpā i tōna ngākau aroha o roto. I kite ahau i taua wā ka huri pinepine tōna titiro ki tōku māmā.

I te aroaro o Whaea i pā mai ai te reka me te kawa ki a mātou i te tīmatanga o te mōhio ki ngā karaipiture. te *Mahabharata* me *ramayana* **1-6** i whai rauemi i karangatia ki tūtaki te ngā āhuatanga ohorere

o te whakahaere i te ture. Tohutohu me whiu i haere ringa i roto ringa

I ia rā, i tukuna e Māmā he tohu whakaute ki a Pāpā, māna mātou e whakakakahu āta i ngā ahiahi hei manaaki i a ia i te hokinga mai i te tari. He rite tonu tōna tūranga ki te tūranga perehitini tuarua, i roto i te Ara Rerewe o Bengal-Nagpur, tētahi o ngā kamupene nui o Īnia. Ko tana mahi he haereere, ā, i noho tō mātou whānau ki ētahi tāone i tōku tamarikitanga.

I pupuri a Māmā i te ringa tuwhera ki te hunga rawakore. He tangata atawhai hoki a Pāpā, engari ko tana whakaute ki te ture me te tikanga i tae atu ki te tahua moni. Mō te rua wiki, i pau i a Māmā te moni nui atu i te moni whiwhi a Pāpā ia marama ki te whāngai i te hunga rawakore.

"Ko tāku noa iho tēnei e tonono atu nei, kia kaua e nekehia ō koutou aroha ki tētahi rohe e tika ana." Ahakoa te riri mārie a tana tāne, he mamae ki a Māmā. I tonono ia i tētahi kāreti tereina, me te kore e tohu i tētahi whakahē ki ngā tamariki.

"Haere rā;" ahau am e haere ana atu ki taku whaea kāinga." Tawhito whakamutunga!

Ka pakaru mātou i roto i ngā tangihanga miharo. I tae mai tō mātou matua keke i te wā tika; i kōrero pōhewa ia ki a Pāpā i ētahi kupu whakaaro nui, kāore i ruarua i riro mai i ngā tau kua pahure. I muri i te kōrero a Pāpā i ētahi kupu whakamarie, ka hari a Māmā ki te tuku i te tekesi. Nō reira ka mutu te raruraru anake i kitea e au i waenganui i ōku mātua. Engari e maumahara ana ahau ki tētahi kōrero motuhake.

"Tena koa homai he tekau rūpī mō tētahi wahine rawakore kua tae mai nei ki te whare." He mea whakatenatena anō te menemene a te whaea.

"He aha i tekau rūpī ai? Kotahi te nui." I tāpiri atu a Pāpā i tētahi whakamārama: "I te matenga ohorere o tōku pāpā me ōku koroua, ka pā mai te rawakore ki ahau mō te wā tuatahi. Ko taku parakuihi anake, i mua i te hiko māero ki taku kura, he panana iti. I muri mai, i te whare wānanga, i tino hiahia ahau, ā, i tonono ahau ki tētahi kaiwhakawā whai rawa mō te āwhina kotahi rūpī ia marama. I whakakahore ia, me te kī he mea nui tonu te rūpī."

"Aue te kawa o tō mahara ki te whakakorenga o taua rūpī!" ka puta te whakaaro o te ngākau o Māmā. "E hiahia ana koe kia mahara mamae hoki tēnei wahine ki tau whakakorenga i te tekau rūpī e hiahiatia ana e ia?"

"Ka toa koe!" Me te tohu tawhito o ngā tāne kua hinga, ka whakatuwherahia e ia tana pēke moni. "Anei tētahi moni tekau rūpī. Hoatu ki a ia me te ngākau aroha."

Ko te tikanga, ko te kī tuatahi a Pāpā he "Kāo" ki tētahi tonono hou. Ko tōna waiaro ki te wahine tauhou i nā te tere o te kukume i te aroha o Māmā, he tauira tēnei o tana tūpato. Ko te kore e whakaae wawe - he mea noa iho tēnei e kitea ana i te hinengaro

Wīwī i te Hauāuru - he whakahonore noa iho i te kaupapa o te "whakaaroaro tika." I kitea tonutia e au he whakaaro nui, he taurite hoki a Pāpā i roto i ana whakatau. Ki te mea ahau Ahakoa i taea e ia te whakaū i aku tono maha me te whakamahi i tētahi, i ētahi rānei tautohe pai, i tino taea e ia te whakatutuki i te whāinga i hiahiaitia e au, ahakoa he haerenga hararei, he motopaika hou rānei.

He tino kaha te whiu a Pāpā i āna tamariki i ō rātou tau tōmua, engari ko tōna waiaro ki a ia he tino Spartan ia. Kāore ia i haere ki te whare tapere, hei tauira, engari i rapu i tana whakangahau i roto i ngā mahi wairua me te pānui i te *bhagavad gita* . 1-7 Ka karohia e ia ngā mea papai katoa, ka piri tonu ia ki kotahi tawhito takirua o hu tae noa ki rātou i koretake. Tōna ngā tama i hokona ngā motuka i muri I whakamahia whānuitia ēnei, engari i makona tonu a Pāpā ki te waka tere mō tana haerenga ki te tari i ia rā. He mea tauhou ki a ia te kohikohi moni hei pupuri mana. I muri i tana whakaritenga i te Peeke Tāone o Calcutta, i whakakahore ia ki te pupuri i tētahi o ōna hea hei painga mōna. Ko tana hiahia anake he mahi ā-iwi i tōna wā waatea.

I muri i ētahi tau i muri i te reti o Pāpā i runga i te penihana, ka tae mai tētahi kaikaute Ingarihi ki te tiro tiro i ngā pukapuka a te Kamupene Rerewe o Bengal-Nagpur. I kitea e te kaitiro tiro miharo kāore a Pāpā i tonono mō ngā pōnahi kua tomuri te wā.

"Ia i mahi te mahi o toru ngā tāne!" te kaikaute i kōrerotia te kamupene "Ia kua rūpī 125,000 (mō

"\$41,250.) e nama ana ki a ia hei utu." I hoatu e ngā āpiha he haki ki a Pāpā mō tēnei moni. Kāore i tino aro atu ia ki tēnā, ā, kāore i warewarehia e ia te whakahua i te whānau. I muri tata mai ka pātaihia ia e tōku teina pōtiki, e Bishnu, ā, i kite ia i te moni tāpui nui i runga i te tauākī peeke.

"He aha koe ka harikoa ai ki te hua o te ao?" te whakahoki a Pāpā. "Ko te tangata e whai ana i te whāinga o te whakaaro kotahi, kāore ia e harikoa ki te hua, kāore hoki e pouri ki te ngaronga. E mōhio ana ia ka tae mai te tangata ki tēnei ao me te kore moni, ā, ka haere atu me te kore he rūpi kotahi."



PĀPĀ

Bhagabati Charan Ko Ghosh
He Ākonga o Rāhiri Mahasaya

I te tīmatanga o tō rāua marena, ka noho aku mātua hei akonga mā tētahi rangatira nui, mā Lahiri Mahasaya o Benares. Nā tēnei hononga i whakakaha ake te āhua noho tapu o Pāpā. I whakaae a Māmā ki taku tuahine matamua, ki a Roma: "Kotahi noa te wā i te tau māua ko tō pāpā e noho tahi ai hei tāne, hei wahine, kia whānau ai ā māua tamariki."

I tūtaki tuatahi a Pāpā ki a Lahiri Mahasaya mā Abinash Babu, **1-8** he kaimahi i te tari o Gorakhpur o te Ara Rerewe o Bengal-Nagpur. I whakaako a Abinash i aku taringa taitamariki ki ngā kōrero whakamīharo mō ngā tāngata tapu o Īnia. I mutu tonu tana kōrero me te whakanui i ngā kororia nui o tana ake guru.

"I rongo koe i ngā āhuetanga tino rerekē i riro ai tōu matua hei ākongā nā Lahiri Mahasaya?"

I tētahi ahiahi raumati mangere, i a māua ko Ābinash e noho tahi ana i te pāmu o tōku whare, ka pātai mai ia i tēnei pātai whakamere. I ruru ahau i tōku mahunga me te ataata o te tumanako.

"I ngā tau kua pahure ake nei, i mua i tō whānautanga, i tonu ahau ki taku āpiha matua—ki tō pāpā—kia homai he wiki whakatā mai i aku mahi i Gorakhpur kia toro atu ai ahau ki taku guru i Benares. I tawai tō pāpā ki taku mahere."

"'Ka huri koe hei tangata whakaponu nui?' ka pātai ia. 'Kia arotahi ki tāu mahi tari mēnā kei te pirangi koe ki te anga whakamua.'"

"I a māua e hoki ana ki te kāinga i taua rā, i te ara ngahere, ka tūtaki māua ki tōu pāpā i roto i te amo. Ka tukuna e ia āna pononga me tana waka, ā, ka tūtaki ki ahau. I a ia e whai ana ki te whakamarie i ahau, ka tohu ia i ngā painga o te whai kia angitu i te ao. Engari i rongo māua i a ia me te nenge. I mea anō tōku ngākau: 'Lahiri Mahasaya! Kāore e taea e au te ora me te kore e kite i a koe!'"

"I haria mātou e tō mātou ara ki te taha o tētahi mara marino, i reira tonu ngā hihi o te rā i te ahiahi e taupokina ana e ngā ngaru roa o te tarutaru mohao. I tū mātou me te miharo. I reira i te mara, he torutoru noa ngā iāri mai i a mātou, ka puta whakarere mai te āhua o taku tohunga nui! **1-9**

"'E Bhagabati, he tino kaha rawa tōu kaha ki tāu kaimahi!' I rangona tōna reo i roto i tō mātou taringa miharo. I ngaro atu ia me te mea ngaro, pērā i tōna taenga mai. I runga i ōku turi, i karanga ahau, 'Lahiri Mahasaya! Lahiri Mahasaya!' Kāore tō pāpā i nekeneke i te ohore mō tētahi wā poto.

"'E Ābinaha, ehara i te mea ka tukuna atu e au he whakaaetanga *ki a koe*, engari ka tukuna atu e au he whakaaetanga ki a *au anō* kia haere ki Benares āpōpō. Me mōhio ahau ki tēnei Lahiri Mahasaya nui, e kaha ana ki te whakaputa i a ia anō i ngā wā

katoa e pai ai ia hei inoi māu! Ka tangohia e au taku wahine, ka tono atu ki tēnei rangatira kia tīmata tāua i tana ara wairua. Ka ārahi koe i a tāua ki a ia?"

"Ae rā.' I kī ahau i te hari i te whakautu whakamiharo ki taku inoi, me te tere me te pai o te huringa o ngā mahi.

"I te ahiahi i muri mai ka haere māua ko ō mātua ki Benares. I te aonga ake ka eke māua i tētahi kāreti hōiho, me kātahi i a ki hikoi mā roto whaiti ngā ara ki taku te tohunga motuhake kāinga. Te tomo tāna iti

I roto i te rūma noho, ka piko mātou ki mua i te rangatira, me te tū rite tonu ki tōna tūnga rēmana. Ka kimo ia i ōna kanohi koi, ka titiro matatau atu ki tōu pāpā.

"E Bhagabati, he tino kaha rawa tōu mahi ki tāu kaimahi!' He rite tonu āna kupu ki ērā i kōrerotia e ia i ngā rā e rua i mua atu i te mara o Gorakhpur. I tāpiri atu ia, 'E koa ana ahau kua tukua e koe a Ābinahi kia toro mai ki ahau, ā, kua haere tahi kōrua ko tāu wahine me ia.'"

"I roto i tō rātou harikoa, i whakaurua e ia ō koutou mātua ki te mahi wairua o *te Kriya Yoga* . "**1-10** Tōu pāpā ā, ko au, hei akonga tuakana, he hoa piripono mai i te rā whakamiharo o te kitenga. I aro nui a Lahiri Mahasaya ki tō whānautanga. Ka tino honoa tō orange ki tōna ake: e kore rawa e mutu te manaakitanga a te rangatira."

I wehe atu a Lahiri Mahasaya i tēnei ao i muri tata mai i taku taenga mai ki reira. Ko tana pikitia, i roto i tētahi anga whakapaipai, i whakapaipai tonu i tō mātou aata whānau i ngā tāone maha i whakawhitia ai a Pāpā e tana tari. He maha ngā ata me ngā ahiahi i kitea ai māua ko Māmā e whakaaroaro ana i mua i tētahi wāhi tapu i hangaia noatia, e tuku ana i ngā putiputi i toua ki roto i te whakapiri rākau sandalwood kakara. Me te parakihe me te maira me ō mātou karakia kotahi, i whakahonoretia e mātou te atuata kua kitea katoatia i roto i a Lahiri Mahasaya.

Tōna pikitia i a he e hira ake ana awe i runga taku te ora. Hei ahau i tupu, te whakaaro o te rangatira i tipu tahi me ahau. I roto whakaaroaro ahau e pinepine kite tana whakaahua whakaahua puta mai mai i tōna iti anga, ā, ka tango i tētahi āhua ora, ka noho ki mua i ahau. I taku ngana ki te pā ki ngā waewae o tōna tinana kanapa, ka huri, ka noho anō hei pikitia. I te hekenga o te tamarikitanga ki te tamarikitanga, ka kitea e au a Lahiri Mahasaya kua hurihia i roto taku hinengaro mai i he iti whakaahua, kua whakatōkia i roto he anga, ki he te aroaro ora, te aroaro mārama. He maha aku inoi ki a ia i ngā wā o te whakamātautau, o te pōhēhē rānei, i kitea ai e au tana ara whakamarie. I te tīmatanga i pouri ahau nā te mea kua kore ia e ora tinana. I taku tīmatanga kia kitea tōna ngaro i ngā wāhi katoa, kāre au i tangi anō. He maha āna tuhituhi ki āna ākonga i hiahia nui ki te kite i a ia: "He aha koutou i haere mai ai ki te tiro i ōku wheua me ōku kikokiko, i a au e tata atu ana ki tō koutou *kutastha* (tirohanga wairua)?"

I te waru o oku tau, i manaakitia ahau ki tētahi whakaoranga whakamiharo nā te whakaahua o Lahiri Mahasaya. Nā tēnei wheako i whakanui ake taku aroha. I a au i te whenua o tō mātou whānau i Ichapur, Bengal, i pāngia ahau e te korara Āhia. I tino pouri ahau; kāore e taea e ngā tākuta te mahi kāore he mea. I te taha o tōku moenga, ka tohu mai a Māmā me te pōuri kia titiro ahau ki te pikitia o Lahiri Mahasaya i te pakitara i runga ake i tōku mahunga.

"Kōpiko ki a ia i roto i tōku hinengaro!" I mōhio ia he ngoikore rawa ahau, kāore hoki e taea te totoro atu ōku ringa hei mihi. "Ki te whakaatu pono koe i tō aroha, ā,

ki te tuturi hoki ki tōna aroaro, ka ora koe!"

I titiro atu ahau ki tana whakaahua, ā, ka kite ahau i tētahi māramatanga kanapa e taupoki ana i tōku tinana me te tinana katoa. rūma. I ngaro atu taku whakapairuaki me ērā atu tohumate kāore e taea te whakahaere; kua ora ahau. I taua wā tonu ka kaha ahau ki te piko ki raro, ki te pā ki ngā waewae o Whaea hei whakamihi i tōna whakapono nui ki tana tohunga. I pēhi tonu a Whaea i tōna mähunga ki te pikitia iti.

"Āe Kei ngā wāhi katoa E te Kaiwhakaako, ahau whakawhetai koe tērā tōu mārāma kua kua ora taku tama!"

I kite ahau kua kite anō hoki ia i te mura kanapa i ora tonu ai ahau i tētahi mate e mōhiotia ana he mate whakamate.

Ko tētahi o aku taonga tino utu nui ko taua whakaahua anō. Nā Lahiri Mahasaya tonu i hoatu ki te Matua, he wiri tapu tōna. He mīharo te takenga mai o te pikitia. I rongo ahau i te kōrero mai i te akonga tuakana o te Matua, a Kali Kumar Roy.

Te āhua nei i whakarihariha te rangatira ki te whakaahuahia. I tana whakahē, i tangohia he whakaahua rōpū mōna me tētahi rōpū whakaponu, tae atu ki a Kali Kumar Roy. He kaiwhakaahua mīharo nāna i kite ko te pereti e whakaatu ana i ngā whakaahua mārāma o ngā ākonga katoa, he wāhi takoto kau noa iho i waenganui, te wāhi i tumanakohia e ia ka kitea ngā āhua o Lahiri Mahasaya. I kōrerohia whānuitia tēnei āhuatanga.

I whakamanamana tetahi tauira, he tohunga whakaahua hoki, a Ganga Dhar Babu, kāore te tangata i rere atu e mawhiti i a ia. I te ata i muri mai, i te noho a te guru i roto i te tūnga rōhi i runga i te paepae rakau me I muri i a ia, ka tae mai a Ganga Dhar Babu me āna taputapu, ā, i te whai i ngā mahi katoa kia angitu ai, ka whakaatu puku ia i ngā pereti tekau mā rua. I kitea wawetia e ia te tohu o te paepae rakau me te pereti i runga i ia pereti, engari kua ngaro anō te āhua o te rangatira.

Me ngā roimata me te whakapehapeha pakaru, ka rapu a Ganga Dhar Babu i tana guru. He maha ngā hāora i mua i te wā i mutu ai te wahangu o Lahiri Mahasaya me te kōrero hapū:

"Au am Wairua. Ka taea tōu kāmera whakaata te kei ngā wāhi katoa Kāore e kitea?"

"E kite ana ahau kāore e taea! Engari, e te Ariki Tapu, e hiahia ana ahau ki tētahi pikitia o te temepara tinana, te wāhi e noho mokemoke ana, ki taku tirohanga whāiti, taua Wairua."

"Haere mai, kātahi, āpōpō ata. ahau ka tū mō koe."

I arotahi anō te kaiwhakaahua i tana kāmera. I tēnei wā, ko te ahua tapu, kāore i hipokina e te ngaro ngaro, he koi tonu i runga i te pereti. Kāore te rangatira i tū mō tētahi atu whakaahua; i te iti rawa, kāore au i kite i tētahi.

Kua tāruatia te whakaahua i roto i tēnei pukapuka. Ko ngā āhua ataahua o Lahiri Mahasaya, he rite ki te ao whānui, kāore e whakaatu ana i tōna iwi. Ko tōna harikoa nui ki te hononga ki te Atua e kitea paku ana i roto i he āhua mea ngaro menemene. Tōna ngā kanohi, haurua tuwhera ki tohu he ingoa te ahunga i runga te te ao o waho, kua haurua te kati. Kāore rawa ia i te mōhio ki ngā maunu rawakore o te whenua, ā, kua ara tonu ia i ngā wā katoa ki ngā raruraru wairua o ngā kaitono i whakatata mai ki te tiki i tana taonga.

I muri tata mai i taku whakaoranga i te kaha o te pikitia a te tohunga, ka puta he tirohanga wairua whai mana ki ahau. I a au e noho ana i runga i taku moenga i tētahi ata, ka taka ahau ki roto i tētahi moemoeā hohonu.

"He aha kei muri i te pōuri o ngā kanohi kua katia?" I puta kaha mai tēnei whakaaro hohonu ki roto i tōku hinengaro. I puta tonu mai he hihi nui o te māramatanga ki roto i tōku titiro. Ko ngā āhua atua o te hunga tapu, e noho ana i roto i te tūnga whakaaroaro i roto i ngā ana maunga, i hangaia pērā i ngā pikitia kiriata iti i runga i te

he mata nui o te kanapa i roto i tōku

rae. "Ko wai koe?" i kōrero ahau me te

reo nui.

"Ko mātou ngā yogi o te Himalaya." He uaua ki te whakaahua i te urupare a te rangi; i tino harikoa tōku ngākau.

"Āe, e hiahia ana ahau ki te haere ki ngā maunga o Himalaya, kia rite ki a koe!" Ka ngaro te tirohanga, engari ka horapa haere ngā hihi hiriwa i roto i ngā porowhita e whānui haere ana ki te mutunga kore.

"He aha ko tēnei whakamiharo kanapa?"

"Ko Iswara ahau. **1-11** "Ko au te Māramatanga." He rite te

reo ki ngā kapua e haruru ana. "E hiahia ana ahau kia

kotahi tātou!"

Mai i te memeha haere o tōku harikoa atua, i whakaorangia e au tētahi taonga pumau o te hihiri ki te rapu i te Atua. "Ko ia te Harikoa mutunga kore, te Harikoa hou tonu!" I mau tonu tēnei maharatanga i muri i te rā o te mataora.

He mea whakamiharo tētahi atu maharatanga o mua; ā, he pono tonu, nā te mea kei a au te koha tae noa mai ki tēnei rā. I te atatu, i noho māua ko taku tuahine matua, ko Uma, i raro i tētahi rākau *neem* i tō māua kāinga i Gorakhpur. I āwhina ia i ahau ki te ako i tētahi pukapuka ako Bengali, i te wā e kore ai ahau e titiro atu i ngā kākā tata e kai ana i te hua margosa pakari. I amuamu a Uma mō te whewhe i tōna waewae, ā, ka tiki i tētahi ipu hinu. I pania e ahau tētahi wahi o te hinu ki tōku ringaringa.

"He aha mahi koe whakamahi rongoā i runga he hauora ringa?"

"Āe, e Hine, kei te pēhia ahau e te whewhe āpōpō. Kei te whakamātautau ahau i tō hinu ki te wāhi e puta mai ai te whewhe."

"Koe iti tangata teka!"

"E te tuahine, kaua waea ahau he tangata teka tae noa ki koe kite he aha ka tupu i roto te ata." Te riri kī tonu ahau.

Kāore a Uma i miharo, ā, e toru ana whakahi a Uma. I rangona he whakatau pakari i roto i tōku reo i a au e whakahoki puhoi ana.

"Mā te mana o te hiahia i roto i ahau, e mea ana ahau āpōpō ka pā mai he whewhe nui ki tēnei wāhi tonu i runga i tōku ringa; ā, ka pupuhi *tō whewhe kia rua te rahi o tōna rahi o nāiane!*"

I te ata ka kitea ahau e te whewhe pakari i te wāhi i tohua; kua rua te rahi o te whewhe o Uma. Me te hamama, ka oma atu taku tuahine ki a Māmā. "Kua riro a Mukunda hei kaimatai!" Me te kaha o te whaea, ka ako mai ahau kia kaua rawa e whakamahia te mana o te kupu hei mahi kino. Kei te maumahara tonu ahau ki tana tohutohu, ā, ka whai ahau i taua tohutohu.

Taku kohuatia i mā te pokanga i rongoatia. He kitea koha, maui nā te tākuta tapahi, ko te whakaatu i tēnei rā. I runga

taku matau ringaringa ko he pumau whakamaumahara o te mana i roto tāne mātotoru kupu

Ko aua kīanga māmā noa iho, ā, te āhua nei kāore he kino ki a Uma, i kōrerotia me te aro nui, he nui te kaha huna hei pahū pērā i ngā poma, hei whakaputa i ngā pānga tino tika, ahakoa he kino. I muri mai ka mārāma ahau ka taea te whakamahi tika i te mana wiri pahū o te kōrero hei whakaora i te orange o te tangata i ngā uauatanga, ā, kia mahi ai me te kore he koha, he riri rānei. **1-12**

I neke tō mātou whānau ki Lahore i te rohe o Punjab. I reira ka riro mai i ahau tētahi pikitia o te Whaea Tapu i roto i te āhua o te Atua Wahine a Kali. **1-13** I whakatapua e ia tētahi wāhi tapu iti noa i runga i te taupee o tō mātou kāinga. I tino whakapono ahau ka whakamanahia aku inoi katoa i roto i taua wāhi tapu. I a au e tū ana i reira me Uma i tētahi rā, ka mātakitaki ahau i ngā manu tukutuku e rua e rere ana i runga i ngā tuanui o ngā whare i tērā taha o te ara whaiti rawa.

"He aha kei koe nā reira ata noho?" Uma panaia ahau me te takaro.

"Kei te whakaaro noa ahau ki te mīharotanga o te homaitanga mai e te

Whaea Tapu o taku e tono atu ai." "Ki taku whakaaro ka hoatu e Ia aua

manu tukutuku e rua ki a koe!" Ka kata whakahi taku tuahine.

"He aha kāore?" ahau tīmata wahangu ngā inoi mō tā rātou te pupuri

Ka takarohia ngā kēmu ki Īnia me ngā manu aute, ā, he mea hipoki ō rātou aho ki te kāpia me te karāhe i hurihia. Ka ngana ia kaitākaro ki te tapahi i te aho o tōna hoa whawhai. Ka rere te manu tukutuku kua wetekina ki runga i ngā tuanui; he tino ngahau te hopu. I a māua ko Uma i runga i te taupee, te āhua nei kāore e taea te tiki mai i tētahi manu tukutuku kua wetekina ki ō māua ringa; ka iri noa iho tōna aho ki runga i ngā tuanui.

I tīmata te whakataetae a ngā kaitākaro i tērā taha o te ara. Kotahi te aho i tapahia; i rere tonu mai te manu tukutuku ki taku taha. I tū tonu mō tētahi wā, nā te mea i memeha haere te hau, ā, i ranea hei here pūmau i te aho ki tētahi tipu kākati i runga i te whare i tērā taha. I hangaia he koropiko tino pai mō taku hopukanga. I hoatu e au te taonga ki a Uma.

"He aituā tino rerekē noa iho, ehara i te whakautu ki tāu inoi. Ki te tae mai te manu tukutuku kē ki a koe, kāti ka whakapono ahau." Ko ngā kanohi pōuri o te tuahine he nui ake te miharo i ana kupu.

I haere tonu aku inoi me te kaha whakaharahara. Nā te kukume kaha a te kaitākaro

kē atu i ngaro ohorere ai tana manu tukutuku. I anga mai ki ahau, e kanikani ana i te hau. Nā taku kaiawhina āwhina, te tipu kākati, i mau anō te aho manu tukutuku ki te koropiko e tika ana hei hopu māku. I hoatu e au taku tohu tuarua ki a Uma.

"Ae, e whakarongo ana te Whaea Tapu ki a koe! He mea whakamiharo rawa tēnei māku!" ka oma atu te tuahine, pērā i te kuao e matakū ana.

1-2 : Wairua kaiako; mai i Sanskrit pakiaka *gu r*, ki whakaara, ki whakaara ake

1-3 : He kaimahi o yoga, "uniana," tawhito Īnia pūtaiao o whakaaroaro i runga Atua.

1-4 : Taku ingoa i kua hurihia ki Yogananda āhea ahau i tomo te tawhito mōneka Swami Tono i roto 1914. Taku tohunga i homai te taitara whakapono o *Paramhansa* ki ahau i te tau 1935 (tirohia ngā upoko [24](#) me [te 42](#)).

1-5 : I ngā wā o mua, te tuarua kāwai o toa me ngā rangatira.

1-6 : ēnei tawhito ngā kōrero pakiwaitara kei te puranga taonga o A Īnia hītori, pūrākau, me rapunga whakaaro. He "Ngā tāngata katoa Whare Pukapuka" rōrahi,

.*Rāmāna me Mahabharata* , ko he te whakapūhautanga i roto Ingarihi whiti nā Rōmahī Dutt (Hou loka: E. P. Dutton)

1-7 Ko tēnei rotarota Sanskrit rangatira, e puta ana hei wāhanga o te pukapuka nui o *Mahabharata* , ko te Paipera Hindu. Ko te whakamāoritanga Ingarihi tino rotarota ko *The Song Celestial* nā Edwin Arnold (Philadelphia: David McKay, 75 hēneti). Ko tētahi o ngā whakamāoritanga pai rawa atu me taipitopito kōrero ko Hīri Aurobindo's *Karere o Te Gita* (Hūpita Pāpāho, 16 Semudoss St., Madras, Īnia, \$3.50).

1-8 : *Pāpu* (E te Ariki) ko whakanohoia i roto Bengali ngā ingoa i te mutunga

1-9 : Te whakamiharo ngā mana kua uruhia nā nui ngā rangatira kei whakamārama i roto [upoko 30](#) , "Te Ture o Ngā merekara."

1-10 : He kai-yōki tikanga mā te mea te ngā kare ā-roto ngangau ko kua marino, te whakaae tāne ki whakatutuki he e piki haere tonu ana tuakiri me te hinengaro ao whānui. (Tirohia [te upoko 26](#).)

1-11 : He Sanskrit ingoa mō Atua hei Rūri o te ao whānui; mai i te pakiaka *Ko* , ki ture I reira kei 108 ngā ingoa mō Atua i roto ngā karaipiture Hinitū, he rerekē te tikanga rapunga whakaaro o ia karaipiture.

1-12 : Te mutunga kore ngā kaha o oro te whakaputa mai i te Auaha Kupu, *Āum* , te ao whānui wiri mana i muri katoa ngā pūngao ngota. He uara whakatinanatanga tō tetahi kupu e kōrerotia ana me te mārāma me te arotahi hohonu. He whakahua nui, he whakahua puku rānei o whakahihiko ngā kupu kua kua i kitea whai hua i roto Kueiism me rite ngā pūnaha o rongoā hinengaro; te mea ngaro ngā kōrero teka i roto i te te pikinga ake o te hinengaro wiri te utu Te kaitito Tennyson kua mau mātou, i roto tāna *Ngā Whakamaharatanga* , he pūkete o tāna he taputapu whakahou mō te neke atu i te hinengaro mōhio ki te hinengaro nui:

He momo oho ake - nā te kore kupu pai ake - he maha ngā wā i pā mai ki ahau, mai i taku tamarikitanga, i a au e noho "mokemoke ana," te tuhituhi a Tennyson. "Kua pā mai tēnei ki ahau nā te *whakahua* puku i tōku ake ingoa ki ahau anō, tae noa ki te wā kotahi, me te mea nō roto mai i te kaha o te hinengaro o te takitahi, te āhua nei kua memeha haere te takitahi, kua memeha haere ki roto i te mutunga kore te noho, me tēnei kāore he pōhēhē kāwanatanga engari te mārāma rawa, te tino pono o te tino pono, tino i tua atu ngā kupu—i reira te mate he mea tino whakakatakata, kāore e taea—ko te ngaronga o te tuakiri (mēnā koia) te āhua nei ehara i te ngaronga, engari ko te ora pono anake." I tuhituhi anō ia: "Ehara i te harikoa pōuri, engari he āhua whakamiharo whakaharahara, e hono ana ki te mārāmatanga tino o te ".hinengaro

1-13 : Kali ko he tohu o Atua i roto te āhuatanga o mutunga kore whaea Te taiao.

Upoko: 2

Taku A te whaea Mate Ā, Te Ngā mea ngaro Amulet

Taku whaea nui rawa hiahia i te te marena o taku kaumātua teina "Āe, āhea ahau tirohia te kanohi o

"E te wahine a Ananta, ka kitea e au te rangi i runga i tēnei ao!" He maha aku rongonga i a Māmā e whakapuaki ana i ōna kare ā-Īnia kaha mō te pumau tonu o te whānau.

Tekau mā tahi ōku tau i te wā i taumau ai a Ananta. I Calcutta a Māmā, e harikoa ana ki te tiro tiro i ngā whakaritenga mō te marena. Ko māua anake ko Pāpā i noho ki tō māua kāinga i Bareilly i te raki o Īnia, te wāhi i nekehia atu ai a Pāpā i muri i ngā tau e rua ki Lahore.

I kite ahau i mua i te ataahua o ngā kawa marena mō aku tuahine tokorua, a Roma rāua ko Uma; engari mō Ananta, hei tama matamua, he tino matatini ngā mahere. He maha ngā whanaunga i manaakihia e Māmā, e tae mai ana i ia rā ki Calcutta mai i ngā kāinga tawhiti. I manaaki ia i a rātou i roto i tētahi whare nui, hou i te 50 Amherst Street. Kua rite katoa ngā mea - ngā kai reka o te hakari, te torona harikoa e haria ai a Teina ki te kāinga o te wahine marena hou, ngā rarangi rama kanapa, ngā arewhana me ngā kamera kātene nunui, ngā tira waiata Ingarihi, Kōtimana me Īnia, ngā kaiwhakangahau ngaio, ngā tohunga mō ngā kawa tawhito.

I roto i te wairua harikoa, i whakamahere māua ko Pāpā ki te whakauru atu ki te whānau i te wā tika mō te hui whakanui. Heoi, i mua tata atu i te rā nui, ka pā mai he moemoeā whakamataku ki ahau.

I Bareilly i waenganui pō. I a au e moe ana i te taha o Pāpā i te marae o tō mātou whare iti, ka oho ake ahau i te haruru rerekē o te kupenga namu i runga i te moenga. Ka wetekina ngā ārai ngoikore, ā, ka kite ahau i te āhua aroha o tōku whaea.

"Whakaarahia tō pāpā!" He reo hāmama noa iho tōna. "Eke ki te tereina tuatahi e wātea ana, i te whā karaka i tēnei ata. Kia tere ki Calcutta mēnā ka kite koe i ahau!" Ngaro atu ana te āhua wairua.

"E Pāpā, e Pāpā! Kei te mate a Māmā!" I oho tonu ia i te matakū i roto i tōku reo. I tangi ahau i te rongonga i te rongo kino.

"Kaua e manukanuka ki taua moemoeā o roto i a koe." I whakakahoretia e Pāpā tētahi āhuetanga hou. "Kei te ora pai tō whaea. Ki te tae mai he rongo kino, āpōpō tātou e haere ai."

"E kore rawa koe e muru i a koe anō mō te kore e tīmata ināiane!" Nā te mamae ahau i kī atu ai me te kawa, "E kore rawa hoki ahau e muru i a koe!"

I puta mai te ata pouri me ngā kupu mārāma: "Kei te tino mate a Māmā; kua whakaroahia te marena; haere mai ināiane tonu."

I haere māua ko Pāpā me te pōrearea. I tūtaki mai tētahi o ōku matua kēkē ki a

māua i te huarahi i tētahi wāhi whakawhiti. I haruru mai tētahi tereina ki a māua, e tū mai ana me te piki haere o te tirohanga. Mai i taku ngangau o roto, ka puta ake he whakatau ohorere ki te peke atu ki runga i ngā ara rerewē. I te mea kua ngaro kē ahau i tōku whaea, i whakaaro ahau kāore e taea e au te tu atu ki tētahi ao kua korekore noa iho. I aroha ahau ki a Māmā hei hoa tino aroha ki te ao. Ko ōna kanohi mangu whakamarie ko taku piringa pono i roto i ngā aituā iti o te tamarikitanga.

"E ia engari anō ora?" ahau mutu mō kotahi whakamutunga pātai ki taku matua kēkē

"Ae, kei te ora ia!" Kāore ia i whakaroa ki te whakamārama i te pouri i roto i tōku mata. Engari kāore au i whakapono ki a ia.

I tō mātou taenga ki tō mātou kāinga i Calcutta, ko te mea anake i tūtaki ai mātou ki te mea ngaro whakamiharo o te mate. I hinga ahau ki te āhua tata kore ora. He maha ngā tau i pahure i mua i te taenga mai o tētahi houhanga rongo ki roto i tōku ngākau. I te pakarutanga atu i ngā kūaha o te rangi, ka karanga atu aku karanga ki te Whaea Tapu. Nā āna kupu i whakaora whakamutunga ōku patunga e pupuhi ana:

"Ko au tēnei i tiaki i a koe, i ia oranga, i ia oranga, i roto i te ngākau aroha o ngā whaea maha! Tirohia mai i roto i aku titiro ngā kanohi mangu e rua, ngā kanohi ataahua ngaro, e rapua nei e koe!"

I hoki māua ko Pāpā ki Bareilly i muri tata mai i te tahunga tinana mō te mea i arohaina. I ia ata, i ia ata, ka haere ahau ki tētahi haerenga whakamaumaharatanga pouri ki tētahi rākau *sheoli nui* e whakamarumarua ana i te tarutaru maeneene, kakariki-kōwhai i mua i tō mātou whare iti. I ngā wā rotarota, i whakaaro ahau kei te horapa ngā putiputi *sheoli mā* ki runga i te aata tarutaru me te aroha nui. I a au e whakaranu ana i ngā roimata me te tomairangi, ka kite pinepine ahau i tētahi māramatanga rerekē o te ao e puta mai ana i te ata. Ka tau mai ngā mamae nui o te hiahia ki te Atua ki ahau. I tino kukumea ahau ki ngā maunga o Himalaya.

I toro mai tētahi o ōku whanaunga, i muri i te haerenga i ngā pukepuke tapu, ki a mātou i Bareilly. I whakarongo puku ahau ki āna kōrero mō te nohoanga maunga teitei o ngā yogi me ngā swami. **2-1**

"Me rere tāua ki ngā maunga o Himalaya." I tetahi rā, kāore i pai te whakaaro o taku tono ki a Dwarka Prasad, te tama a tō mātou rangatira whenua i Bareilly. I whakakitea e ia taku mahere ki tōku tuakana, i tae mai nei ki te kite i a Pāpā. Engari i kata māriri ia mō tēnei mahi koretake a tētahi tamaiti nohinohi, i tino tawai mai a Ananta ki ahau.

"Kei hea ko tōu karaka kākahu? Koe kāore e taea kia he swami kāore tērā!"

Engari i tino harikoa ahau i āna kupu, kāore i te māranga. I puta mai he pikitia māranga mōku e kopikopiko haere ana i Īnia hei mōneka. Tērā pea i whakaarahia e rātou ngā maharatanga o tētahi ao o mua; ahakoa pēhea, ka tīmata ahau ki te kite me te ngāwari o taku mau i te kākahu o taua tikanga mōneka tawhito.

I tētahi ata, i a māua e kōrero ana ki a Dwarka, ka pā mai te aroha ki te Atua me te kaha o te ngaromanga. Kāore i aro nui taku hoa ki te whaikōrero i muri mai, engari i whakarongo pūmau ahau ki a au anō.

I rere ahau i taua ahiahi ki Naini Tal i ngā puke o te Himalaya. I whaia tonutia e

Ananta; I akiakihia ahau kia hoki pouri ki Bareilly. Ko te haerenga tapu anake i whakaaetia e au ko te haerenga tapu i te ata ki te rākau *sheoli* . I tangi tōku ngākau mō ngā Whaea kua ngaro, he tangata, he atua hoki.

Ko te utu i mahue i roto i te whānau nā te matenga o Māmā, kāore e taea te whakatika. Kāore a Pāpā i moe anō i roto i ōna tau e whā tekau e toe ana. I a ia e tango ana i te tūranga uaua o te Matua-Waha ki tana kahui iti, ka kitea tōna ngawari ake, tōna ngāwari ake ki te whakatata atu. Nā te marino me te māramatanga, ka whakatauhia e ia ngā raruraru whānau maha. I muri i ngā hāora tari, ka hoki ia ki te rūma o tōna rūma, pērā i te tangata noho pōuri, e mahi ana i *te Kriya Yoga* i roto i te marino reka. I muri roa i te matenga o Māmā, ka ngana ahau ki te whai wāhi atu ki tētahi

he nēhi Ingarihi hei mahi i ngā mahi iti hei whakamarie i te oranga o ōku mātua.
Engari i ruru te māhunga o Pāpā.



Taku whaea

He Ākonga o Rāhiri Mahasaya

"I mutu te mahi ki ahau i tō whaea." I tawhiti tonu ōna kanohi i te aroha mō te wā katoa. "Kāore au e whakaae ki ngā mahi a tētahi atu wahine."

Tekau mā whā marama i muri i te matenga o Māmā, ka rongo ahau kua waiho mai e ia tētahi karere nui ki ahau. I reira a Ananta i tōna moenga mate, ā, kua tuhia e ia āna kupu. Ahakoa i tono ia kia whakapuakina mai ki ahau i roto i te tau kotahi, i whakaroa taku tungāne. Kua tata ia te wehe atu i Bareilly ki Calcutta, ki te marena i te kōtiro i whiriwhiria e Māmā māna. 2-2 I tētahi ahiahi ka karanga ia i ahau ki tōna taha.

"E Mukunda, kua roa ahau e mangere ana ki te tuku atu i ngā kōrero tauhou ki a koe." He reo ngāwari te reo o Ananta. "Ko taku wehi kei whakaoho i tō hiahia ki te wehe atu i te kāinga. Engari ahakoa pēhea, kei te kī tonu koe i te ngākau nui o te Atua. I taku hopu i a koe i a koe e haere ana ki ngā maunga o Himalaya, ka tino whakatau ahau. Kaua e whakaroa i te whakatutuki i taku kupu whakaari tapu." I homai e tōku tungāne tētahi pouaka iti ki ahau, ā, i tukuna atu e ia te karere a Māmā.

"Kia waiho ēnei kupu hei manaakitanga whakamutunga māku, e taku tama aroha, e Mukunda!" te kī a te whaea. "Kua tae mai te wā e tika ana kia kōrerotia e au ētahi

huihuinga whakamiharo i muri i tō whānautanga. I mōhio tuatahi ahau ki tō ara i whakaritea i a koe e pēpi ana i roto i ōku ringa. I haria koe e ahau i taua wā ki te kāinga o taku tohunga i Benares. Tata huna i muri i te mano tini o ngā ākonga, kāore i taea e au te kite i a Lahiri Mahasaya i a ia e noho ana i roto i te whakaaroaro hohonu."

"I a au e pārekareka ana ki a koe, i inoi ahau kia kite mai te tohunga nui, kia homai he manaakitanga. I te kaha haere o taku tono karakia puku, ka whakatuwherahia e ia ōna kanohi, ā, ka karanga mai kia whakatata atu ahau. Nā ētahi atu i hanga he ara mōku; ka piko ahau ki ngā waewae tapu. Nā tōku ariki koe i whakanoho ki runga i tōna uma, me te whakatakoto i tōna ringa ki tō rae hei iriiri wairua i a koe."

"E te whaea, ka noho tāu tama hei yogi. Hei miihini wairua, ka haria e ia he tini wairua ki te rangatiratanga o te Atua."

"I harikoa tōku ngākau i te kitenga kua whakaaetia taku inoi ngaro e te tohunga matau-katoa. I mua tata atu i tō whānautanga, i kī mai ia ka aru koe i tana ara."

"I muri mai, e taku tama, i mōhiohia tō kitenga i te Māramatanga Nui e māua ko tō tuahine, e Roma, i te mea i kite māua i a koe e kore e nekeneke i runga i te moenga mai i te rūma i muri mai. I whakamāramahia tō mata iti; ko tō reo i tangi mai me te ngākau rino i a koe e kōrero ana mō te haere ki ngā maunga o Himalaya ki te rapu i te Atua."

"Nā ēnei ara, e tama, i mōhio ahau kei tawhiti tō ara i ngā wawata o te ao. Nā te huihuinga tino motuhake o tōku ao i kawe mai he whakaū anō - he huihuinga e akiaki ana i taku karere i te moenga mate. "

"He uiuinga tēnei ki tētahi tohunga i Punjab. I a tō mātou whānau e noho ana i Lahore, i tētahi ata ka tomo ohorere mai te pononga ki roto i tōku rūma."

"E te wahine rangatira, he rerekē *sadhu* **2-3** ko konei. Ia e tohe ana tērā ia "tirohia te whaea o "Mukunda."

"I pā mai ēnei kupu ngāwari ki roto i ahau; i haere tonu atu ahau ki te mihi ki te manuhiri. I a au e piko ana ki ōna waewae, ka kite ahau kei mua i ahau tētahi tangata pono a te Atua."

"E Māmā,' ka mea ia, 'e hiahia ana ngā rangatira nui kia mōhio koe kāore e roa tō noho ki te whenua. Ko tō mate e whai ake nei ko tō mate whakamutunga.' **2-4** I noho puku ahau, ā, i taua wā kāore au i rongo i te matakū engari he wiri o te rangimārie nui. Hei whakamutunga ka kōrero mai anō ia ki ahau:

"Ko koe te kaitiaki o tētahi taonga hiriwa. Kāore au e hoatu ki a koe i tēnei rā; hei whakaatu i te pono i roto i aku kupu, ka puta te taonga ki ō ringaringa āpōpō i a koe e whakaaroaro ana. I runga i tō moenga mate, me ako e koe tāu tama matamua, a Ananta, kia puritia te taonga mō te tau kotahi, kātahi ka tukuna ki tāu tama tuarua. Ka mārāma a Mukunda ki te tikanga o te taonga mai i ngā rangatira. Me whiwhi ia i te wā e rite ana ia ki te whakarērea ngā tumanakohanga katoa o te ao, ka tīmata tana rapunga nui ki te Atua. Kia mau tonu te taonga mō ētahi tau, ā, kia tutuki ai tana mahi, ka ngaro atu. Ahakoa ka puritia ki te wāhi tino ngaro, ka hoki mai anō ki

tōna pūtake."

"I tuku ahau i ngā mahi atawhai 2-5 ki te tangata tapu, ā, piko ana ki mua i a ia me te whakaute nui. Kāore i te tango i te he whakahere, ka haere atu ia me te manaakitanga. I te ahiahi i muri mai, i ahau e noho ana me ōku ringa kua piko ki te whakaaroaro, ka puta mai he taonga hiriwa i waenganui i ōku ringa, pērā i tā te *sadhu* i oati ai. I whakakitea mai nā he makariri, maeneene pā. ahau whai hae tiakina reira mō atu anō i te e rua ngā tau, me waiho mā Ananta. Kaua e pouri mōku, nā te mea kua arahina ahau e taku tohunga nui.

ki roto te ngā ringa o te Mutunga kore. Haere rā, taku tamaiti; te Ao tūroa whaea ka tiaki koe."

I puta mai he mura o te māramatanga ki ahau me te pupuri i te amulet; he maha ngā maharatanga moe i ara ake. Ko te amulet, he porotaka, he tawhito, he mea whakapaipai, i kapi katoa i ngā reta Sanskrit. I mārāma ahau nō ngā kaiako o ngā oranga o mua, nā rātou i ārahi i ōku hikoinga. He tikanga anō tērā; engari kāore e taea te whakaatu katoa i te ngako o te amulet.

Kāore e taea te kōrero i roto i tēnei upoko mō te ngaromanga o te taonga i waenganui i ngā āhuetanga tino pōuri o tōku ao; ā, mō tōna ngaromanga i tohu i te whiwhinga o tētahi tohunga makutu i ahau.

Heoi, nā te mea i aukatia ngā ngana a te tamaiti nohinohi kia tae ki ngā maunga o Himalaya, ka haereere ia i tawhiti i ia rā, i ia rā, i runga i ngā parirau o tana taonga tuku iho.

2-1 : Sanskrit pakiaka tikanga o *swami* ko "ia ko wai ko kotahi me tāna Whaiaro "(*Swa*)." Kua whakamahia ki he mema o te Īnia tonono mō ngā mōneka, he whakaute ōkawa tō te taitara ki "te minita".

2-2 : Te Īnia tikanga, mā te mea ngā mātua whiriwhiri te hoa ora mō tā rātou tamaiti, kua ātete te pūmau ngā whakaekenga o wā. He teitei te ōrau o ngā marena Īnia harikoa.

2-3 : He te āwhata; kotahi ko wai whaia he *sadhana* rānei ara o wairua te whakahaere i te ture.

2-4 : Āhea ahau kitea nā ēnei ngā kupu tērā whaea i a kua uruhia mea ngaro mātauranga o he poto te ora, ahau mārāma mō te tuatahi wā he aha ai ia i a kua tohe tonu i runga te whakateretere te ngā mahere mō Ānata te marena Ahakoa ia kua mate i mua i te marena, ko tōna hiahia tūturu hei whaea he kite i ngā tikanga o te marena.

2-5 : He tikanga tohu o whakaute ki *ngā sadhu* .

Upoko: 3

Te Tapu Ki E rua Ngā Tinana

"E Pāpā, mēnā ahau kupu whakaari ki whakahoki kāinga kāore te akiaki, mei ahau tango he te mātakitaki haerenga ki "Ko Benares?"

Kāore i te maha ngā wā i aukatia ai e Pāpā taku aroha nui ki te haereere. I tukua ahau e ia, ahakoa he tamariki noa ahau, kia toro atu ki ngā tāone maha me ngā

wāhi haereere. I te nuinga o te wā, kotahi, neke atu rānei o ōku hoa i haere tahi mai me ahau; ka haere mātou me te whakamarie i runga i ngā urunga tuatahi i whakaratohia e Pāpā. Ko tana tūranga hei āpiha rerewē i tino pai ki ngā tāngata haereere o te whānau.

Matua i oatitia ki hoatu taku tono te utu whakaaro nui Te muri rā ia i karangatia ahau me puritia

i waho he haere hoki-mai pāhi mai i Bareilly ki Benares, he tau o rūpī ngā tuhipoka, me e rua ngā reta.

"He take pakihi tāku hei tonu marena mā tētahi hoa o Benares, a Kedar Nath Babu. Engari kua ngaro tōna wāhi noho. Engari ki taku whakaaro ka taea e koe te tuku atu i tēnei reta ki a ia mā tō tātou hoa noa, a Swami Pranabananda. Kua eke te swami, taku teina, ki tētahi taumata wairua teitei. Ka whai hua koe i tana noho tahi me koe; ko tēnei reta tuarua hei kupu whakataki māu."

A te Matua ngā kanohi kanapa hei ia tāpirihia, "Te hinengaro, kāore atu anō ngā rerenga mai i kāinga!"

I haere atu ahau me te hihiri o ōku tau tekau mā rua (ahakoa kāore te wā i whakaiti i tōku harikoa ki ngā tirohanga hou me ngā kanohi tauhou). I te taenga atu ki Benares, ka haere tonu ahau ki te whare o te swami. I tuwhera te tatau o mua; i haere atu ahau ki tētahi rūma roa, rite tonu ki te whare tira i te papa tuarua. He tangata pakari, he whitiki anake tōna, e noho ana i roto i te tūnga rōhi i runga i tētahi papa teitei ake. Ko tōna mahunga me tōna mata kāore i te mirohia he ma; he ataata harikoa e takaro ana i ōna ngutu. Hei whakakore i taku whakaaro kua uru atu ahau, ka mihi mai ia ki ahau me te mea he hoa tawhito.

" *Baba anand* (harikoa ki taku e aroha nei)." I tino mihi mai ia me te reo tamariki. I tuturi ahau, ka pā ki ōna waewae.

"Kei te koe Swami Pranabananda?"

I pōkaikaha ia. "Ko koe te tama a Bhagabati?" I puta mai ana kupu i mua i taku wā ki te tango i te reta a Pāpā i taku pōke. I te miharo, ka hoatu e au ki a ia te reta whakamōhio, he mea kāore e hiahiatia ana ināianei.

"Ae rā, ka kimihia e au a Kedar Nath Babu māu." I ohorere anō ahau i te tohunga tapu i tana matakite. I titiro ia ki te reta, ā, i kōrero aroha ia ki tōku mātua.

"E mōhio ana koe, e rua ngā penihana kei te whiwhi ahau. Ko tētahi nā te taunakitanga a tōu pāpā, nāna ahau i tonu i mua." i mahi i roto te rēriwe tari. Te ētahi atu ko nā te taunakitanga o taku Rangi "E te Matua, mōna i oti ai i ahau aku mahi o te ao nei i runga i te ngākau pono."

I kitea e au tēnei kōrero he tino pōuri. "He aha te momo penihana, e te rangatira, e whiwhi ana koe i te Matua i te Rangi? Ka maka moni ia ki roto i tō uma?"

Ka kata ia. "Ko te tikanga he penihana o te rangimārie mutunga kore - he utu mō ngā tau maha o te whakaaroaro hohonu. Kāore au e hiahia moni i nāianei. Kua ea katoa aku hiahia rauemi torutoru. Ā muri ake ka māranga koe ki te hiranga o te penihana tuarua."

I te mutunga ohorere o tā māua kōrero, ka noho pōuri te tangata tapu. Ka taupokina ia e te hau rite ki te sphinx. I te tīmatanga ka kanapa ōna kanohi, me te mea kei te kite i tētahi mea whakamere, kātahi ka memeha haere. I whakama ahau i tana kōrero poto; kāore anō ia kia kōrero mai ki ahau me pēhea taku tūtaki ki te hoa o Pāpā. Me te kore e māharahara, ka titiro ahau ki te rūma takoto kau, he takoto kau engari ko māua anake. Ka titiro mangere ahau ki ōna hu rakau, e takoto ana i raro i te nohoanga papaaho.

"E te rangatira, **3-1** "Kaua e manukanuka. Ka tae mai te tangata e hiahia ana koe kia kite i a koe i roto i te hawhe haora." I pānui te yogi i ōku hinengaro - he mahi kāore i te tino uaua i taua wā!

I hoki anō ia ki te wāhangu ngaro. I whakamōhio mai taku mātiti kua toru tekau meneti te roa. I ara ake te swami. "Ki taku whakaaro kei te tata atu a Kedar Nath Babu ki te tatau."

I rongo ahau i tētahi e piki ake ana i ngā arawhata. Ka ara ake te pōhēhē ohorere; ka rere ngā whakaaro i roto i te pōhēhē: "Me pēhea rā te karangatanga mai o te hoa o Pāpā ki tēnei wāhi me te kore he karere hei āwhina? Mai i taku taenga mai, kāore te swami i kōrero ki tētahi atu engari ko au anake!"

I puta whakarere atu ahau i te rūma, ā, i heke iho i ngā arawhata. I waenganui o te whare ka tūtaki ahau ki tētahi tangata kikokore, kiri mā, he roa waenga. Te āhua nei kei te hohoro ia.

"Kei te koe Ketara Nāti Pāpu?" Te harikoa tae taku reo.

"Āe. Ehara ianei koe i te tama a Bhagabati i tatari mai nei ki te whakatau i ahau?" Ātaata ana ia me te āhua hoahoa.

"E te Ariki, pēhea mahi koe tupu ki haere mai konei?" ahau whatu pōhēhē te riri i runga tāna kāore e taea te whakamārama te aroaro

"He mea ngaro ngā mea katoa i tēnei rā! Neke atu i te kotahi hāora ki muri, i mutu taku kaukau i te awa o Ganges i te wā i Swami Pranabananda whakatata atu ahau. ahau whai kāore whakaaro pēhea ia i mōhio ahau i i reira i tērā wā.

"Kei te tatari mai te tama a Bhagabati ki a koe i roto i tōku whare noho,' ka mea ia. 'Ka haere tahi tāua?' Ka whakaae harikoa ahau. I a māua e haere tahi ana, ka taea e te swami i roto i ōna hu rakau te tere ake i ahau, ahakoa he hu hikoi pakari ēnei i mau i ahau.

"Kia pēhea te roa e tae mai ai koe ki tōku kāinga?' I tū ohorere a Pranabanandaji ki te pātai mai i tēnei pātai ki ahau.

"Mō haurua he haora.

"He mahi anō tāku i tēnei wā.' Ka titiro pōuri mai ia ki ahau. 'Me waiho koe e ahau ki muri. Ka taea e koe te haere mai ki tōku whare, kei reira māua ko te tama a Bhagabati e tatari ana ki a koe.'"

"I mua i taku kaha ki te tautohe, ka oma tere atu ia i ahau, ka ngaro atu i roto i te

mano. I hikoi tere tonu ahau ki konei."

Tenei whakamārama anake kua piki ake taku pōhēhētanga ahau i uiuia pēhea roa ia i a mōhiotia te swami

"I tūtaki māua i ētahi wā i tērā tau, engari kāore i tata nei. I tino harikoa ahau ki te kite anō i a ia i tēnei rā i te *whare kaukau* ."

"Au kāore e taea whakapono taku ngā taringa! Am ahau ngaronga taku hinengaro? I mahi koe tūtaki ia i roto he tirohanga, rānei i mahi koe ina hoki

kite ia, pā tāna ringa, me whakarongo te oro o tāna waewae?"

"Kāore au i te mōhio he aha tāu e akiaki nei!" Ka whero tōna riri. "Kāore au e teka ana ki a koe. Kāore koe e mārama ana mā te Swami anake ahau i mōhio ai kei te tatari mai koe ki ahau i tēnei wāhi?"

"Āe, kāore anō taua tangata, a Swami Pranabananda, i ngaro atu i ahau mai i taku taenga mai i te haora kua taha ake nei." I kōrero pōuri ahau i te kōrero katoa.

I puare nui ōna kanohi. "Kei te noho tātou i tēnei ao rauemi, kei te moemoeā rānei? Kāore au i whakaaro ka kite ahau i tētahi merekara pēnei i roto i tōku ao! I mahara ahau he tangata noa iho tēnei swami, ā, ināianei "Ka kitea e au ka taea e ia te whakaputa i tētahi atu tinana, ā, ka taea e ia te whakaoti i taua tinana!" I haere tahi māua ki te rūma o te tangata tapu.

"Tirohia, ko ngā hū tonu ēnā i mau ai ia i te *ghat*," te kī a Kedar Nath Babu. "He whitiki anake tōna i kakahuria, pērā i taku e kite nei i a ia i nāianei."

Hei te manuhiri piko i mua i ia, te tapu tahuri ki ahau me he whakahihiri menemene.

"He aha koe i miharo ai ki tēnei mea katoa? Kāore te kotahitanga ngawari o te ao whakamiharo e huna ana i ngā yogi pono. Ka kite tonu ahau, ka kōrero ki aku ākonga i Calcutta tawhiti. Waihoki, ka taea e rātou te whiti i ngā arai katoa o te ao maori i runga i tā rātou e hiahia ai."

He ngana pea ki te whakaoho i te hihiri wairua i roto i tōku uma taitamariki i whakaititia ai ahau e te swami. ki kōrero ahau o tāna ngā mana o wheturangi reo irirangi me pouaka whakaata. 3-2 Engari engari i roto i te hihiri, i pā mai he wehi nui ki ahau. Nā te mea i whakaritea ahau kia rapu i taku atua mā roto i tētahi guru motuhake - a Sri Yukteswar, kāore anō kia tūtaki ahau ki a ia - kāore au i te hiahia ki te whakaae ki a Pranabananda hei kaiako māku. I titiro ruarua ahau ki a ia, me te whakaaro mēnā ko ia, ko tōna hoa mahi rānei i mua i ahau.



Swami Pranabananda
"Te Tapu Ki E rua Ngā Tinana"

He Whakanuia Ākonga o Rāhiri Mahasaya

I whai te rangatira ki te whakakore i tōku manukanuka mā te titiro whakaara i te wairua, me ētahi kupu whakahihiri mō tana guru.

"Rahiri Mahasaya i te nui rawa yogi ahau ake tonu atu i mōhio. Ia i Atuatanga Āe anō i roto te puka o kikokiko."

Me he mea ka taea e tētahi ākonga te whakaputa i tētahi atu āhua kikokiko i runga i tōku hiahia, he aha ngā merekara ka taea te aukati i tōna rangatira?

"Māku e kōrero atu ki a koe te utu nui o te āwhina a te tohunga. I whakaaroaro ahau me tētahi atu akonga mō ngā hāora e waru i ia pō. I mahi mātou i te tari tereina i te awatea. I te uaua o taku mahi i aku mahi tari, i hiahia ahau ki te whakatapua i tōku wā katoa ki te Atua. Mō ngā tau e waru i tohe tonu ahau, i whakaaroaro i te haurua o te pō. I puta mai he hua whakamiharo; i whakamāramahia tōku hinengaro e ngā tirohanga wairua whakaharahara. Engari he arai iti tonu i waenganui i ahau me te Mutunga Kore. Ahakoa te ngākau pono o te tangata, i kitea e au kua whakakahoretia te hononga whakamutunga e kore e taea te whakakore. I tētahi ahiahi i haere ahau ki Lahiri Mahasaya, ā, i inoi ahau mō tana inoi atua. I haere tonu aku tonu i te pō katoa.

"E te Karakia Āngera, kua tino mamae tōku wairua, ā, kāore e taea e au te tu atu ki te ao me te kore e tūtaki kanohi ki te kanohi ki te Aroha Nui!"

"He aha kēne ahau mahi? Koe me whakaaroaro atu anō tino hohonu.

"Kei te inoi atu ahau ki a Koe, e te Atua, e tōku Ariki! E kite ana ahau i a Koe e whakakite ana i tōku aroaro i roto i te tinana; manaakitia ahau kia kite ahau i a Koe i roto i Tō āhua mutunga kore!"

"I totoro atu te ringa o Lahiri Mahasaya me te tohu atawhai. 'Ka taea e koe te haere ki te whakaaroaro. Kua inoi ahau ki a Brahma mōu.' **3-3**

"I te mea kua hikitia ahau, ka hoki ahau ki tōku kāinga. I roto i te whakaaroaro i taua pō, ka tutuki te Whāinga mura o tōku ao. Ināianei kei te pārekareka tonu ahau ki te penihana wairua. Mai i taua rā kāore anō te Kaihanga Harikoa kia huna i ōku kanohi i muri i tētahi arai o te pohehe."

Ki tonu te mata o Pranabananda i te māramatanga atua. I uru mai te rangimārie o tētahi ao kē ki roto i tōku ngākau; kua ngaro katoa te wehi. I whakapono anō te tangata tapu.

"I muri i ētahi marama, ka hoki ahau ki Lahiri Mahasaya, ka ngana ki te mihi ki a ia mō tana homaitanga mai i te koha mutunga kore. Kātahi ka kōrero ahau mō tētahi atu mea."

"E te Guru Atua, kāore e taea e au te mahi i roto i te tari. Tukua ahau kia haere tonu. Kei te haurangi tonu ahau i a Brahma."

"Tonoa he penihana mai i tō kamupene."

"He aha te take ka hoatu e au, i te

tīmatanga o taku mahi minita?" "Kōrerotia

ō whakaaro."

"Te muri rā ahau i hangaia taku tono Te tākuta i uiuia te whenua mō taku wawe tono

"I te mahi, ka kite ahau i tētahi kare ā-roto tino kaha e ara ake ana i roto i tōku tuaiwi."

3-4 Ka horapa katoa ki roto i tōku tinana, kāore au e tika mō te mahi i aku mahi.

"Kāore he pātai anō, i tino taunaki te tākuta i ahau kia whiwhi penihana, ā, kāore i roa ka riro mai i ahau. E mōhio ana ahau i mahi te hiahia atua o Lahiri Mahasaya mā roto i te tākuta me ngā āpiha o te rerewē, tae atu ki tōu matua. I whakarongo aunoa rātou ki te tohutohu wairua a te tohunga nui, ā, i tuku i ahau kia ora i roto i te hononga pumau ki te Mea Aroha." **3-5**

I muri i tēnei whakakitenga whakamiharo, ka noho puku a Swami Pranabananda mō te wā roa. I a au e haere ana ki te whakatā, me te pā atu ki ōna waewae me te whakaute, ka manaaki ia i ahau:

"Kei te ara o te whakarērea me te yoga tō orange. Ka kite anō ahau i a koe, me tō matua, ā muri ake nei." Nā ngā tau i tutuki ai ēnei poropititanga e rua. **3-6**

I haere tahi māua ko Kedar Nath Babu i te pōuri e haere mai ana. I tukuna atu e au te reta a Pāpā, ā, i pānuihia e taku hoa i raro i te rama o te tiriti.

"E kī ana tō pāpā kia tangohia e au tētahi tūranga i te tari o tana kamupene tereina i Calcutta. He mea ahuaureka te tumanako ki tētahi o ngā penihana e whiwhi ana a Swami Pranabananda! Engari kāore e taea; e kore e taea e au te wehe atu i Benares. Āue, kāore anō kia rua ngā tinana mōku!"

3-1 : *Kōto Mahasaya* ko te wā nā e he tau o Īnia hunga tapu i arohia ahau. Ia whakamāori "iti e te rangatira."

3-2 I tōna ake ara, kei te whakaū te pūtaiao ā-tinana i te mana o ngā ture i kitea e ngā yogi mā te pūtaiao hinengaro. Hei tauira, he whakaaturanga tērā tāne kua pouaka whakaata ngā mana i i hoatu i runga Whiringa-ā-rangi 26, 1934 i te Kingi Te Whare Wānanga o Rōma. "I pēhi a Tākuta Giuseppe Calligaris, he ahurangi hinengaro-ira, i ētahi wāhi o te tinana o te tangata, ā, ka whakautu te tangata me ngā whakaahuatanga poto o ētahi atu tātanga me ngā mea i te taha kē o te pakitara. I kī atu a Tākuta Calligaris ki ētahi atu ahurangi mēnā ka oho ētahi wāhi o te kiri, ka tukuna ki te tangata ngā kare-ā-roto e āhei ai ia ki te kite i ngā mea kāore e taea e ia te kite. Hei āwhina i tana tangata ki te kite i ngā mea i te taha kē o te pakitara, i pēhi a Ahurangi Calligaris i tētahi wāhi ki te taha matau o te uma mō te tekau mā rima meneti. I kī a Tākuta Calligaris mēnā ka oho ētahi atu wāhi o te tinana, ka taea e ngā tangata te kite i ngā mea i tawhiti, ahakoa kua kite kē rātou i aua mea."

3-3 : Atua i roto Tōna āhuatanga o Kaihanga; mai i Sanskrit pakiaka *pirihi*, ki whakawhanui Āhea A Emerson rotarota

Brahma i puta mai i roto te *Moana Ataratiki la marama* i roto 1857, te nuinga te ngā kaipānui i pōhēhē. Emerson katakata ana. "Kōrero rātou," ia i mea, "ki kī "Ko 'Ihowā' hei utu mō 'Brahma', ā, e kore rātou e pōhēhē."

3-4 : I roto hōhonu whakaaroaro, te tuatahi wheako o Wairua ko i runga te aata o te tuaiwi, me kātahi i roto te roro Te He nui rawa te harikoa e taupokina ana e te waipuke, engari ka ako te yogi ki te whakahaere i ōna putanga o waho.

3-5 : I muri tāna te reti, Pranabananda i tuhituhi kotahi o te te nuinga hōhonu ngā whakamārama i runga te *Bhagavad* Gita, e wātea ana i te reo Bengali me te reo Hindi.

Upoko: 4

Taku I whakakorea Rererangi Ki te taha Te Himalayas

"Waiho tō akomanga i runga i tētahi take iti noa iho, ka whakaeke atu i tētahi kāreti iti. Tū ki te ara iti e kore ai tetahi o tōku whare e kite i a koe."

Koinei aku tohutohu whakamutunga ki a Amar Mitter, he hoa kura tuarua i whakaaro ki te haere tahi māua ki ngā maunga o Himalaya. I whiriwhiria e māua te rā e whai ake nei mō tā māua rerenga. I tika ngā mahi whakatūpato, i te mea i mataara tonu a Ananta. I whakatau ia ki te whakakore i ngā mahere mawhiti i whakapaetia e ia ko te mea nui rawa atu i roto i tōku hinengaro. Ko te amulet, pērā i te rewena wairua, i mahi puku i roto i ahau. I waenganui i ngā hukarere o Himalaya, i tumanako ahau ki te kimi i te rangatira nona te mata e puta pinepine mai ana ki ahau i roto i ngā moemoeā.

I Calcutta te kāinga o te whānau i tēnei wā, te wāhi i nekehia tūturutia ai a Pāpā. I runga i te tikanga a ngā tāne Inia, i kawea mai e Ananta tana wahine marena ki tō mātou kāinga, kei te 4 Gurpar Road ināiane. I reira, i roto i tētahi rūma iti i runga i te tuanui, ka whakaaroaro ahau i ia rā, ka whakarite i tōku hinengaro mō te rapunga atua.

I tae mai te ata whakamiharo me te ua nui. I te rongonga i te haruru o ngā wira o te waka a Amar i te huarahi, ka hohoro taku here i tētahi paraikete, i ētahi hu, i te pikitia a Lahiri Mahasaya, i tētahi kape o te *Bhagavad Gita*, he aho o ngā poroporo inoi, me ngā whitiki e rua. I makahia e au tēnei paihere mai i te matapihi o taku papa tuatoru. I oma ahau ki raro i ngā kaupae, ā, i taha atu i taku matua kēkē, e hoko ika ana i te tatau.

"He aha ko te te whakahihiri?" Tōna titiro haereere whakapae i runga taku tangata

I ataata atu ahau ki a ia, kātahi ka hikoi ki te ara iti. I te tikinga mai i taku putea, ka tūpato ahau ki a Amar. I peia atu mātou ki Chadni Chowk, he pokapū hokohoko. Mō ngā marama kua penapenahia e mātou te moni kai hei hoko kākahu

Ingarihi. I te mōhio ka taea e tōku tuakana atamai te mahi hei kaitirotiro, ka whakaaro mātou ki te tinihanga i a ia mā te kākahu Pākehā.

I a mātou e haere ana ki te teihana, ka tū mātou ki te taha o tōku whanaunga, a Jotin Ghosh, ko Jatinda taku ingoa. He tangata hou ia, e hiahia ana ki tētahi tohunga i ngā maunga o Himalaya. I kakahuria e ia te hūtu hou i a mātou e whakarite ana. I huna pai mātou, i tumanako mātou! I roto i ō mātou ngākau te harikoa nui.

"Ko tā mātou e hiahia ana inaiane i he hū kānawehi." I arahina e au ōku hoa ki tētahi toa e whakaatu ana i ngā hū rekereke rapa. "Ngā tuhinga o hiako, i whiwhi anake mā roto te patunga o ngā kararehe, me kia ngaro "I tēnei haerenga tapu." I tū ahau i te huarahi ki te tango i te taupoki hiako o taku *Bhagavad Gita*, me ngā whitiki hiako o taku sola topee (pōtae) i hangaia i Ingarangi.

I te teihana i hokona e mātou he tīkiti ki Burdwan, ā, i reira ka whakamahere mātou ki te whakawhiti ki Hardwar i te taha o ngā puke o te Himalaya. I te tīmatanga o te rere o te tereina, pērā i a mātou anō, ka whakapuaki ahau i ētahi o aku tumanako whakahīhi.

"Whakaarohia!" ka puaki taku ihu. "Ka whakatōkia tātou e ngā rangatira, ā, ka wheako i te wairua pōuri o te hinengaro ao. Ka whakakīia ō tātou kikokiko ki te aukume nui, ā, ka whakatata mai ngā kararehe mohao o ngā Himalayas ki a tātou. Ka rite noa ngā taika ki ngā ngeru whare ngāwari e tatari ana ki ā tātou mirimiri!"

Nā tēnei kōrero—he whakaahua i tētahi tirohanga i whakaarohia e au he mea whakamīharo, i roto i te kupu whakarite me te kupu tūturu—i puta ai te ataata hihiri mai i a Amar. Engari i tahuri ke atu a Jatinda i tana titiro, ka anga atu mā te matapihi ki te whenua e oma haere ana.

"Kia toru ngā wāhanga o te moni." I mutu te wahangu a Jatinda me tēnei whakaaro. "Me hoko e tātou katoa tāna ake tīkiti i Burdwan. Nō reira, kāore tetahi i te teihana e whakaaro kei te oma tahi tātou."

I whakaae ahau, kāore i te whakaaro nui. I te ahiahi ka tū tō mātou tereina ki Burdwan. I tomo a Jatinda ki te tari tiki; i noho māua ko Amar ki runga i te papa. Tekau mā rima meneti māua i tatari ai, kātahi ka pātai atu, kāore i whai hua. I a mātou e rapu ana i ngā taha katoa, ka karanga mātou i te ingoa o Jatinda me te matakū nui. Engari kua memeha haere ia ki roto i te pōuriuri e karapoti ana i te teihana iti.

I tino ohorere ahau, ā, i tino ngoikore ahau. Kia whakaae mai te Atua ki tēnei wā pouri! I tino pōrearea te wā aroha o taku rerenga tuatahi i whakaritea kia whai i a Ia.

"E Amar, me hoki tāua ki te kāinga." I tangi ahau pērā i te tamaiti. "He tohu kino te wehenga arohakore o Jatinda. Kua takoto te tikanga kia hinga tēnei haerenga."

"Ko tēnei tōu aroha mō te E te Ariki? Kāore e taea koe tū te iti whakamātautau o he tinihanga hoa noho?"

Nā te whakaaro a Amar mō tētahi whakamātautau atua, ka tau te ngākau. I

whakahoutia e mātou a mātou anō ki ngā mīti reka Burdwan rongonui, *ki te sitabhog* (kai mā te atua wahine) me *te motichur* (ngā nati pērara reka). I roto i ētahi haora, ka eke mātou ki Hardwar, mā Bareilly. I te whakawhiti tereina i Moghul Serai, ka kōrero mātou mō tētahi take nui i a mātou e tatari ana i runga i te tūāpapa.

"E Amar, tērā pea ka uiuitia tatatia tāua e ngā āpiha o te rerewē. Kāore au e whakaiti ana i te pūkenga o tōku tungāne! Ahakoa te mutunga, e kore au e kōrero teka."

"Katoa ahau pātai o koe, Mukunda, ko ki pupuri tonu. Kaua kata rānei menemene i te wā ahau am e kōrero ana."

I taua wā tonu, ka whakatata mai tētahi āpiha teihana Pākehā ki ahau. Ka tawhiri mai ia i tētahi waea, ā, ka mārama tonu ahau ki tōna tikanga.

"Kei te koe oma atu mai i kāinga i roto te riri?"

"Kāo!" I harikoa ahau nā āna kupu i whiriwhiri ai ahau i āhei ai ki te whakautu mārama. Ehara i te riri engari ko te "pōuri nui rawa atu" te take, i mōhio ahau, mō aku whanonga rerekē.

Kātahi ka tahuri te āpiha ki a Amar. Nā te pakanga whakaaro nui i whai ake, kāore i taea e au te pupuri i te whakaaro taumaha, te whakaaro pōuri i tohutohuhia e au.

"Kei hea te tama tuatoru?" Ka whakatangihia e te tangata te reo mana ki roto i tōna reo. "Haere mai; kōrerotia te pono!"

"E te Ariki, kua kite ahau kei te mau koe i ngā mōhiti kanohi. Kāore koe e kite ana ko tāua tokorua anake?" Ka menemene whakahihi a Amar. "Ehara ahau i te tohunga makutu; kāore e taea e au te karanga i tētahi atu hoa."

I tino āwangawanga te āpiha i tēnei whakahihi, ā, ka rapu ia i tētahi atu wāhi whakaeke. "Ko wai tō ingoa?"

"Ko Tāmati tōku ingoa. He tama ahau nā tētahi whaea Ingarihi, ā, he matua Īniana kua tahuri ki te whakapono Karaitiana." "Ko wai te ingoa o tō hoa?"

"Au waea ia "Thompson."

I tēnei wā kua eke te harikoa o roto ki tōna taumata teitei; i haere noa ahau ki te tereina, me te whiowhio mō te wehenga. I whai mai a Amar me te āpiha, he tangata whakapono, he tangata ngāwari hoki. kia whakanohoia mātou ki tētahi wāhanga Pākehā. I tino mamae ia i te whakaaro ki ngā tama tāne e rua, he haurua-Ingarihi, e haereere ana i te wāhanga i whakaritea mō ngā tāngata whenua. I muri i tana putanga mārire, ka takoto ahau ki runga i te nohoanga, ka kata nui. I whakaatu taku hoa i te harikoa me te harikoa i te tinihanga i tētahi āpiha Pākehā tawhito.

I runga i te papaaho i whakaaro ahau ki te pānui i te waea. Nā tōku tuakana, i penei te kōrero: "Tokotoru ngā tama tāne Bengali i roto i ngā kākahu Ingarihi e oma atu ana i te kāinga ki Hardwar mā Moghul Serai. Tēnā puritia rātou kia tae mai rā anō ahau. He utu nui mō ā koutou mahi."

"E Amar, i kī atu ahau ki a koe kia kaua e waiho ngā rārangi wā kua tohua ki

roto i tō whare." I titiro whakahe ahau. "Mehemea kua kitea e te tuakana tētahi i reira."

I whakama taku hoa ki te whakaae i te pana. I tū mātou mō te wā poto ki Bareilly, te wāhi i reira a Dwarka I tatari mai a Prasad ki a mātou me te waea mai i a Ananta. I ngana maia taku hoa tawhito ki te pupuri i a mātou; i whakatenatena ahau i a ia kāore i ngāwari te whakahaere i tā mātou rerenga. Pērā i tētahi wā o mua, ko Dwarka

i whakakahoretia taku pōwhiri ki whakatakotoria whakamua ki te Himalayas.

I a mātou e tū ana i te teihana i taua pō, ā, e moe ana ahau, ka whakaarahia a Amar e tētahi atu āpiha e pātai ana. I pāngia hoki a Amar e te ataahua o "Thomas" me "Thompson." I haria mātou e te tereina ki te taenga mai o te ata ki Hardwar. I tū mai ngā maunga whakahihī i tawhiti, he mea whakamīharo. I oma tere mātou i roto i te teihana, ā, ka tomo ki te herekoretanga o te mano tini o te tāone. Ko tā mātou mahi tuatahi ko te huri i ō mātou kākahu taketake, i te mea kua uru atu a Ananta ki roto i tō mātou āhua Pākehā. I taumaha te whakaaro kei te hopukina ahau.

I te mea he mea tika kia wehe atu i Hardwar i tēnei wā tonu, ka hokona e mātou he tīkiti hei haere ki te raki ki Rishikesh, he whenua kua roa nei e whakatapua ana e ngā waewae o ngā rangatira maha. Kua eke kē ahau ki te tereina, ko Amar ia i whakaroa i runga i te papaaho. I tū ohorere ia i te karanga a tetahi pirihiimana. Nā tō mātou kaitiaki kāore i manakohia mātou i arahi ki tētahi whare iti o te teihana, ā, i riro i a ia te tiaki i ā mātou moni. I whakamārama mai ia me te ngākau māhaki ko tana mahi he pupuri i a mātou kia tae mai rā anō tōku tuakana.

Te ako tērā te ngā tamariki e haere ana ki waho ūnga i a kua te Himalayas, te āpiha e pā ana he rerekē kōrero

"E kite ana ahau kei te porangi koe ki te hunga tapu! E kore rawa koe e tūtaki ki tētahi tangata nui atu i te Atua i kite ahau." inanahi noa iho. I tūtaki tuatahi māua ko taku tungāne āpiha ki a ia i ngā rā e rima kua pahure. I a mātou e tirotiro haere ana i te taha o te awa o Ganges, e tirotiro ana i tētahi kaikōhuru. Ko ā mātou tohutohu he hopu i a ia, ahakoa ora, ahakoa mate. I mōhioia ia e whakaahua ana i a ia anō he *sadhu* hei pahua i ngā manene. I mua tata atu i a mātou, ka kite mātou i tētahi āhua e rite ana ki te whakaahuatanga o te tangata hara. Kāore ia i aro ki tā mātou whakahau kia mutu; ka oma mātou ki te hinga i a ia. I te whakatata atu ki tōna tuara, ka mau taku toki me te kaha nui; kua motu katoa te ringa matau o te tangata i tōna tinana.

"Kāore he tangi, he titiro rānei ki te patunga whakamataku, ka haere tonu te tangata tauhou i tana tere me te miharo. I a mātou e peke ana ki mua i a ia, ka kōrero mārie ia."

"Au am kāore te kaikōhuru koe kei e rapu ana.

"I tino whakama ahau i te kitenga kua whara ahau i te tangata o tētahi tohunga ahua atua." i mua i ōna waewae, ka inoi ahau ki a ia kia murua mai ōku hara, ā, ka tukua atu e ahau taku potae hei whakamutu i ngā rerenga toto nunui.

"E tama, he hē noa iho tēnā nāu.' Ka titiro atawhai mai te tangata tapu ki ahau. 'Rere atu, kaua e whakahe i a koe anō. Kei te tiaki ahau i te Whaea Aroha.' Ka panaia e ia tōna ringa e iri ana ki roto i te pūtake, ā, nā! ka piri tonu; ka mutu te

rere o te toto, kāore i te mārāma.

"Haere mai ki ahau i raro i te rākau i roto i ngā rā e toru, ā, ka kite koe kua ora rawa ahau. Nō reira, e kore koe e pouri."

"Inanahi, i haere māua ko tōku teina āpiha ki te wāhi kua tohua. I reira te *sadhu* , ā, i tukua māua kia tirohia tōna ringa. Kāore he koha, he tohu whara rānei i puta mai!"

"Au am e haere ana mā roto Rīhikehi ki te Himalayan ngā mokemoke. Ia manaakitia mātou hei ia kua wehe atu tere tonu. ahau

te rongo tērā taku ora kua kua whakateiteitia mā roto tāna te tapu."

I mutu te kōrero a te āpiha me te whakapūtanga karakia; i tino nekehia ia e tana wheako ki tua atu i ōna hohonutanga noa. Me te tohu whakamiharo, ka homai e ia ki ahau he tapahi tānga mō te merekara. I roto i te āhua pōhēhē o te momo nūpepa whakahihiri (kāore i ngaro, aue! ahakoa i Inia), he paku whakanuia te putanga a te kairīpoata: i tohu i te mea *kua* tata tonu te motu o te upoko!

I tangi māua ko Amar mō te ngaronga o te yogi nui i taea te muru i te hara o tōna kaitukino i roto i te huarahi rite ki tā te Karaiti. Ahakoa te rawakore o Īnia i ngā rautau e rua kua pahure ake nei, he taonga atua tonu tōna; i ētahi wā ka tūtaki pea ki ngā "whare teitei" wairua i te taha o te ara, tae noa ki ngā tāngata o te ao pēnei i tēnei pirihimana.

I mihi mātou ki te āpiha mō te whakamama i tō mātou hoha ki tana kōrero whakamiharo. Tērā pea i kī ia he nui ake tōna waimarie i a mātou: i tūtaki ia ki tētahi tangata tapu kua whakamāramatia, kāore he uaua; kua mutu tā mātou rapunga pono, ehara i te mea i ngā waewae o tētahi rangatira, engari i roto i tētahi teihana pirihimana kino!

I tata tonu ahau ki ngā maunga o Himalaya, ā, i roto i tō mātou hereheretanga tae noa mai ki tēnei wā, ka kōrero ahau ki a Amar kua rua ngā whakaaro e hiahia ana ahau ki te rapu herekore.

"Kia mawhiti tāua ina puta he wā. Ka taea e tāua te haere mā raro ki Rishikesh tapu." Ka menemene ahau me te whakatenatena.

Engari i te tangohanga o te pūtea i a māua, ka huri tōku hoa hei tangata pouri.

"Mehemea ka tīmata tātau i tētahi hikoi i runga i tētahi ngahere morearea pēnei, me mutu tātau, kaua i te tāone o te hunga tapu, engari i roto i ngā puku o ngā taika!"

I tae mai te tungāne o Ananta rāua ko Amar i muri i ngā rā e toru. I mihi aroha a Amar ki tōna whanaunga. Kāore au i rongo i te pai o taku noho; kāore he mea i riro mai i a Ananta i ahau, he riri nui.

"E mārāma ana ahau ki ō kare ā-roto." I kōrero whakamarie mai tōku tungāne. "Ko tāku noa e tono atu nei kia haere tahi māua ki Benares kia tūtaki ki tētahi tangata tapu, ā, kia haere tonu ki Calcutta kia toro atu ki tō matua e pouri ana mō ētahi rā. Kātahi ka taea e koe te tīmata anō i tāu rapunga i tētahi rangatira i konei."

I uru atu a Amar ki te kōrero i tēnei wā hei whakakore i tana hiahia ki te hoki tahi ki Hardwar. I te pai ki a ia te mahana o te whānau. Engari i mōhio ahau e kore rawa ahau e whakarērea te rapu i taku guru.

Tō mātou pāti kua mau mō Benares. I reira ahau i a he takitahi me inamata whakautu ki taku ngā inoi.

I whakaritea e Ananta tētahi mahere mohio. I mua i tana kitenga i ahau i Hardwar, i tū ia ki Benares ki te tono ki tētahi tohunga karaipiture kia uiuitia ahau i muri mai. I oati te tohunga me tana tama ki te āwhina i ahau ki te ārai i te ara o te *sannyasi*. ~~4-~~

I haria ahau e Ananta ki tō rāua kāinga. I mihi mai te tama, he taitama harikoa, ki ahau i te marae. I whaikōrero roa ia ki ahau mō tētahi kaupapa whakaaro. I te mea he mōhio matakite tana mō tōku heke mai, i whakahē ia i taku whakaaro he mōneka ia.

"Ka tūtaki tonu koe ki te aituā, ā, e kore e kitea e koe te Atua, ki te tohe tonu koe ki te whakarērea ō kawenga noa! Kāore e taea e koe te mahi i ō karma o mua **4-2** me te kore he wheako o te ao."

Ka puta ake ngā kupu ora tonu a Krishna ki ōku ngutu hei whakautu: "Ahakoa ko ia he kino rawa te karma e whakaaroaro tonu ana ki ahau, ka tere te ngaro o ngā pānga o āna mahi kino o mua. I a ia e noho whakahīhī ana, ka tere tana whiwhi i te rangimārie pumau. E Arjuna, kia tino mōhio koe ki tēnei: ko te tangata e whakawhirinaki ana ki ahau, e kore rawa ia e ngaro!" **4-3**

Engari nā ngā tohu kaha a te taitama i whakakorikori i tōku whakapono. Me te kaha o tōku ngākau i inoi puku ahau ki te Atua:

"Tena koa whakaotia taku pōhēhētanga, ā, whakautua mai ahau, i konei tonu, ināianei tonu, ki te mea e pai ana koe kia noho ahau i te orange o te tangata whakarērea, o te tangata ao rānei!"

I kite ahau i tētahi *sadhu* kanohi rangatira e tū ana i waho noa i te pā o te whare o te tohunga. I rongo pea ia i te kōrero hihiri i waenganui i te matakite me ahau, nā te mea i karanga mai te tangata tauhou ki ahau ki tōna taha. I rongo ahau i te mana nui e rere ana mai i tōna marino. ngā kanohi.

"E tama, kaua e whakarongo ki taua kuware. Hei whakautu i tāu inoi, e mea mai ana te Ariki kia whakaū ahau ki a koe ko tō ara anake i tēnei ao ko te ara o te tangata whakarērea."

Ki miharo hei puna hei te whakawhetai, ahau menemene harikoa i tēnei whakatau karere.

"Haere atu i taua tangata!" te karanga mai a te "kuware" i te marae. I ara ake te ringa o taku kaiārahi tapu hei manaaki, ā, ka haere māriri atu.

"He rite tonu te porangi o taua *sadhu* ki a koe." Nā te tohunga mahunga hina tēnei tirohanga ataahua. I titiro pōuri mai rāua ko tana tama ki ahau. "I rongo ahau kua wehe atu hoki ia i tōna kāinga ki te rapu i te Atua."

I tahuri atu ahau. Ki a Ananta i kī atu ahau kāore au e whai wāhi atu ki te kōrero ki ō mātou kaihautū. I whakaae tōku tungāne kia haere tonu mātou; kāore i roa ka haere mātou ki Calcutta.



ahau tū i muri taku kaumātua teina, Ānata.



Ko te Hakari Rā Whakamutunga i whakanuia e Sri Yukteswar, Hakihea, 1935. Kei waenganui taku Guru e noho ana; kei tōna matau ahau, i te marae nui o tōna whare karakia i Serampore.

"E te Kaitirotiro, me pēhea koe i kite ai kua oma māua ko ētahi hoa tokorua?"
I tukuna e au taku hiahia nui ki a Ananta i a māua e hoki ana ki te kāinga.
Ātaata ana ia me te whanoke.

"I tō kura, i kitea e au kua wehe atu a Amar i tana akomanga, kāore anō kia hoki

mai. I haere ahau ki tōna kāinga i te ata i muri mai, ā, i kitea e au he rārangi wā
kua tohua. I te haere noa atu te pāpā o Amar."

waka me i kōrero ki te kaiārahi

"Kāore taku tama e eke tahi māua ki tana kura i tēnei ata. Kua ngaro atu ia!"
te aue a te pāpā."

"I rongo ahau i tētahi kaiārahi teina, e kī ana, i eke tō tama me ētahi atu tokorua, he hūtu Pākehā ō rātou, ki te tereina i te Teihana o Howrah,' te kī a te tangata. 'I hoatu e rātou ō rātou hu hiako hei koha ki te taraiwa tekesei.'"

"Nō reira ahau i a toru ngā tohu-te wātaka, te tokotoru o ngā tama, me te Ingarihi ngā kākahu."

I whakarongo ahau ki ngā kōrero a Ananta me te harikoa me te riri. Kāore i tino tika tō mātou atawhai ki te kaiārahi!

"Ae ra, i tere tonu ahau ki te tuku waea ki ngā āpiha o te teihana i ngā tāone katoa i whakarārangihia e Amar i roto i te rārangi wā. I tirohia e ia a Bareilly, nō reira i waea atu ahau ki tō hoa a Dwarka ki reira. Whai muri i ngā uiuinga i roto i tō mātou rohe o Calcutta, i rongo ahau i ngaro te whanaunga a Jatinda i tētahi pō engari i tae mai ki te kāinga i te ata i muri mai i roto i ngā kākahu Pākehā. I rapu ahau i a ia, ā, i karanga atu ahau i a ia ki te tina. I whakaae ia, me te kore e aro ki taku āhua hoa. I a au e haere ana, ka arahina e au ia ki tētahi teihana pirihihama, kāore i te mōhiotia. I karapotia ia e ētahi āpiha i whiriwhiria e au i mua mō ō rātou āhua nanakia. I raro i ō rātou titiro whakamataku, i whakaae a Jatinda ki te whakamārama i ana whanonga ngaro."

"I tīmata ahau ki te haere ki ngā maunga o Himalaya me te wairua harikoa,' tana whakamārama. 'I whakakīia ahau e te hihiri i te whakaaro ka tūtaki ahau ki ngā rangatira. Engari i te wā tonu i kī ai a Mukunda, 'I a mātou e harikoa ana i roto i ngā ana o Himalaya, ka miharo ngā taika, ka noho ki te taha o mātou pērā i ngā ure ngawari,' ka tio taku wairua; ka puta mai ngā pata werawera i tōku rae. 'Ā, he aha rā?' i whakaaro ahau. 'Ki te kore e whakarerekētia te āhua nanakia o ngā taika mā te mana o tō mātou wairua wairua, ka atawhai mai rātou i a mātou ki te atawhai o ngā ngeru whare?' I roto i tōku hinengaro, kua kite kē ahau i ahau anō hei tangata noho pūmau o te puku o tētahi taika - e tomo ana ki reira, ehara i te mea ko te tinana katoa te mea e tomo ana, engari mā ngā wāhanga o ōna wāhanga maha!'"

I memeha haere taku riri mō te ngaromanga o Jatinda i roto i te kata. Ko te kiriata whakakatakata i muri mai i runga i te tereina i tika mō te mamae katoa i pā mai ki ahau. Me whakaae ahau he iti nei te harikoa: kāore hoki a Jatinda i mawhiti i te tūtakitanga ki ngā pirihihama!

"Ananta, ~~4-4~~ "He kuri tiro tiro koe i whānau mai!" Kāore i kore he riri i roto i taku titiro whakakatakata. "Ā, māku e kī atu ki a Jatinda e koa ana ahau kāore ia i akiakihia e te wairua tinihanga, e ai ki te āhua, engari nā te hinengaro tupato o te tiaki i a ia anō!"

I te kāinga i Calcutta, i tono aroha mai a Pāpā kia kaua e haereere noa tae noa ki te mutunga o aku akoranga kura tuarua. I a au e ngaro ana, i whakatakoto aroha ia i tētahi mahere mā te whakarite i tētahi tohunga tapu, a Swami Kebalananda, 4-5. kia haere mai ki te whare i ngā wā katoa.

"Te tohunga ka kia tōu Sanskrit kaiako," taku matua i panuitia me te māia.

Matua i tumanakohia ki whakamātau taku whakapono ngā wawata nā ngā tohutohu mai i he i ako tohunga whakaaro Engari i huri mārīre ngā tūāpapa: ko taku kaiako hou, i tawhiti atu i te tuku i ngā mea ngoikore hinengaro, i whakaoho i ngā mura o taku wawata-Atua. Kāore i te mōhiotia e te Matua, ko Swami Kebalananda he ākonga whakahīhi nā Lahiri Mahasaya. He mano tini ngā ākonga o te tohunga tino pai, ā, i kukume puku atu ki a ia. nā te kaha o tōna aukume atua. I muri mai ka ako ahau he maha ngā wā i whakaahua ai a Lahiri Mahasaya i a Kebalananda hei *rishi*, hei tangata mārāma rānei.

I karapotia te mata ātaahua o taku kaiako e ngā makawe miro ataahua. He māia ōna kanohi pouri, he mārāma, he rite ki te kanohi o te tamaiti. Ko ngā nekehanga katoa o tōna tinana pakupaku i tohuhia e te whakaaroaro marino. He ngawari, he aroha tonu, ā, i mau tonu ia i roto i te hinengaro mutunga kore. He maha o ā mātou hāora harikoa i pau i roto i te whakaaroaro hohonu *Kriya*.

He tohunga rongonui a Kebalananda mō ngā *shastra tawhito*, arā, ngā pukapuka tapu: nā tōna mātauranga i tapaina ai ia ko "Shastri Mahasaya," te taitara e karangatia ana ia. Engari kāore i tino kitea taku ahunga whakamua i roto i te mātauranga Sanskrit. I rapu ahau i ngā whai wāhitanga katoa ki te whakarērea te wetereo noa, me te kōrero mō te yoga me te Lahiri Mahasaya. I whakaae mai taku kaiako i tētahi rā mā te kōrero mai i tētahi mea mō tōna ake orange me te rangatira.

"Onge noa iho waimarie, ahau i āhei ki noho tonu tata Rāhiri Mahasaya mō tekau ngā tau Tōna Benares Ko te kāinga taku whāinga mō te haerenga tapu i ia pō. I reira tonu te guru i roto i tētahi rūma iti o mua i te papa tuatahi. I a ia e noho ana i roto i te tūnga rōhi i runga i tētahi nohoanga rakau kāore he tuara, ka whakapaipaihia ia e āna ākonga ki te haurua porowhita. Ka kanapa ōna kanohi, ka kanikani i te harikoa o te Atua. He haurua tonu te katia, e titiro ana mā roto i te porowhita karu o roto ki roto i tētahi porowhita o te harikoa mutunga kore. Kāore ia i te tino kōrero roa. I ētahi wā ka aro atu tana titiro ki tētahi ākonga e hiahia ana ki te āwhina; ka ringihia ngā kupu whakaora pērā i te rerenga mārāma.

"I puāwai mai te rangimārie e kore e taea te kōrero i roto i ahau i te tirohanga a te rangatira. I whakakīia ahau e tōna kakara, me te mea nō te putiputi rēmana o te mutunga kore. Ko te noho tahi me ia, ahakoa kāore he kōrero mō ngā rā, he wheako i whakarerekē i tōku ao katoa. Mēnā ka ara ake tētahi ārai e kore e kitea i te ara o I roto i taku arotahi, ka whakaaroaro ahau ki ngā waewae o te guru. I reira ka ngāwari te hopu i ngā āhua ngoikore rawa. Kāore au i kite i ēnei tirohanga i te aroaro o ngā kaiako iti iho. He temepara ora te rangatira nō te Atua, ā, i tuwhera ngā tatau ngaro ki ngā ākonga katoa mā te aroha.

"Ehara a Lahiri Mahasaya i te kaiwhakamāori pukapuka o ngā karaipiture. Kāore he uaua ki a ia te ruku ki roto i te 'whare pukapuka atua.' I pupū ake te pahuka o

ngā kupu me te pupuhi o ngā whakaaro mai i te puna o tōna mōhiotanga katoa. I a ia te clavis whakamiharo i iriti i te pūtaiao rapunga whakaaro hohonu i whakauruhia ki roto i ngā *Veda i ngā tau kua pahure ake nei* . **4-6** Mēnā ka tonoa ia kia whakamārama i ngā momo taumata o te hinengaro i whakahuatia i roto i ngā tuhinga onamata, ka menemene ia ka whakaae.

""Ka pāngia ahau e aua āhua, ā, ka kōrerotia atu e au ki a koe taku e kite nei.' Nō reira, he tino rerekē ia i a ia te ngā kaiako ko wai tuku karaipiture ki mahara me kātahi hoatu whakamua kāore i tutuki ngā whakarāpopototanga.

""Tena koa whakamāramahia ngā whiti tapu ina puta te tikanga ki a koe.' He maha ngā wā ka hoatu e te tohunga puku tēnei tohutohu ki tētahi ākonga e tata ana. 'Māku e ārahi ō whakaaro, kia tika ai te whakamaoritanga.'

i whakapuakina.' Pēnei i tuhia ai ngā tirohanga a Lahiri Mahasaya, me ngā whakamārama maha a ngā ākonga.

"Kāore te rangatira i tohutohu i te whakapono pononga. 'He angaanga noa iho ngā kupu,' tana kī. 'Whiwhia te whakapono ki te aroaro o te Atua mā roto i tō ake hononga harikoa i roto i te whakaaroaro.'"

"Kāo mea he aha te ākonga raruraru, te tohunga i tohutohuhia *Kiria Yoga* mō tōna otinga.

"E kore te kī yoga e ngaro tōna whai huatanga ina kore ahau e noho ki te tinana hei ārahi i a koe. Kāore e taea te here, te whakakōpiri, me te wareware i tēnei tikanga, i runga i te āhua o ngā whakaaweawe ariā. Me haere tonu i tō ara ki te whakaoranga mā *Kriya*, ko tōna mana kei roto i te mahi."

"Ki ahau nei, ko *Kriya* te taputapu whakaora tino whai hua mā te mahi whaiaro kua whanakehia i roto i te rapunga a te tangata mō te Mutunga Kore." I mutu a Kebalananda me tēnei whakaaturanga pono. "Mā te whakamahinga, ko te Atua mana nui, e huna ana i roto i ngā tātanga katoa, i whakakikoruatia ki te kikokiko o Lahiri Mahasaya me ētahi o āna ākonga."

I te aroaro o Kebalananda i puta ai tētahi merekara rite ki tā te Karaiti nā Lahiri Mahasaya. I tētahi rā, ka kōrerotia e taku kaiako tapu te kōrero, me ōna kanohi e matara atu ana i ngā tuhinga Sanskrit i mua i a mātou.

"Nā te akonga matapo, nā Ramu, ahau i whakaoho. Me kore ianei e mārama ōna kanohi, i a ia e mahi pono ana ki tō tātou ariki, e mura ana te Atua i roto i a ia? I tētahi ata ka ngana ahau ki te kōrero ki a Ramu, engari i noho ia mō ngā hāora manawanui e whakapūmau ana i te guru ki tētahi *punkha rau nikau i hangaia e te ringa*. I te putanga atu o te tangata karakia i te rūma, ka aru ahau i a ia."

"Ramu, pēhea roa whai koe kua matapo?

"Mai i tōku whānautanga mai, e te rangatira! Kāore anō ōku kanohi kia

manaakitia kia kite i te rā.' "Ka taea e tō mātou tohunga mana nui te

āwhina i a koe. Tēnā koa, inoi mai."

"I te aonga ake ka whakatata māia a Ramu ki a Lahiri Mahasaya. I tata whakama te akonga ki te tono kia tāpirihia te taonga tinana ki tōna taonga wairua."

"E te Ariki, kei roto i a koe te Kaiwhakamārama o te ao tūroa. Kei te inoi atu ahau kia kawea mai e koe Tōna māramatanga ki roto i ōku kanohi, kia kite ai ahau i te kanapa iti o te rā."

"E Rāmu, kua whakangawari tetahi ki te whakanoho i ahau ki tētahi tūranga

uaua. Kāore he mana whakaora i ahau.' "'E te Ariki, ka taea e te Mutunga

Kore i roto i a koe te whakaora.'"

"He rerekē rawa tēnā, e Rāmu. Kāore he rohe o te Atua! Ko ia te kaiwhakakā i ngā whetū me ngā pūtau kikokiko ki te kanapa ora ngaro - ka taea e ia te kawē mai i te kanapa o te tirohanga ki roto i ō kanohi."

"I pā te rangatira ki te rae o Ramu i te pito i waenganui i ngā tukemata. "4-7 "Kia arotahi tō hinengaro i reira, me pinepine waiata te ingoa o te poropiti Rama 4-8 mō whitu ngā rā Te

te kororia o te rā me whai he motuhake ata mō koe.

"Nā! i roto i te wiki kotahi i pērā ai. Mō te wā tuatahi, ka kite a Ramu i te mata ataahua o te taiao. Nā te Mea Matatau Katoa i tohutohu tika tana akonga kia whakahuatia te ingoa o Rama, te ingoa i arohaina e ia i runga ake i ngā atu tapu katoa. Ko te whakapono o Ramu te oneone i parauhia e te karakia, i reira ka puta te purapura kaha o te guru mō te pumau." te whakaora i pihi ake." Kebalanānda i wahangu mō he wā poto, kātahi kua utua he atu anō he whakanui i tōna guru.

"I roto i ngā merekara katoa i mahia e Lahiri Mahasaya, i kitea nuitia kāore ia i tuku i te mātāpono whakapehapeha kia pāngia e te ki te whakaaro ko ia anō he kaha whakatupu. Nā te tino tukunga kore ātete, i taea ai e te rangatira te rere noa o te Mana Whakaora Matua mā roto i a ia.

"Ko ngā tinana maha i whakaorangia whakamiharotia e Lahiri Mahasaya, ā, i te mutunga ka tahuna ki ngā mura o te ahi. Engari ko ngā oho wairua puku i mahia e ia, ko ngā ākongā rite ki a te Karaiti i hangaia e ia, ko āna merekara mutunga kore."

ahau kāore rawa ka noho he Sanskrit tohunga; Kebalanānda i whakaakona ahau he tohunga matakite te wetereo

.....
4-1 : Tikanga tūturu, "whakarērea." Mai i Sanskrit kupumahi pakiaka, "ki maka taha."

4-2 : Ngā Pānga o ngā rā o mua ngā mahi, i roto tēnei rānei he mua te ora; mai i Sanskrit *kri* "ki mahi."

4-3 : *Bhagavad Gita* , IX, 30-31. Krishna i te nui rawa poropiti o Īnia; Ārūna i tāna te mea nui ākongā.

4-4 : ahau i ngā wā katoa i arohia ia hei Ananta-da. *Rā* ko he whakaute tāpiritanga e te mātāmua teina i roto he Īnia whānau ka riro mai i ngā teina me ngā tuākana.

4-5 I te wā o tā mātou hui, kāore anō a Kebalananda kia uru atu ki te Swami Order, ā, ko te ingoa whānui ko "Shastri Mahasaya". Ki karo pōhēhētanga me te ingoa o Rāhiri Mahasaya me o Kaiwhakaako Mahasaya (upoko 9), ahau am e kōrero ana ki taku Sanskrit kaiako anake nā tāna ā muri ake nei mōneka ingoa o Swami Kebalananda. Tōna kōrero mō te ora kua kua ināiane whakaputaina i roto

Te reo Pānikara. Whānau i roto te Khulna rohe o Pēnerara i roto 1863, Kebalanānda i hoatu ake tāna tinana i roto Benares i
.te tau o ono tekau mā waru

.Tōna whānau ingoa i Āhuto Chatterji

4-6 : Te tawhito whā *Ngā Veda* whakauru i runga 100 kei te ora tonu tikanga ngā pukapuka. Emerson kua utua te e whai ake nei takoha i roto tāna *Te whakaaro o te pukapuka Vedic*: "He mea whakamiharo, he rite ki te wera me te pō me te moana kore manawa. Kei roto i tēnei pukapuka ngā kare ā-roto whakapono katoa, ngā tikanga matatika nui katoa e toro atu ana ki ia hinengaro rotarota rangatira.Kāore he painga o te waiho i te pukapuka; ki te whakawhirinaki ahau ki a au anō i roto i te

ngā ngahere rānei i roto he poti i runga i te roto, Taiao e hanga ana he *Brahmin* o ahau i nāiane: mutunga kore te Koinei tana whakapono. Te hiahiatanga, mutunga kore te utu, te mana e kore e taea te rapu, te wahangu tonu. rangimārie, e mea ana ia ki ahau, me te parakore me te tino

te whakarēreatanga ēnei ngā rongoā whakaora whakamāori katoa hara me kawē mai koe ki te te manaakitanga o te Waru
".Atua

4-7 : Te nohoanga o te "takitahi" rānei wairua kanohi I mate te hinengaro o tāne ko te tikanga i tuhia ki tēnei tapu ira, e whakaatu ana i ngā kanohi kua ara ake i roto i te hunga mate.

4-8 : Te pokapū tapu āhua o te Sanskrit rawe, *Rāmāyana* .

4-9 : Āhankara, te whakapehapeha; tino tika, "Au mahi." Te pakiaka take o takirua rānei mātukanuka o *māia* mā te mea te kaupapa (whakahīhi) ka puta hei mea; e whakaaro ana ngā mea hanga ko rātou anō ngā kaihangā.

Upoko: 5

He "Kakara "Hāta Tapu" Ngā Whakaaturanga Tōna Ngā Mea Whakamiharo

"Ki ia mea i reira ko he wā, me he wā ki ia kaupapa i raro i te te rangi."

Kāore i a au tēnei whakaaro nui o Horomona hei whakamarie i ahau; i tirotiro haere ahau i te mata o te tohunga kua whakaritea mōku i roto i ngā haerenga katoa mai i te kāinga. Engari kāore taku ara i tutaki ki a ia tae noa ki te otinga o aku akoranga kura tuarua.

E rua tau te roa i waenganui i taku rerenga me Amar ki ngā maunga o Himalaya, me te rā nui o te taenga mai o Sri Yukteswar ki tōku ao. I taua wā, i tūtaki ahau ki ētahi tohunga whakaaro nui - te "Tangata Tapu o te Hinu Kakara," te "Taika Swami," a Nagendra Nath Bhaduri, te Kaiwhakaako Mahasaya, me te kaipūtaiao rongonui o Bengali, a Jagadis Chandra Bose.

E rua ngā kupu whakataki mō taku tūtakitanga ki te "Tangata Tapu Hinu Kakara", he rangitahi tētahi, he whakakatakata tētahi .

"He māmā te Atua. He uaua ngā mea katoa. Kaua e rapu i ngā uara tino tika i roto i te ao tūroa ."

I a au e tū puku ana i mua i te whakapakoko o Kali i te temepara, ka āta uru mai ēnei kupu whakamutunga ki roto i tōku taringa. I taku tahuritanga, ka tū atu ahau ki tētahi tangata roa, ko tōna kākahu, ko tōna kākahu rānei, e whakaatu ana i a ia he *sadhu e kopikopiko ana* .

"Kua tino uru koe ki roto i te pōhēhētanga o ōku whakaaro!" ka menemene ahau me te whakawhetai. "Ko te pōhēhētanga o ngā āhuetanga pai me ngā āhuetanga whakamataku o te taiao, e tohuhia ana e Kali, **5-1** kua pōhēhē ngā mahunga whakaaro nui ake i ahau!"

"He tokoiti noa iho te hunga e whakaoti ana i tana mea ngaro! Ko te pai me te kino te panga wero e whakatakotoria ana e te ao ki mua i ngā mātauranga katoa te rite ki te sphinx. Nā te kore e ngana ki te whakaoti, he maha ngā tāngata e utu ana i ō rātou oranga, he whiu ināiane pērā i ngā rā o Thebes. I konei, i reira, kāore he tangata teitei mokemoke e karanga ana i te hinganga. Mai i te *maya* **5-2** o te takirua

ka hutia e ia te pono piripono o te kotahitanga."

"Koe kōrero me te whakataunga, e te rangatira."

"Kua roa ahau e whakamahi ana i te whakaaroaro pono, te huarahi tino mamae ki te whakaaro nui. Ko te tiro tiro i a koe anō, te aro tonu ki ngā whakaaro o te tangata, he wheako tino kino, he wheako pakaru hoki. Ka pakaru te whakapehapeha nui rawa atu. Engari ko te tātari pono i a koe anō ka mahi pāngarau hei whakaputa i ngā matakite. Ko te huarahi o te 'whakaaturanga i a koe anō', arā, ko ngā mihi takitahi, ka hua ake he whakapehapeha, he tino mohio ki te tika ki a rātou anō."

tūmataiti ngā whakamārama o Atua me te ao whānui."

"Te Pono whakaiti ka reti, kāore ruarua, i mua i pērā whakakake te taketake." ahau i te pārekareka te kōrero.

"Kāore e taea e te tangata te mārama ki te pono mutunga kore tae noa ki te wā e wetekina ai ia i ngā whakapehapeha. Ko te hinengaro tangata, kua hurahia ki te paru rautau, e kī ana i te oranga whakarihariha o ngā tinihanga o te ao."

Ka memeha haere ngā pakanga o ngā papa pakanga i konei, ina whawhai tuatahi te tangata ki ngā hoariri o roto! Kāore he hoariri mate o ēnei, hei hinga i te kaha whakaharahara! Kei ngā wāhi katoa, e kore e matakū, e whai ana i te tangata ahakoa i te moe, me te mau patu huna, e whai ana ēnei hōia o ngā hiahia kuware ki te patu i a tātou katoa. Ko te tangata kore whakaaro ko te tangata e tanu ana i ana kaupapa, e tuku ana ki te aituā noa. Tērā pea he āhua kē atu ia i te ngoikore, te rakau, te whakama?"

"E te Ariki, kāore koe i te aroha ki te marea e pōhēhē ana?"

I noho puku te tangata whakaaro nui mō tētahi wā, kātahi

ka whakahoki whakarara.

"He mea whakapoauau te aroha ki te Atua e kore e kitea, te Putunga o ngā Tikanga Katoa, me te tangata e kitea ana, e āhua nei kāore he mea i a ia! Engari ko te auahatanga he rite ki te arai. Ka hohoro te huraina e te rangahau ā-roto te kotahitanga o ngā hinengaro tangata katoa - te whanaungatanga pakari o te hiahia whaiaro. I tētahi taha, e kitea ana te whanaungatanga o te tangata. Ka whai mai te ngākau mahaki miharo i tēnei kitenga e piki haere ana te taumata. Ka pakari ake hei aroha ki ōna hoa, e matapo ana ki ngā kaha whakaora o te wairua e tatari ana ki te tūhuratanga."

"Te hunga tapu o ia tau, e te rangatira, whai whatu rite koe anō mō te ngā pōuri o te ao."

"Ko te tangata papaku anake ka ngaro te aro ki ngā mamae o te oranga o ētahi atu, i a ia e totohu ana ki roto i tōna ake mamae." I kitea te ngawari o te mata mārō o te SADHU. "Ko te tangata e mahi ana i Mā te werohanga i a ia anō me te maripi koi ka mōhio ia ki te whānui o te aroha whānui. Ka tukuna ia i ngā tono turi o tōna ake wairua. Ka puāwai te aroha o te Atua ki runga i taua oneone. Ka tahuri te mea hanga ki tōna Kaihanga, ahakoa he take kē atu i te pātai i roto i te mamae: 'He aha, e te Ariki, he aha?' Mā ngā whiu whakarihariha o te mamae, ka peia te tangata ki te Aroaro Mutunga Kore, ko tōna ataahua anake hei kukume i a ia."

I roto māua ko te tangata whakaaro nui i te Temepara o Kalighat i Calcutta, i haere atu māua ki te mātakitaki i tōna ataahua rongonui. Me te tohu ā-ringa, ka whakakorea e taku hoa tūpono te mana whakapaipai.

"Ngā pereki me moata waiata mātou kāore rangona rangi; te ngākau tuwhera anake ki te tangata waiata o te noho."

I hikoi mātou ki te taha o te rā ataahua i te tomokanga, i te wāhi i reira te mano tini o te hunga karakia e haereere ana i reira, i reira hoki.

"He taitamariki koe." I tirotirohia ahau e te tangata whakaaro nui me te whakaaroaro. "He taitamariki anō hoki a Īnia. Ko ngā *rishis tawhito* 5-3 i whakatakoto i ngā tauira oranga wairua e kore e taea te whakakore. E ranea ana ā rātou kupu tawhito mō tēnei rā me te whenua. Kāore i tawhito, kāore hoki i te koretake ki ngā mahi tinihanga a te taonga, kei te hanga tonu ngā ture whakahaere i a Īnia. Mō ngā mano tau - neke atu i te mea e hiahia ana ngā tohunga whakama ki te tataui! - kua whakamanahia e te Wā ruarua te uara o te Vedic. Tangohia hei taonga tuku iho māu."

I a au e poroporoaki ana ki te *sadhu whaikōrero* , ka whakakitea mai e ia tētahi

tirohanga matakite: "I muri i tō wehenga atu i konei i tēnei rā, ka puta mai he wheako rerekē ki a koe."

I whakarērea e au te rohe o te temepara, ā, ka haereere noa iho. I taku tahuritanga i te kokonga, ka tūtaki ahau ki tētahi hoa tawhito - tētahi o aua tāngata kōrero roa, ā, kāore e aro ki te wā, engari e awhi ana i te mutunga kore.

"Ka tukuna koe e ahau i roto i tētahi wā poto nei, ki te kōrero mai koe i ngā mea katoa i tupu i roto i ngā tau e ono o tā tāua wehenga."

"He aha he whakahē! ahau me haere koe inaianei."

Engari i pupuri ia i tōku ringa, me te tuku mai i ngā kōrero iti. I rite ia ki te wuruhi kai kino, i whakaaro ahau me te kata; i te roa o taku kōrero, ka nui haere tana hiahia ki te hongī i ngā kōrero. I roto i ahau ka inoi ahau ki te Atua Wahine a Kali kia hangaia he huarahi mawhiti.

I whakarērea ahau e taku hoa. I whakapūha ahau i te ngākau mārie, ā, ka piki ake taku tere, me te wehi kei hoki anō ahau ki te kirika nui. I te rongonga i ngā takahanga tere i muri i ahau, ka tere ake taku tere. Kāore au i maia ki te titiro whakamuri. Engari me te oma tere, ka hoki mai te taitama ki ahau, me te awhi harikoa i taku pakihīwi.

"I wareware ahau ki te kōrero ki a koe mō Gandha Baba (te tangata tapu o te hinu kakara), e whakapaipai ana i tērā whare." I tohu ia ki a ia. he kāinga e torutoru iāri te tawhiti. "Tūtaki ki a ia; he mea whakamere ia. Tērā pea he wheako rerekē tāu. Haere rā," ā, ka mahue atu ahau e ia.

te matapae rite tonu mō te *sadhu* i te Temepara o Kalighat ki roto i tōku hinengaro. Nā te mea i tino miharo ahau, ka tomo ahau ki te whare, ā, ka arahina ahau ki tētahi rūma noho nui. He mano tini te tangata e noho ana, mai i te Rawhiti ki konei, ki reira i runga i tētahi whāriki matotoru karaka. I tae mai tētahi kōrero hāhā ki tōku taringa:

"Tirohia a Gandha Baba i runga i te kiri reparo. Ka taea e ia te hoatu i te kakara maori o tetahi putiputi ki te tangata kore kakara." kotahi, rānei whakaora anō he memenge puawai, rānei hanga he tangata kiri whakaputa ātaahua kakara."

I titiro tika atu ahau ki te tangata tapu; ko tana titiro tere mai ki ahau. He tangata momona, he pahau, he kiri mangu, he kanohi nunui, he kanapa.

"E tama, harikoa ahau ki te kite i a koe. Kōrero mai tāu e hiahia ana. Kei

te hiahia koe ki te hinu kakara?" "He aha ai?" Ki taku whakaaro he rite tana kōrero ki te tamariki.

"Ki te wheako i te huarahi merekara o te pārekareka ki ngā hinu kakara." "Te whakamahi i te Atua hei hanga kakara?"

"He aha o ia? Atua e hanga ana hinu kakara ahakoa pēhea."

"Āe, engari ka hangaia e Ia ngā pounamu rau rau ngoikore hei whakamahi hou, hei maka atu rānei. Ka taea e koe te whakaputa putiputi?"

"Au whakatinana ngā hinu kakara, iti hoa."

"Kātahi ka kakara ngā wheketere ka haere i waho o pakihi."

"Ka tukua e au kia mau tonu tā rātou mahi! Ko taku ake kaupapa he whakaatu i te mana o te Atua." "E te Ariki, he mea tika kia whakamatautauria te Atua? Kāore ianei ia e mahi merekara ana i ngā mea katoa, i ngā wāhi katoa?" "Āe, engari me whakaatu anō hoki e tātou ētahi o Ana momo auaha mutunga kore."

"Kia pēhea te roa i eke ai koe ki te matatau i tō mahi toi?" "Tekau mā rua tau."

"Mō te hanga kakara mā te ara whetu! Te āhua nei, e taku tangata tapu, kua tekau mā rua tau koe e moumou ana mō ngā kakara ka taea te hoko mā te utu iti noa i te toa putiputi."

"Ngā hinu kakara memeha me ngā putiputi."

"Ngā hinu kakara memeha me te mate. He aha ai me ahau hiahia tērā e e pai ana te tinana anake?"

"E te Kaiwhakaaro, kua pai tōku hinengaro ki a koe. Tēnā, totoro mai tō ringa matau." I mahi ia i tētahi tohu manaaki.

E torutoru putu noa iho te tawhiti atu i a Gandha Baba; kāore he tangata i tata mai ki te pā atu ki tōku tinana. I totoro atu tōku ringa, kāore te yogi i pā atu.

"He aha te hinu kakara e hiahiatia ana e koe?"

"Rōhi."

"Kia reira nō reira."

I tino ohorere ahau i te putanga mai o te kakara rōhi i waenganui o tōku nikau. Me te ataata, ka tangohia e au tētahi putiputi nui, mā, kāhore he kakara, mai i tētahi

vase tata.

"E taea rānei te whakakī i tēnei putiputi kakara

kore ki te hāmana?" "Kia pērā."

I pupū tonu mai te kakara o te hāmana i ngā rau. I mihi atu ahau ki te kaimahi merekara, ā, i noho tahi māua ko tētahi o āna ākonga. I whakamōhio mai ia kua ako a Gandha Baba, ko Vishudhananda tōna ingoa tūturu, i ngā mea ngaro whakamiharo o te yoga mai i tētahi tohunga i Tibet. Ko te Tibetan

yogi, ahau i kua whakamanahia, i a i tutuki te tau o i runga he mano ngā tau

"Kāore tana ākonga, a Gandha Baba, e mahi tonu ana i ana mahi kakara i roto i te reo māmā noa iho nei i kite koe." I kōrero te ākonga me te whakahīhī ki tōna rangatira. "He rerekē rawa ana tikanga, e rite ana ki te kanorau o ngā āhua. He mīharo ia! He maha ngā mema o te hunga mātau o Calcutta kei roto i ana akonga."

I roto i ahau ka whakatau kia kaua ahau e tāpiri atu ki a rātou. Kāore au i pai ki tētahi tohunga "whakamiharo" rawa. Me te mihi atawhai ki a Gandha Baba, ka wehe atu ahau. I taku haerenga ki te kāinga, ka whakaaroaro ahau ki ngā tūtakitanga rerekē e toru i puta mai i te rā.

I tūtaki mai taku tuahine, a Uma, ki ahau i taku

tomokanga atu ki te tatau o tō mātou huarahi

Gurpar. "Kei te tino ātaahua haere koe i te

whakamahi i ngā hinu kakara!"

Kāore he he kupu, ahau i nekehia tana ki kakara taku ringa

"He aha he ātaahua rōhi kakara! Ia ko rerekē kaha!"

I whakaaro ahau he "tino rerekē", ā, ka ata whakatakotoria e ahau te putiputi kakara whetu ki raro i ōna ihu.

"Āe, he aroha nōku ki te hāmāna!" Ka hopukina e ia te putiputi. Ka pā mai te miharo whakakatakata ki tōna mata i a ia e hongī ana i te kakara o te hāmāna mai i tētahi momo putiputi i mōhio pai ia he kore kakara. Nā āna tauhohenga i whakakore taku whakapae nā Gandha Baba i whakaoho he āhua whakaaro-ā-roto, ā, ko au anake ka taea te rongo i ngā kakara.

Nō muri mai ka rongo ahau i tētahi hoa, i a Alakananda, he mana tō te "Tangata Tapu Hinu Kakara" e hiahia ana ahau kia riro i ngā miriona o Āhia e matekai ana, me Ūropi anō hoki i ēnei rā.

"I reira ahau me ētahi atu manuhiri kotahi rau i te kāinga o Gandha Baba i Burdwan," te kōrero a Alakananda ki ahau. "He hui whakanui nui. Nā te mea i kīia he mana tō te yogi ki te tango i ngā mea mai i te hau, ka kata ahau ki te tono atu ki a ia kia puta mai ētahi tāneriki kāore i te wā. I taua wā tonu ka eke te *luchis* ⁵⁻⁴ "I pupuhi ngā mea i runga i ngā pereti rau panana katoa. I kitea i roto i ia kōpaki taro he tānerini kua tihoretia. I ngaua e au taku ake me te matakū, engari i kitea he reka."

I muri i ngā tau, ka mārama ahau, mā te mōhio ā-roto, ki te huarahi i tutuki ai i a Gandha Baba āna whakatinanatanga. Āue! Ko te tikanga, kāore e taea e te ope hiakai o te ao te toro atu.

Ko ngā momo whakaohoooho ka pā ki te tangata - te pā, te tirohanga, te hongī, te whakarongo, me te hongī - ka puta mai i ngā rerekētanga wiri o ngā irahiko me ngā porotona. Ko ngā wiri ka whakahaeretia e ngā "lifetrans," ngā kaha ora ngawari, ngā kaha pai ake rānei i te ngota e utaina ana ki ngā ariā pā e rima - ngā matū.

Nā te whakahāngaitanga o Gandha Baba i a ia anō ki te kaha o te ao mā roto i ētahi mahi yoga, ka taea e ia te ārahi i a ia anō. ngā lifetron ki te whakarite anō i tō rātou hanganga wiri me te whakapūmau i te hua e hiahia ana. Ko āna hinu kakara, āna hua me ētahi atu merekara he whakatinanatanga tūturu o ngā wiri o te ao, ehara i te mea he kare ā-roto i puta mai i te hipnotisi. 5-5

He mea whakamiharo ngā mahi merekara pērā i te "Hāngai Hinu Kakara" engari kāore he painga ki te taha wairua. He iti noa iho ngā kaupapa i tua atu i te whakangahau, he peka ke atu ēnei i te rapu pono ki te Atua.

Kua whakamahia te whakamoe e ngā tākuta i roto i ngā pokanga iti hei momo chloroform hinengaro mō te hunga ka pāngia e te rongoā whakamoe. Engari he kino te āhua whakamoe ki te hunga e pāngia ana e te whakamoe; ka puta he pānga hinengaro kino ka whakapōrearea i ngā pūtau roro i te wā roa.

Ko te whakamoe he takahi i te rohe o te hinengaro o tētahi atu. Kāore he hononga o ōna āhuatanga rangitahi ki ngā merekara e mahia ana e ngā tāngata whai mātauranga atua. Kia ara ake i roto i te Atua, e te hunga tapu pono, ka hurihia tēnei ao moemoeā mā te hiahia e hono tahi ana ki te Kaimoemoeā Ao Auaha.

Ka whakahēngia e ngā rangatira te whakaaturanga whakahirahira o ngā mana rerekē. I kata te tohunga matakite o Pāhia, a Abu Said, ki ētahi *fakir* i whakahīhi ki ō rātou mana whakamiharo ki te wai, ki te hau, me te wāhi.

"He pai hoki te noho o te poroka i roto i te wai!" te kī a Abu Said me te tawai mārie. "He ngāwari te rere o te kākāriki me te kākāriki i te rangi; kei te taha rawhiti me te taha hauauru te Rewera i te wā kotahi! He tangata pono." ko ia ko wai noho i roto tika i roto i tana hoa ngā tāne, ko wai hoko me hoko atu, engari anō ko kāore rawa "Mō tētahi wā poto noa iho, wareware noa ki te Atua!" I tētahi atu wā, i whakapuaki te kaiako nui o Pāhia i ōna whakaaro mō te oranga whakapono penei: "Kia waiho atu ngā mea kei roto i tōu mahunga (ngā hiahia me ngā wawata whaiaro); kia hoatu noa atu ngā mea kei roto i tōu ringa; ā, kua rawa e oma atu i ngā whiunga o te raruraru!"

Kāore te tohunga whakaaro nui i te Temepara o Kalighat, kāore hoki te yogi i whakangungua ki Tibet i makona i taku hiahia mō tētahi guru. Kāore tōku ngākau i hiahia ki tētahi kaiako mō ōna mōhiotanga, ā, i karanga ake ia i tana ake "Bravos!" i te mea he mea karanga noa mai i te wā wahangu. I taku tūtakitanga ki tōku ariki, i whakaakona ahau e ia mā te tauira rangatira anake te mehua o te tangata pono.

5-1 : Kali e tohu ana te mutunga kore kaupapa i roto te taiao. Ia ko tikanga tuku iho whakaahuahia hei he whā-ringa wahine, tū i runga te puka o te Atua Hiwa rānei te Mutunga kore, nā te mea taiao rānei te whakamiharo ao ko pūmau i roto te Nōumenona. Te whā Ko ngā ringa he tohu mō ngā āhuatanga matua, e rua he atawhai, e rua he whakangaro, e tohu ana i te takiruatanga matua o te ao tūroa, o te hanganga rānei.

5-2 : Ao tūroa mānukanuka; tino tika, "te kaitātari." *māia* ko te makutu mana i roto te hanganga nā e ngā herenga me ngā wehenga te āhua nei te whakaatu i roto te Kāore e taea te ine me Kāore e taea te wehewehe. Emerson i tuhituhi te e whai ake nei rotarota, ki e ia i hoatu te taitara o *Maya* :

Mānukanuka ngā mahi kore e taea te uru, Te whatu tukutuku e kore e taea te tatau, Tōna takatāpui ngā pikitia kāore rawa rahua, te mano ia ētahi atu, ārai i runga arai, Kaiwhakaari ka whakaponohia e te tangata e hiainu ana kia .mamingatia

5-3 : Te ngā *rīsī*tino "ngā matakite," i te ngā kaituhi o te *Ngā Veda* i roto he kāore e taea te

whakatau onamata.. 5-4: Parāoa Inia papatahi, porowhita..

Ngā tângata noa āhua kore mōhio te whānui ngā hikoi o rautau rua tekau pūtaiao. Whakawhitiwhitinga o ngā :5-5 konganuku me ētahi atu ngā moemoeā alchemical kei te kitenga te whakatutukitanga ia rā i roto ngā pokapū o pūtaiao rangahau i runga te ao. Te rangatira Wīwī kaimātai matū, I mahi a M. Georges Claude i ngā "merekara" i Fontainebleau i te tau 1928 i mua i tētahi huihuinga pūtaiao mā roto i tana mōhiotanga matū mō ngā huringa hāora. Ko tana "toka makutu" he hāora noa iho, e koropupū ana i roto i tētahi ngongo i runga i tētahi tēpu. "I hurihia e te kaipūtaiao tētahi ringa onepu hei kōhatu utu nui, te rino hei āhua rite ki te tiakarete rewa, ā, i muri i te tango i ngā tae o ngā putiputi, ka
".hurihia kia rite ki te karāhe

I whakamārama a M. Claude me pēhea te huri i te moana mā te whakawhiti hāora ki ngā miriona pauna hōpaoa;"
pēhea wai e ngā whewhe ko kāore me tino te tahunga; pēhea iti ngā puke o onepu, nā he takitahi haunga o te "he paipa hauhā, ka taea te huri hei hapaīra, hei rupi, hei topaze; ā, i tohu ia i te wā e taea ai e te tangata te hikoi i te takere o te moana me te kore he taputapu a te kairuku. Hei whakamutunga, i miharo te kaipūtaiao i ana kaimātakitaki
".mā te huri i ō rātou mata hei mangu mā te tango i te whero i roto i ngā hihi o te rā

Kua whakaputahia e tēnei kaipūtaiao rongonui o Wīwī te hau wai mā te tikanga whakawhanui i taea ai e ia te wehewehe i ngā momo hau. ngā hau o te hau, me kua kitea ngā momo tikanga o mīhini whakamahinga o ngā rerekētanga o pāmahana i
. roto wai moana

Upoko: 6

Te Taika Swami

"Au whai kitea te Taika Ā Swami wāhitau. Tukua mātou toro ia āpōpō."

Nā Chandi tēnei whakaaro manaaki, tētahi o ōku hoa kura tuarua. I hiahia nui ahau ki te tūtaki ki te tangata tapu, i mua i tōna noho hei mōneka, i hopu, i whawhai hoki ki ngā taika ki ōna ringa tahanga. He kaha te hihiri o te tamaiti ki ēnei mahi whakamiharo i roto i ahau.

I te ata o te rangi i muri mai, ka tino makariri te takurua, engari i haere harikoa māua ko Chandi. Whai muri i te nui o te hopu manu koretake i Bhowanipur, i waho o Calcutta, ka tae māua ki te whare tika. E rua ngā mowhiti rino i te tatau, ā, he tino kaha te tangi. Ahakoa te ngangau, ka whakatata mai tetahi pononga me te haere mārīre. Ko tana mahi whakakatakata menemene te tikanga tērā ngā manuhiri, ahakoa tā rātou haruru, i kore mana ki whakakorikori te marino o te kāinga o te hunga tapu.

I te rongonga i te riri puku, i mihi māua ko taku hoa ki te karangatanga mai ki te rūma noho. Nā te roa o tā māua tatari ki reira i puta ai ngā āwangawanga. Ko te

ture kore tuhituhi a Īnia mō te tangata e rapu ana i te pono ko te manawanui; ka taea e te rangatira te whakamātautau i te hiahia o te tangata ki te tūtaki ki a ia. Kei te whakamahia noatia tēnei mahi tinihanga hinengaro i te Hauāuru e ngā tākuta me ngā tākuta niho!

I te mutunga ka karangatia māua ko Chandi e te pononga, ka tomo māua ki tētahi whare moe. Ko te Sohong rongonui **6-1** I runga i tōna moenga a Swami e noho ana. I pā mai te kitenga atu i tōna tinana nui ki a mātou i tētahi āhua rerekē.

Me ngā kanohi pūkohu, ka tū māua, kāhore he kupu. Kāore anō kia kitea e māua tētahi uma pēnei, tētahi uaua rānei e rite ana ki te whutupōro. I runga i te kaki nui, ko te mata nanakia engari marino o te swami i whakapaipaihia ki ngā makawe rere, ki te pahau me te ngutu. He tohu o ngā āhuatanga rite ki te kūkupa me te taika e tiaho ana i roto i ōna kanohi pouri. Kāore ia i te kākahu, engari he kiri taika i tōna hope uaua.

I te taenga mai o māua reo, ka mihi atu māua ko taku hoa ki te mōnehi, me te whakapuaki i tō māua whakamihi ki tōna pūkenga i te ao ngeru whakamiharo.

"Kāore ianei koe e kōrero mai ki a mātou me pēhea te pehi i te kararehe nanakia rawa o te ngahere, arā, ngā Bengal rangatira, ki ō mātou ringa kau?"

"E aku tama, kāore he aha ki ahau te whawhai ki ngā taika. Ka taea e au te mahi i tēnei rā mēnā e tika ana." Ka kata ia, pērā i te tamaiti. "E titiro ana koutou ki ngā taika he taika; e mōhio ana ahau he ngeru pōrearea rātou."

"E Swamiji, ki taku whakaaro ka taea e au te whakamōhio i tōku hinengaro papaku ki te whakaaro he ngeru pōrangi ngā taika, engari me whakapono rātou ki tēnei?"

"Ae rā, he mea nui hoki te kaha! Kāore e taea te tumanako kia wikitoria te pēpi e whakaaro ana he ngeru whare te taika! He patu rawaka māku ngā ringaringa kaha."

I tono ia kia aru mātou i a ia ki te taupee, ā, i reira ka pā ia ki te taha o te pakitara. Ka hinga tetahi pereki ki te papa; ka titiro matatau mai te rangi i roto i te niho ngaro o te pakitara. I tino ohorere ahau i te miharo; ko te tangata ka taea te tango i ngā pereki moata mai i te pakitara totoka me te whiu kotahi, i whakaaro ahau, me tino kaha ki te tango i ngā niho o ngā taika!

"He tokomaha ngā tāne he kaha tinana pērā i ahau, engari kāore tonu i te māia. Ko te hunga he pakari tinana engari kāore i te kaha hinengaro, ka hemo pea i te kitenga noa i tētahi kararehe mohao e pekepeke noa ana i roto i te ngahere. He rerekē rawa te taika i roto i tōna nanakia me tōna nohoanga tūturu i te kararehe hākoritanga e whāngaihia ana e te opium!"

"Heoi anō, he tokomaha ngā tāngata kaha rawa kua matakū rawatia, ā, kua korekore noa iho i mua i te whakaekenga a te Bengal rangatira. Nō reira, kua tahuri te taika i te tangata, i roto i tōna ake hinengaro, ki he āhua ngoikore pērā i te ngeru pōrearea. E taea ana e te tangata, he tinana pakari tōna, he whakatau tino kaha, te huri i te tūnga o te taika, me te akiaki i a ia kia whakapono he korekore ia e taea te tiaki i a ia anō. E hia ngā wā kua mahia e au tēnā!"

I tino whakapono ahau ka taea e te titana i mua i ahau te mahi i te hurihanga o te taika-ngeru. Te āhua nei kei roto ia i te wairua ako; i whakarongo māua ko Chandi me te whakaute.

"Ko te hinengaro te kaipupuri o ngā uaua. Ko te kaha o te patu hama e whakawhirinaki ana ki te kaha e whakamahia ana; ko te kaha e whakaatuhia ana e te taputapu tinana o te tangata e whakawhirinaki ana ki tana hiahia kaha me tana maia. Ko te tinana he mea hanga, he mea tautoko hoki e te hinengaro. Mā te pēhanga o ngā kare ā-roto mai i ngā orange o mua, ka uru mārire ngā kaha, ngā ngoikore rānei ki roto i te hinengaro tangata. Ka whakaatuhia ēnei hei tikanga, ka whakatōkia hei tinana e hiahiatia ana, e kore rānei e hiahiatia. Nō te hinengaro te ngoikore o waho; i roto i te porowhita kino, ka ārai te tinana e herea ana ki te tikanga i te hinengaro. Ki te tukua e te rangatira ia ia ki te

ki te whakahaua e te pononga, ka noho rangatira te tangata whakamutunga; ka waiho anō hoki te hinengaro hei pononga mā te ngohengohe ki te whakahau a te tinana."

I tā mātou tono, ka whakaae te swami whakamīharo ki te kōrero mai i

tētahi mea mō tōna ake orange. "Ko taku wawata tuatahi he whawhai ki

ngā taika. He kaha tōku hiahia, engari he ngoikore tōku tinana."

I puta mai he ohorere i roto i ahau. He mea whakamīharo te kitenga atu i tēnei tangata, "he pakihiwi Ātaratana tōna, e kaha ana ki te pikau," kua mōhio ia ki te ngoikore.

"Nā te manawanui tonu ki te whakaaro mō te hauora me te kaha i wikitoria ai ahau i tōku hauātanga. He nui ngā take e whakanuia ai e au te kaha hinengaro whakahihiri i kitea e au ko ia te mea tino kaha ki te hinga i ngā Bengali rangatira."

"E whakaaro ana koe, e te Swami, ka taea e au te whawhai ki ngā taika?" Koinei te wā tuatahi, me te wā whakamutunga, i tae mai ai te wawata rerekē ki tōku hinengaro!

"Āe." I menemene ia. "Engari he maha ngā momo taika; ko ētahi e kopikopiko ana i roto i ngā ngahere o ngā hiahia tangata. Kāore he painga wairua e puta mai i te patu i ngā kararehe kia kore e mōhio. Engari kia toa koe i ngā kaipahua o roto."

"Mei mātou whakarongo, e te rangatira, pēhea koe kua hurihia mai i he kaiwhakamarie o ngahere ngā taika ki he kaiwhakamarie o ngahere ngā ngākau nui?"

Ka wahangu te Taika Swami. Ka puta te tawhiti ki roto i tana titiro, ka karanga i ngā kitenga o ngā tau kua pahure. I kite ahau i tana uauatanga hinengaro ki te whakatau me whakaae rānei ki taku tono. Hei whakamutunga ka menemene ia hei whakaae.

"I te taenga o tōku rongonui ki tōna taumata teitei, ka puta te haurangi o te whakapehapeha. I whakatau ahau, ehara i te mea ko te whawhai noa ki ngā taika, engari ko te whakaatu i a rātou i roto i ngā momo mahi tinihanga. Ko taku wawata he akiaki i ngā kararehe nanakia kia rite ki ngā kararehe kua whakangawaritia. I tīmata ahau ki te mahi i aku mahi whakamīharo ki te aroaro o te iwi, me te angitu whakamīharo."

"Kotahi ahiahi taku matua i tomo taku rūma i roto whakaaroaro te wairua

"E tama, he kupu whakatūpato tāku. Ka whakaorangia koe e ahau i ngā mate e haere mai ana, e puta mai ana i ngā wira huri o te take me te pānga."

"He tangata whakapono koe ki te ao tūroa, e Pāpā? Me whakaaetia rānei te whakapono tūpuna kia whakakore i ngā wai kaha, i aku mahi rānei?"

"Ehara ahau i te tangata whakapono ki te ao tūroa, e tama. Engari e whakapono ana ahau ki te ture tika o te utu, e ai ki ngā karaipiture tapu. Kei roto i te whānau ngahere te riri ki a koe; i ētahi wā ka pā mai he utu ki a koe."

"E Pāpā, miharo ahau ki a koe! E mōhio ana koe ki te āhua o ngā taika - he ataahua engari he nanakia! Ahakoa i muri tonu i te kai nui o tētahi mea whakarihariha, ka mura te hiahia o te taika i te kitenga i tētahi kai hou. He anitere harikoa pea, e rere ana i runga i te tarutaru o te ngahere. I a ia e hopu ana, e ngau ana i te kōhao o te korokoro ngohengohe, ka reka noa te kararehe kino i te toto e tangi puku ana,

me haere tōna wairangi ara.

"Ko ngā taika te momo tino whakarihariha o te ngahere! Mā wai e mōhio? Tērā pea ka werohia e aku whiu ētahi whakaaro nui ki roto i ō rātou mahunga matotoru. Ko au te tumuaki o te kura whakaoti ngahere, hei whakaako i a rātou ki ngā tikanga ngawari!"

"Tena koa, e Pāpā, whakaarohia ahau hei kaiwhakangawari taika, kaua rawa hei kaipatu taika. Me pēhea e taea ai e aku mahi pai te whakararu i ahau? Kei te inoi atu ahau kia kaua e whakahaua ahau kia whakarerekē i taku āhua noho."

I aro katoa māua ko Chandi, e mārama ana ki te raruraru o mua. I Īnia, kāore te tamaiti e ngāwari noa te takahi i ngā hiahia o ōna mātua.

"I roto i te wā puku, ka whakarongo a Pāpā ki taku whakamārama. I muri mai ka whakapuaki ia i taku whakamārama, ā, i whakapuakina e ia me te ngākau nui."

"E tama, kei te akiaki koe i ahau ki te kōrero i tētahi matapae whakamataku mai i ngā ngutu o tētahi tangata tapu. I whakatata mai ia ki ahau inanahi i a au e noho ana i te whakamahau i taku whakaaroaro o ia rā."

""E hoa aroha, kei te haere mai ahau me te karere mō tāu tama whawhai. Tukua ia kia mutu āna mahi nanakia. Ki te kore, ko tana tūtakitanga ki te taika ka hua ake i ōna patunga kino, ā, ka whai muri ko te ono marama o te mate whakamate. Kātahi ka whakarērea e ia āna tikanga o mua, ka noho hei mōneka.""

"Kāore tēnei kōrero i miharo ahau. I whakaaro ahau ko Pāpā te patunga whakaponokore a tētahi tangata tinihanga."

I whakaae te Taika Swami i tēnei me te tohu manawanui kore, me te mea he kuware. I a ia e noho puku ana mō te wā roa, me te mea kāore ia i te mōhio ki tō mātou aroaro. I tana tīmatanga i te miro iri o tana kōrero, ka puta whakarere mai me te reo ngawari.

"Kāore i roa i muri i te whakatūpato a Pāpā, ka toro atu ahau ki te tāone matua o Cooch Behar. He mea hou ki ahau te whenua ataahua, ā, i tumanako ahau ki tētahi huringa okiokinga. Pērā i ngā wā katoa, ka aru mai te mano pākiki i ahau i ngā tiriti. Ka rongo ahau i ētahi kōrero hāhā:

"Koinei te tangata e whawhai ana

ki ngā taika mohaoao.' ""He waewae

ōna, he pūtake rākau rānei?""

"Tirohia i tāna kanohi! Ia me kia he whakatinanatanga o te kingi o ngā taika ia anō!

"E mōhio ana koe ki te mahi a ngā tamariki o te kāinga, pērā i ngā putanga whakamutunga o te nūpepa! Āe, te tere o te horapa o ngā pānui whaikōrero a ngā wāhine i ia whare ki ia whare! I roto i ētahi haora, kua oho te tāone katoa i tōku aroaro."

"I a au e okioki ana i te ahiahi, ka rongo ahau i te haruru o ngā waewae o ngā hōiho e oma ana. I tū rātou i mua i tōku kāinga. I haere mai ētahi pirihimana roa, he pōtae tō rātou."

"I ohorere ahau. 'E taea ana ngā mea katoa e ēnei mea o te ture tangata,' i whakaaro ahau. 'E whakaaro ana ahau mēnā ka whakawakia ahau e rātou mō ngā mea kāore i te mōhiotia e au.' Engari i piko ngā āpiha me te ngākau māhaki rerekē.

"E te Ariki, kua tonoa mātou ki te manaaki i a koe i runga i te ingoa o te Piriniha o Cooch Behar. E koa ana ia ki te karanga i a koe ki tōna whare kingi āpōpō."

"I whakaaroaro au mō tētahi wā mō tēnei tirohanga. Mō tētahi take ngaro, i tino pouri ahau mō tēnei whakararuraru i taku haerenga marino. Engari nā te āhua inoi a ngā pirihihima i whakaohoho ahau; ā, i whakaae ahau kia haere."

"I te aonga ake, i pōhēhē ahau i te haria mai i tōku tatau ki roto i tētahi kāreti whakahīhi e tōia ana e ngā hōiho e whā. I pupuri tētahi pononga i tētahi maru whakapaipai hei tiaki i ahau i te werawera o te rā. I pai ahau ki te haerenga pai i roto i te tāone me ōna taha ngahere. Ko te uri kingi tonu i te tatau o te whare kingi hei manaaki i ahau. I tuku mai ia i tōna ake nohoanga koura, me te ataata e whakanoho ana i a ia ki runga i tētahi tūru he hoahoa māmā ake."

"Tērā pea ka utua e au tēnei ngākau atawhai katoa!' i whakaaro ahau me te miharo nui. I puta ake te whakaaro o te rangatira i muri i ētahi kōrero noa iho.

"Kī tonu tōku tāone i te kōrero pakiwaitara ka taea e koe te whawhai ki ngā taika mohao me ō ringaringa tahanga anake. He pono rānei?"

"Ia ko tino pono.

"Kāore au i te whakapono! He Bengali nō Calcutta koe, i whāngaihia ki te raihi mā o te tāone. Kia pono mai; kāore ianei koe i whawhai ki ngā kararehe kore tuaiwi, e whāngaihia ana ki te opium?' He nui, he whakatoi tōna reo, he āhua porowini te reo.

"Au kua whakamanahia kāore whakautu ki tāna whakahāwea pātai.

"Ka wero atu ahau i a koe kia whawhai ki taku taika hou, ki a Raja Begum. **6-2** Ki te taea e koe te ātete angitu i a ia, te here i a ia ki te mekameka, me te waiho i tana whare herehere kia mōhio, ka riro i a koe tēnei Bengal kingi! Ka hoatu hoki he mano rūpī me te maha atu o ngā koha. Ki te kore koe e pai ki te tūtaki ki a ia i te pakanga, ka whakanuia e au tō ingoa puta noa i te kawanatanga hei tangata tinihanga!

"I pā mai ana kupu whakahihi ki ahau, pērā i te pupuhitanga o ngā matā. I pupuhi atu ahau me te whakaae riri. I a ia e tū ake ana i te tūru i roto i tōna harikoa, ka hoki whakamuri te rangatira me te ataata nanakia. I mahara ahau ki ngā emepara o Rōma i harikoa ki te whakanoho i ngā Karaitiana ki ngā papa tākaro kararehe."

"Ka whakaritea te whakataetae mō te wiki e haere ake nei. Aroha mai kāore e taea

e au te tuku whakaaetanga ki a koe kia mātaki i te taika i mua atu."

"Mēnā i wehi te rangatira kei ngana ahau ki te whakamoe i te kararehe, kei whāngai puku rānei i a ia ki te opium, kāre au i te mōhio!"

"I puta atu ahau i te whare kingi, me te harikoa i kite ahau kua ngaro te maru kingi me te kaata whakakakahu ."

"I te wiki i muri mai, i whakarite pai ahau i tōku hinengaro me tōku tinana mō te whakamātautau e haere mai ana. Nā taku pononga ahau i ako ai i ngā kōrero whakamiharo. Ko te poropititanga whakamataku a te tangata tapu ki tōku matua i horapa noa atu, ā, i te haere tonu. He maha ngā tāngata o te kāinga noa i whakapono kua hoki mai tētahi wairua kino, i kanga e ngā atua, hei taika i tango i ngā āhua rewera i te pō, engari i noho hei kararehe whiu i te awatea. Ko tēnei taika rewera te mea i tonoa mai hei whakaiti i ahau."

"Ko tētahi atu putanga auaha ko ngā inoi kararehe ki te Rangi Taika i tutuki ai he whakautu i te āhua o Raja Begum. Ko ia te taputapu hei whiu i ahau - te tangata maia, he waewae rua, he tino whakato i ki te momo taika katoa! He tangata huruhuru kore, he niho kore e maia ki te wero i tētahi taika he ringa maikuku, he waewae pakari! Ko te paitini kukū o ngā taika katoa i whakaititia - i kīia e te hunga kāinga - kua nui te kaha ki te whakahaere i ngā ture huna, me te hinganga o te kaiwhakangahau taika whakakake."

"I whakamōhio mai anō taku pononga kei te noho te rangatira hei kaiwhakahaere mō te pakanga i waenganui i te tangata me te kararehe. Nāna i tirotiro te hanganga o tētahi whare tiaki-uaua, i hangaia hei wāhi mō ngā pakanga." ngā mano. Ko tana pokapū puritia Rāia Pēkamu i roto he tino nui rino whare herehere, karapotia i te taha o tētahi rūma haumarua o waho. Ka hamama tonu te herehere i tētahi raupapa o ngā hamama toto. I whāngaihia ia kia iti noa, hei tahu i te hiahia nui. Tērā pea i tumanako te rangatira kia waiho ahau hei kai utu!

"I te rongonga i te pao o ngā pahu e kī ana i te whakataetae ahurei, i hoko tīkiti te mano tini o te tāone me ngā tāone iti. I te rā o te pakanga, i tahuri atu ngā rau nā te korenga o ngā tūru. He tokomaha ngā tāne i pakaru mā roto i ngā whakatuwheratanga o te tēneti, i kīkī rānei i ngā wāhi katoa i raro i ngā taiwhanga."

I te whakatatanga o te kōrero a te Tiger Swami ki tōna taumata teitei, ka piki haere taku harikoa; i wahangu rawa hoki a Chandi.

"I waenganui i ngā pahūtanga haruru nui mai i a Raja Begum, me te ngangau o te mano e maku ana, ka puta puku atu ahau. He iti noa iho ōku hope, engari kāore he kākahu i tiakina e au. I whakatuwherahia e au te pūtu o te tatau o te rūma haumarua, ā, i raka marietia e au i muri i ahau. I rongo te taika i te toto. I pekepeke ia me te haruru nui i ana pae, ā, ka tukuna mai e ia he powhiri whakamataku. I wahangu te hunga whakarongo i te wehi nui; i rite ahau ki tētahi reme ngākau mahaki i mua i te kararehe e riri ana."

"I roto i te wā poto noa iho, i roto ahau i te whare herehere; engari i taku

patukitanga i te tatau, ka tūpato mai a Raja Begum ki ahau. I haehaetia rawatia tōku ringa matau. Ko te toto tangata, te kai tino reka e mōhiohia ana e te taika, i taka ki roto i ngā awa whakamataku. Te āhua nei kua tata te poropititanga a te tangata tapu te tutuki."

"I oho ake ahau i te ohore o te whara kino tuatahi i pā mai ki ahau. Te peia atu i te I taku kitenga atu i ōku maihao toto i te werohanga ki raro i te kakahu o tōku hope, ka whiua e au tōku ringa mau ki te whiu pakaru wheua. Ka hoki whakamuri te kararehe, ka hurihuri i te tuara o te whare herehere, ka peke whakamua me te wiri. Ka tau mai taku whiu pūoro rongonui ki runga i tōna mahunga.

"Engari ko te reka o te toto o Raja Begum i rite ki te inu waina tuatahi e haurangi ana ki te tangata kua roa e kore e kai. I te mea he hamama nui, ka nui haere te riri o te kararehe. Nā te koretake o taku tiaki i te ringa kotahi i ngoikore ai ahau i mua i ngā maikuku me ngā niho. Engari i whiua e au he utu whakamataku. I a māua e totohe ana tetahi ki tetahi, ka tohe māua mō te mate. He nui te ngangau o te whare herehere, i te mea ka maringi te toto ki ngā taha katoa, ā, ka puta mai te mamae me te hiahia whakamate i te korokoro o te kararehe."

"Pūhia ia! 'Patua te taika!' Ka ara ake ngā hamama i te hunga whakarongo. Nā te tere o te nekeneke a te tangata me te kararehe, i hē te matā a te kaitiaki. I kohikohi ahau i tōku kaha katoa, i hamama nui, ā, ka pā te whiu whakamutunga. I hinga te taika, ā, i takoto puku.

"Pērā i he ngeru pēpi!" ahau i whakawāteatia.

Te swami kata i roto ngākau nui te maioha, kātahi tonu te whakamīharo pūrākau

"I hinga a Raja Begum i te mutunga. I whakaititia anō tōna whakapehapeha kingi: me ōku ringa i haehaea, ka whakatuwherahia e au ōna kauae me te maia. Mō tētahi wā whakamīharo, ka pupuri ahau i tōku mahunga i roto i te mahanga mate e hamama ana. Ka tiro tiro haere ahau mō tētahi mekameka. I te toia e ahau tētahi i te puranga i runga i te papa, ka herea e ahau te taika ki tōna kaki ki ngā pae o te whare herehere. I roto i te wikitoria ka neke atu ahau ki te tatau."

"Engari tērā rewera whakawhanaungatanga, Rāia Pēkamu, i a te manawanui tika o tāna e whakaarohia ana rewera takenga mai. Me te kokiri whakamīharo, ka motuhia e ia te mekameka, ka peke ki runga i tōku tuara. I te pūmau o tōku pakihwi i roto i ōna kauae, ka hinga kino ahau. Engari i roto i te tere tere ka mau ia i raro i ahau. I raro i ngā whiunga aroha kore, ka totohu te kararehe tinihanga ki te haurua o te mohio. I tēnei wā ka tiakina ia e au me te tino tupato. Ka āta haere ahau i te whare herehere.

"I kite ahau i ahau anō i roto i tētahi ngangau hou, i tēnei wā he ngangau harikoa. I pakaru te hamama o te mano me te mea nō kotahi te korokoro nui. I te mea kua haehaetia kinotia ahau, kua tutuki i ahau ngā tikanga e toru o te pakanga - te whakamate i te taika, te here i a ia ki te mekameka, me te waiho i a ia me te kore e hiahia he āwhina māku. Hei tāpiri, i tino whara ahau, i whakamataku hoki i te kararehe nanakia, ā, i pai ia ki te wareware i te taonga whai hua o tōku mahunga i roto i tōna waha!

"I muri i te rongoā i ōku patunga, i whakahonoretia ahau, ā, i whakapaipaihia ki te karauna; e rau ngā moni koura i ringihia ki ōku waewae. I uru te tāone katoa ki te wā hararei. I rangona ngā kōrero mutunga kore i ngā taha katoa mō taku wikitoria i tētahi o ngā taika nui rawa atu, tino nanakia hoki i kitea. I tukuna mai a Raja

Begum ki ahau, e ai ki te kupu whakaari, engari kāore au i rongo i te harikoa. Kua uru mai he huringa wairua ki roto i tōku ngākau. Te āhua nei i taku putanga whakamutunga mai i te whare herehere kua kati hoki e au te tatau mō aku wawata o te ao."

"I muri mai ka puta he wā pōuri. E ono marama ahau e tata mate ana i te paihana toto. I taku oranga ake ka taea e au te wehe atu i Cooch Behar, ka hoki ahau ki taku tāone tupu."

"E mōhio ana ahau ināianei ko taku kaiako te tangata tapu nāna i whakatūpato.' I whaki ahau i tēnei ki tōku matua me te whakaiti. 'Āe, me i kitea ia e au!' He pono tōku hiahia, i tētahi rā ka tae mai te tangata tapu, kāore i te mōhiotia.

"Kua nui o taika te whakangāwari. Ia kōrero me marino whakapumautanga Haere mai me ahau; ahau ka whakaako koe ki

'Pehia ngā kararehe o te kuware e kopikopiko ana i roto i ngā ngahere o te hinengaro tangata. Kua taunga koe ki te hunga whakarongo: kia waiho hei ao o ngā anahera, e whakangahauhia ana e tō pūkenga whakahihiri o te yoga!'

"I whakaurua ahau ki te ara wairua e taku tohunga tapu. Nāna i whakatuwhera ngā tatau o tōku wairua, he waikura, he pakari hoki, kua roa e kore e whakamahia. I a māua e hono ana, ka haere māua ki taku whakangungu ki ngā maunga o Himalaya."

I piko māua ko Chandi ki ngā waewae o te swami, me te whakawhetai ki tana whakaahuatanga oraora o te orange tino rite ki te awhiowhio. I tino whai hua ahau mō te tatari roa i roto i te rūma makariri!

6-1 : *Sohong* i tāna mōneka ingoa la i rongonui mōhiotia hei te "Taika Swami."

6-2 : "Pīrini "Pirinihi"-so kua whakaingoatia ki tohu tērā tēnei kararehe kua uruhia te whakakotahi te nanakia o taika me tāika

Upoko: 7

Te Te Rerenga Tapu

"I kite ahau i tētahi yogi e noho ana i te rangi, e maha putu i runga ake i te whenua, i tētahi hui rōpū inapo." He mea whakamiharo te kōrero a taku hoa, a Upendra Mohun Chowdhury.

I ataata ahau ki a ia me te ngākau hihiko. "Tērā pea ka taea e au te whakaaro ko wai tōna ingoa. Ko Bhaduri Mahasaya nō Upper Circular Road?"

I pōkaikaha a Upendra, me te pōuri iti nā te mea kāore au i te kawhe pūrongo. I mōhiotia whānuitia taku hiahia ki ngā tāngata tapu e ōku hoa; i harikoa rātou ki te whakatakoto i ahau ki tētahi ara hou.

"E tata ana te kāinga o te yogi ki tōku kāinga, nō reira he maha aku haerenga atu ki a ia." Nā aku kupu i kukume mai te aro ki te mata o Upendra, ā, ka nui ake tōku māia.

"Kua kite ahau i a ia e mahi ana i ngā mahi whakamiharo. Kua tino matatau ia ki ngā momo *pranayama* 7-1." o ngā yoga waru tawhito i whakamāramahia e Patanjali. 7-2 I tētahi wā, i whakahaerehia e Bhaduri Mahasaya te *Bhastrika Pranayama* i mua

i ahau me te kaha whakamiharo, ā, me te mea nei kua puta he tupuhi tūturu i roto i te rūma! Kātahi ka tineia e ia te manawa whatitiri, ā, noho tonu ia me te kore e nekeneke i roto i te āhua teitei o te hinengaro i roto i te ao tūroa. **7-3** Ko te āhua o te rangimārie i muri i te awa i tino mārama, e kore e warewaretia."

"Au i rangona tērā te tapu kāore rawa rau tāna kāinga." Upendra's reo i he mea iti noa iho kāore i te whakapono

"He pono rawa! E rua tekau tau ia e noho ana i roto i te whare. Ka whakangawari ake ia i tana ture i whakaritea e ia i ngā wā o ā tātou hakari tapu, ina haere ia ki te taha o tana ara hikoi! Ka huihui ngā kai tono kai ki reira, nā te mea e mōhiotia ana a Hato Bhaduri mō tōna ngākau atawhai."

"Me pēhea e mahi ana ia noho tonu i roto te hau, whakakeke te ture o te kaha ā-papa?"

"Ka ngaro te whakarihariha o te tinana o te yogi i muri i te whakamahinga o ētahi *pranayama*. Kātahi ka rere, ka pekepeke rānei pērā i te poroka e pekepeke ana. Ahakoa ngā hunga tapu kāore e mahi i te yoga ōkawa ~~7-4~~ kua mōhiotia ka rere i te wā e tino aroha ana ki te Atua."

"E hiahia ana ahau ki te mōhio atu mō tēnei tangata whakaaro nui. Kei te haere koe ki āna hui o te ahiahi?" I pīataata ngā kanohi o Upendra i te hiahia nui.

"Āe, he maha aku haerenga. He tino harikoa ahau ki te wairua o tōna whakaaro nui. I ētahi wā ka whakakino taku kata roa i te hui nui o āna huihuinga. Kāore te tangata tapu i te riri, engari he tino kino āna ākongā!"

I taku hokinga mai i te kura i taua ahiahi, i taha atu ahau i te whare karakia o Bhaduri Mahasaya, ā, ka whakatau ahau kia toro atu. Kāore te iwi whānui e taea te toro atu ki te yogi. Ko tētahi ākongā anake, e noho ana i te papa o raro, i tiaki i te tūmataitinga o tōna rangatira. He rite te ākongā ki te matini; i pātai mana ia mēnā he "taumau" taku. I puta mai tana tohunga i te wā tika hei whakaora i ahau i te peinga ohorere.

"Tukua a Mukunda kia haere mai ina pai ia." Ka kimo ngā kanohi o te tangata whakaaro nui. "Ehara taku ture mō te noho motuhake i te mea hei whakamarie mōku ake, engari hei whakamarie mō ētahi atu. Kāore te hunga o te ao e pai ki te pono e pakaru ai ō rātou whakaaro pohehe. Ehara i te mea he onge noa iho ngā tāngata tapu, engari he mea whakararuraru hoki. Ahakoa i roto i ngā karaipiture, he maha tonu te wā ka kitea he whakama rātou!"

I aru ahau i a Bhaduri Mahasaya ki tōna whare iti i te papa o runga, ā, kāore ia i te tino neke atu i reira. He maha ngā wā ka warewarehia e ngā rangatira te tirohanga whānui o te ao, ka ngaro te arotahi engari ka aro ki ngā tau. Ehara i te mea ko ngā tāngata o taua wā he hunga whaiti o nāianei anake.

"Maharihi, ~~7-5~~ koe kei te tuatahi yogi ahau whai mōhiotia ko wai i ngā wā katoa ngā nohoanga roto."

"Atua ngā tipu tāna hunga tapu i ētahi wā i roto ohorere oneone, kei mātou whakaaro mātou mei whakaiti Ia ki he ture!"

I mau tonu te tangata whakaaro nui i tōna tinana oraora ki te tūnga rōhi. I ōna tau whitu tekau, kāore ia i whakaatu i ngā tohu kino o te koroheketanga, i te noho noa rānei. He pakari, he tika, he tino pai ia i ngā āhuetanga katoa. Ko tōna mata he tērā o tētahi *rishi* , e ai ki ngā tuhinga onamata. He upoko rangatira, he nui ngā pahau, he tika tonu tōna nohoanga, ko ōna kanohi marino e aro tonu ana ki te Atua i ngā wāhi katoa.

Te tapu me ahau i tomo te whakaaroaro kāwanatanga. I muri he haora, tāna ngawari reo whakaohokia ahau.

"He maha āu haerenga ki te wā puku, engari kua whakawhanakehia e koe *te anubhava*?" 7-6 I whakamahara mai ia ki ahau kia nui ake te aroha ki te Atua i te whakaaroaro. "Kaua e pohehe te tikanga mō te Whāinga."

I tukuna mai e ia ētahi māngo ki ahau. Me te wairua harikoa i kitea e au he tino pai i roto i tōna āhua pōuri, ka mea ia, "He nui ake te aroha o te iwi ki te *Jala Yoga* (te whakakotahitanga ki te kai) i te *Dhyana Yoga* (te whakakotahitanga ki te Atua)."

Tōna kai-yōki kupu whakakatakata pāngia ahau me te ngangau nui.

"Kātahi te kata nui āu!" Ka puta te kanapa aroha ki roto i tana titiro. He mata nui tonu tōna, engari he ataata harikoa. Ko ōna kanohi nui, he kōwhai, he kata atua huna.

"Nō Amerika tawhiti aua reta." I tohu te tohunga i ētahi reta matotoru i runga i tētahi tēpu. "Kei te tuhituhi au ki ētahi rōpū o reira e hiahia ana ō rātou mema ki te yoga. Kei te tūhura hou rātou i Īnia, me te huarahi pai ake i a Columbus! E koa ana ahau ki te āwhina i a rātou. He kore utu te mātauranga yoga ki te hunga katoa e pai ana ki te whiwhi, pērā i te awatea kore whakapaipai."

" Kāore e hiahiatia kia whakararuraruhia ngā mea e kitea ana e *ngā rishis he mea nui mō te whakaoranga o te tangata e te Hauāuru. Ahakoa he rite te wairua, ahakoa he rerekē ngā wheako o waho, e kore te Hauāuru, te Rawhiti rānei e tupu mena kāore he momo yoga whakahaere e whakamahia.*"

I pupuri mai te tangata tapu i ahau me ōna kanohi marino. Kāore au i mōhio he arataki poropiti huna tana kōrero. I a au e tuhi ana i ēnei kupu, ka mārama ahau ki te tikanga katoa o ngā kōrero tuku iho i homai e ia ki ahau, arā, i tētahi rā ka kawea e au ngā whakaakoranga a Īnia ki Amerika.



PĀTURI MAHAHAIA
"Te Te Rerenga "Hāta Tapu"

"E te Ariki," ka pātai atu ahau, "he aha koe te tuhi ai i tētahi pukapuka mō te yoga hei painga mō te ao?" "Kei te whakangungu ahau i ngā ākonga," te whakahoki a Ia. "Ko rātou me ā rātou ākonga hei pukapuka ora, hei taunakitanga mō te pakaru o te wā me ngā whakamāramatanga koretake a ngā kairīti."

"Maharihi, ahau hiahia koe e tuhituhi he pukapuka i runga yoga mō te painga o te ao."

"Kei te whakangungu ahau i ngā ākonga. Ko rātou me ā rātou ākonga hei pukapuka ora, hei taunakitanga mō te pakaru o te wā me ngā whakamāramatanga rerekē a ngā kairīti." Nā te katakata a Bhaduri i kata ahau.

I noho ko au anake me te yogi tae noa ki te taenga mai o āna ākonga i te ahiahi. Bhaduri Mahasaya i uru atu ki tētahi o ana whaikōrero whakamiharo. Pērā i te waipuke marino, i horoia atu e ia ngā paru hinengaro o ana kaiwhakarongo, ka whakaterea rātou ki te Atua. I whakapuakina ana kōrero whakarite whakamiharo i roto i te reo Bengali tino tika.

I tēnei ahiahi, i whakamārama a Bhaduri i ngā whakaaro maha e pā ana ki te oranga o Mirabai, he rangatira Rajputani o ngā wā o waenganui i whakarērea tōna oranga kooti hei rapu hoa mō ngā sadhu. I whakakahoretia ia e tētahi sannyasi nui nā te mea he wahine ia; nā tana whakautu i ara ake ai ia ki runga.

"Kōrero atu ki te rangatira," tana kī, "kāore au i mōhio he Tāne kei te ao whānui engari ko te Atua anake; ehara ianei tātou katoa i te wahine i mua i a Ia?" (He whakaaro i roto i te karaipiture mō te Ariki anake te Mātāpono Auaha Pai, ko tana hanganga he *maya kore noa iho*.)

He maha ngā waiata harikoa i titoa e Mirabai, ā, e mau tonu ana te taonga ki Īnia; ka whakamāoritia e au tētahi o aua waiata i konei:

"Me i taea te mohio ki te Atua mā te kaukau i
ia rā, Kua wawe ahau te noho hei tohorā i te
hohonu;"

Me i te kai i ngā pakiaka me ngā hua ka mōhiotia
ia. Ka koa ahau ki te whiriwhiri i te āhua o te
koati;

Me i whakakitea ia e te tatau i ngā
rōhari, ka inoi ahau i runga i ngā titi
nunui; Me i whakakitea ia e te piko ki mua

i ngā whakapakoko kōhatu he maunga
kiripaka, ka koropiko whakaiti ahau;

Me i inu waiū te Ariki, he tokomaha ngā kuao

kau me ngā tamariki e mōhio ki a Ia;
Ki te mea he karanga ki te Atua te
whakarēreatanga o te wahine, Ehara ianei i te
mano tini hei unaka?
E mōhio ana a Mirabai, ko te Aroha anake te
mea e kore e taea te huna, kia kitea ai te
Atua."

He maha ngā ākonga i whakatakoto i ngā rūpi ki roto i ngā hū o Bhaduri i takoto i tōna taha i a ia e noho ana i roto i te tū yoga. Ko tēnei whakahere whakaute, he tikanga i Inia, e tohu ana ka whakatakotoria e te ākonga āna taonga ki ngā waewae o te guru. Ko ngā hoa whakawhetai ko te Ariki anake i roto i te huna, e tiaki ana i āna ake.

"E te Kaiwhakaako, he mīharo koe!" I a ia e haere ana, ka titiro matatau atu tētahi tauira ki te tohunga matua. "Kua whakarērea e koe ngā taonga me ngā whakamarie hei rapu i te Atua, hei whakaako hoki i te whakaaro nui ki a mātou!" I mōhiotia whānuitia i whakarērea e Bhaduri Mahasaya ngā taonga nui o te whānau i tōna tamarikitanga, ā, i te wā i uru atu ai ia ki te ara yoga, me te whakaaro nui.

"Kei te huripokitia e koe te keehi!" He riri ngawari te mata o te tangata tapu. "He iti noa ngā rūpi i mahue i ahau, he iti noa iho iti ngā ahuareka, mō he ao whānui emepaea o mutunga kore harikoa Me pēhea kātahi whai ahau whakakahoretia "He aha tāku e mea nei? E mōhio ana ahau ki te harikoa o te tohatoha i te taonga. He patunga tapu tēnā? Ko te hunga matapōkere o te ao, ko rātou tonu te hunga tino whakarērea! Ka whakarērea e rātou tētahi taonga atua kāore e rite mō tētahi ringa rawakore o ngā taonga takaro o te ao!"

I kata ahau mō tēnei tirohanga rerekē o te whakarēreatanga - he tirohanga e maka ana i te potae o Croesus ki runga i tētahi tangata tapu rawakore, i te wā e huri ana i ngā mirionaere whakahihī katoa hei mārati ngaro.

"Ko te tikanga atua te mea e whakarite ana i tō tātou heke mai me te whakaaro nui atu i tētahi atu kamupene inihua." Ko ngā kupu whakamutunga a te rangatira te whakapono i whakatinanahia o tōna whakapono. "Kī tonu te ao i ngā whakapono āwangawanga e noho ana i te haumaruru o waho. Ko ō rātou whakaaro kawa he rite ki ngā koha i ō rātou rae. Ko te Tangata nāna i homai te hau me te miraka ki a tātou mai i tō tātou manawa tuatahi e mōhio ana me pēhea te whakarato i ia rā, i ia rā mō āna tāngata tapu."

I haere tonu ahau i aku haerenga i muri i te kura ki te tatau o te tangata tapu. Me te ngākau nui puku, i āwhina ia i ahau kia eke ki *te anubhava*. I tētahi rā ka neke ia ki Ram Mohan Roy Road, tawhiti atu i te rohe o tōku kāinga i Gurpar Road. Nā āna ākonga aroha i hanga he whare karakia hou mōna, e mōhiotia ana ko "Nagendra Math." 7-7

Ahakoa he maha ngā tau e whakaroa ana i ahau i mua i taku kōrero, ka kōrerotia e au i konei ngā kupu whakamutunga a Bhaduri Mahasaya. I mua tata i taku haerenga ki te Hauāuru, ka rapua ia e au, ā, ka tuturi mārire ahau mō tana manaakitanga poroporoaki:

"E tama, haere ki Amerika. Tangohia te mana o Īnia hina hei whakangungu rakau māu. Kua tuhia te wikitoria ki tō rae; ka manaakihia koe e te iwi rangatira o tawhiti."

.....

7-1 : Ngā Tikanga o whakahaere te kaha ora mā roto ture o

manawa. 7-2: Ko te tohunga tawhito matua o te yoga.

Ko ngā ahorangi Wīwī ngā tuatahi i te Hauāuru ki te hiahia ki te rangahau pūtaiao i ngā āheinga o te hinengaro :7-3 māhorahora hinengaro Ahorangi Jules-Bois, mema o te Te Kura te Hinengaro o te Sorbonne, i whakaakona i roto Amerika i te tau 1928; i kī atu ia ki āna hunga whakarongo kua whakaaetia e ngā kaipūtaiao Wīwī te hinengaro nui, "he rerekē rawa atu tēnei i te hinengaro huna o Freud, ā, koinei te pūmanawa e tino tangata ai te tangata, ehara i te mea he kararehe nui noa iho." I whakamārama a M. Jules-Bois ko te oho ake o te hinengaro teitei "kaua e whakapoauau ki te Coueism, ki te hypnotism rānei. Kua roa te mōhiotia o te noho o te hinengaro nui i runga i te whakaaro, ko te Wairua Matua tonu tēnei. kōrerotia o nā Emerson, engari anake ināianei kua reira kua i mōhiotia pūtaiao." Te Wīwī kaipūtaiao tohu e mōhio ana mai i te hinengaro nui te whakaaweawe, te mohio, ngā uara matatika. "Ehara te whakapono ki tēnei i te mea ngaro ahakoa he mea

".i mōhiohia me uara te ngā āhuatanga e ngā tohunga matakite i kauwhautia

St. Teresa o Āwira me ētahi atu Karaitiana hunga tapu i pinepine i kitea i roto he :7-4

".kāwanatanga o te rere. 7-5: "Te tohunga nui

.Tūturu te tirohanga o Atua :7-6

Te te hunga tapu kī tonu ingoa i Nagendranath Pāduri. *Pāngarau* tikanga *whare* karakia rānei *whare* karakia :7-7

Upoko: 8

A Īnia Nui Kaipūtaiao, JC Bose

"Jagadi" Chandra Bose's ahokore ngā mea hou i mua i te wā ērā o Mākoni."

I taku rongonga i tēnei kōrero whakaohoho, ka hiko i ahau ki tētahi rōpū ahorangi e kōrero ana mō te pūtaiao i te taha o te rori. Mēnā he whakapehapeha iwi taku i uru atu ai, ka pouri ahau. Kāore e taea e au te whakakore i taku hiahia nui ki ngā taunakitanga e whakaatu ana ka taea e Īnia te whai wāhi nui ki te ahupūngao, ehara i te mea ko te matatika anake.

"He aha mahi koe tikanga, e te rangatira?"

I whakamārama te ahorangi me te ngākau māhaki. "Ko Bose te tuatahi ki te hanga i tētahi taputapu honohono ahokore me tētahi taputapu hei tohu i te hurihanga o ngā ngaru hiko. Engari kāore te kaipūtaiao Īnia i whakamahi i ana mahi auaha hei mahi arumoni. Kāore i roa ka tahuri tōna aro mai i te ao kore-warō ki te ao warō. Ko ana kitenga hou hei tohunga koiora tipu kei te hipa ake i ana whakatutukitanga nui hei tohunga ahupūngao."

I mihi mārire atu ahau ki taku kaiārahi. I tāpiri atu ia, "Ko te kaipūtaiao nui tētahi o ōku teina ahorangi i te Presidency College."

I te aonga ake ka toro atu ahau ki te tangata whakaaro nui i tōna kāinga, e tata ana

ki tōku kāinga i Gurpar Road. Kua roa ahau e miharo ana ki a ia mai i tawhiti me te whakaute. I mihi mai te tohunga tipu kua mate, kua okioki hoki ki ahau me te atawhai. He tangata ātaahua, pakari ia, kei roto i ōna tau rima tekau, he makawe matotoru, he rae whānui, me ngā kanohi pōuri o te moemoeā. Ko te tika o ōna reo i whakaatu i te tikanga pūtaiao o tōna orange katoa.

"Nō nā tata nei ahau i hoki mai i tētahi haerenga ki ngā rōpū pūtaiao o te Hauāuru. I whakaatu ō rātou mema i te hiahia nui ki ngā taputapu ātaahua o taku mahi auaha e whakaatu ana i te

te kotahitanga kore e taea te wehewehe o ngā mea ora katoa. **8-1** "Ko te rahi o te Bose crescograph he tekau miriona ngā whakanuinga. He torutoru mano noa iho ngā wā ka whakanuia e te karu hiko; heoi i kawea mai e ia he kaha nui ki te pūtaiao koiora. Ka whakatuwherahia e te crescograph ngā tirohanga e kore e taea te tatau."

"He nui āu mahi, e te rangatira, ki te whakateretere i te awhi o te Rawhiti me te Hauāuru ki roto i ngā ringa kore-whaiaro o te pūtaiao."

"I kuraina ahau ki Cambridge. He tino whakamiharo te tikanga o te Hauāuru ki te tuku i ngā ariā katoa kia whakamanahia mārire mā te whakamātautau! Kua haere tahi taua tukanga wheako me te taonga mō te tiro tiro i roto i a ia anō, koia nei tōku taonga tuku iho i te Rawhiti. Nā rāua i āhei ai ahau ki te wetewete i ngā wā puku o ngā ao tūturu kua roa e kore e kōrerohia. Ko ngā tūtohi tohu o taku crescograph **8-2** he taunakitanga mō te hunga tino ruarua he tairongo te pūnaha io o ngā tipu, ā, he kanorau hoki te oranga ngākau. Ko te aroha, te mauahara, te harikoa, te wehi, te ahuareka, te mamae, te whakaohoho, te hiamoe, me te tini o ngā urupare tika ki ngā whakaohoho he mea noa i roto i ngā tipu me ngā kararehe."

"Ko te ngau ahurei o te ora i roto i ngā mea hanga katoa he rite noa ki te whakaahua rotarota i mua i tō taenga mai, e te Ahorangi! Ko tētahi tangata tapu i mōhio ahau i mua e kore rawa e hutia he putiputi. 'Me tango e ahau te whakapehapeha o te rakau rōhi ki tōna ataahua? Me whakaiti kino e ahau tōna mana mā taku tango kino?' Ko āna kupu aroha kua whakamanahia i roto i ō kitenga!"

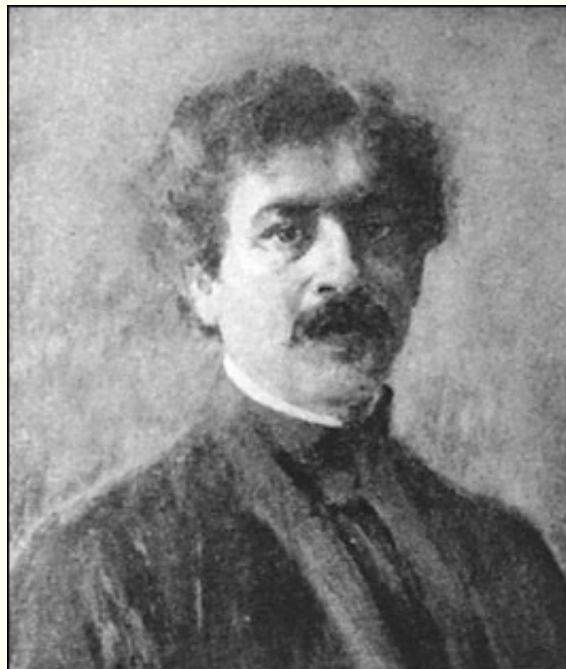
"E piri ana te kaitito ki te pono, ko te kaipūtaiao ia e whakatata mai ana me te whakama. Haere mai ki taku taiwhanga i tētahi rā, kia kite i te whakaaturanga mārama o te crescograph."

I te ngākau whakawhetai, i whakaae ahau ki te pōwhiri, ā, ka haere atu ahau. I muri mai ka rongo ahau kua wehe atu te tohunga tipu i te Kareti o te Perehitini, ā, kei te whakamahere ia i tētahi pokapū rangahau ki Calcutta.

I te whakatuwheratanga o te Whare Wānanga o Bose, i tae atu ahau ki ngā karakia whakatapu. He rau ngā tāngata hihiri e hikoi haere ana i te whare. I miharo ahau ki te toi me te tohu wairua o te kāinga hou o te pūtaiao. Ko tōna kūaha o mua, i kite ahau, he taonga tawhito nō tētahi wāhi tapu i tawhiti. I muri i te putiputi rākau **8-3** I roto i te puna, he wahine whakairo me te rama e whakaatu ana i te whakaute o Īnia ki te wahine hei kaikawe māramatanga korekore. I roto i te mārā he temepara iti i whakatapua ki te Noumenon i tua atu i ngā āhuratanga. Ko te whakaaro ki te kore tinana atua i tohuhia e te korenga o tetahi whakapakoko aata.



Ko au anō i Tau ono



JAGADIS CHANDRA BOSE

A Īnia nui tohunga ahupūngao, tohunga huaota, me kaihangā o te
Crescograph

Bose's kōrero i runga tēnei nui wā pea whai i tukuna mai i te ngutu o kotahi o te
whakaaweawe tawhito

ngā *rishi*

"I whakatapua e au tēnei Whare Wānanga i tēnei rā, ehara i te mea hei taiwhanga
noa iho, engari hei temepara." I tahaetia tōna mana tapu, pērā i te koroka ngaro i

runga i te whare matakitaki kī tonu i te tangata. "I a au e whai ana i aku rangahau, i arahina pōhēhētia ahau ki te rohe o te ahupūngao me te mahi tinana. I miharo ahau, i kitea e au

ka ngaro haere ngā rohe, ka puta ake ngā pūwāhi e pā ana ki waenganui i te ao o te mea ora me te mea kore ora. I kitea te mea kore-ora he mea mangere; he mea whakahihiri i raro i te mahi a ngā mana maha.

"I te āhua nei i kawea mai e te tauhohenga whānui te whakarewa, te tipu me te kararehe ki raro i te ture noa. I whakaatuhia e rātou katoa te āhua o te ngenge me te pouri, me ngā āheinga o te whakaoranga me te o te whakanui, hei puna hei te pumau kore aro e pā ana me te mate. Kua kī I te miharo ki tēnei whakarapopototanga whakamiharo, me te tino tumanako i whakapuaki ahau i aku hua ki te aroaro o te Royal Society - ngā hua i whakaaturia mā roto i ngā whakamātautau. Engari i tohutohu mai ngā tohunga tinana i reira kia arotahi ahau ki ngā rangahau tinana, ā, kua tino angitu ahau, kaua e takahi i ō rātou tikanga. I kotiti kē ahau ki roto i te ao o tētahi pūnaha kāwai tauhou, ā, nā reira i takahi i ōna tikanga.

"I kitea anō hoki he whakaaro whakapono kore mohio, e whakapoauau ana i te kuware me te whakapono. He maha ngā wā ka warewarehia ko Ia, nāna tātou i karapoti ki tēnei mea ngaro o te hanganga e whanake tonu ana, kua whakatōkia hoki ki roto i a tātou te hiahia ki te pātai me te marama. I roto i ngā tau maha o te marama hē, ka mōhio ahau ko te orange o te tangata e aroha ana ki te pūtaiao he mea kī tonu i te pakanga mutunga kore. Ko tāna he tuku i tōna orange hei whakahere hihiri - e pā ana ki te hua me te mate, te angitu me te korenga, hei kotahi."

"Nō te wā, ka whakaaetia aku ariā me aku hua e ngā rōpū pūtaiao matua o te ao, ā, ka mōhio ki te hiranga o te takoha a Īnia ki te pūtaiao." **8-4** E taea rānei e tetahi mea iti, e tetahi mea kua whakawhāitihia te whakamātau i te hinengaro o Īnia? Nā te tikanga ora tonu, me te mana ora o te whakahoutanga, kua whakatikatikahia e tēnei whenua ia ia anō mā roto i ngā panonitanga kore e taea te tatau. Kua ara ake tonu ngā Īnia, kua whakarērea te taonga o te wā tonu, ā, kua rapua te whakatutukitanga o ngā wawata teitei o te ao - ehara i te mea mā te whakarerenga noa, engari mā te pakanga kaha. Ko te ngoikore kua whakakahore i te pakanga, kāore he mea i whiwhi, kāore he mea hei whakarere. Ko ia anake kua tohe, kua toa, ka taea te whakarei i te ao mā te hoatu i ngā hua o tana wheako wikitoria.

"Ko ngā mahi kua oti kē i te taiwhanga Bose mō te urupare a te matū, me ngā whakakitenga ohorere i roto i te orange tipu, kua whakatuwherahia he whānuitanga o ngā rangahau i roto i te ahupūngao, i te mahi tinana, i te rongoā, i te ahuhenua, tae noa ki te hinengaro. Ko ngā raruraru i whakaarohia i mua he mea kore e taea te whakatau, kua kawea mai inaiane ki roto i te ao rangahau whakamātautau."

"Engari, e kore e taea te angitu nui me te kore he tino tika. Nō reira te roa o te pūhiko o ngā taputapu me ngā taputapu tino tairongo o taku hoahoa, e tū ana i mua i a koutou i tēnei rā i roto i ō rātou pouaka i te whare tomokanga. E kōrero ana rātou ki a koutou mō ngā mahi roa ki te whakauru i te āhua tinihanga ki roto i te mooni e

kore e kitea, o te mahi tonu me te tohe me te rauemi e hiahiatia ana hei wikitoria i ngā herenga tangata. E mōhio ana ngā kaipūtaiao auaha katoa ko te taiwhanga pono ko te hinengaro, kei reira i muri i ngā mānukanuka ka hurahia e rātou ngā ture o te pono."

"Ehara ngā kauhau e tukuna ana i konei i te whakahoki noa i ngā mōhiotanga tuarua. Ka whakapuakina ngā kitenga hou, ka whakaaturia mō te wā tuatahi i roto i ēnei whare. Mā te whakaputanga auau o ngā mahi a te Whare Wānanga, ka tae atu ēnei takoha a Īnia ki te ao katoa."

Ka waiho hei taonga tūmatanui. Kāore he mana patent e tangohia. Ko te wairua o tō tātou ahurea ā-motu e kī ana kia noho watea tātou ake ake i te whakapoke i te mātauranga mō te painga whaiaro anake.

"Ko tāku hiahia anō kia wātea ngā ratonga o tēnei Whare Wānanga, ki ngā wāhi katoa e taea ana, ki ngā kaimahi o ngā whenua katoa. I roto i tēnei, e ngana ana ahau ki te pupuri i ngā tikanga tuku iho o tōku whenua. Mai anō i ngā rautau rua tekau mā rima, i manaaki a Īnia i ngā mātauranga o ngā wāhi katoa o te ao ki ōna whare wānanga onamata, i Nalanda me Taxila."

"Ahakoa pūtaiao ko kāore hoki o te Te Rawhiti kāore hoki o te Te Hauāuru engari engari ao whānui i roto tōna whānui, engari he tino rite a Īnia ki te tuku takoha nui.

8-5 Ko te whakaaro nui o Īnia e mura ana, e kaha ana ki te tango i tētahi tikanga hou mai i tētahi puranga o ngā meka e āhua taupatupatu ana, ka puritia e te tikanga o te arotahi. Mā tēnei aukati ka hoatu te mana ki te pupuri i te hinengaro ki te rapu i te pono me te manawanui mutunga kore.

I tū ngā roimata i roto i ōku kanohi i ngā kupu whakamutunga a te kaupūtaiao. Kāore ianei te kupu "manawanui" i te kupu rite ki a Īnia, e whakapoauau ana i te Wā me ngā kaituhi hītori?

I toro atu anō ahau ki te pokapū rangahau, i muri tata mai i te rā i whakatuwheratia ai. Nā te tohunga tipu nui, i mahara ki tana kupu whakaari, i haria ahau ki tana taiwhanga marino.

"Ka tāpirihia e au te crescograph ki tēnei rarauhe; he tino nui te whakanui. Me i whakanuia te ngokingoki a te ngata i roto te ōrite ōwehenga, te mea hanga e puta ki kia haereere rite he tere tereina!"

I aro nui atu taku titiro ki te mata e whakaata ana i te atarangi o te rarauhe kua whakanuia. Kua mārama te kite i ngā nekehanga iti o te ora; he puhoi rawa te tipu o te tipu i mua i ōku kanohi miharo. I pā te kaupūtaiao ki te pito o te rarauhe me tētahi pae whakarewa iti. I mutu ohorere te whakaari kanikani e whanake ana, ā, ka hoki anō ki ngā rangi waiata whai kiko i te wa tonu i tangohia ai te tokotoko.

"I kite koe i te kino o te pokanoa iti o waho ki ngā kiko tairongo," te kī a Bose. "Mātakitaki mai; ka hoatu e au te chloroform, kātahi ka hoatu he rongoā ārai mate."

Nā te pānga o te chloroform i aukati te tipu katoa; he whakaoraora te rongoā. Nā ngā nekehanga whanaketanga i runga i te mata i pupuri i ahau, nui atu i te kōrero "kiriata". I werohia e taku hoa (i konei hei tangata kino) tētahi mea koi i roto i tētahi wāhanga o te rarauhe; i tohuhia te mamae e ngā wiri wiri. I tana werohanga i tētahi wāhanga o te heu i roto i te kakau, ka tino oho te atarangi, kātahi ka mutu me te tohu whakamutunga o te mate.

"Mā te whakakōroiroi i tētahi rākau nui i te tuatahi, i angitu taku whakawhitinga. I te nuinga o te wā, ka tere te mate o aua momo rangatira o te ngahere i muri i te nekehia." Ka menemene harikoa a Jagadis i a ia e kōrero ana i te mahi whakaora ora. "Kua whakaatuhia e ngā kauwhata o aku taputapu ngawari he pūnaha tohanga toto tō ngā rākau; e rite ana ngā nekehanga o ō rātou wai ki te toto toto o ngā tinana kararehe. Kāore e taea te whakamārama i te pikinga o te wai i runga i ngā take miihini e matatau ana, pērā i te kukume capillary. Kua whakatauhia te āhuatanga mā te crescograph hei mahi a ngā pūtau ora. Ka puta mai ngā ngaru peristaltic mai i tētahi ngongo porotaka e toro atu ana ki raro i te rākau, ā,

he ngākau tūturu! Ko te hohonu ake o tā tātou tirohanga, ko te tino kitea o te taunakitanga e hono ana te mahere ōrite i ngā āhua katoa o te taiao maha."

Te nui kaipūtaiao tohu ki tētahi atu Bose taputapu

"Māku e whakaatu ki a koutou ngā whakamātautau i runga i tētahi tine. Ka pā kino, ka pā pai rānei te mauri ora i roto i ngā mea whakarewa ki ngā whakaohoho. Mā ngā tohu waituhi e tuhi ngā momo tauhohenga."

I roto i te hohonu o taku aro, ka mātakitaki ahau i te kauwhata e tuhi ana i ngā ngaru āhuatanga o te hanganga ngota. I te wā i pania ai e te ahorangi te chloroform ki te tine, ka mutu ngā tuhituhi wiri. Ka tīmata anō i te hokinga mārere o te konganuku ki tōna āhua noa. I tukuna e taku hoa he matū paitini. I te wā kotahi me te wiri o te pito o te tīni, ka tere te pao o te ngira i tuhi pānui mate ki runga i te tūtohi.

"Kua whakaatuhia e ngā taputapu Bose ko ngā konganuku, pērā i te maitai e whakamahia ana i roto i ngā kutikuti me ngā mīhini, ka pāngia e te ngenge, ā, ka hoki anō te pai o te mahi mā te okioki i ia wā. Ka tino kino, ka tineia rānei te ora o ngā konganuku mā te whakamahi i ngā iahiko hiko, i te pēhanga nui rānei."

ahau titiro huri noa te rūma i te tini ngā mea hou, kōrero matatau whakaaturanga o he kore e ngenge te auahatanga.

"E te Ariki, he mea pouri te korenga o te tere o te whanaketanga o te ahuwhehua nui mā te whakamahi whānui i ō tikanga whakamiharo. Kāore ianei e taea te whakamahi i ētahi o ēnei i roto i ngā whakamātautau taiwhanga tere hei whakaatu i te awe o ngā momo tongi ki te tipu o ngā tipu?"

"He tika tāu. He maha ngā whakamahinga o ngā taputapu Bose ka whakamahia e ngā whakatupuranga o muri mai. Kāore i te maha ngā wā ka mōhio te kaipūtaiao ki te utu o taua wā; he nui noa iho hei whiwhi i te harikoa o te mahi auaha."

Me te mihi nui ki te tangata whakaaro nui, ka haere atu ahau. "E kore rānei e taea te mimiti i te momona whakamiharo o tōna pūkenga?" i whakaaro ahau.

Kāore i heke te kaha i roto i ngā tau. I te hanga i tētahi taputapu uaua, te "Resonant Cardiology", ka whai a Bose i ngā rangahau whānui mō ngā tipu Inia maha. I huraina he rongoā nui whakaharahara o ngā rongoā whai hua. He tika te hanganga o te cardiograph, e tohu ana i te kotahi rau o te hēkona ki runga. he kauwhata. Ka ine ngā rekoata haruru i ngā pao tino iti i roto i te tipu, te kararehe me te tangata hanganga. I matapaetia e te tohunga tipu nui ko te whakamahinga o tana cardiograph ka arahi ki te vivisection i runga ngā tipu hei utu mō ngā kararehe.

"Ko ngā rekoata taha-taha o ngā pānga o te rongoā i hoatu ngātahi ki te tipu me te kararehe kua whakaatu i te kotahitanga whakamiharo," tana kī. "Kua tohuhia ngā mea katoa i roto i te tangata i roto i te tipu. Mā te whakamātautau i ngā tipu ka āwhina ki te whakaiti i te mamae o te tangata."

I muri i ngā tau, i tautokona ngā kitenga tipu paionia a Bose e ētahi atu kaipūtaiao. Ko ngā mahi i mahia i te tau 1938 i Te Whare Wānanga o Columbia i pūrongohia e *The New York Times* penei:

Kua whakatauhia i roto i ngā tau kua pahure ake nei, ina tukuna ngā karere e ngā io I waenganui i te roro me ētahi atu wāhanga o te tinana, ka puta he aukume hiko iti. Kua inehia ēnei aukume e ngā taputapu whakakaha uaua, ā, kua whakanuia miriona ngā wā e ngā taputapu whakakaha hou. Tae noa ki tēnei wā, kāore anō kia kitea he tikanga pai hei ako i ngā haerenga o ngā aukume i ngā muka io o ngā kararehe ora, o te tangata rānei nā te nui o te te tere o te haere o ēnei hihiri.

I kōrero a Tākuta KS Cole rāua ko HJ Curtis mō tā rāua kitenga ko ngā pūtau roa kotahi o te tipu wai māori, arā, ko te nitella, e whakamahia pinepinetia ana i roto i ngā peihana ika koura, he rite tonu ki ērā o ngā muka io kotahi. I tua atu, i kitea e rāua ko ngā muka nitella, ina whakaohokia, ka horahia ngā ngaru hiko e rite ana i ngā āhuatanga katoa, engari ko te tere, ki ērā o ngā muka io o ngā kararehe me te tangata. I kitea he puhoi ake ngā nekehanga o ngā io hiko i roto i te tipu i ērā o ngā kararehe. Nō reira, i whakamahia tēnei kitenga e ngā kaimahi o Columbia hei huarahi mō te tango pikitia nekehanga puhoi o te haerenga o ngā nekehanga hiko i roto i ngā io.

Nō reira, ka taea e te tipu nitella te huri hei momo kōhatu Rosetta hei wetewete i ngā mea ngaro e piri tata ana ki te rohe o te hinengaro me te ao tūroa.

He hoa pono a Rabindranath Tagore, te kaitito, nō te kaipūtaiao whakaaro nui o Īnia. Ki a ia, i kōrero te kaiwaiata reka o Bengali i ēnei rārangi kupu: **8-6**

E te Heremita, karanga mai i ngā kupu pono
o te himene tawhito e kīia nei ko *te sama* ;
"Whakatika! Maranga!" Karanga atu ki te
tangata e whakamanamana ana ki ōna kōrero
makutu Mai i ngā tautohetohe wairangi
koretake, Karanga atu ki taua tangata
whakamanamana kuware kia puta mai ki te
mata o te taiao, ki tēnei whenua whānui,
Tukuna atu tēnei karanga ki tō rōpū
mātauranga; Ngātahi ki tō patunga ahi.
Kia huihui mai rātou katoa. Nō reira,
kia hoki mai tō tātou Īnia, tō tātou
whenua tawhito ki a ia anō.
Ā, hoki anō ki te mahi pumau, Ki te
mahī me te ngākau pono, ki tōna wairua

pōuri

o pono whakaaroaro; tukua tana noho

Kia marino anō, kia kore e apo, kia kore e

tautohetohe, kia parakore, e hoki anō ki runga i

tōna torona teitei

Ā, papaaho, kaiako o katoa whenua.

.....

8-1 : "Katoa pūtaiao ko tuawhenua rānei ki te kore ngā pāhi atu Pūtaiao ko ināiane te whiwhi te matau ariā-te ngā avatar o "Ko Brahma ngā pukapuka ako mō te hītori taiao i tēnei wā." - *Emerson*

8-2 : Mai i te Rātini pakiaka, *whakapūpū* ki whakanui Mō tāna krekokarapa me ētahi atu ngā mea hou, Bose i kua whakawhiwhia ki te tohu Nāti i roto 1917.

8-3 : Te rōhi putiputi ko he tawhito atua tohu i roto Īnia; tōna e horapa ana ngā rau whakaaro te whakawhānui o te wairua; Kei te tupu ake tōna ataahua parakore mai i te paru o tōna pūtake he kupu whakaari wairua atawhai.

8-4 "I tēnei wā, ko te aituā tino nui anake ka kawē mai i a Īnia ki te mana o te tauira kārēti o Amerika. E waru ngā whare wānanga (Harvard, Yale, Columbia, Princeton, Johns Hopkins, Pennsylvania, Chicago, me California) he heamana o te Indology, o te Sanskrit rānei, engari kāore a Īnia i te tino māngai i roto i ngā tari hītori, rapunga whakaaro, toi ataahua, pūtaiao tōrangapū, te pāpori, rānei tetahi o te ētahi atu ngā tari o hinengaro wheako i roto e, hei mātou whai i kitea, Īnia kua he nui ngā takoha i mahia. Nō reira, e whakaponono ana mātou kāore he tari ako, inā koa i roto i ngā mahi ā-tangata, i roto i tētahi

Ka taea e ngā whare wānanga nui te tino rite rawa me te kore he tohunga kua whakangungua tika i ngā wāhanga Īnia o tana kaupapa. E whakaponono ana mātou, hoki, tērā ia kārēti e ngā whāinga ki whakarite tōna ngā tauira kua puta i te whare wānanga mō atamai mahi i roto te ao e ko ki kia ā rātou ki ora i roto i, me whai i runga tōna ngā kaimahi he tohunga matatau i roto te ao whānui o "Īnia." - Ngā tangohanga mai i he tuhinga nā Ahorangi W. Norman Parauri o te Te Whare Wānanga o Pennsylvania e i puta mai i roto te Mei, 1939, take o te *Pānui* o te Kaunihera o Amerika o I ako Ngā Rōpū, 907 15 St., Washington, D. C., 25 hēneti tārua Tenei take (#28) kei roto i runga 100 ngā whārangi o te "Rārangi". Pukapuka Taketake mō ngā Akoranga Tohu

8-5 : Te ngota hanganga o mea i rongonui ki te tawhito Ngā Hinitū. Kotahi o te ono ngā pūnaha o Īnia rapunga whakaaro ko *Vaisesika*, mai i te Sanskrit pakiaka ngā *tirohanga* "ngā ngota te takitahi." Kotahi o te te mea nui *Waihisika* ngā kaiwhakapuaki i Ko Aulukya, e karangatia ana ko Kanata, "te kai-atomika," i whānau mai i te 2800 tau ki muri.

I roto i tētahi tuhinga i roto i te *East-West*, i te *marama o Āperira, 1934*, i tukuna he whakarāpopototanga o ngā mātāuranga pūtaiao o *Vaisesika* penei: "*Ahako e kiia whānuitia ana te 'ariā atomika' hou he whanaketanga hou o te pūtaiao, i whakamāramahia paitia i mua noa atu e Kanata, 'te kai-atomika.'* Ka taea te whakamaori tika i te nono Sanskrit hei 'atomika' i roto i te tikanga Kariki o muri mai, arā, 'kāore i tapahia', kāore rānei e taea te wehewehe. Ko ētahi atu whakamārama pūtaiao o ngā tuhinga a *Vaisesika* o te wā BC ko (1) te nekehanga o ngā ngira. ki te taha ngā aukume, (2) te te tohanga toto o wai i roto ngā tipu, (3) *ākāhi* rānei etere, korekore me kāore he hanganga, hei he pūtake mō te tuku o te kaha ā-papa i puta mai i te kounga e noho pūmau ana i roto i ngā ngota o te whenua hei hoatu i tō rātou mana kukume rānei whakararo tōia, (7) te nekeneke taiao o katoa pūngao; take hei i ngā wā katoa pūmau i roto he whakapaunga o pūngao rānei he tohatoha anō o nekehanga, (8) ao whānui te whakakorenga mā roto te te pakaru o ngā ngota, (9) te irahiko o wera me ngā hihi marama, ngā matūiriki iti mutunga kore, e rere ana ki ngā taha katoa me te tere, e kore e taea te whakaaro (te ariā 'hihi ao' hou)

.te whanaungatanga o wā me wāhi (10)

Waihesika " kua tohaina te takenga mai o te ao ki ngā ngota, mutunga kore i roto tā rātou taiao, arā, tā rātou tino " Ko te kitenga hou ko te mutunga ngā āhuatanga motuhake ēnei i whakaarohia ngā ngota he nekehanga wiri tonu. ngota he pūngao rā iti

pūnaha e kia kāore ngā purongo ki te tawhito *Waihisika* ngā tohunga whakaaro, ko wai hoki kua whakaitihia wā ki tōna tawhiti rawa pāngarau te ariā mā te whakaahua i te waeine wā iti rawa (*kala*) hei wā e pau ana i te ngota ki te whiti i ".tōna ake waeine wāhi

8-6 : Kua whakamāoritia mai i te Bengali o Rāpindranath Tākore, nā Manmohan Ko Ghosh, i roto *Viswa- Bharati*.

Upoko: 9

Te Harikoa Kaiwhakatapu Ā, Tōna Ao tūroa Aroha

"Iti e te rangatira, tēnā koa kia noho ana. ahau am kōrero ki taku Atua "E te whaea."

I tomo puku ahau ki te rūma me te miharo nui. I miharo ahau ki te āhua āngera o te Ariki Mahasaya. Me tōna pahau ma, he hiraka, me ōna kanohi kanapa nui, i te āhua nei he whakaaturanga ia o te parakore. Nā tōna kauae i ara ake me ōna ringa i piko, i mōhio ahau kua whakararuraru taku haerenga tuatahi i a ia i waenganui o āna karakia.

Ko āna kupu mihi ngāwari i puta ai te pānga tino nanakia rawa atu i pā ki tōku wairua. Ko te wehenga kawa o te matenga o tōku whaea i whakaaro ahau ko te mehua o te mamae katoa. Ināianei ko te mamae i te wehenga atu i tōku Whaea Tapu he whakamamae wairua e kore e taea te kōrero. I hinga ahau ki te papa me te aue.

"Iti e te rangatira, marino koe anō!" Te tapu i me te aroha e pōuri ana

I mahue ahau i roto i te mokemoke o te moana, ā, i pupuri ahau i ōna

waewae hei waka whakaora mōku. "E te Ariki, tāu inoi! Pātai atu ki te Whaea

Tapu mēnā ka kitea e au he manaakitanga i roto i a Ia!"

Tenei kupu whakaari ko kotahi kāore ngāwari i hoatu te rangatira i herea ki te wā puku.

Kāore e taea te ruarua, i tino whakaponu ahau kei te kōrero piripono a Ariki Mahasaya ki te Whaea o te Ao. He tino whakama te mōhio kua matapo ōku kanohi ki a Ia, ahakoa i taua wā tonu, i kitea tonutia e te titiro tino tika a te tangata tapu. I a au e pupuri ana i ōna waewae me te kore whakama, me te kore whakarongo ki ana kupu whakahē ngawari, ka inoi tonu ahau ki a ia kia tonu mai i tana atawhai.

"Ka inoi ahau ki te Mea e Arohaina ana." Ka puta te tukunga iho a te rangatira me te ataata puhoi, aroha.

He aha mana i roto ērā torutoru ngā kupu, tērā taku te noho me mōhio tukunga mai i tōna pūkeri te peinga atu?

"E te Ariki, kia mahara ki tāu kupu taurangi! Ka hoki wawe mai ahau ki Tāna karere!" I rangona te harikoa i roto i tōku reo, i tangi pōuri nei i mua tata nei.

I taku hekenga i te arawhata roa, ka taupokina ahau e ngā maharatanga. Ko tēnei whare kei te 50 Amherst Street, ko te kāinga o Master Mahasaya ināianei, ko tōku kāinga whānau i mua, te wāhi i mate ai tōku whaea. I konei i pakaru ai tōku ngākau tangata mō te whaea kua ngaro; ā, i konei i tēnei rā kua rite tōku wairua ki te mea

kua ripekatia nā te ngaro o te Whaea Tapu. He pakitara tapu, he kaiwhakaatu puku
mō ōku mamae nui me te whakaora whakamutunga!

I tere tonu aku hikoinga i taku hokinga ki tōku kāinga i Gurpar Road. I a au e rapu
ana i te mokemoke o taku rūma iti, i noho tonu ahau ki te whakaaroaro tae noa ki te
tekau karaka. Kātahi ka whakamāramahia te pōuri o te pō mahana o Īnia e tētahi
tirohanga whakamiharo.

I tū te Whaea Atua i tōku aroaro, me te kororia nui. Ko tōna mata, me te ataata mārie, he ataahua tonu.

"I ngā wā katoa whai ahau i arohaina koe! Ake tonu atu me ahau aroha koe!"

Te rangi ngā oro tonu te tangi i roto te hau, Ia ngaro atu.

I te ata i muri mai, kāore anō kia ara ake te rā ki te taumata o te ataahua, ka haere tuarua ahau ki a Ariki Mahasaya. I taku pikinga i te arawhata i roto i te whare o ngā maharatanga whakamīharo, ka tae atu ahau ki tōna rūma i te papa tuawhā. Ko te poro o te tatau kua kati kua takaihia ki te kakahu; he tohu, i kite ahau, e hiahia ana te tangata tapu ki te noho motuhake. I a au e tū pakari ana i runga i te taunga, ka whakatuwheratia te tatau e te ringa manaaki a te rangatira. Ka tuturi ahau ki ōna waewae tapu. I roto i te wairua takaro, ka mau ahau i tētahi kopare tapu ki runga i tōku mata, e huna ana i te harikoa atua.

"E te Ariki, i tae mai ahau—i te atatu rawa, e whakaae ana ahau!—mō tāu karere. I kōrerotia mai e te Whaea Aroha tetahi mea mōku?"

"Pōrangi iti e te rangatira!"

Kāore tētahi atu kōrero e ia hanga Te āhua nei taku i whakaarohia kaha ā-papa i kāore i te tino miharo.

"He aha nā reira ngaro, nā reira karo? Meatia hunga tapu kāore rawa kōrero mārama?" Akene ahau i he iti i whakapataritarihia.

"Me whakamātautau koe i ahau?" Ki tonu ōna kanohi marino i te mārama. "Me tāpiri atu e au tētahi kupu i tēnei ata ki te kupu whakamana i riro mai i a koe inapo i te tekau karaka mai i te Whaea Ataahua tonu?"

I a Ariki Mahasaya te mana whakahaere i ngā tatau waipuke o tōku wairua: ka takoto anō ahau ki raro i ōna waewae. Engari i tēnei wā ka maringi ōku roimata i te harikoa, ehara i te mamae, kua kore e taea te pupuri.

"E whakaaro ana koe kāore tō aroha i pā ki te Aroha Mutunga Kore? Ko te Whaea o te Atua, i karakiatia e koe i roto i ngā āhua tangata me ngā āhua atua, e kore rawa e kore e whakautu i tāu karanga kua whakarērea."

Ko wai tēnei tangata tapu noa iho, ko tana tonu iti rawa ki te Wairua o te Ao i tutuki ki te whakaae reka? He iti noa iho tana mahi i te ao, he mea tika mō te tangata nui rawa atu o te ngākau mahaki kua mōhiotia e au. I roto i tēnei whare i Amherst Street, ko Master Mahasaya **9-1** I whakahaerehia e ia tētahi kura tuarua iti mō ngā tama tāne. Kāore he kupu whiu i puta i ōna ngutu; kāore he ture, he riri rānei i pupuri i tana tikanga. I whakaakona ngā pāngarau teitei i roto i ēnei akomanga iti, ā, kāore i roto i ngā pukapuka ako te matū o te aroha. I horahia e ia tōna whakaaro nui

mā te tuku wairua, kua mā te ako ā-ture.

I te mea kua horomia e te ngākau nui ki te Whaea Tapu, kāore te tangata tapu i tono i ngā momo whakaute o waho, pērā i tana tono i tētahi tamaiti.

"Ehara ahau i tō guru; ka tae mai ia ā muri ake nei," tana kī mai ki ahau. "Mā tana arataki, ka whakamaoritia ō wheako ki te Atua e pā ana ki te aroha me te ngākau pono ki roto i ana kupu whakaaro nui mutunga kore."

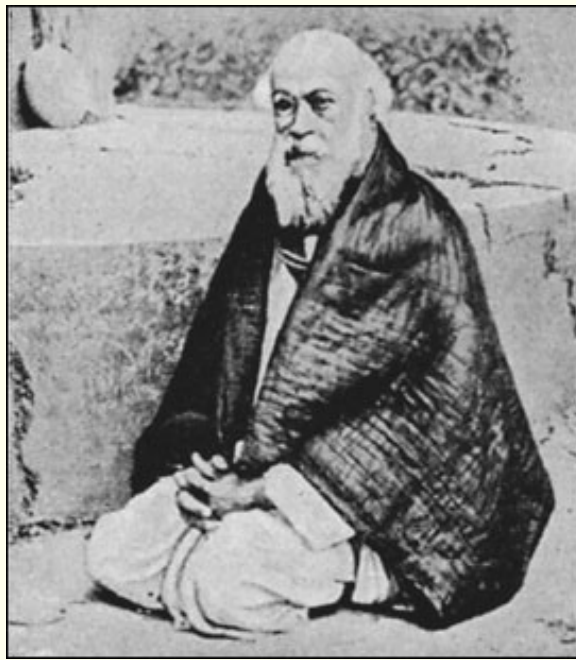
I ia ahiahi, ka haere ahau ki Amherst Street. I rapu ahau i te kapu atua a Master Mahasaya, kī tonu i a ia rā, ā, ka maringi mai ōna pata ki roto i ahau. Kāore anō ahau kia piko i mua me te tino whakaute; ināianei kua kite ahau he mea nui whakaharahara te takahi i te whenua kotahi i whakatapua e Master Mahasaya.

"E te Ariki, tēnā koa kakahuria tēnei pare champak i hangaia e au māu." I tae atu ahau i tētahi ahiahi, e pupuri ana i taku mekameka putiputi. Engari i te whakama, ka mawehe atu ia, me te whakakahore tonu i te honore. I te kitenga tōku mamae, ka menemene ia i te mutunga, ā, ka whakaae.

"I te mea he hunga karakia tāua ki te Whaea, ka taea e koe te whakairi i te karauna ki runga i tēnei temepara tinana, hei whakahere ki a Ia e noho ana i roto." Kāore i roto i tōna āhua whānui te wāhi hei tūnga mō te whakaaro whakapehapeha.



RUA NGĀ TUĀNE O THERESE NEUMANN
ahau tū me rātou i roto Konnersreuth, Pāwera.



RANGATIRA MAHAHAIA

Ake tonu atu kua uru atu i roto tāna harikoa ao whānui te aroha

"Me haere tāua āpōpō ki te Temepara o Dakshineswar, kua whakatapua ake nei e taku guru." He ākonga a Master Mahasaya nā te rangatira rite ki a te Karaiti, a Sri Ramakrishna Paramhansa.

I te ata i muri mai, i haere mātou mā runga poti i te awa o Ganges, e whā māero te roa. I tomo mātou ki te Temepara o Kali e iwa ngā tuanui, kei reira ngā whakapakoko o te Whaea Tapu me Shiva e takoto ana i runga i tētahi putiputi rākau hiriwa kua kanapa, ko ōna rau mano kua whakairohia kia ātaahua. I tiaho te kanohi o te Ariki Mahasaya i roto i te makutu. I uru atu ia ki tana aroha mutunga kore ki te Mea Aroha. I a ia e karanga ana i tōna ingoa, ko tōku ngākau i tino miharotia me te mea kua pakaru ki te mano ngā wahi.

I muri mai ka hikoi mātou i roto i ngā wāhi tapu, ka tū i roto i te ngahere tamarisk. Ko te mana i puta mai i tēnei rākau he tohu mō te kai rangi i homai e te Ariki Mahasaya. I haere tonu āna karanga atua. I noho pūmau ahau i runga i te tarutaru i waenganui i ngā putiputi tamarisk huruhuru māwhero. I te ngaro atu i te tinana mō tētahi wā poto, ka rere ahau i roto i te haerenga atua.

Koinei te tuatahi o ngā haerenga maha ki Dakshineswar me te kaiako tapu. Nāna ahau i ako ai i te reka o te Atua i roto i te āhua o te Whaea, te Aroha Tapu rānei. Kāore i kitea he ātaahua o te tapu tamariki i roto i te āhua o te Matua, te Tika Atua rānei. He rerekē te whakatau pakari, te whakatau tika, te whakatau pāngarau. ki tōna āhua ngawari.

"Ka taea e ia te mahi hei tauira whenua mō ngā anahera o te rangi!" i whakaaro ahau me te aroha, i a ia e matakitaki ana i a ia i tētahi rā e inoi ana. Kāore he

manawa whakahē, he whakahē rānei, i tiro tirohia e ia te ao me ngā kanohi kua roa e mōhio ana ki te Parakore Tuatahi. Ko tōna tinana, hinengaro, kōrero, me ana mahi i tino ōrite ki te ngawari o tōna wairua.

"I mea mai taku Ariki." I te ātete i te whakapuakitanga whaiaro, ka mutu te kupu tohutohu a te tangata tapu ki tēnei mihi pumau. Nā te hohonu o tōna tuakiri ki a Sri Ramakrishna, kāore a Ariki Mahasaya i whakaae kia

roa ake whakaarohia tāna ngā whakaaro hei tāna ake.

I a māua ko te tangata tapu e hikoi tahi ana i tētahi ahiahi i te poraka o tana kura. I memeha haere taku harikoa i te taenga mai o tētahi hoa whakahihi i whakararu i a māua ki tētahi kōrero roa.

"E kite ana ahau kāore tēnei tangata e pai ki a koe." Kāore i rangona e te tangata whakakake te kōrero a te tangata tapu, he mea miharo ki tana ake kōrero. "Kua kōrero ahau ki te Whaea Tapu mō tēnei mea; e mōhio ana ia ki tō tātou āhua pouri. Ina tae atu tātou ki tērā whare whero, kua oati ia ki te whakamahara i a ia ki ngā mahi nui ake."

I piri tonu ōku kanohi ki te wāhi o te whakaoranga. I te taenga atu ki te kūaha whero, ka tahuri te tangata, ka haere, kāore i mutu tana kōrero, kāore hoki i poroporoaki. I whakamarietia te hau e te rangimārie.

I tētahi atu rā ka kitea ahau e hikoi ana ko au anake i te taha o te teihana tereina o Howrah. I tū ahau mō tētahi wā poto i te taha o tētahi temepara, e whakahē puku ana i tētahi rōpū iti o ngā tāne me ā rātou pahu me ā rātou himipora e waiata kaha ana i tētahi karakia.

"Te koretake o tā rātou whakamahi i te ingoa tapu o te Ariki i roto i ngā whakahuatanga ā-ringa," i whakaaroaro ahau. I miharo taku titiro ki te tere o te whakatata mai a te Kaiwhakaako Mahasaya. "E te Ariki, he aha koe i tae mai ai ki konei?"

I te kore aro o te tangata tapu ki taku pātai, ka whakautua mai e ia taku whakaaro. "Kāore ianei i te pono, e te rangatira, he reka te tangi o te ingoa o te Aroha mai i ngā ngutu katoa, ahakoa kuware, ahakoa whakaaro nui?" I awhi mai ia i ahau me te aroha; I kitea ahau e amohia ana i runga i tana whāriki makutu ki te Aroaro Aroha.

"Kei te hiahia koe ki te mātaki i ētahi koiora?" He mea miharo tēnei pātai i tētahi ahiahi mai i a Master Mahasaya; i whakamahia te kupu i Inia hei tohu i ngā kiriata. I whakaae ahau, me te harikoa ki te noho tahi me ia ahakoa pēhea. Nā te hikoi tere i haria mātou ki te māra e anga atu ana ki Calcutta. Te Whare Wānanga. I tohua e taku hoa tētahi paepae tata ki te *koura*, ki te roto rānei.

"Me noho tāua ki konei mō ētahi meneti. I tonu tonu mai taku Ariki kia whakaaroaro ahau i ngā wā katoa ka kite ahau i te whānuitanga o te wai. I konei, ko tōna marino e whakamahara ana i a tātou ki te marino nui o te Atua. I te mea ka taea te whakaata i ngā mea katoa ki te wai, ka whakaatahia te ao katoa ki roto i te roto o te Hinengaro Ao. Koia te kī a taku *gurudeva*."

Kāore i roa ka tomo mātou ki te whare wānanga, kei reira te kauhau e haere ana. I tino hoha, ahakoa i ētahi wā ka rerekē ngā whakaahua o ngā kiriata rama, ā, kāore

i te tino pārekareka.

"Nō reira, koinei te momo tiroiro koiora i hiahia te rangatira kia kite ahau!" Kāore i manawanui taku whakaaro, heoi kāore au i pai kia whara te tangata tapu mā te whakaatu i te hoha ki tōku mata. Engari i piko puku mai ia ki ahau .

"E te rangatira, e kite ana ahau kāore koe i te pai ki tēnei whakaaturanga koiora. Kua kōrerotia e au ki te Whaea Tapu; e aroha nui ana ia ki a tāua. E mea mai ana ia ka tineia ngā rama hiko, ā, e kore e tahuna anō kia tae rā anō ki te wā e puta ai tāua i te rūma."

I te mutunga o tana kōrero hāmama, ka pōuri te whare. I whakamutua te reo nui o te ahorangi i te miharo, kātahi ka mea, "Te āhua nei he hapa te pūnaha hiko o tēnei whare." I tēnei wā, kua whiti haumarua māua ko Master Mahasaya i te paepae. I taku titiro whakamuri mai i te ara raro, ka kite ahau kua mārama anō te wāhi i mate ai māua.

"E te rangatira, i pouri koe i taua tiroiro koiora, **9-2** "engari ki taku whakaaro ka pai koe ki tētahi atu." I tū māua ko te tangata tapu i te taha o te ara hikoi i mua i te whare wānanga. I papaki mārie ia i tōku uma ki runga i tōna ngākau.

I puta mai he wā whakawātea. Pērā i ngā "kōrerorero" o ēnei rā ka ngaro te rongoi i ngā kiriata ina pakaru te taputapu oro, pērā anō te Ringa Atua, nā tētahi merekara rerekē, i aukati i te ngangau o te ao. Ko ngā kaihaereere me ngā waka tereina e haere ana, ngā motuka, ngā kārēti kau, me ngā waka wira rino, i roto katoa i te haere kore haruru. Me te mea he kanohi kei ngā wāhi katoa, i kite ahau i ngā tirohanga i muri i ahau, me ia taha, me te ngāwari o ērā i mua. Ko te whakaaturanga katoa o ngā mahi i taua wāhanga iti o Calcutta i haere i mua i ahau, kāore he tangi. Pērā i te mura ahi e kitea pōuri ana i raro i te paparanga angiangi o te pungarehu, ka horapa te mārama ngawari ki te tirohanga whānui.

Ko tōku tinana i rite noa ki tētahi o ngā atarangi maha, ahakoa kāore i nekeneke, ko ētahi i rere puku noa iho. He maha ngā tama, he hoa nōku, i whakatata mai, ā, i haere atu; ahakoa i titiro tika mai rātou ki ahau, kāore i mōhio e rātou.

Nā te whakaari motuhake i kawea mai he harikoa nui e kore e taea te kī. I inu nui ahau i tētahi puna harikoa. Kātahi ka pā mai tētahi atu whiu ngawari ki tōku uma mai i a Kaiwhakaako Mahasaya. Ka pakū mai te ngangau o te ao ki ōku taringa kāore i pai. I wiri ahau, me te mea kua ara ake i tētahi moemoeā. I neke atu te waina whakahirahira i tua atu i taku taea.

"E te rangatira, kua kitea e au te tuarua o ngā tiroiro koiora e pai ana ki a koe." I menemene te tangata tapu; ka tīmata ahau ki te tuku whakawhetai ki te whenua i mua i a ia. "Kāore e taea e koe te mahi i tēnā ki ahau ināianei; e mōhio ana koe kei roto hoki te Atua i tōu temepara! Kāore au e tuku i te Whaea Tapu kia pā ōku waewae ki roto i ō ringaringa!"

Me i kite tētahi i te rangatira whakahihi me ahau i a māua e hikoi atu ana i te ara kīkī, tera pea i whakapae te kaimātakitaki kei te haurangi māua. I kite ahau ko ngā atarangi e hinga ana o i te ahiahi i haurangi aroha ki te Atua. I te hokinga mai o te pōuri i tōna hiamoe o te pō, I anga atu ahau ki te ata hou me te kore o tōku wairua harikoa. Engari e mau tonu ana ki roto i te mahara te te tama hāparapa a te Whaea Atua-Ariki Mahasaya!

I a au e ngana ana ki te whakaatu tika i tōna atawhai mā te whakamahi i ngā kupu

rawakore, e whakaaro ana ahau mēnā i mōhio a Ariki Mahasaya, me ētahi atu o ngā hunga tapu matakite hohonu i tūtaki mai ki ahau, i ngā tau i muri mai, i tētahi whenua o te Hauāuru, ka tuhituhi ahau mō ō rātou oranga hei hunga karakia atua. E kore tō rātou mōhiotanga i mua e miharo ki ahau, ki aku kaipānui hoki, kua tae mai ki konei me ahau.

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9-1 : ēnei kei whakaute taitara nā e ia i i te tikanga i arohia. Tōna ingoa i Mahendra Nāti Kupata; ia ko "M" anake te ingoa i hainatia ai āna mahi tuhituhi.

9-2 : Te Ōkiwa Ingarihi Papakupu e homai ana, hei onge, tēnei whakamāramatanga o *tiro tiro* koiora He tirohanga o te ora; tērā e homai pērā he tirohanga. Nō reira, he tika rawa te whiriwhiringa kupu a te Kaiwhakaako Mahasaya.

Upoko: 10

ahau Tūtaki Taku E te Kaiwhakaako, Hīri Yukteswar

"Ka taea e te whakapono ki te Atua te whakaputa i tētahi merekara, engari ko te kotahi anake - te paahi i tētahi whakamātautau me te kore ako." Me te whakarihariha, ka kati au i te pukapuka i kohia mai e au i roto i tētahi wā mangere.

"Ko te rerekētanga o te kaituhi e whakaatu ana i tōna kore whakapono," i whakaaro ahau. "Aue, he nui tōna whakaute ki te hinu o te waenganui pō!"

Ko taku kupu whakaari ki a Pāpā, ka oti i ahau aku akoranga kura tuarua. Kāore e taea e au te kī he uaua ahau. I ngā marama e haere ake nei, he iti ake taku noho i roto i te akomanga i ngā wāhi motuhake i te taha o ngā *kaukau o Calcutta*. Ko ngā papa tahu e tata ana, he tino whakamataku i te pō, he mea whakamiharo. whakaarohia tino ātaahua nā te yogi Ia ko wai e kimi te Kore mate Te uho me kaua e matakū i ētahi angaanga kāore i whakapaipaihia. Ka kitea te koretake o te tangata i roto i te nohoanga pōuri o ngā wheua rerekē. Nō reira, he rerekē te āhua o aku mataaratanga o te waenganui pō i ō te tohunga.

Kua tata te wiki o ngā whakamātautau whakamutunga i te Kura Tuarua Hindu. Ko te wā uiui, pērā i ngā wāhi urupā, e whakaoho ana i te wehi rongonui. Ahakoa rā, i marino tōku hinengaro. I a au e maia ana ki ngā kehua, i keria e au tētahi mātauranga kāore i kitea i roto i ngā whare wānanga. Engari kāore i roto i taua wā te toi o Swami Pranabananda, i puta ngāwari mai i ngā wāhi e rua i te wā kotahi. Ko taku raruraru mātauranga he mea māmara nā te Matatau Mutunga Kore. Koinei taku whakaaro, ahakoa ki te tini he ahua koretake. Ko te koretake o te tangata karakia e puta mai ana i te mano whakaaturanga kore e taea te whakamārama o te tere o te Atua i roto i te raruraru.

"Kia ora, e Mukunda! Kāore au i te tino kite i a koe i ēnei rā!" te whakapā mai a tētahi o ōku hoa akomanga i tētahi ahiahi i Gurpar Road.

"Kia ora, e Nantu! Nā taku ngaro i te kura kua tino whakama ahau." I tukuna e au
ōku mamae ki raro i tana titiro hoa.

Nāntu, ko wai i he kanapa ākonga, kata ngākau nui; taku āhuatanga uaua i kāore kāore
he kōmeke

āhuatanga

"Koe kei tino kāore i te rite mō te ngā whiringa toa! ahau whakaaro reira ko ake ki ahau ki āwhina koe!"

Nā ngā kupu māmā nei i kawē mai te kupu whakaari a te Atua ki ōku taringa; me te tere tonu taku toro atu ki te kāinga o taku hoa. I ata whakamārama mai ia i ngā otinga mō ngā raruraru maha i whakaarohia e ia ka whakatakotoria e ngā kaiako.

"Ko ēnei pātai te mōunu e hopu ai i te tini o ngā tama whakawhirinaki ki roto i te mahanga whakamātautau. Kia maumahara ki aku whakautu, ā, ka mawhiti koe, kāore he whara."

Kua tawhiti kē te pō i taku wehenga atu. Kī tonu ahau i te mātauranga hou, ā, i inoi pono ahau kia noho tonu te pō mō ngā rā tino uaua e whai ake nei. Nā Nantu ahau i whakaako i aku kaupapa maha, engari, nā te pēhanga o te wā, kua wareware ia ki taku akoranga i te reo Sanskrit. I whakamahara nui ahau ki te Atua mō te korenga o te mōhio.

I te ata i muri mai ka tīmata taku hikoi poto, me te whakauru i aku mōhiotanga hou ki te manawataki o ngā takahanga waewae e piu ana. I a au e hikoi poto ana i roto i ngā taru o te kokonga whenua, ka tau taku kanohi ki ētahi pepa tānga korekore. Nā te peke wikitoria i whakaatu he whiti Sanskrit ēnei. I rapu ahau i tētahi tohunga hei āwhina i ahau ki te whakamaori i aku kupu. Nā tōna reo momona i whakakī te hau i te ataahua kore-mata, reka o te arero tawhito. **10-1**

"E kore rawa ēnei whiti tino pai e whai hua mō tāu whakamātautau Sanskrit." I whakahē te tohunga i a rātou me te ruarua.

Engari nā te mōhio ki taua rotarota i āhei ai ahau ki te puta i te whakamātautau Sanskrit i te rā i muri mai. Nā te āwhina mohio i homai e Nantu, i eke ahau ki te māka iti rawa mō te angitu i roto i aku kaupapa katoa.

I koa a Pāpā i taku pupuri i taku kupu, ā, i mutu taku akoranga kura tuarua. I rere taku whakawhetai ki te Ariki, nāna anake te arataki i kitea e au i taku haerenga ki Nantu me taku hikoi i te ara tauhou o te papa whenua kapi tonu i ngā paru. I roto i te takaro, i homai e ia he whakaaturanga rua ki tana hoahoa wā tika mōku hei whakaora.

I roto i ngā whare whakamātautau, ka kitea e au te pukapuka i whakarērea, ā, nā te kaituhi i whakakahore te mana o te Atua. Kāore i taea e au te pupuri i te kata i taku ake kōrero puku:

"Ka nui ake te pōhēhē o tēnei tangata, mēnā ka kī atu ahau ki a ia he ara poto te

whakaaroaro atua i waenganui i ngā tūpāpaku ki te whiwhi tohu kura tuarua!"

I roto i tōku mana hou, kua whakamahere whānuitia e au te wehe atu i te kāinga. Me tētahi hoa taitamariki, a Jitendra Mazumdar, **10-2** I whakatau ahau ki te whakauru atu ki tētahi whare karakia o Mahamandal i Benares, kia whiwhi ai ahau i tana kaupapa wairua.

I tētahi ata ka pā mai te pouri ki ahau i te whakaaro ki te wehenga atu i tōku whānau. Mai i te matenga o Māmā, kua tino kaha ake tōku aroha ki ōku teina tokorua, ki a Sananda rāua ko

Bishnu. I oma tere atu ahau ki taku wāhi okiokinga, ki te rūma iti i kite i ngā āhuatanga maha i roto i taku *sadhana pōrearea* . **10-3** I muri i te rua hāora o te waipuke o ngā roimata, i tino rerekē taku āhua, me te mea nā tetahi kaihoroi matū. Ngā tāpiritanga katoa **10-4** ngaro atu ana; ko taku whakataunga ki te rapu i te Atua hei Hoa o ngā hoa kua rite ki te kirikiri i roto i ahau. I tere tonu taku whakaoti i aku whakaritenga haerenga.

"Kotahi taku tono whakamutunga." I pouri a Pāpā i ahau e tū ana i tōna aroaro mō te manaakitanga whakamutunga. "Kaua ahau e whakarērea me ō tuakana, teina rānei e pouri ana."

"E te Matua Whakahonore, me pēhea taku whakaatu i tōku aroha ki a koe! Engari nui atu tōku aroha ki te Matua i te Rangi, nāna nei i homai te taonga o te matua tino tika i runga i te whenua. Tukua ahau kia haere, kia hoki mai ai ahau i tētahi rā me te māramatanga atua ake."

I te kore whakaae a ōku mātua, ka haere ahau ki te hono atu ki a Jitendra, kua tae kē ki Benares i te whare karakia. I taku taenga atu, ka mihi mai te rangatira swami taitamariki, a Dyananda, ki ahau me te manaaki. He roa, he kikokore, he āhua whakaaro nui, ā, i tino miharo ahau ki a ia. He āhua marino tōna mata ataahua, he rite ki te āhua o Buddha.

I harikoa ahau i te mea he tuanui tō tōku kāinga hou, ā, i reira ahau i noho ai i te atatu me te ata. Nā te mea he iti noa te mōhio o ngā mema o te ashram ki ngā mahi whakaaroaro, i whakaaro rātou me whakamahi katoa tōku wā ki ngā mahi whakahaere. I mihi mai rātou ki ahau mō taku mahi i te ahiahi i roto i tā rātou tari.

"Kaua e ngana ki te hopu i te Atua i te wā poto!" I haere tahi mai tēnei tawai a tētahi hoa noho me tētahi o aku hoa. ngā wehenga wawe ki te rūma tuanui. I haere ahau ki a Dyananda, e pukumahi ana i roto i tōna wāhi tapu iti e titiro atu ana ki te awa o Ganges.

"Swamiji, **10-5**" Kāore au i te māranga ki ngā mea e hiahiatia ana mai i ahau i konei. Kei te rapu tika ahau i te Atua. Ki te kore ia, kāore au e makona ki te hononga, ki te whakapono, ki te mahi rānei i ngā mahi pai."

I papaki aroha mai te minita kakahu karaka ki ahau. I a ia e whakatū ana i tētahi riri rūpahu, ka whakatūpato ia i ētahi ākonga e tata ana. "Kaua e whakararuraru i a Mukunda. Ka ako ia i ā tātou tikanga."

I huna mārīre ahau i tōku ruarua. I puta atu ngā ākonga i te rūma, kāore i tino piko ki te riri. He kupu anō tā Dyananda māku.

"E Mukunda, e kite ana ahau kei te tuku moni tonu tō pāpā ki a koe. Tena koa whakahokia mai ki a ia; kāore he mea e hiahiatia ana e koe i konei. Ko te tuarua o

ngā ture mō tō whiu e pā ana ki te kai. Ahakoa kei te hiakai koe, kaua e whakahua."

Kāore au i te mōhio mehemea kei te tiaho te hiakai i roto i ōku kanohi. I tino mōhio ahau kei te hiakai ahau. Ko te haora tonu mō te kai tuatahi o te whare karakia ko te tekau mā rua o te poutumarotanga. Kua taunga ahau i roto i tōku ake kāinga ki te parakuihi nui i te iwa karaka.

I ia rā, i ia rā, ka roa haere te wā e toru hāora te roa. Kua ngaro ngā tau o Calcutta i taea ai e au te riri i te tunu kai mō te whakaroa tekau meneti. Ināianei ka ngana ahau ki te whakahaere i taku hiahia kai; i tētahi rā ka nohopuku ahau mō te rua tekau mā whā hāora. Me te hiahia rua, ka tatari ahau mō te poutumarotanga e whai ake nei.

"Kua tomuri te tereina o Dyanandaji; kāore tātou e kai kia tae mai rā anō ia." Nā Jitendra tēnei rongo pouri i kawē mai ki ahau. Hei tohu manaaki i te swami, nāna i ngaro mō ngā wiki e rua, he maha ngā kai reka kua rite. Kī tonu te hau i te kakara reka. Kāore he mea kē atu e taea te tuku, he aha atu anō e taea te horomia engari ko te whakapehapeha mō te whakatutukitanga o te nohopuku inanahi?

"E te Ariki, kia tere te tereina!" I whakaaro ahau, kāore te Kaiwhakarato o te Rangi i roto i te aukati i whakamutua ai ahau e Dyananda. Heoi, i tētahi atu wāhi te Aro o te Atua; ko te karaka e puhoi haere ana. kua hipokina te ngā hāora Pōuri i heke iho hei tō mātou rangatira i tomo te tatau Taku he mihi harikoa korekore noa iho.

"Ka kaukau a Dyanandaji, ka whakaaroaro i mua i te tuku kai." Ka whakatata mai anō a Jitendra ki ahau, he manu tohu kino.

I tata hinga ahau. I tangi tōku puku taitamariki, he mea hou ki te rawakore, me te kaha ngau kino. I rere atu i mua i ahau ngā pikitia i kitea e au o ngā tāngata i pāngia e te matekai, pērā i te wairua.

"Ka mate a Benares i te hemokai i tēnei whare karakia," i whakaaro ahau. Ka karohia te aituā e haere mai ana i te iwa karaka. He karanga whakamataku! Hei maumahara, he mārāma tonu taua kai, pērā i tētahi o ngā hāora tino pai o te ao.

Ahako te hohonu o te kai, i kite tonu ahau i a Dyananda e kai pōrearea ana. Te āhua nei kei runga ake ia i aku hiahia whakarihariha.

"Swamiji, kāore i koe hiakai?" Harikoa kua hiakai, ahau i ko ia anake me te rangatira i roto tāna ako

"Āe! E whā ngā rā kua pahure ake nei kāore au i kai, kāore hoki i inu. Kāore au e kai i runga tereina, e kī ana i ngā wiri rerekē o te hunga o te ao. Ka mau tonu ahau ki te *shatric* **10-6.**" ngā ture mō ngā mōneka o taku momo karakia.

"Kei te whakaaro ahau ki ētahi raruraru o tā tātou mahi whakahaere. I tēnei pō i te kāinga i wareware ahau ki taku tina. He aha te mea e hohoro ai? Āpōpō ka whakarite ahau kia kai pai ahau." Ka kata ia me te harikoa.

I horapa te whakama i roto i ahau, pērā i te mea e hemo ana te manawa. Engari kāore i warewarehia te rā o taku whakamamaetanga; i maia ahau ki te kōrero anō.

"E Swamiji, kei te pōhēhē ahau. Ki te whai ahau i tāu tohutohu, me kī kāore au i tono kai, ā, kāore tetahi i homai i tetahi ki ahau. Me mate ahau i te hiakai."

"Mate atu rā!" Ka wehea te hau e tēnei kupu tohutohu whakamataku. "Mēnā me mate koe, e Mukunda! Kaua rawa e whakaae kei te ora koe i te mana o te kai,

ehara i te mana o te Atua! Ko ia te kaihanga o ngā momo kai katoa, ko ia te kaiwhakawhiwhi i te hiahia kai, ka tino whakarite kia ora tana tangata karakia! Kaua e whakaaro kei te tautoko te raihi i a koe, kei te tautoko rānei te moni, te tangata rānei i a koe! Ka taea e rātou te āwhina mēnā ka tangohia e te Ariki tō manawa ora? He taputapu ā-kore noa iho rātou. Nā tō pūkenga rānei ka nakunaku te kai i roto i tō puku? Whakamahia te hoari o tō wehewehe, e Mukunda! Tapahia

mā roto te mekameka o tari me kite te Takitahi Nā te mea!"

I kite ahau i ana kupu koi e uru ana ki roto i te hinu hohonu. Kua ngaro atu te whakaaro tawhito e tinihanga ana i te wairua e ngā whakahau a te tinana. I reira tonu ka whakamātau ahau i te rawaka o te Wairua. E hia ngā tāone tauhou, i roto i tōku oranga o muri mai o te haereere tonu, i puta ai te wā hei whakamatai i te whai huatanga o tēnei akoranga i roto i te whare karakia o Benares!

Ko te taonga anake i haere tahi mai i ahau i Calcutta ko te taonga hiriwa a SADHU i tukua mai e Whaea ki ahau. I a au e tiaki ana i taua taonga mō ngā tau, kua hunaia e au i roto i taku rūma ashram. Hei whakahau i taku harikoa i roto i te whakaaturanga taonga, i tētahi ata ka whakatuwherahia e au te pouaka kua raka. Ko te taupoki hiri i pāngia, kua ngaro te taonga. Me te pouri ka haehaea e au tōna kōpaki, ā, ka tino mohio ahau. Kua ngaro atu, e ai ki te matapae a SADHU, ki te rangi i karangatia mai ai e ia.

I kino haere tonu taku whanaungatanga ki ngā akonga a Dyananda. I wehea te whare, i mamae ahau i taku whakatau kia matara atu. Nā taku piripono ki te whakaaroaro ki te Whakaaro Nui i whakarērea ai e au te kāinga, me ngā wawata katoa o te ao, i puta ai ngā whakahē papaku mai i ngā taha katoa.

I te mamae wairua, ka tomo ahau ki te tuanui i te atatu, ka whakatau ki te inoi kia tae mai ra ano te whakautu.

"E te Whaea Aroha o te Ao, whakaakona ahau mā roto i ngā kitenga, mā roto rānei i tētahi tohunga i tonoa mai e Koe!"

I ngā hāora e pahemo ana, kāore he whakautu i puta mai i aku inoi e tangi ana. Kātahi anō ka ara ake tōku tinana me te mea kua tae ahau ki tētahi ao tūroa kāore he rohe.

"Tōu Kaiwhakaako te haere mai i tēnei rā!" He atua āhua wahine reo i tae mai mai i ngā wāhi katoa me kāore he wāhi.

I puta te karanga mai i tētahi wāhi tuturu mō tēnei wheako whakamiharo. I karanga mai tētahi tohunga taitamariki, ko Habu tōna ingoa, i te kīhini o raro.

"Mukunda, rawaka o whakaaroaro! Koe kei e hiahiatia ana mō he mahi."

I tētahi atu rā, kua whakautu pea ahau me te kore manawanui; ināianei ka murua e ahau tōku mata pupuhi roimata, ā, ka whakarongo mārīe ki te karanga. I haere tahi māua ko Habu ki tētahi mākete tawhiti i te Bengali. wāhanga o Benares. Te kore ngawari Īnia rā i kāore engari anō i te tihi hei mātou i hangaia tō mātou ngā hoko i roto i ngā mākete. I panaia e mātou te ara i roto i te ranunga kanapa o ngā wāhine noho whare, ngā kaiārahi, ngā tohunga, ngā pouaru kākahu noa, ngā Brahmin

rangatira, me ngā puru tapu e kitea whānuitia ana. I a au e haere ana i tētahi ara ngaro, ka tahuri tōku mahunga ka tiroiro i te roa whaiti.

I te pito o te huarahi, i tū te tangata rite ki a te Karaiti, he kākahu kōwhai tōna. I te āhua nei kua mōhio tonu ia ki a ia, ā, kua tawhito; i hiahia taku titiro kia kite i tētahi mea. Kātahi ka whakaekea ahau e te ruarua.

"Koe kei pōhēhē tēnei kopikopiko mōneka me tētahi mōhiohia ki koe," ahau whakaaro.
"Kaimoeā, hikoi

i runga."

I muri i ngā meneti tekau, ka rongo ahau i te ngoikore nui o ōku waewae. Me te mea kua huri hei kōhatu, kāore i taea e rātou te kawae ake i ahau. I tahuri ahau me te nenge; kua hoki mai ōku waewae ki te āhua noa. I anga atu ahau ki te taha kē; i pehia anō ahau e te taumaha rerekē.

"Kei te kukume mai te tangata tapu i ahau ki a ia!" Me tēnei whakaaro, ka purangatia e au aku putea ki ngā ringa o Habu. I mātakitaki ia i aku waewae hē me te miharo, ā, inaianei ka pakaru ia i te kata.

"He aha ngā mate koe? Kei te koe porangi?"

Taku ngangau kare ā-roto āraia tetahi whakautu; ahau tere haere puku atu

I taku hikoi whakamuri me te mea he hu parirau ōku, ka tae atu ahau ki te ara whaiti. I taku tirohanga tere atu, ka kitea te āhua marino o te tangata, e titiro pūmau ana ki ahau. He torutoru noa ngā hikoinga hihiri, ā, kua tae atu ahau ki ōna waewae.

"Gurudeva!" **10-7** Ko te kanohi atua, kāore i tua atu i a ia o aku mano kitenga. Ko ēnei kanohi mārie, he mahunga raiona me te pahau koi me ngā makawe rere, he maha ngā wā i titiro mai ai i roto i te pōuri o aku moemoeā o te pō, me te pupuri i tētahi kupu whakaari kāore i tino mārāma ki ahau.

"E taku ake, kua tae mai koe ki ahau!" I kōrerotia e taku tohunga aua kupu i roto i te reo Bengali, me te wiri o tōna reo i te harikoa. "E hia ngā tau i tatari ai ahau ki a koe!"

I uru mātou ki te kotahitanga o te wahangu; ko ngā kupu te āhua nei he mea tino whakarihariha. I rere te whaikōrero i roto i te waiata korekore mai i te ngākau o te rangatira ki te ākonga. Me te antenna o te māramatanga pumau, i kite ahau e mōhio ana taku rangatira ki te Atua, ā, māna ahau e ārahi ki a Ia. I ngaro te pōuri o tēnei ao i roto i te ata pakarukaru o ngā maharatanga o mua i te whānautanga. He wā whakamataku! Ko te wā o mua, o nāianei, me te wā kei te heke mai ko tōna huringa. ngā whakaaturanga. Ehara i te mea ko te rā tuatahi tēnei i kite i ahau i ēnei waewae tapu!

Nā taku tohunga ahau i ārahi ki tōna kāinga taupua i te wāhanga o Rana Mahal o te tāone. He pakari te nekehanga o tōna tinana hākinakina. He roa, he tū tika, tata ki te rima tekau mā rima i taua wā, he tangata hihiko ia. ā, he pakari pērā i te taitama. He nunui ōna kanohi mangu, he ataahua me te whakaaro nui korekore. Nā te makawe paku miro i whakangawari te mata mana whakamiharo. I konatunatua mārīre te kaha ki te ngawari.

I a mātou e anga atu ana ki te taupee kōhatu o tētahi whare e titiro atu

ana ki te awa o Ganges, ka mea mai ia me te aroha:

"Au ka hoatu koe taku ngā whare whakaruruhau me katoa ahau pupuri."

"E te Ariki, ahau haere mai mō te whakaaro nui me Te whakapā atu ki te Atua. Ko ērā kei tōu taonga ngā taonga ahau am i muri!"

Kua tukua te haurua o te ārai e te ahiahi tere o Īnia i mua i te kōrero anō a tōku ariki. He aroha nui tōna e kore e taea te rapu.

"Au hoatu koe taku mutunga kore aroha."

He kupu utu nui! Kua hipa te hauwhā rautau i mua i taku kitenga i tētahi atu tohu o tōna aroha. He rerekē te ngākau nui o ōna ngutu; kua huri te wahangu hei ngākau moana mōna.

"Ka homai e koe taua aroha mutunga kore ki ahau?" I titiro mai ia ki

ahau me te whakawhirinaki tamariki. "Ka aroha tonu ahau ki a koe, e

Gurudeva!"

"He aroha whaiaro te aroha noa, he pūtake pōuri kei roto i ngā hiahia me ngā makonatanga. Ko te aroha atua kāore he herenga, kāore he rohe, kāore he huringa. Ka ngaro te rere o te ngākau tangata ake tonu atu i te pā o te aroha parakore." Ka tāpiri atu ia me te whakaiti, "Ki te kite koe i ahau e taka ana i te āhua o te mohio ki te Atua, tena koa oati mai ka whakatakotoria e koe tōku mahunga ki runga i ō waewae, ka āwhina i ahau ki te whakahoki mai i ahau ki te Ao Aroha e karakiahia ana e tāua."

I ara ake ia i te pōuriuri e haere mai ana, ā, ka ārahi i ahau ki tētahi rūma o roto. I a māua e kai ana i te māngo me te mīti aramona, ka whatua e ia ki roto i tana kōrero he mōhiotanga hohonu ki tōku āhua. I miharo ahau ki te nui o tōna whakaaro nui, he mea whakakotahi pai ki te ngākau mahaki.

"Kaua e pouri mō tō taonga whakapati. Kua tutuki i a ia tana mahi." Pērā i te whakaata atua, te āhua nei kua mau i taku tohunga te whakaata o tōku ao katoa.

"Te te noho mooni o tōu te aroaro, E te Kaiwhakaako, ko harikoa i tua atu tetahi tohu."

"Koia ko wā mō he huringa, nā te mea hei koe kei pōuri kei reira i roto te whare karakia."

Kāore au i kōrero mō tōku ao; ināianei kua kore noa iho! Nā tōna āhua māori, ngāwari hoki, i marama ahau kāore ia i hiahia kia puta mai ngā kōrero whakamiharo i tana kitenga matakite.

"Koe me haere hoki ki Calcutta. He aha ai ārai whanaunga mai i tōu aroha o te tangata?"

I pōuri ahau i tana whakaaro. I matapaetia e tōku whānau taku hokinga mai, ahakoa kāore au i aro ki ngā tonono maha i tukuna e te reta. "Tukua te manu taitamariki kia rere i te rangi matakite," te kī a Ananta. "Ka ngenge ōna parirau i te āhuarangi taumaha. Ka kite anō tātou i a ia e rere ana ki te kāinga, e piko ana i ōna parirau, ā, e okioki ana i roto i tō mātou kōhanga whānau." I te mea kei roto tonu i tōku hinengaro tēnei kupu whakarite whakararuraru, i whakatau ahau kia kaua e

"rere" ki te huarahi ki Calcutta.

"E te Ariki, kāore au e hoki ki te kāinga. Engari ka aru atu ahau i a koe ki ngā wāhi katoa. Tēnā koa homai tō wāhi noho, me tō ingoa hoki."

"Swami Sri Yukteswar Giri. Kei Serampore, i Rai Ghat Lane, tōku whare karakia matua. Ka toro atu ahau ki tōku whaea i konei mō ētahi rā torutoru noa iho."

I miharo ahau ki te mahi uaua a te Atua me āna tāngata karakia. Tekau mā rua māero noa te tawhiti o Serampore i Calcutta, engari i aua rohe kāore anō ahau kia kite i taku guru. I haere mātou mō te wā roa.

tō mātou hui ki te tāone tawhito o Kasi (Benares), i whakatapua e ngā maharatanga o Lahiri Mahasaya. I konei hoki i manaakihia ai te oneone e ngā waewae o Buddha, o Shankaracharya me ētahi atu Yogi-Karaiti.

"Ka haere mai koe ki ahau i roto i ngā wiki e whā." Mō te wā tuatahi, he pakari te reo o Sri Yukteswar. "Nā, kua whakapuakina e ahau taku aroha mutunga kore, ā, kua whakaaturia e ahau taku harikoa i te kitenga i a koe - koia koe i kore ai e whakarongo ki taku tono. A te wā e tūtaki ai tāua, me whakaara anō e koe taku hiahia: e kore ahau e whakaae ngāwari ki a koe hei ākonga. Me tino tuku rawa atu mā te ngohengohe ki aku whakangungu pakari."

I noho puku tonu ahau. I ngāwari te uru atu a taku tohunga

ki roto i taku uauatanga. "E whakaaro ana koe ka kata mai ō

whanaunga ki a koe?"

"Au ka kāore hoki."

"Koe ka whakahoki i roto toru tekau ngā rā."

"Kāore rawa." I piko atu ahau me te whakaute ki ōna waewae, ā, ka haere atu ahau me te kore e whakamama i te taupatupatu. I haere ahau i te pōuri o waenganui pō, i miharo ahau he aha i mutu ai te hui whakamiharo i runga i te reo koretake. Ko ngā unahi takirua o te *maya*, e whakataurite ana i te harikoa me te pouri! Kāore anō taku ngākau taitamariki kia ngāwari ki ngā maihao whakarerekē o taku guru.

I te ata i muri mai ka kite ahau i te pikinga ake o te mauahara i roto i ngā waiaro o ngā mema o te whare karakia. I kī tonu ōku rā i te whanoke. I roto i ngā wiki e toru, ka wehe atu a Dyananda i te whare karakia ki te haere ki tētahi hui i Bombay; ka pakaru mai te ngangau i runga i tōku mahunga pōuri.

"He pirinoa a Mukunda, e whakaae ana ki te manaakitanga o te whare karakia, engari kāore e utua tika." I taku rongonga i tēnei kōrero, ka pouri ahau mō te wā tuatahi i whakarongo ahau ki te tono kia whakahokia taku moni ki a Pāpā. Me te ngākau pouri, ka rapu ahau i taku hoa kotahi, a Jitendra.

"Au am te wehe atu. Tēnā koa kawe taku whakaute ngā pouri ki Tānandaji āhea ia hoki mai."

"Ka haere atu hoki ahau! Kāore aku mahi whakaaroaro i konei e pai ake ana i a koe," te kōrero a Jitendra me te ngākau nui.

"Au whai tūtaki he He rite ki a te Karaiti te hunga tapu Tukua mātou toro ia i roto Serampore."

Ā, nā reira te "manu" kua rite ki "rere" mōrearea kati ki Karaka!

.....
10-1 : *Sanskrita* kua orohia; oti Sanskrit ko te mātāmua tuahine o katoa Indo-Ūropi ngā arero. Ko tana arapū tuhinga ko *Devanagari* , arā, ko te tikanga "nohoanga atua." "Ko te tangata e mōhio ana ki taku wetereo e mōhio ana ki te Atua!" I whakanui a Panini, te tohunga reo nui o Īnia onamata, i tēnei mihi ki te tino pai o te pāngarau me te hinengaro i roto i te reo Sanskrit. Ko te tangata e whai ana i te reo ki tōna rua, me mutu ko ia te mōhio ki ngā mea katoa.

10-2 : Ia i kāore Jatinda (lotin Ghosh), ko wai ka kia maumahara mō tāna i te wā tika

whakarihariha ki ngā taika! 10-3: Te ara, te huarahi tuatahi rānei ki te Atua.

10-4 : Hinitū ngā karaipiture whakaako tērā whānau āpitihanga ko mānumanu mēnā reira ārai te tangata karakia mai i e rapu ana te Kaiwhakawhiwhi o ngā manaakitanga katoa, tae atu ki te kotahi o aroha ngā whanaunga, kāore ki whakahua ora ake. Ihu pērā anō i whakaakona: "Ko wai ko taku whaea? ā, ko wai ōku teina?" (*Mātiu* 12:48)

10-5 : *Ji* ko he tikanga whakaute tāpiritanga, inā koa whakamahia i roto tika wāhitau; nō reira "swamiji," "guruji," "Hīri Yukteswarji," "paramhansaji."

10-6 : E pā ana ki te ngā *shastra* tino tika, "tapu ngā pukapuka," kei roto whā ngā akomanga o karaipiture: te *shruti*, *smriti*, *pūrāna*, me *tāntra* ēnei whānui ngā tuhinga taupoki ia āhuatanga o whakaponu me pāpori te ora, me te ngā mara o ture, te rongoā, te hoahoanga, te toi, me ētahi atu. Ko ngā *shrutis* ngā karaipiture "i rangona tika" i "whakakitea" rānei, arā, ko ngā *Vedas* . Ko te *smritis* , ko ngā kōrero tuku iho "i maharatia" rānei, i tuhia i ngā wā o mua hei rotarota roa rawa atu o te ao, ko te *Mahabharata* me te *Rāmāyana* . Ngā *Pūrāna* kei tino "tawhito" ngā kōrero whakarite; *ngā tantra* tino kino "ngā tikanga" rānei "ngā tikanga"; ēnei ngā tuhinga te whakapuaki i ngā pono hohonu i raro i te arai o ngā tohu taipitopito.

10-7 : "Atua kaiako," te tikanga Sanskrit wā mō tētahi wairua kaiako ahau whai kua hoatu reira i roto Ingarihi hei "E te Ariki" noa iho .

Upoko: 11

E rua Kore moni Ngā tama tāne I roto Brindaban

"He pai ki a koe mēnā ka tangohia tō taonga tuku iho e Pāpā, e Mukunda! Kātahi te kuware o tāu whakarērea i tōu ora!" I pā mai te kauwhau a te tuakana ki ōku taringa.

I te taenga atu māua ko Jitendra i te tereina (he kupu whakarite noa iho; kapi tonu māua i te puehu), kua tae atu māua ki te kāinga o Ananta, i nekehia mai nei i Calcutta ki te tāone tawhito o Agra. He kaikaute tiro tiro a Brother mō te Ara Rerewe o Bengal-Nagpur.

"E mōhio ana koe, e Ananta, e rapu ana ahau i taku taonga tuku

iho i te Matua i te Rangi." "Ko te moni te tuatahi; ka tae mai te

Atua i muri mai! Ko wai ka mōhio? Tērā pea he roa rawa te ora."

"Ko te Atua te tuatahi; ko te moni tana pononga! Mā wai e kī?

He poto rawa pea te ora."

Nā ngā āhuatanga o taua wā i karangahia ai taku whakautu, ā, kāore i mau he whakaaro. Heoi, i whāwhā ngā rau o te wā ki te mutunga wawe mō Ananta; i muri i ētahi tau 11-1 I tomo ia ki te whenua kāore e taea te whakamahi i te ingoa tuatahi, i te ingoa whakamutunga rānei o ngā pepa peeke.

"Nō te whare karakia te whakaaro nui! Engari kua kite ahau kua wehe atu koe i Benares." I kanapa ngā kanohi o Ananta i te harikoa; i tumanako tonu ia ki te whakapūmau i ōku parirau ki te kōhanga o te whānau.

"Kāore i maumauria taku haerenga ki Benares! I kitea e au i reira ngā mea katoa i hiahiaatia e tōku ngākau! Kāore i te mea ko tāu tohunga, ko tāna tama rānei!"

I kata tahi mai a Ananta me ahau; me whakaae ia ko te "matakite" a Benares i whiriwhiria e ia he tangata poto te tirohanga.

"He aha kei tōu ngā mahere, taku kopikopiko teina?"

"I whakatenatena a Jitendra i ahau ki Agra. Ka mātakitaki tāua i ngā ataahua o te Taj Mahal **11-2** "i konei," ka whakamārama atu ahau. "Kātahi tāua ka haere ki taku tohunga hou, kei Serampore tōna whare karakia."

I manaaki a Ananta i a māua. He maha ngā wā i te ahiahi ka kite ahau i ōna kanohi e titiro matatau mai ana ki ahau me te whakaaroaro.

"Au mōhio tērā titiro!" ahau whakaaro. "He mahere ko e hanga pia ana!"

Te mutunga i tango wāhi i roto i tō mātou wawe parakuihi

"Nō reira, e tino motuhake ana koe i te taonga a Pāpā." He harakore noa iho te titiro a Ananta i a ia e kōrero ana i ngā kōrero whakahihiri o inanahi.

"Au am mōhio o taku whakawhirinakitanga i runga Atua."

"He iti te utu mō ngā kupu! Nā te ora koe i tiaki tae noa mai ki tēnei wā! He aha te āhua o te mate mēnā ka akiakihia koe ki te titiro ki te Ringa Ngaro mō tō kai me tō whare! Kāore e roa ka tono koe i ngā tiriti!"

"Kāore rawa! Kāore au e whakawhirinaki ki te hunga e hīkoi ana, kaua ki te Atua! Ka taea e ia te hanga i ngā rauemi mano mā tana tangata karakia, haunga te peihana tono!"

"He kōrero whakapati anō! Me kī atu ahau kia whakamātauria tō rapunga whakaaro whakapehapa i tēnei ao tūturu?"

"Au e whakaae! Meatia koe here Atua ki he whakaaro noa ao?"

"Tērā tātou e kite; i tēnei rā ka whai wāhi koe ki te whakawhānui ake, ki te whakaū rānei i aku whakaaro!" Ka mutu a Ananta mō tētahi wā whakahihiri; kātahi ka kōrero pōturi, ka kōrero pono.

"Kei te whakaaro ahau kia tonoa koe me tō hoa akonga a Jitendra i tēnei ata ki te tāone tata o Brindaban. Kaua e tangohia he rūpi kotahi; kaua e tono kai, kaua e tono moni; kaua e whakaatu i tō āhua ki tētahi; kaua e haere me te kore kai; ā, kaua

e noho mokemoke ki Brindaban. Ki te hoki mai koe ki taku whare iti i mua i te tekau mā rua karaka i tēnei pō, me te kore e takahi i tētahi ture o te whakamātautau, ko au te tangata tino miharo i Agra!"

"E whakaae ana ahau ki te wero." Kāore he whakaroa i roto i aku kupu, i roto rānei i tōku ngākau. I puta ake ngā maharatanga whakawhetai mō te Aroha Tonu: ko taku whakaoranga i te korara whakamate mā te karanga ki a Lahiri.

Te pikitia a Mahasaya; te koha takaro o ngā manu tukutuku e rua i runga i te tuanui o Lahore me Uma; te taonga whai hua i waenganui i taku ngakaukore; te karere whakatau mā roto i te *sadhu ngaro a Benares* i waho o te pāmu o te whare o te tohunga; te tirohanga a te Whaea Tapu me āna kupu aroha rangatira; Tōna aro tere mā roto i a te Kaiwhakaako Mahasaya ki aku whakama iti noa iho; te aratohu whakamutunga i tutuki ai taku tohu kura tuarua; me te manaakitanga nui, ko taku Kaiwhakaako ora mai i te kohu o ngā moemoeā o te ao. Kāore rawa e taea e au te whakaae ko taku "whakaaro" kāore e rite ki tētahi pakanga i runga i te whenua whakamātautau uaua o te ao!

"He mihi nui ki a koe mō tō ngākau hihiko. Māku koe e arahi ki te tereina ināiane tonu." Ka tahuri a Ananta ki a Jitendra, he waha nui tōna. "Me haere koe hei kaiwhakaatu, ā, tera pea, hei hoa patunga!"

I te hawhe haora i muri mai, i a māua ko Jitendra ngā tīkiti kotahi-ara mō tā māua haerenga ohorere. I tukua māua, i tētahi kokonga motuhake o te teihana, kia tirotirohia ō māua tinana. I tere te māia o Ananta kāore he taonga huna i a māua; ko ā māua *dhoti noa iho* **11-3** kāore i huna tetahi mea i tua atu i te mea e tika ana.

I te taenga mai o te whakapono ki ngā ao nui o te pūtea, ka kōrero whakahē taku hoa. "E Ananta, homai kia kotahi, kia rua rānei ngā rūpī hei tiaki. Kātahi ka taea e au te waea atu ki a koe mēnā ka pā mai he aituā."

"Jitendra!" He tino whakahē taku putanga mai. "E kore ahau e haere tonu me te whakamātautau mēnā ka tangohia e koe he moni hei taunaha whakamutunga."

"He mea whakamarie te tangi o ngā moni." Kā mutu tā Jitendra kōrero i ahau e titiro matatau ana ki a ia.

"Mukunda, ahau am kāore ngākau kore." He tohutohu o te ngākau mahaki i a ngokingoki ki roto Ānata reo. Ia mei kia i te mea kei te pāngia ia e tōna hinengaro; mō te tukunga pea i ētahi tama tāne kore moni e rua ki tētahi tāone tauhou; mō tōna ake whakapono ruarua pea. "Mēnā ka angitu koe i te whakamātautau Brindaban, ka tono atu ahau ki a koe kia whakaurua ahau hei ākonga māu."

He rerekētanga tō tēnei kupu whakaari, e rite ana ki te wā o mua. Kāore te tuakana o te whānau Īnia e piko ki mua i ana teina; ko ia anake e whiwhi ana i te whakaute me te ngohengohe i muri i te matua. Engari kāore he wā i toe mō taku kōrero; kua tata te wehenga atu o tō mātou tereina.

I noho puku a Jitendra mō te wahangu i te haerenga o tā mātou tereina i ngā maero. I te mutunga ka oho ia; ka piko iho, ka kōmiomio mamae ahau i tētahi wāhi uaua.

"Kāore au e kite i tētahi tohu e whakarato mai ana

te Atua i tā tātou kai e whai ake nei!" "Kāti te noho,
e Tamati e ruarua ana; kei te mahi tahi te Ariki me
tātou."

"Ka taea hoki e koe te whakarite kia hohoro ia? Kua hiakai kē ahau i te tirohanga
kei mua i a tātou. I wehe atu ahau i Benares kia kite i te urupā o te Taj, ehara i te
tomo ki tōku ake urupā!"

"Kia kaha, e Jitendra! Kāore ianei tātou e kite i ngā mea whakamiharo tapu o Brindaban mō te wā tuatahi? " **4** "He nui tōku harikoa i te whakaaro ki te takahi i te whenua kua whakatapua e ngā waewae o te Ariki, o Krishna."

I tuwhera te tatau o tō mātou wāhanga; tokorua ngā tāne e noho ana. Ko te taunga tereina e whai ake nei ko te whakamutunga.

"E tama mā, he hoa ō koutou i Brindaban?" I puta mai te aro nui ohorere mai o te tangata ke i tōku aroaro.

"Kāore o tōu pakihi!" Whakahāwea ahau āraia taku titiro

"Kei te rere atu pea koutou i ō koutou whānau i raro i te makutu a te Kaitahae o ngā Ngākau." **11-5** He tangata karakia ahau. Ka waiho hei kawenga pai māku kia whiwhi koe i te kai, kia noho haumarua hoki koe i tēnei wera nui."

"Kāo, e te rangatira, waiho mā mātou. He tino atawhai koe; engari kei te hē koe i a koe e whakaaro ana he hunga ngaro mātou i te kāinga."

Kāore i puta he kōrero anō; ka tū te tereina. I a māua ko Jitendra e heke ana ki te pūhara, ka totoro mai ō māua hoa tūpono ki a māua, ka karanga i tētahi waka hōiho.

I tū mātou ki mua i tētahi whare rangatira, i waenganui i ngā rākau matomato o ngā whenua ataahua. I mōhiotia whānuitia ō mātou kaiāwhina i konei; he tamaiti ataata i ārahi i a mātou ki tētahi rūma noho, kāore he kōrero. Kāore i roa ka hono mai tētahi kuia, he wahine rangatira tōna āhua.

"E Gauri Ma, kāore i taea e ngā rangatira te haere mai." Ka kōrero tētahi o ngā tāne ki te kaihautū o te ashram. "I te wā whakamutunga, i hē ā rātou mahere; ka tukuna mai he pouri nui. Engari kua kawea mai e mātou ētahi atu manuhiri e rua. I tō mātou tūtakitanga i runga i te tereina, ka aro atu ahau ki a rātou hei hunga karakia ki a Ariki Krishna."



(Mai i te mau i ki te matau) Jitendra Mazumdar, taku hoa i te

"whakamātautau kore moni" i Brindaban; Lalit-da, taku whanaunga; Swami
Kebelananda ("Shastri Mahasaya"), taku kaiako Sanskrit tapu; ko au anō, i
te wā e tamariki ana ahau i te kura tuarua.



Ānata Moi Mā
te Bengali "Kia Pū te Harikoa "E te whaea."



Ko tētahi o ngā ana e nohoia ana e Babaji i ngā Maunga Drongiri e tata ana ki Ranikhet i ngā Himalayas. Kei te toro atu ki te wāhi tapu tētahi mokopuna a Lahiri Mahasaya, a Ananda Mohan Lahiri (tuarua mai i te matau, he mā te kakahu), me ētahi atu karakia tokotoru.

"Haere rā, e ngā hoa taitamariki." Ka haere ā māua hoa tokorua ki te tatau. "Tērā tātou e tūtaki anō, ki te pai te Atua."

"Nau mai haere mai ki konei." Ātaata ana a Gauri Ma, he rite ki te whaea, mō āna haerenga ohorere e rua. "Kāore he rā pai ake i a kōrua. E rua ngā rangatira kingi i

tumanakohia e au mō tēnei whare karakia. He mea whakamā mēnā kāore tetahi i
pai ki taku tunu kai!"

He pānga kino rawa atu ēnei kupu reka ki a Jitendra: ka pakaru ia i te tangi. Ko te "tūponotanga" i wehi ai ia i Brindaban kua huri hei whakangahau kingi; ko tana whakarerekētanga hinengaro ohorere he nui rawa atu mōna. I titiro atu tā mātou kaihautū ki a ia me te hiahia nui, engari kāore he kōrero; tera pea i mōhio ia ki ngā āhuatanga o te taiohi.

I pānuitia te tina; i ārahi a Gauri Ma i te huarahi ki te taupee kai, he kakara kakara, he kakara reka hoki. I ngaro atu ia ki te kīhini e tata ana.

I te whakaaroaro ahau mō tēnei wā. I te whiriwhiringa i te wāhi tika o te tinana o Jitendra, ka werohia e au he titi kaha, pērā i tāna i wero mai ai ki ahau i runga i te tereina.

"Te ruarua Tāmāti, te Ariki mahi-i-roto he kia tere, hoki!"

I hoki mai te kaihautū me te *punkha*. I āta poipoi ia i a mātou i te āhua o te Rawhiti i a mātou e mahi ana. e noho ana i runga i ngā nohoanga paraikete whakapaipai. I haereere ngā ākonga o te Ashram me ētahi kai e toru tekau. Engari ko te "kai", ko te whakaahuatanga he "kai reka." Mai i te taenga mai ki tēnei ao, kāore anō māua ko Jitendra kia kai i ēnei momo kai reka.

"He rihi e tika ana mā ngā rangatira, e te Whaea Whakahonore! Kāore e taea e au te whakaaro he aha te mea nui ake i te haere mai ki tēnei hakari ki ō kaitautoko kingi! Kua homai e koe he maharatanga ki a mātou mō te te ora katoa!"

Ahako te wahangu o te tonono a Ananta, kāore i taea e mātou te whakamārama ki te wahine atawhai he rua ngā tikanga o tā mātou whakawhetai. I tino pono mātou. I wehe atu mātou me tana manaakitanga me te tonono ataahua kia hoki atu anō ki te whare karakia.

Kāore he aroha o te wera i waho. I haere māua ko taku hoa ki te piringa o tētahi rākau cadamba rangatira i te kūaha o te ashram. I whai mai ngā kupu koi; ā, i pāngia anō a Jitendra e te ruarua.

"He raruraru nui tēnei kua uru mai koe ki roto i ahau! He waimarie noa iho tā tāua tina! Me pēhea tāua e kite ai i ngā tirohanga o tēnei tāone, me te kore he āputa i waenganui i a tāua? Ā, me pēhea rā koe e whakahoki ai i ahau ki a Ananta?"

"Ka wareware wawe koe ki te Atua, kua kī nei tō puku." Ehara aku kupu i te mea kawa, engari he whakapae. He poto noa iho te mahara o te tangata ki ngā manaakitanga atua! Kāore he tangata e ora ana kāore i kite i te whakamanatanga o ana inoi.

"Au am kāore tērā pea ki wareware taku wairangi i roto te whakamātau i waho me he

porangi rite koe!"

"Kia marino, E Jitendra! Te ōrite Ariki ko wai whāngaihia mātou ka whakaatu mātou Brindaban, me whakahoki mātou ki Ākara."

Ka tere haere mai tētahi taitama rikiriki, he ātaahua te āhua. I a ia e tū ana i raro i tā mātou rākau, ka piko ki mua i ahau.

"E hoa, he manene kōrua ko tō hoa i konei. Tukua ahau hei kaihautū, hei kaiārahi hoki māu."

Kāore e taea e te tangata Īnia te mā, engari i pōuriuri te mata o Jitendra. I whakakahoretia e au te tono me te ātaahua.

"Kāore koe e pei i ahau?" Mēnā he rerekē te āhua, kua tino kata te whakaoho a te tangata tauhou.

"He aha kāore?"

"Ko koe taku guru." I rapu pono mai ōna kanohi ki ahau. "I roto i aku karakia o te poutumarotanga, ka puta mai a te Ariki Krishna i roto i tētahi moemoeā. I whakakitea mai e ia ki ahau ētahi āhua e rua kua whakarērea i raro i tēnei rākau. Kotahi te mata nōu, e tōku ariki! He maha ngā wā kua kite ahau i tēnei i roto i te whakaaroaro! He aha te hari mēnā ka whakaae koe ki aku mahi whakaiti!"

"E hari ana hoki ahau kua kitea ahau e koe. Kāore te Atua, te tangata rānei i whakarērea i a tāua!" Ahakoa i kore ahau e nekeneke, me te ataata ki te mata hihiri i mua i ahau, ka piko ahau ki ngā Waewae Atua.

"E te aroha ngā hoa, ka koe kāore honore taku kāinga mō he haerenga?"

"He atawhai koe; engari kāore e taea te whakarite i te mahere. He

manuhiri kē māua nō tōku tungāne i Agra." "Heoi anō, homai he mahara ki

ahau mō tā māua haerenga ki Brindaban."

I whakaae harikoa ahau. Ko te taitama, nāna i kī ko Pratap Chatterji tōna ingoa, i karanga i tētahi waka hōiho. I toro atu mātou ki te Temepara o Madanamohana me ētahi atu wāhi tapu o Krishna. I pō te pō i a mātou e karakia ana i te temepara.

"Aroha mai, i a au e tiki ana i *te sandesh* ." **11-6** I tomo a Pratap ki tētahi toa e tata ana ki te teihana tereina. I hikoi māua ko Jitendra i te huarahi whānui, kua ki tonu i te hauhautanga. I ngaro tō māua hoa mō tētahi wā, engari i te mutunga ka hoki mai me ngā koha he maha ngā mīti reka.

"Tukua ahau kia whiwhi i tēnei mana whakapono." Ka menemene a Pratap me te inoi i a ia e tuku ana i tētahi putea rūpī me ngā tīkiti e rua, i hokona mai nei, ki a Agra.

Ko te whakaute o taku whakaae i ahu mai i te Ringa Kore e Kitea. I tawaihia e Ananta, kāore i nui atu i te mea e hiahiatia ana tōna hua?

Mātou i rapua i waho he motuhake ira tata te teihana

"E Pratap, māku koe e ako ki te *Kriya* o Lahiri Mahasaya, te yogi nui rawa atu o ēnei rā. Ko tana tikanga hei guru māu."

I mutu te whakaurunga i roto i te hawhe haora. " Ko *Kriya* tō *chintamani* ," **11-7** I mea atu ahau ki te tauira hou. "Ko te tikanga, e kite ana koe he māmā noa iho, e whakaatu ana i te toi o te whakateretere i te tangata."

te whanaketanga wairua. E whakaakona ana e ngā karaipiture Hinitu he miriona tau te roa o te oranga tinana e hiahia ana hei whiwhi i te whakaoranga mai i *te maya*. Ka tino whakapotohia tēnei wā taiao mā te *Kriya Yoga*. Pērā i te whakaatu a Jagadis Chandra Bose ka taea te whakateretere i te tipu o ngā tipu ki tua atu i tōna tere noa, ka taea hoki te whakateretere i te whanaketanga hinengaro o te tangata mā te pūtaiao o roto. Kia pono ki tāu mahi; ka whakatata atu koe ki te Guru o ngā guru katoa."

"Kua haria ahau ki te kimi i tēnei kī yoga, kua roa e rapua ana!" te kōrero a Pratap me te whakaaroaro. "Mā tōna pānga wetewete i aku herenga ka tukuna ahau ki ngā ao teitei ake. Ko te kitenga i tēnei rā o te Ariki Krishna ko te tikanga anake he pai rawa atu mōku."

I noho māua mō tētahi wā poto me te māranga puku, kātahi ka hikoi mārire ki te teihana. I roto i ahau te harikoa i taku ekenga ki te tereina, engari koinei te rā o Jitendra mō ngā roimata. I whakakīia taku poroporoaki aroha ki a Pratap e ngā tangi a ōku hoa tokorua. I te haerenga ka kitea anō a Jitendra i roto i te pouri. Ehara i te mea mōna ake i tēnei wā, engari mōna ake anō.

"Me pēhea pāpaku taku whakawhirinaki! Taku ngākau kua kua kohatu! Kaua rawa i roto ā muri ake nei me ahau ruarua ā te Atua tiakitanga!"

Kua tata te waenganui pō. Ko ngā "Cinderella" e rua, i tukuna atu me te kore moni, ka tomo ki te rūma moe o Ananta. Ko tōna mata, e ai ki tāna i oati ai, he mea miharo. I roto i te wā poto, ka ringihia e au he rūpī ki runga i te tēpu.

"E Jitendra, te pono!" he reo whakakatakata te reo o Ananta. "Kāore ianei tēnei taitama i te whakarite i tētahi tahae?" Engari i te huraina o te kōrero, ka huri te tungāne ki te kore he tangata, kātahi ka noho pōuri.

"Ko te ture o te tono me te tuku ka tae atu ki ngā ao ngaro atu i taku i whakaaro ai." I kōrero a Ananta me te hihiri wairua kāore anō kia kitea i mua. "Mō te wā tuatahi ka māranga ahau ki tō kore aro ki ngā whare tapu me ngā kohinga whakarihahiha o te ao."

Ahako te pō, i tohe tonu taku tungāne kia whiwhi ia i *te diksha* **11-8**, ki roto i *te Kriya Yoga*. I meinga te "guru" a Mukunda kia pikau i te kawenga o ngā ākonga e rua kāore i rapua i roto i te rā kotahi.

I kai parakuihi i te ata i muri mai i te rangimārie, kāore i te rite i te rā i mua atu. Ātaata ana ahau ki a Jitendra.

"Koe me kāore kia tinihanga o te Taj. Tukua mātou tirohanga reira i mua i tīmata mō Serampore."

I a māua e poroporoaki ana ki a Ananta, ka tae māua ko taku hoa ki te aroaro o te kororia o Agra, te Taj Mahal. He māpere mā e kanapa ana i te rā, he tirohanga ōrite parakore. Ko te wāhi tino pai ko te kauri pouri, te tarutaru kanapa, me te roto marino. He tino ataahua te roto me ngā whakairo reihi kua whakairohia ki ngā kōhatu utu nui. Ka puta mai ngā karauna me ngā panuku ātaahua mai i ngā māpere, parauri me te waioporo. Ka tau te māramatanga mai i te tuanui ki runga i ngā cenotaph o te Emepara Shah-Jahan me Mumtaz Mahall, te kuīni o tōna kingitanga me tōna ngākau.

Heoi anō o te mātakitaki! ahau i te hiahia nui mō taku tohunga Jitendra me ahau i i roto i ngā wā poto haereere tonga nā

tereina ki te taha Bengal.

"E Mukunda, kua maha ngā marama kāore au i kite i tōku whānau. Kua rerekē ōku whakaaro; ā muri ake nei pea ka toro atu ahau ki tō rangatira i Serampore."

I whakarērea ahau e taku hoa, e taea ana te kī he tangata pōturi te āhua, ki Calcutta. I tere taku taenga atu ki Serampore mā runga tereina o te rohe, tekau mā rua māero ki te raki.

Ka pūhia ahau e te miharo i taku kitenga kua rua tekau mā waru ngā rā kua pahure mai i te hui a te hunga Benares me taku guru. "Ka haere mai koe ki ahau i roto i ngā wiki e whā!" Anei ahau, e pāorooro ana te ngākau, e tū ana i roto i tōna marae i te ara marino o Rai Ghat. I tomo tuatahi ahau ki te whare karakia, te wāhi i noho ai ahau mō te nuinga o ngā tau tekau e whai ake nei me *Jyanavatar o Īnia*, "te whakapuakanga o te whakaaro nui."

11-1 : Tirohia upoko 25.

11-2 : Te rongonui o te ao whare mate..

11-3 : He kākahu *dhoti* ko herea huri noa te hope me ngā uhi te waewae..

11-4 : Brindaban, i roto te Muttra rohe o Kotahitanga Ngā Porowini, ko te Hinitū Hiruharama. I konei Ariki Krishna whakaaturia tōna kororia hei painga mō te tangata..

11-5 : Hāri; he aroha ingoa nā e Ariki Krishna ko mōhiotia ki tāna hunga karakia.

11-6: He mīti reka Īnia..

11-7 : He pūrākau kohatu utu nui me mana ki tuku moni ngā hiahia.

11-8 : Wairua whakaurunga; mai i te Sanskrit pakiaka *tikihi* ki whakatapua ia koe anō

Upoko: 12

Ngā Tau I roto Taku Te Tohunga Hermitage

"Kua tae mai koe." te mihi mai a Sri Yukteswar i ahau i runga i te papa o te rūma noho taupee. He makariri tōna reo, kāore ōna āhua i te kare ā-roto.

"Āe, e te aroha E te Kaiwhakaako, ahau am konei ki whai koe." E tuturi ana, ahau
pāngia tāna waewae

"Me pēhea kēne tērā kia? Koe wareware taku ngā hiahia."

"Kāo roa ake, Guruji! Tō hiahia me kia taku ture!"

"He pai ake tēnā! Ināianeī ka taea e au te tango i te

kawenga mō tō oranga." "Ka whakaae ahau ki te tuku i

te kawenga, e te Rangatira."

"Ko taku tono tuatahi, kia hoki koe ki te kāinga ki tō whānau. Ko taku hiahia kia uru koe ki te whare wānanga ki Calcutta. Me haere tonu tō mātauranga."

"Pai rawa atu, e te rangatira." I huna e au tōku matakū. Ka whaia ahau e ngā pukapuka tohe tonu i ngā tau? Ko te Matua tuatahi, ko Sri Yukteswar ināianeī!

"A tētahi rā ka haere koe ki te Hauāuru. Ka aro nui ake ōna iwi ki ngā whakaaro tawhito o Īnia mēnā he tohu whare wānanga tā te kaiako Hinitū tauhou."

"Ko koe te mea e mōhio ana, e Guruji." Ka ngaro atu tōku pōuri. I kitea e au he mea pōhēhē te kōrero mō te Hauāuru, he mea tawhiti; engari ko te whai wāhi ki ahau ki te whakamanawareka i te Ariki mā te ngohengohe he mea tino tere tonu.

"Koe ka kia tata i roto Karaka; haere mai konei i ngā wā katoa koe kimi wā."

"I ia rā, ki te taea, e te Rangatira! E mihi ana ahau ki tō mana i roto i ngā āhuatanga katoa o tōku ao - engari kotahi te tikanga."

"Āe?"

"Tērā koe kupu whakaari ki whakakitea Atua ki ahau!"

I puta he tautohetohe ā-waha mō te haora. Kāore e taea te tinihanga i te kupu a te rangatira; ehara i te mea ngāwari te hoatu. Ko ngā tikanga o te oati e whakatuwhera ana i ngā tirohanga whānui ā-tinana. Me tino piripono te guru ki te Kaihanga i mua i tana whakahau i a ia kia puta mai! I kite ahau i te kotahitanga atua o Sri Yukteswar, ā, i whakatau ahau, hei ākonga māna, ki te whakamahi i taku painga.

"He tino pakari tō ngākau!" Kātahi ka rangona te whakaae a te Ariki me te ngākau

aroa: "Kia waiho tō hiahia hei hiahia māku."

Kua marere te atarangi o tōku ngākau mō te wā roa; kua mutu te rapunga pōuri, i konei, i ōku taha. Kua kitea e au he piringa mutunga kore i roto i tētahi tohunga pono.

"Haere mai; māku e whakaatu ki a koe te whare karakia." Ka whakatika ake te Ariki i tana whāriki taika. Ka tiroiro haere ahau; ka tau taku titiro me te miharo ki tētahi pikitia pakitara, he mea whakapaipai ki te hinu jasmine.

"Rahiri Mahasaya!"

"Āe, e taku guru atua." He reo whakahihī te reo o Sri Yukteswar. "He nui ake ia, hei tangata, hei yogi, i tētahi atu kaiako i roto i te whānuitanga o aku rangahau, nōna te ao i roto i te whānuitanga o tōna ao."

I tūohu puku ahau ki mua i te pikitia mōhio. I tere te whakanui wairua ki te rangatira tino pai, nāna nei i manaaki taku tamarikitanga, i ārahi i aku hikoinga ki tēnei haora.

I arahina ahau e taku tohunga, ka hikoi haere ahau i te whare me ōna whenua. He nui, he tawhito, he pai te hanganga, i karapotia te whare karakia e tētahi marae nui kua whakairohia ki ngā pou. He pūngāwerewere ngā pakitara o waho; e rere ana ngā kūkupa i runga i te tuanui hina papatahi, e tohatoha noa ana i ngā wāhi o te ashram. He māra ataahua kei muri me ngā rākau kākāriki, ngā māngo, me ngā rākau pānati. Ko ngā taupee ārai o ngā rūma o runga i te whare e rua ngā papa e anga atu ana ki te marae mai i ngā taha e toru. I whakamahia he whare nui i te papa o raro, me te tuanui teitei e tautokona ana e ngā poupou, e ai ki te Kaiwhakaako, i te nuinga o te wā i ngā hakari ā-tau o *Durgapuja*. **12-1** He arawhata whaiti te arawhata e anga atu ana ki te rūma noho o Sri Yukteswar, ko tōna taupee iti e anga atu ana ki te tiriti. He maamaa noa ngā taonga o te whare karakia; he māmā noa iho, he ma, he whai hua hoki ngā mea katoa. He maha ngā tūru, ngā paepae, me ngā tēpu āhua Hauāuru i kitea.

I karangahia ahau e te Ariki kia moe i te pō. I whakatakotoria he tina kari huawhenua e ngā ākonga taitamariki e rua e whakangungu ana ki te whare karakia.

"E Guruji, tēnā koa kōrero mai ki ahau mō tō oranga." I noho pōturi ahau i runga i te whāriki kakau witi e tata ana ki tōna kiri taika. He tino tata ngā whetu hoa, te āhua nei, i tua atu i te taupee.

"Ko Priya Nath Karar tōku ingoa whānau. I whānau mai ahau **i te 12-2 tau.**" i konei i Serampore, he tangata pakihi whai rawa a Pāpā. I waiho mai e ia tēnei whare tūpuna ki ahau, ko tōku wāhi whakatā ināiane. He iti noa iho taku kura ōkawa; i kite ahau he puhoi, he papaku hoki. I te tīmatanga o taku pakeketanga, i tangohia e au ngā kawenga o te rangatira whare, ā, kotahi tāku tamāhine, kua moe wahine ināiane. I manaakitia tōku ao waenga e te arataki o Lahiri Mahasaya. I muri i te matenga o taku wahine, ka uru atu ahau ki te Swami Order, ā, ka riro mai i ahau te ingoa hou ko Sri Yukteswar Giri. **12-3** Koinā aku kōrero māmā noa iho."

Ātaata ana te Ariki ki tōku mata hihiri. Pērā i ngā tuhinga kōrero mō te oranga o te tangata, i homai e ana kupu ngā kōrero o waho, engari kāore i whakakitea te āhua o roto.

"Guruji, ahau e rite ki whakarongo ētahi ngā kōrero o tōu tamarikitanga."

"Ka kōrerotia e au ētahi ki a koe - ia mea me te whakaakoranga!" I kanapa ngā kanohi o Sri Yukteswar i tana whakatūpatō. "I ngana taku whaea ki te whakamataku i ahau ki tētahi kōrero whakamataku mō tētahi wairua i roto i tētahi rūma pōuri. I haere ahau i reira tonu, ā, i whakapuaki i tōku pouri mō te ngaronga o te wairua. Kāore a Māmā i kōrero mai i tētahi atu kōrero whakamataku ki ahau. Akoranga: Tirohia te wehi ki tō mata, ā, ka mutu te whakararuraru i a koe.

"Ko tētahi atu maharatanga o mua ko taku hiahia mō tētahi kurī kino nō tētahi hoa noho. I whakararuraru ahau i tōku whare mō ngā wiki kia riro mai ai taua kurī. Kāore ōku taringa i whakarongo ki ngā tono mō ngā mōkai he āhua whakahirahira ake. Akoranga: He mea whakamatapo te piri; ka hoatu he āroha whakaaro o te ataahua ki te mea e hiahia ana."

"Ko te tuatoru o ngā kōrero e pā ana ki te ngāwari o te hinengaro taitamariki. I rongo ahau i tōku whaea e kī ana i ētahi wā: 'Ko te tangata e whakaae ana ki tētahi mahi i raro i tētahi, he pononga ia.' Nā te mea i tino mau tonu taua whakaaro, ahakoa i muri i taku marena, i whakakahoretia e au ngā tūranga katoa. I utua e au ngā whakapaunga mā te whakangao i taku taonga whānau ki te whenua. Ngā Akoranga: Ko ngā whakaaro pai me ngā whakaaro pai me ako i te hunga aro nui. ngā taringa o ngā tamariki. E mau tonu ana ō rātou whakaaro tōmua ki te whakairo koi."

Ka taka te Ariki ki te wā marino, ā, i waenganui pō ka arahina ahau e ia ki tētahi moenga whāiti. He reka, he pai te moe i te pō tuatahi i raro i te tuanui o taku tohunga.

I whiriwhiria e Sri Yukteswar te ata i muri mai hei tuku i tana whakaurunga *Kriya Yoga ki ahau* . Ko te tikanga kua riro mai i ahau i ngā ākonga tokorua a Lahiri Mahasaya - te Matua me taku kaiako, a Swami Kebalananda - engari i te aroaro o te Ariki i rongo ahau i te mana whakarerekē. I tana pā, ka whiti mai he māramatanga nui ki runga i ahau, pērā i te kororia o ngā rā e kore e taea te tatau e whiti tahi ana. I haere tonu te waipuke o te harikoa e kore e taea te kōrero, e taupokina ana tōku ngākau ki roto rawa, i te rā i muri mai. Kua pō te ahiahi i mua i taku kaha ki te wehe atu i te whare karakia.

"Ka hoki mai koe i roto i ngā rā e toru tekau." I taku taenga ki tōku kāinga i Calcutta, ka tae mai te whakatutukitanga o te poropititanga a te Ariki ki ahau. Kāore tetahi o ōku whanaunga i kōrero i ngā kōrero koi i wehi ai ahau mō te putanga mai o te "manu rere."

I piki atu ahau ki taku rūma iti, ā, ka titiro aroha mai, me te mea kei te aroaro o te Atua. "Kua kite koe i aku whakaaroaro, me ngā roimata me ngā tupuhi o taku *sadhana* . Kua tae atu ahau ki te tauranga o taku kaiako atua."

"E tama, e harikoa ana ahau mō tāua." I noho tahi māua ko Pāpā i te ata marino o te ahiahi. "Kua kitea e koe tō koutou tohunga, i te mea i kitea e au taku ake i roto i te huarahi whakamiharo. Kei te tiaki te ringa tapu o Lahiri Mahasaya i ō tātou oranga. Ehara tō koutou ariki i te tangata tapu o Himalaya e kore e taea te toro atu, engari he tangata tata. Kua whakautua aku inoi: kāore koe i tangohia atu mō ake tonu atu i roto i tō rapunga i te Atua. mai i taku tirohanga."

I koa hoki a Pāpā ka tīmata anō aku akoranga ōkawa; i whakaritea e ia ngā whakaritenga e tika ana. I whakaurua ahau i te rā i muri mai ki te Kāreti Hāhi Kōtirana i Calcutta.

I tere haere ngā marama harikoa. Kāore e kore kua whakaarohia e aku kaipānui he iti noa iho taku kitea i roto i ngā akomanga o te kāreti. He mea whakamānawa rawa te whare karakia o Serampore. I whakaae te Ariki ki taku noho mai i ngā wāhi katoa, kāore he kōrero. I tino harikoa ahau, kāore i te maha āna kōrero mō ngā

whare ako. Ahakoa i mārāma ki te katoa kāore au i te pai hei ākongā, i ētahi wā ka eke ahau ki ngā māka paetae iti rawa.

I rere pai te oranga o ia rā i te ashram, kāore i te maha ngā wā ka rerekē. I ara ake taku guru i mua i te ata. I a ia e takoto ana, i ētahi wā e noho ana i runga i te moenga, ka uru ia ki te āhua o *te samadhi*. **12-4** He māmā noa iho te kite i te wā i ara ake ai te Ariki: te mutunga ohorere o te ngongoro nui. **12-5** He aue, he rua rānei; he nekehanga tinana pea. Kātahi ka puta he āhua kore manawa: i roto ia i te harikoa nui o te yoga.

Parakuihi i mahi kāore whai; tuatahi i tae mai he roa hikoi nā te Ngā Ganges. Ko ērā ata ngā hikoi me taku

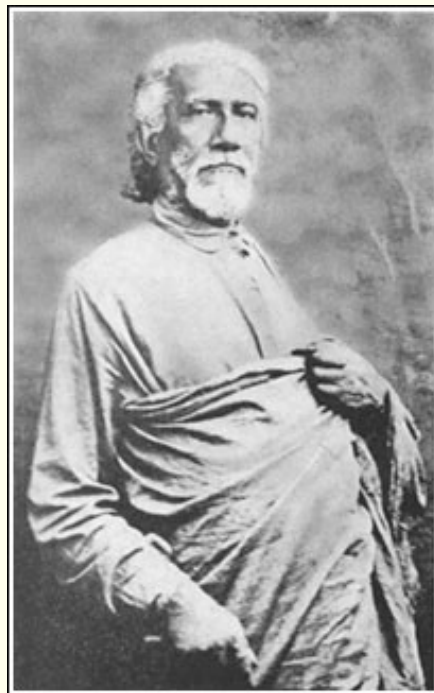
he tino pono, he ora tonu! I te whakaoranga ngāwari o te mahara, ka kitea ahau i tōna taha: e whakamahana ana te rā i te awa. E tangi ana tōna reo, e kī ana i te pono o te whakaaro nui.

He kaukau; kātahi ka kai i te poutumarotanga. Ko te whakarite i tēnei kai, e ai ki ngā tohutohu a te Kaiwhakaako i ia rā, he mahi āta mahi nā ngā ākonga taitamariki. He kaiwhenua taku tohunga. Heoi, i mua i tana urunga ki te mahi mōneka, i kai ia i ngā hua manu me ngā ika. Ko tana tohutohu ki ngā ākonga kia whai i tētahi kai māmā e tika ana mō te tinana o te tangata.

Kaiwhakaako kai iti; pinepine raihi, tae me tāmī rānei wai o pīti rānei pīnihi me he mea tauhiuhia mārīre ki *te ghee* poaka, ki te pata rewa rānei. I tētahi atu rā, tera pea ka kai ia i te lentil- *dhal*, i te *channa* rānei **12- 6** kari me ngā huawhenua. Hei kai reka, he māngo, he karaka rānei me te pūtini raihi, he wai naki rānei.

I puta mai ngā manuhiri i ngā ahiahi. He awa e rere tonu ana mai i te ao ki te marino o te whare karakia. I kitea e te katoa i roto i te Ariki te atawhai me te ngākau atawhai ōrite. Ki te tangata kua mōhio ki a ia anō he wairua, ehara i te tinana, i te whakapehapeha rānei, he rite tonu te āhua o te toenga o te tangata.

Te kore whakaaro motuhake o hunga tapu ko pūmau i roto te whakaaro nui. Ngā Tohunga whai i mawhiti *māia* tōna whakawhiti Kāore ngā kanohi o te hinengaro me te wairangi e titiro whakaaweawe ana. Kāore a Sri Yukteswar i aro nui ki te hunga whai mana, ki te hunga matatau rānei; kāore hoki ia i whakahawe ki ētahi atu mō tō rātou rawakore, mō te kore pānui me te tuhituhi. Ka whakarongo ia me te whakaute ki ngā kupu pono a te tamaiti, ā, ka wareware noa i te tohunga whakapehapeha.



TAKU RANGATIRA, SRI YUKTESWAR

Ākonga o Rāhiri Mahasaya

Waru karaka te hāora kai, ā, i ētahi wā ka kitea he manuhiri e tatari ana. Kāore taku guru e whakaae kia kai ko ia anake; kāore tetahi i waiho i tana ashram e hiakai ana, e kore rānei e makona. Kāore a Sri Yukteswar i rite ki tētahi atu.

i te ngaro, kāore i matakū i ngā manuhiri ohorere; ka puta he hakari iti i raro i tana arataki auaha. Heoi, he tangata penapena ia; nui te moni i pau i ana moni iti. "Kia noho humarie ki roto i tō pēke," tana kī pinepine. "Mā te whakapau moni ka hoko koe i te mamae." Ahakoa i roto i ngā taipitopito o te whakangahau i te whare karakia, i tana mahi hanga me te whakatika, i ētahi atu mahi rānei, i whakaatuhia e te Kaiwhakaako te taketake o te wairua auaha.

I ngā hāora marino o te ahiahi, ka puta mai ngā kōrero a tētahi o aku tohunga, he taonga ki te wā. Ko ana kōrero katoa i whāia, i whakairohia hoki e te whakaaro nui. Ko te māia nui i tohu i tana momo whakapuakitanga: reira i ahurei. Ia kōrero hei kāore ētahi atu i roto taku wheako ake tonu atu i kōrero. Tōna I paunatia ngā whakaaro i roto i te pauna ātaahua o te wehewehe i mua i tana tukunga i a rātou ki te kākahu o waho. Ko te mauri o te pono, e horapa ana ki ngā mea katoa tae noa ki te taha tinana, i puta mai i a ia pērā i te putanga kakara o te wairua. I mōhio tonu ahau kei te aroaro ahau o tētahi whakakitenga ora. o te Atua. Nā te taumaha o tōna atuātanga i piko tonu ai tōku mahunga ki tōna aroaro.

Ki te kite ngā manuhiri tōmuri kua tīmata a Sri Yukteswar ki te aro atu ki te Mutunga Kore, ka hohoro tonu tana kōrero ki a rātou. Kāore i taea e ia te whakaatu i tōna āhua, te whakaatu rānei i tōna wehenga o roto. Nā te mea he kotahi tonu ia me te Ariki, kāore ia i hiahia ki tētahi wā motuhake mō te komunio. Kua mahue kē i te rangatira whai whakaaro ki a ia anō te tūāpapa o te whakaaroaro. "Ka hinga te putiputi ina puta te hua." Engari he maha ngā wā ka piri te hunga tapu ki ngā āhua wairua hei whakatenatena i ngā ākonga.

I te tata mai o te waenganui pō, tera pea ka moe taku tohunga i te āhua o te tamaiti. Kāore he ngangau mō te moenga. He maha ana takotoranga, kāore he urunga, i runga i tētahi taupee whaiti e takoto ana. koinei te papamuri mō tōna nohoanga hiako taika.

Kāore i te onge te kōrero mō te whakaaro i te pō; ka taea e tētahi ākonga te whakaoho mā te kaha o te hiahia. Kāore au i rongo i te ngenge i taua wā, kāore hoki he hiahia ki te moe; he nui ngā kupu ora a te Kaiwhakaako. "Āe, kua ata! Me haere tāua i te taha o te awa o Ganges." Nō reira te mutunga o aku wā ako i te pō.

I tutuki aku marama tuatahi ki a Sri Yukteswar i roto i tētahi akoranga whai hua - "Me pēhea te tinihanga i tētahi waeroa." I te kāinga, i whakamahia tonutia e tōku whānau ngā ārai tiaki i te pō. I pouri ahau i te kitenga i roto i i te whare karakia o Serampore i whakahonoretia tēnei tikanga whakaaro nui i te wā i pakaru ai. Heoi, i noho pūmau ngā pepeke; i ngaua ahau mai i te mahunga ki te waewae. I aroha mai taku tohunga ki ahau.

"Hokona he ārai māu, me tētahi anō hoki māku." Ka kata ia, ā, ka tāpiri atu, "Ki te hoko koe i tētahi anake māu, ka aro mai ngā namu katoa ki ahau!"

Nui atu tōku whakawhetai mō te whakaae. I ia pō i noho ai ahau ki Serampore, ka tono mai taku tohunga kia whakaritea e au ngā ārai mō te wā moe.

I tētahi ahiahi, he tino kino rawa ngā waeroa. Engari kāore te Kaiwhakaako i tuku i ana tohutohu noa. I whakarongo matakū ahau ki te haruru o ngā pepeke. I taku taenga ki te moenga, ka maka e ahau he karakia whakamarie ki tō rātou taha whānui. I muri i te hawhe haora, ka maremare ahau me te whakapehapeha hei kukume i te aro o taku tohunga. I whakaaro ahau ka porangi ahau i ngā ngau, me te tangi o te haruru i a ngā waeroa e whakanui ana i ngā kawa toto.

Kāore he whakaohoho mai i te Kaiwhakaako; i whakatata atu ahau ki a ia me te āta tupato. Kāore ia e manawa ana. Koinei taku kitenga tuatahi i a ia i roto i te hinengaro yoga; i whakakīia ahau e te wehi.

"Kua ngoikore pea tōna ngākau!" I whakatakotoria e au he whakaata ki raro i tōna ihu; kāore i puta mai he kohu manawa. Hei tino mōhio, mō ngā meneti ka katia e au tōna waha me ōna pongaponga ki ōku maihao. He makariri, he korekore tōna tinana. I roto i te pōuri, ka tahuri ahau ki te tatau ki te karanga āwhina.

"Nā! He kaiwhakamātautau e tipu haere ana! Āue te ihu!" He wiri te reo o te Ariki i te kata. "He aha koe te haere ai ki te moenga? Ka huri te ao katoa māu? Hurihia koe: kia kore e mōhio ki te namu."

Me te ngākau māhaki, ka hoki ahau ki taku moenga. Kāore he pepeke i whakatata mai. I kite ahau kua whakaae taku tohunga ki ngā ārai hei whakamanawareka i ahau; kāore ia i wehi i ngā namu. Nā tōna mana yoga i taea ai e ia te ārai i a rātou kia kaua e ngau, te mawhiti rānei ki te ātete o roto.

"I whakaatu mai ia i tētahi whakaaturanga ki ahau," i whakaaro ahau. "Koinei te āhua yoga me whai ahau kia eke." Me taea e te yogi te uru atu ki roto, me te haere tonu ki roto, i te hinengaro nui, ahakoa ngā mea whakararuraru maha e kore e ngaro i tēnei ao. Ahakoa i roto i te haruru o ngā pepeke, i te kanapa whānui rānei o te rā, me ārai te whakaaturanga a ngā kare ā-roto. Ka tae mai te oro me te tirohanga, engari ki ngā ao ataahua ake i a Ētene i peia. 12-7

Te whakaako ngā namu i mahi mō tētahi atu wawe akoranga i te whare karakia Ia i te ngawari te ahiahi. I te whakamārama pai rawa atu taku tohunga i ngā tuhinga tawhito. I ōna waewae, i roto ahau i te rangimārie tino pai. I tomo mai tētahi waeroa nanakia ki te wāhi ataahua, ā, i whakataetae ki te tiki i tōku aro. I a ia e keri ana i tētahi ipu paitini I te werohanga o te ngira ki roto i tōku huha, ka ara ake te ringa rapu utu. Whakatārewatia mai i te whakamatenga e tata mai ana! I puta mai he maharatanga pai ki ahau mō tētahi o ngā whakataukī yoga a Patanjali- i runga i *te ahimsa* (te kore kino).

"He aha koe te whakaoti ai i te

mahi?" "E te Ariki! Kei te tautoko

koe i te whakamate tangata?"

"Kāo; engari kua pā kē te whiu whakamate ki tō

hinengaro." "Kāore au i te mārara."

"Ko te tikanga a Patanjali ko te tango i te *hiahia* ki te patu." I kitea e Sri Yukteswar he pukapuka tuwhera ōku tukanga hinengaro. "Kua whakaritea tēnei ao kia mahi tūturu i te *ahimsa* . Tērā pea ka akiakihia te tangata ki te whakangaro i ngā mea hanga kino. Kāore ia i raro i te akiaki rite ki te riri, ki te mauahara rānei. He ōrite te tika o ngā momo ora katoa ki te hau o te *maya* . Ko te tangata tapu e hura ana i te mea ngaro o te hanganga ka noho tahi me ōna whakaaturanga whakapoauau maha. Ka taea e ngā tāngata katoa te whakatata atu ki taua māramatanga e pehi ana i te hiahia o roto ki te whakangaromanga."

"Guruji, me kotahi tuku ia anō he patunga tapu engari i te whakamate he ngahere kararehe?"

"Kāo; he mea utu nui te tinana o te tangata. He tino uara tōna i te whanaketanga nā te mea he roro motuhake tōna me ōna pokapū tuaiwi. Mā ēnei ka taea e te tangata matatau te mārama me te whakaatu i ngā āhuetanga tino teitei o te atuātanga. Kāore he āhua o raro e rite ana ki tēnei. He pono ka pāngia te tangata e te nama o te hara iti mēnā ka akiakihia ia ki te patu i tētahi kararehe, i tētahi mea ora rānei. Engari e whakaako ana ngā *Veda* ko te ngaronga kino o te tinana tangata he takahi nui i te ture karma."

ahau aue i roto te whakamāmā; karaipiture whakapakari o tētahi taiao ngā kare ā-roto ko kāore i ngā wā katoa kei te heke mai.

Kāore au i kite i te Ariki i te taha tata me te reparo, te taika rānei. Engari i tūtaki atu tētahi kōpara whakamate ki a ia, ā, ka hinga i te aroha o taku tohunga. He momo nakahi tēnei e tino wehingia ana i Īnia, e mate ai neke atu i te rima mano i ia tau. I tū te tūtakitanga morearea ki Puri, i reira te tuarua o ngā whare karakia o Sri Yukteswar, he tino ataahua te tūnga tata ki... te Te Whanga o Bengal. Prafulla, he taitamariki ākongā o ā muri ake nei ngā tau, i me Kaiwhakaako i runga tēnei wā

"I noho mātou i waho e tata ana ki te ashram," te kōrero a Prafulla ki ahau. "I puta mai tētahi kōpara i te taha tata, e whā putu te roa, he tino wehi. I whānui haere tōna taupoki i a ia e oma mai ana ki a mātou. I kata pōwhiri mai taku guru, me te mea he tamaiti. I tino miharo ahau i te kitenga i te Kaiwhakaako e pakipaki ana i ōna ringa.

12-8 I te manaaki ia i te manuhiri whakamataku! I noho puku ahau, i roto i ahau e whakapuaki ana i ngā inoi kaha ka taea e au te kohi. Ko te nakahi, e tata ana ki taku guru, kua kore e nekeneke inaianei, me te mea nei kua kukumea e tōna āhua mirimiri. Ka memeha haere te taupoki whakamataku; ka ngokingoki te nakahi i waenganui i ngā waewae o te Ariki ka ngaro ki roto i ngā rakau.

"He aha i neke ai ngā ringa o taku guru, me te aha hoki i kore ai e pā te kokopi ki a rātou, kāore i taea e au te whakamārama i taua wā," te whakatau a Prafulla. "Nō reira, kua mōhio ahau kāore taku rangatira atua e matakū kei whara tetahi mea ora."

I tētahi ahiahi, i aku marama tōmua i te ashram, ka kite ahau i ngā kanohi o Sri Yukteswar e titiro matatau mai ana ki ahau .

"Koe kei hoki kikokore, Mukunda."

I pā tana kōrero ki tētahi wāhi tairongo. Ko ōku kanohi totohu me te āhua hiroki i tino pā kino ki ahau. i kitea i roto i taku rūma i Calcutta te pai o taku reka. Kāore he hua; kua whaia ahau e te mate puku roa mai i taku tamarikitanga. I tae taku ngakau pouri ki te tihi i ētahi wā i taku I pātai ahau ki ahau anō mēnā he pai te haere tonu i tēnei ao me te tinana ngoikore.

"He herenga tō ngā rongoā; kāore he herenga o te mauri auaha. Whakaponohia tēnei:

ka ora koe, ka kaha hoki."

Nā ngā kupu a Sri Yukteswar i whakaara ake te whakapono ki te pono e pā ana ki ahau, kāore i taea e tētahi atu kaiwhakaora - ā, he maha ngā mea kua whakamatauria e au! - te karanga i roto i ahau.

I ia rā, i ia rā, tirohia! I whakakorikori ahau. E rua wiki i muri i te manaakitanga huna a te Ariki, kua kohia e au te taumaha whakakaha i ngaro i ahau i mua. I ngaro atu aku mate puku tonu i roto i te

pumau tonu. I ngā wā i muri mai ka kite ahau i ngā whakaora atua o te hunga e mate ana i te mate kohi, te mate huka, te mate haurangi, te pararutiki rānei. Kāore he tangata i nui ake te whakawhetai mō tana whakaora i ahau i te wa i wetekina ohorere ai ahau i te āhua o taku tinana mate.

"I ngā tau kua pahure ake nei, i hiahia nui hoki ahau ki te whakanui ake i tōku taumaha," te kōrero a Sri Yukteswar ki ahau. "I a au e ora ana i muri i te mate kino, i toro atu ahau ki a Lahiri Mahasaya i Benares."

"E te Ariki, ahau whai kua tino tūroro me ngaro he tokomaha pauna.

"Au tirohia, Yukteswar, **12-9** koe i hangaia koe anō te mate, me ināiane koe whakaaro koe kei kikokore.

"He rerekē rawa tēnei whakautu i taku i whakaaro ai; heoi, i tāpiri atu taku tohunga me te whakatenatena: "Kia kite ahau; e tino mōhio ana ahau ka pai ake tō wairua āpōpō."

"I te tango i ana kupu hei tohu whakaora ngaro ki tōku hinengaro ngāwari, kāore au i miharo i te ata i muri mai i te pikinga mai o te kaha. I rapu ahau i tōku ariki, ā, i karanga harikoa ahau, 'E te Ariki, kua pai ake tōku āhua i tēnei rā.'"

"Ae rā!" I tēnei rā koe whakakaha koe anō.

"Kāo, e te rangatira!' ka whakahē ahau. 'Nāu ahau i āwhina; ko te wā tuatahi tēnei i roto i ngā wiki kua whai kaha ahau.'"

"Āe! He tino kino tō mate. He ngoikore tonu tō tinana; mā wai e kī me pēhea āpōpō?"

"I te whakaaro ki te hokinga mai pea o tōku ngoikore, ka tau mai he wiri o te matakū makariri ki ahau. I te ata i muri mai, kāore i taea e au te tōia ki te kāinga o Lahiri Mahasaya."

"E te Ariki, ahau am e mate ana anō.

"Tāku te tohunga titiro i whakahihiri 'Nō reira!' Kotahi atu anō koe ngoikore koe anō.

"E Gurudeva, kua mōhio ahau ināiane koe kei te tawai mai koe i ahau i ia rā, i ia rā.' Kua pau taku manawanui. 'Kāore au i te mārāma he aha koe i kore ai e whakapono ki aku pūrongo pono.'"

"He pono, nā ō whakaaro koe i ngoikore ai, i kaha ai hoki.' I titiro mai tōku ariki ki ahau me te aroha. 'Kua kite koe i te whai a tō hauora i ō tumanakohanga. He kaha te whakaaro, pērā i te hiko, i te kaha ā-papa rānei. Ko te hinengaro tangata he

mura o te hinengaro kaha o te Atua. Ka taea e au te whakaatu ki a koe ko ngā mea katoa e whakaponohia ana e tō hinengaro kaha, ka puta tonu mai.'

"Mōhio tērā Rāhiri Mahasaya kāore rawa kōrero mangere, ahau i arohia ia me nui miharo me whakawhetai:

'E te Kaiwhakaako, mēnā ahau whakaaro ahau am puna me whai kua whakahokia mai taku mua taumaha, me tērā tupu?

"Ia ko nā reira, ahakoa i tēnei wā poto. Taku tohunga kōrero tino kino, tāna titiro kukū i runga taku ngā kanohi.

"Nā! I rongu ahau i te pikinga ake o te kaha, me te taumaha hoki. I hoki puku a Lahiri Mahasaya. I muri i ētahi haora i ōna waewae, ka hoki ahau ki te kāinga o tōku whaea, ā, i noho ahau ki reira i aku haerenga ki Benares."

"E taku tama! He aha te raruraru? Kei te pupuhi koe i te mate repe?" Kāore i te whakapono a Māmā ki ōna kanohi. Kua rite te kaha o tōku tinana ki tōna āhua i mua i tōku mate.

"I paunatia e au tōku taumaha, ā, i roto i te rā kotahi kua piki ake taku taumaha e rima tekau pauna; ā, i noho tonu ēnei ki ahau mō ake tonu atu. I tino miharo ngā hoa me ngā hoa i kite i tōku tinana kikokore. He tokomaha o rātou i whakarerekē i ō rātou momo noho, ā, i riro hei ākonga mā Lahiri Mahasaya nā tēnei merekara."

"I mōhio taku tohunga, i te ara ake i roto i te Atua, he moemoeā noa iho tēnei ao nā te Kaihanga. Nā te mea i tino mōhio ia ki tōna kotahitanga ki te Kaitiaki Moemoeā Atua, ka taea e Lahiri Mahasaya te whakatinana, te whakakore rānei i te hanganga, te hanga rānei i tētahi huringa e hiahia ana e ia i roto i te tirohanga ao. " **12-10**

"Ko ngā mea hanga katoa e whakahaeretia ana e te ture," te whakatau a Sri Yukteswar. "Ko ngā mea e kitea ana i te ao o waho, e kitea ana e ngā kaipūtaiao, e kiia ana ko ngā ture taiao. Engari he ture ngawari ake e whakahaere ana i ngā ao o te hinengaro ka taea anake te mōhio mā te pūtaiao o roto o te yoga. Kei ngā ao wairua huna hoki ā rātou mātāpono mahi taiao me te ture. Ehara i te kaipūtaiao tinana engari ko te rangatira kua tino mōhio ki a ia anō e mārāma ana ki te āhua tūturu o te ao. Nō reira "I taea e te Karaiti te whakaora i te taringa o te pononga i muri i te tapahi a tetahi o ngā ākonga." **12-11**

He kaiwhakamāori tino pai a Sri Yukteswar mō ngā karaipiture. He maha aku maharatanga harikoa e aro ana ki āna kōrero. Engari kāore ōna whakaaro whakapaipai i maka ki te pungarehu o te mangere, o te kuware rānei. Kotahi noa te nekehanga o tōku tinana, te takanga pakupaku rānei ki te kore aro, i ranea hei whakaroa i te whakamārama a te Kaiwhakaako.

"Kāore koe i konei." I whakamutua e te Ariki tana kōrero i tētahi ahiahi. Pērā i ngā wā katoa, i aro tonu ia ki taku aro me te tere whakaharahara.

"Guruji!" He reo whakahē taku. "Kāore au i nekeneke; kāore ōku kamo i nekeneke; ka taea e au te whakahua i ia kupu i kōrerotia e koe!"

"Heoi anō, kāore koe i tino tautoko mai i ahau. Nā tō whakahē i mea ahau kia kī atu, i roto i tō hinengaro, e toru ngā whare i hangaia e koe. Ko tētahi he piringa whenua i runga i te mania, ko tētahi i runga i te tihi o te pukepuke, ko tētahi tuatoru i te taha o te moana."

I te mea kāore i te mōhiohia, i puta mai aua whakaaro pōuriuri. I titiro atu ahau ki a ia me te whakapāha.

"He aha kēne ahau mahi me pērā he rangatira, ko wai uru taku matapōkere ngā whakaaroaro?"



Ko te whare matua kei Mount Washington Estates i Los Angeles, i whakatūria i te tau 1925 hei tari matua mō te Self-Engineering Fellowship i Amerika.



Te Whakatutukitanga i a la Anō Hāhi o Katoa Ngā karakia, Hollywood, Karipōnia.

"Kua homai e koe taua mana ki ahau. Kāore e taea te hopu i ngā pono ngaro e whakamāramahia ana e au me te kore tō aro nui. Ki te kore e tika, kāore au e takahi i te mokemoke o ngā hinengaro o ētahi atu. He mana tūturu tō te tangata ki te kopikopiko puku i roto i ōna whakaaro. Kāore te Ariki e tomo ki reira; kāore hoki au e takahi."

"Koe kei ake tonu atu nau mai, E te Ariki!"

"Tōu hoahoanga moemoeā ka whakatinana ā muri ake nei. Inaianei ko te wā mō ako!"

Nō reira, i whakakitea mai e taku tohunga i roto i tana huarahi māmā te taenga mai o ngā kaupapa nui e toru o tōku ao. Mai i taku tamarikitanga kua kite ahau i ngā

tirohanga ngaro o ngā whare e toru, ia whare i roto i tētahi horopaki rerekē. I roto i te raupapa tonu i tohuhia e Sri Yukteswar, ka tino puta te āhua o ēnei kitenga. Tuatahi ko taku whakatūnga i tētahi kura yoga mō ngā tama tāne i runga i tētahi mania o Ranchi, kātahi ko taku tari matua o Amerika i runga i tētahi whenua o Los Angeles.

Āneherata tihi o te pukepuke, i te mutunga he whare karakia i roto tonga Karipōnia nā te whānui Te Moana-nui-a-Kiwa.

Kāore te Ariki i kī whakakake: "E poropiti ana ahau ka puta tēnei, tēnei mea!" He pai kē ki a ia tohutohu: "Kaua koe whakaaro reira mei tupu?" Engari tāna ngāwari kōrero huna Vatican mana. I reira kāore i hoki whakamuri; kāore rawa ana kupu huna i kitea he teka.

He tangata māriri, he tangata pono hoki a Sri Yukteswar. Kāore he matakite pōuri, he matakite kuware rānei i roto i a ia. I tū pakari ōna waewae ki te whenua, ko tōna māhunga kei te rangi.

Nā te hunga mahi pono i whakaoho tōna miharo. "Ehara te tapu i te wairangi! Kāore ngā māramatanga atua e whakakorekore!" tana kī. "Mā te whakaaturanga kaha o te ngākau pai ka puta te mātauranga tino koi."

I roto i te oranga o te Ariki i tino kitea e au te wehewehenga i waenga i te ao wairua me te ao pōuri. te mea ngaro e whakapaetia ana he rite tonu. Kāore taku tohunga i pai ki te kōrero mō ngā ao o te ao tūroa. Ko tana aura "whakamiharo" anake ko te tino māmā. I roto i te kōrerorero i karohia e ia ngā kōrero whakamiharo; i roto i te mahi i whakapuaki noa ia. I kōrero ētahi mō ngā merekara engari kāore i taea e ia te whakaatu i tetahi mea; kāore i te maha ngā wā i whakahuatia ai e Sri Yukteswar ngā ture ngawari engari i whakamahia pukutia e ia i a ia e hiahia ana.

"Kāore te tangata mātau e mahi i tētahi merekara kia tae rā anō ki te wā e whakaaetia ai ia e roto," te whakamārama a te Kaiwhakaako. "Kāore te Atua e hiahia kia whakakitea noatia ngā mea ngaro o tana hanganga." **12-12** Waihoki, he mana motuhake tō ia tangata o te ao ki tōna ake hiahia. E kore te tangata tapu e takahi i taua mana motuhake."

Ko te wahangu i taunga ki a Sri Yukteswar i puta mai i ana tirohanga hohonu ki te Mutunga Kore. Kāore he wā i toe mō ngā "whakakitenga" mutunga kore e noho ana i ngā rā o ngā kaiako kāore i te mōhio ki a ia anō. "I roto i ngā tāngata papaku, ka nui te ngangau o ngā ika o ngā whakaaro iti. I roto i ngā hinengaro moana, kāore ngā tohorā o te whakaohoho e whakakorikori." Kāore tēnei kitenga mai i ngā karaipiture Hinitū i te kore he katakata mohio.

Nā te āhua koretake o taku guru, he torutoru noa iho o ōna hoa i mōhio ki a ia he tangata tino rangatira. Ko te kīwaha rongonui: "He kuware ia e kore e taea te huna i tōna whakaaro nui," kāore i taea te whakamahi ki a Sri Yukteswar. Ahakoa i whānau mai ia hei tangata mate pērā i ngā tāngata katoa, kua tutuki i te Ariki te tuakiri ki te Kaiārahi o te wā me te wāhi. I roto i tōna oranga i kite ahau i te kotahitanga atua. Kāore ia i kite i tētahi arai e kore e taea te wikitoria ki te hanumi i te tangata me te Atua. Kāore he arai pērā, i māranga ahau, engari ko te koretake o te wairua o te tangata.

I tino harikoa ahau i te pā o ngā waewae tapu o Sri Yukteswar. E whakaako ana ngā Yogi ka kukumehia te wairua o te akonga mā te whakapā atu ki te rangatira; ka puta he au ngawari. Ko ngā tikanga whanonga kore e hiahiatia o te tangata karakia i roto i te roro ka tahuna; ka whakararuraruhia te awaawa o ōna whanonga ao. Mō tētahi wā poto pea ka kitea e ia ngā arai ngaro o te *maya*. te hiki, me te tiro ki te ao tūturu o te harikoa. I whakautu mai tōku tinana katoa me te kanapa whakaora i ngā wā katoa I tuturi ahau i mua i taku guru, pērā i te tikanga Īnia.

"Ahakoa āhea Rāhiri Mahasaya i wahangu," Kaiwhakaako i kōrerotia ahau, "ranei āhea ia kōrero i runga ētahi atu i te

he kaupapa whakapono noa iho, i kitea e au ahakoa rā kua tukuna mai e ia ki ahau he mātauranga e kore e taea te kōrero."

I pā anō hoki a Sri Yukteswar ki ahau. Mēnā i tomo ahau ki te whare karakia me te āwangawanga, te kore rānei e aro ki te āhua o taku i roto i te hinengaro, ka huri taku waiaro i roto i te āhua kāore i kitea. I tau mai he marino whakaora i te kitenga noa i taku guru. I ia rā me ia he wheako hou i roto i te harikoa, te rangimārie, me te whakaaro nui. Kāore au i kite i a ia kua mamingatia, kua haurangi rānei i te apo, i te kare ā-roto, i te riri, i tētahi atu here tangata rānei.

"Kei te whakatata puku mai te pōuri o te *maya*. Me hoki tātou ki te kāinga." I te ahiahi, i ēnei kupu, ka whakamahara tonu te Kaiwhakaako ki āna ākonga i tō rātou hiahia ki te *Kriya Yoga*. I ētahi wā ka ruarua te ākonga hou mō tōna ake tika ki te whai wāhi ki te mahi yoga.

"Wareware ki ngā mea o mua," te whakamarie a Sri Yukteswar i a ia. "Kua pōuri ngā oranga ngaro o te tangata katoa, he maha ngā whakama. Kāore e taea te whakawhirinaki ki te whanonga tangata kia mau rā anō ki te Atua. Ka pai ake ngā mea katoa o te heke mai mēnā kei te whakapau kaha koe ki te taha wairua ināianei."

He taitamariki tonu *ngā Chela a te Ariki* **12-13 tau te pakeke**, i roto i tōna whare karakia. Ko tā rāua mātauranga wairua me te mātauranga hinengaro tana i hiahia ai mō tōna oranga katoa: i mua tata tonu i tōna matenga, i whakaae ia ki te whakangungu i ngā tama tāne e ono tau te pakeke me tētahi taiohi tekau mā ono tau te pakeke. I ārahi ia i ō rāua hinengaro me ō rāua oranga me taua ako ātaahua e ahu mai ana te kupu "ākonga". I aroha, i whakaute hoki ngā kainoho o te ashram i tō rātou guru; he papaki ringa noa iho i ranea hei kawē mai i a rātou ki tōna taha. I te wā i pai ai tōna wairua i te wahangu, i te noho puku, kāore tetahi i maia ki te kōrero; i te tangi harikoa o tana kata, ka titiro ngā tamariki ki runga ki a ia hei mea nō rātou ake.

Kāore i te maha ngā wā ka tono te Ariki ki ētahi atu kia mahi i tētahi mahi whaiaro māna, ā, kāore hoki ia e whakaae ki te āwhina a tētahi ākonga mēnā kāore i te pono te hiahia. Mēnā ka warewarehia taua mahi rangatira e ngā ākonga, ka horoia maretia e taku tohunga ōna kākahu. I mau a Sri Yukteswar i te kākahu swami taekōkā tuku iho; ko ōna hu kore here, e ai ki te tikanga yogi, he hiako taika, he hiako tia rānei.

I matatau te Kaiwhakaako ki te kōrero i te reo Pākehā, Wīwī, Hindi, me te reo Bengali; he pai tana reo Sanskrit. I manawanui ia ki te whakaako i ana akonga taitamariki mā roto i ētahi ara poto i hangaia e ia mā te mōhio hei ako i te reo Pākehā me te reo Sanskrit.

Kaiwhakaako i tūpato o tāna tinana, i te wā pupuri āta whakaaro te āpitihanga Te

Mutunga kore, i kī ia, e whakaatu tika ana mā te hauora tinana me te hinengaro. I whakahawea ia ki ngā āhuatanga tino kino. I tīmata tētahi ākonga i tētahi nohopuku roa. I kata noa taku tohunga: "He aha e kore ai e maka he wheua ki te kurī?"

● Sri Yukteswar; kāore au i kite i a ia e mate ana. I whakaaetia e ia ngā ākonga kia toro atu ki ngā tākuta mēnā he mea tika. Ko tana kaupapa he whakaute i te tikanga o te ao: "Me whakahaere e ngā tākuta ā rātou mahi whakaora mā roto i ngā ture a te Atua e pā ana ki te ao tūroa." Engari i whakanuia e ia te hiranga o te whakaora hinengaro, ā, he maha āna kōrero anō: "Ko te whakaaro nui te mea horoi nui rawa atu."

"He hoa tinihanga te tinana. Hoatu te tika ki a ia; kāti," tana kī. "He rangitahi te mamae me te koa; manawanui ki ngā āhuatanga takirua katoa me te marino, me te ngana anō ki te tango i tō rāua mana."

Ko te whakaaro noa te tatau e tomo mai ai te mate me te whakaora. Kaua e whakapono ki te tūturutanga o te mate ahakoa kei te mate koe; ka oma atu tētahi manuhiri kāore i te mōhiotia!"

He tokomaha ngā tākuta i roto i āna ākonga i roto i te Rangatira. "Ko te hunga kua rapu i ngā ture ā-tinana ka taea te rangahau ngāwari i te pūtaiao o te wairua," tana kī atu ki a rātou. "Kei muri noa iho i te hanganga o te tinana he tikanga wairua ngaro." **12-15**

I tohutohu a Sri Yukteswar i ana ākonga kia noho hei hononga ora mō ngā tikanga pai o te Hauāuru me te Rawhiti. He kaiwhakahaere ia nō te Hauāuru i roto i ngā whanonga o waho, engari i roto ko ia te wairua o te Hauāuru. I whakanuia e ia ngā tikanga ahu whakamua, ngā rauemi me te akuaku o te Hauāuru, me ngā kaupapa whakapono e homai ana he āwhiowhio rautau ki te Rawhiti.

Kāore i te mea ngaro ki ahau te whiu: i te kāinga he tino pakari a Pāpā, he tino pakari a Ananta. Engari kāore e taea te kī ko te whakangungu a Sri Yukteswar he tino kaha. He tangata e hiahia ana ki te tino tika, ā, he tino whakahē taku tohunga i ana ākonga, ahakoa he mea mō te wā poto, he mea rānei mō ngā whanonga ngawari.

"He rite te āhua pai ki te kore he pono ki tētahi wahine ataahua kua mate," tana kī i ētahi wā. "He rite te tika ki te maripi a te taote pokanga, he whai hua engari he kino. He āwhina, he mea whakamiharo te pono me te atawhai."

I te āhua nei i makona te Ariki ki taku whanaketanga wairua, nā te mea he onge tana kōrero mō taua mea; i ētahi atu take, kāore ōku taringa i tauhou ki te riri. Ko aku hara nui ko te kore aro, te whai wā i roto i ngā kare pouri, te kore whai i ētahi ture tikanga, me ētahi mahi kore tikanga.

"Mātakitakihia te pai o te whakaritenga me te taurite o ngā mahi a tō matua, a Bhagabati, i ngā āhuatanga katoa," te kī a taku tohunga. I tūtaki ngā ākonga tokorua a Lahiri Mahasaya i muri tata mai i taku tīmatanga i aku haerenga ki Serampore. I arotakehia e Pāpā rāua ko Sri Yukteswar te uara o tētahi ki tētahi. I hanga e rāua he orange ā-roto o te kōhatu wairua, he mea e kore e taea te whakarewa i ngā tau.

Mai i ngā kaiako tauhou o tōku ao o mua, i ako ahau i ētahi akoranga hē. I kīia mai ki ahau, kāore he take mō te *chela* ki te aro nui ki ngā mahi o te ao; i taku korenga, i taku mahi rānei i aku mahi, kāore ahau i whiua. He tino ngāwari ki te tangata te whakauru i aua akoranga. Heoi, i raro i te rākau aroha a te Ariki, ka ora wawe ahau i ngā whakaaro pohehe o te kore kawenga.

"Ko te hunga e pai rawa ana mō tēnei ao kei te whakapaipai i ētahi atu," te kī a Sri Yukteswar. "I a koe e manawa ana i te hau kore utu o te whenua, kei raro koe i te kawenga ki te tuku ratonga whakawhetai. Ko ia anake kua tino rangatira i te āhua

kore manawa **12-16** kua wetekina i ngā whakahau o te ao. E kore ahau e wareware ki te whakamōhio atu ki a koe ina tae koe ki te tino pai."

Kāore rawa e taea te utu i taku tohunga, ahakoa nā te aroha. Kāore ia i whakaatu i te atawhai ki te tangata i tuku noa mai hei ākonga māna, pērā i ahau. Ahakoa i karapotia māua ko te Kaiwhakaako e āna ākonga, e ngā tāngata tauhou rānei, i a māua anake rānei, he mārāma tonu tana kōrero, he koi hoki tana riri. Kāore he kōrero whakakatakata. i mawhiti i tana riri te taka ki te papaku, ki te kore rānei e rite. He uaua tēnei maimoatanga whakatārewatanga ki te

kia manawanui, engari ko taku whakatau kia tukuna a Sri Yukteswar kia whakatika i ia o aku raruraru hinengaro. I a ia e mahi ana i tēnei panonitanga nui, he maha ngā wā i wiri ai ahau i te taumaha o tana hama whiu.

"Ki te kore koe e pai ki aku kupu, kei a koe te mana ki te haere i ngā wā katoa," te whakamana a te Ariki ki ahau. "Kāore he mea e hiahiatia ana e au i a koe engari ko tō ake whakapainga. Me noho noa mēnā kei te pai koe."

Mō ia whiu whakaiti i tukua mai e ia ki ahau, mō ia niho i roto i taku kauae whakarite i whiua e ia me te whāinga whakamiharo, e mihi ana ahau ki tua atu i te kaha o te whakapuaki. Ko te pūtake mārō o te whakapehapeha tangata e kore e taea te wetewete engari me te whanoke. I tōna wehenga atu, ka kitea e te Atua he arai kore e araia. He maumau tana rapunga ki te uru atu i roto i ngā ngākau kiripaka o te hiahia whaiaro.

Nā te hohonu o te whakaaro nui o Sri Yukteswar, he maha āna whakautu ki ngā kitenga huna a te tangata, ahakoa te kore whakarongo ki ngā kōrero. "He rerekē rawa ngā mea e whakaarohia ana e te tangata e rangona ana e ia, me ngā mea e tino whakaarohia ana e te kaikōrero," tana kī. "Whakamātauria kia rongo i ngā whakaaro kei muri i te pōhēhē o ngā kōrero a te tangata."

Engari he mamae ki ngā taringa o te ao te māramatanga atua; kāore te Kaiwhakaako i te rongonui i waenga i ngā ākonga papaku. Ko te hunga whakaaro nui, he tokoiti tonu, i tino whakanui i a ia. Ki taku whakaaro, ko Sri Yukteswar te tohunga tino rapua i Inia me i kore āna kupu i tino pono, i tino whakahē hoki.

"He kaha taku mahi ki te hunga e haere mai ana ki taku whakangungu," tana whakaae mai ki ahau. "Koinei taku tikanga; me haere, me haere rānei." reira. ahau ka kāore rawa whakaae tahi Engari koe ka kia nui tamariki ki tōu ngā ākonga; tērā ko tōu ara. Ka ngana ahau ki te pure i roto i ngā ahi kaha anake, e mura ana i tua atu i te manawanui noa. Ko te huarahi ngawari o aroha ko hoki te whakaputa ke Te uaua me te tuku ngā tikanga kei "He rite tonu te whai huatanga mēnā ka whakamahia me te whakaaro nui. Ka haere koe ki ngā whenua ke, ki te kore e maioha ki ngā whakaekenga kino ki te whakapehapeha. Kāore e taea e te kaiako te hora i te karere a Īnia ki te Hauāuru me te kore he pūtea nui mō te manawanui me te manawanui." Kāore au e whakaae ki te kī i te nui o te pono i tae atu ahau i muri mai. kitea i roto i ngā kupu a te Kaiwhakaako!

Ahakoa i aukatia e te kōrero pono a Sri Yukteswar te tokomaha o te hunga i whakarongo mai i a ia i te ao nei, heoi anō kei te kitea tōna wairua ora puta noa i te ao i ēnei rā, mā roto i ngā ākonga pono o āna *Kriya Yoga* me ētahi atu whakaakoranga. He mana nui ake tōna i roto i ngā wairua o te tangata i tō Arekāna i moemoeā ai i roto i te oneone.

I tae mai a Pāpā i tētahi rā ki te mihi ki a Sri Yukteswar. Tērā pea i tumanako taku

mātua kia rongō i ētahi kupu whakamoemiti mōku. I ohorere ia i te tukunga mai o tētahi kōrero roa mō aku hapa. Ko te tikanga a te Kaiwhakaako he kōrero i ngā hapa ngāwari, kāore e tino kitea, me te āhua whakamataku. te kaha ā-papa. I oma tere mai a Pāpā ki te kite i ahau. "Nā ngā kōrero a tō kaiako i whakaaro ahau kua tino pakaru koe!" I waenganui i te roimata me te kata taku mātua.

Ko te take anake i riri ai a Sri Yukteswar i taua wā ko taku ngana ki te tahuri i tētahi tangata ki te ara wairua, ahakoa tana tohutohu ngawari.

Ki riri tere ahau i rapua i waho taku tohunga Ia i whiwhi ahau me pōuri ngā kanohi, hei ahakoa

i te mōhio ki te hara. Koinei anake te wā i kite ai ahau i te raiona atua e ngākau mahaki ana i mua i ahau. I tino pārekarekahia te wā ahurei.

"E te Ariki, he aha koe i whakahe kino ai i ahau i mua i tōku matua miharo?

He tika rānei tēnā?" "Kāore au e mahi anō." He whakapāha te reo o te

Ariki.

I taua wā tonu ka tangohia aku patu. Āe, te tere o te whakaae a te tangata nui ki tana he! Ahakoa kāore ia i whakararuraru i te rangimarie o te hinengaro o Pāpā, ka haere tonu te Ariki ki te tātari i ahau i ngā wā katoa, i ngā wāhi katoa hoki e pai ai ia.

He maha ngā wā i uru atu ai ngā ākonga hou ki a Sri Yukteswar ki te whakahē i ētahi atu. He hunga whakaaro nui pērā i te guru! He tauira mō te whakahāwea tino pai! Engari ko te tangata e whakaeke ana kaua e noho korekore. Ko aua ākonga whakahē anō i oma tere atu i te wā i tukuna ai e te Kaiwhakaako ētahi pere mai i tana papa tātari ki a rātou.

"Ko ngā ngoikore o roto, e whakarihariha ana ina pāngia ngāwaritia, he rite ki ngā wāhanga mate o te tinana, e hoki whakamuri ana i mua i te whāwhā mārie." Koinei te kōrero whakakatakata a Sri Yukteswar mō ngā mea rerehua.

Tērā ētahi ākonga e rapu ana i tētahi guru i hangaia kia rite ki tō rātou ake āhua. He maha ngā amuamu a ēnei ākonga kāore rātou i te mārāma ki a Sri Yukteswar.

"Kāore hoki koe e mārāma ki te Atua!" i whakahoki atu ahau i tētahi wā. "Ina mārāma koe ki tētahi tangata tapu, ka pērā koe." I roto i ngā tiriona ngaro, e manawa ana i ia hēkona i te hau e kore e taea te whakamārāma, ko wai ka maia ki te tono kia hopukina tonutia te āhua hohonu o tētahi rangatira?

I haere mai ngā ākonga, ā, i haere atu. Ko te hunga i hiahia ki te ara o te aroha hinuhinu me te mihi whakamarie, kāore i kitea i te whare karakia. I tuku te Ariki i tētahi piringa me te tiaki mō ngā tau maha, engari he maha ngā ākonga i tono pōuri ki te whakamarie i a rātou anō. I haere atu rātou, i pai ake ki ngā whakaitinga maha o te ao i mua i te whakaiti. Ko ngā hihi mura o te Ariki, te hihi tuwhera e uru ana o tōna whakaaro nui, he kaha rawa atu mō ō rātou mate wairua. I rapu rātou i tētahi kaiako iti iho, i te mea i whakamarumarū rātou ki te whakapatipati, i tukua ai kia moe pōuri o te kuware.

I ngā marama tōmua o taku mahi ki te Kaiwhakaako, i pā mai te wehi nui ki ahau mō āna kupu whakatūpato. I kite wawe ahau, he mea rāhui ēnei mō ngā ākonga i tono kia tangohia e ia ōna tinana. Mēnā ka whakahē tētahi ākonga e ngenge ana, ka noho puku a Sri Yukteswar. Kāore rawa āna kupu i riri, engari kāore he whakaaro nui ki a

ia.

Kāore i arohia ngā whakaaro o te Kaiwhakaako ki ngā taringa o ngā manuhiri noa; kāore i te maha ngā wā i kōrero ia mō ō rātou ngoikoretanga, ahakoa he mea kitea. Engari ki ngā ākongā i rapu i tana tohutohu, i kite a Sri Yukteswar i tētahi kawenga nui. He toa pono te tohunga e ngana ana ki te huri i te matū mata o te tangata e kapi ana i te whakapehapeha! Ko te maia o te tangata tapu e ahu mai ana i tōna aroha ki te hunga kore kanohi o tēnei ao.

I taku whakarēreatanga o te mauahara huna, ka kite ahau i te hekenga nui o taku whiu. I roto i tētahi ara tino mārire, ka rewa te Ariki ki roto i te aroha noa. Nō te wā, ka wahia e au ngā taiepa katoa o te whakaaro tika me te āwangawanga huna e ārai ana i te tuakiri tangata. **12-17** Ko te utu he ngāwari noa te noho tahi me taku tohunga. I kitea e au i taua wā he tangata pono ia, he tangata whai whakaaro, he tangata aroha puku. Heoi, kāore ia i whakaatu i te aroha.

Ko tōku ake āhua he tino karakia. I te tīmatanga he mea whakararuraru te kitenga i taku guru, kī tonu i te *jnana* engari te āhua nei kāore i te mārāma ki *te bhakti*, **12-18** i whakaatu noa i a ia anō i roto i ngā tikanga pāngarau wairua makariri. Engari i a au e aro ana ki tōna āhua, kāore au i kite i te whakaitinga engari i te pikinga ake o taku huarahi karakia ki te Atua. Ka taea e te rangatira whai whakaaro ki a ia anō te ārahi i ana ākonga i runga i ngā rārangi tūturu o ō rātou whakaaro nui.

Ahako te koretake o taku whanaungatanga ki a Sri Yukteswar, he tino matatau ia ki te kōrero. He maha ngā wā ka kitea e au tana waitohu puku i roto i ōku whakaaro, ka kore ai e whai hua te kōrero. I a au e noho puku ana i tōna taha, ka rongo au i tana manaakitanga e ringihia mai ana ki runga i ahau.

I kitea nuitia te tika kore whakaaro o Sri Yukteswar i te hararei raumati o taku tau tuatahi ki te kāreti. I mihi atu ahau ki te whai wāhi ki te noho tahi me taku tohunga i Serampore mō ngā marama maha.

"Ko koe pea te rangatira o te whare karakia." I koa te Ariki i taku taenga mai me te ngākau hihiko. "Ko āu mahi he manaaki manuhiri, me te tiro tiro i te mahi a ētahi atu ākonga."

I whakaaetia a Kumar, he taitamariki nō te kāinga rāwhiti o Bengal, kia whakangungua ki te whare karakia i ngā wiki e rua i muri mai. Nā te mea he tino mohio ia, i tere tonu tana riro i a ia te aroha o Sri Yukteswar. Mō tētahi take e kore e taea te mārāma, i tino ngāwari te Ariki ki te tangata whenua hou.

"E Mukunda, tukua a Kumar kia mahi i ō mahi. Whakamahia tō wā ki te tahi me te tunu kai." Nā te Ariki ēnei tohutohu i tukuna mai i muri i te noho o te tamaiti hou ki a mātou mō te marama kotahi.

I whakanuia a Kumar ki te tūranga kaiārahi, ā, i whakamahia e ia tētahi mahi nanakia iti i roto i tōna whare. I roto i te tutu puku, i haere tonu ngā ākonga ki te rapu i ahau mō ngā tohutohu o ia rā.

"Kāore e taea a Mukunda! Nāu ahau i whakatū hei kaitiro tiro, engari ko ētahi atu ka haere ki a ia, ka whakarongo ki a ia." E toru wiki i muri mai ka amuamu a Kumar ki tā mātou guru. I rongo ahau i a ia i tētahi rūma e tata ana.

"Koia ahau i tuku ai i a ia ki te kīhini, ko koe ki te rūma noho." He mea hou ki a

Kumar te reo memeha o Sri Yukteswar. "Nā tēnei kua mōhio koe he hiahia tō te rangatira tika ki te mahi, kaua ki te whakahaere. I hiahia koe ki te tūranga o Mukunda, engari kāore i taea e koe te pupuri i taua tūranga mā te tika. Hoki atu ki tāu mahi o mua hei kaiawhina tunu kai."

I muri i tēnei mahi whakaiti, ka hoki anō te Kaiwhakaako ki a Kumar me te waiaro o mua o te whakangāwari noa. Mā wai e whakaoti te mea ngaro o te kukume? I roto i a Kumar, i kitea e tā mātou tohunga he puna ataahua kāore i pupū ake ki ngā ākonga. Ahakoa ko te tamaiti hou ko Sri

Ko te tino pai ki a Yukteswar, kāore au i matakū. Ko ngā āhuatanga motuhake o te tangata, ahakoa nō ngā rangatira, ka puta he āhua uaua ki te āhua o te ao. Kāore i te maha ngā taipitopito e whakahaeretia ana e tōku āhua; i rapu au i tētahi painga e kore e taea te uru atu i a Sri Yukteswar, kaua ko te whakamoemiti noa iho.

Kumar kōrero tino kino ki ahau kotahi rā kāore take; ahau i hōhonu whara

"Kei te pupuhi tō mahunga, ā, kua pakū!" I tāpiri atu ahau i tētahi whakatūpato, ā, i tino mōhio ahau ki tōna pono: "Ki te kore koe e whakatika i ō ara, ka tonoa koe kia wehe atu i tēnei whare karakia i tētahi rā."

I kata whakato i a Kumar, ka whakahokia taku kōrero ki tā mātou tohunga, i tomo mai nei ia ki te rūma. I te tumanako ka riria ahau, ka hoki māriri ahau ki te kokonga.

"Tērā pea he tika a Mukunda." He rerekē te matao o te whakautu a te Ariki ki te tamaiti. I mawhiti ahau, kāore he riri.

I te tau i muri mai, ka haere a Kumar ki te toro atu ki tōna kāinga o tōna tamarikitanga. Kāore ia i aro ki te whakahē puku a Sri Yukteswar, kāore nei i whakahaere mana i ngā nekehanga a āna ākonga. I te hokinga mai o te tamaiti ki Serampore i roto i ētahi marama, ka kitea he panoni kino. Kua riro atu a Kumar rangatira me te mata kanapa marino. Ko tētahi tangata whenua koretake anake i tū i mua i a mātou, he tangata kua mau ki ētahi whanonga kino i ēnei rā tata nei.

I karanga mai te Ariki ki ahau, ā, i roto i te ngākau maru i kōrero mai ai ia mō te meka kāore te tamaiti i te taunga mō te oranga o te whare mōneka.

"E Mukunda, māu e tohutohu a Kumar kia wehe atu i te ashram āpōpō; kāore e taea e au!" I tū ngā roimata i roto i ngā kanohi o Sri Yukteswar, engari i tere tana whakahaere i a ia anō. "E kore rawa te tamaiti e taka ki ēnei hōhonutanga me i whakarongo ia ki ahau, ā, kāore i haere atu ki te whakauru ki ngā hoa kino. Kua whakakahoretia e ia taku tiaki; me noho tonu te ao pōuri hei kaiako māna."

Kāore i hari nui ahau i te wehenga atu o Kumar; heoi anō, i whakaaro ahau me pēhea te tangata whai mana ki te toa i tētahi... Kāore e taea e te aroha o te rangatira te whakautu ki ngā mea iti te utu. Ko te koa ki te waina me te moepuku he pūtaka nō te tangata maori, ā, kāore e hiahia he mea reka o te tirohanga hei maioha ki a rātou. He rite ngā mahi tinihanga a te hinengaro ki te oleander matomato tonu, he kakara me ōna putiputi maha-tae: he paitini ia wāhanga o te tipu. Kei roto te whenua o te rongoā, e tiaho ana me taua harikoa e rapua matapotia ana i roto i te mano tini o ngā ara hē. **12-19**

"He mata rua te māramatanga koi," te kī a te Kaiwhakaako mō te hinengaro kanapa

o Kumar. "Ka taea te whakamahi hei hanga, hei whakangaro rānei, pērā i te maripi, hei tapahi i te koropupū o te kuware, hei tapahi rānei i a ia anō. Ka arahina tika te māramatanga i muri i te whakaae a te hinengaro ki te kore e taea te karo i te ture wairua."

I noho tahi taku tohunga me ngā ākonga tāne, ngā ākonga wahine, me te manaaki i a rātou katoa pērā i āna tamariki. I te kitenga i te ōritetanga o ō rātou wairua, kāore ia i whakaatu i tētahi rerekētanga, i tētahi whakaaro pākiki rānei.

"I roto i moe, koe mahi kāore mōhio mēnā rānei koe kei he tāne rānei he wahine," ia i mea. "Māori noa iho hei he tangata,

"Ko te whakatangata i te wahine, e kore e riro hei wahine, nō reira ko te wairua, e whakatangata ana i te tāne me te wahine, kāore he ira tangata. Ko te wairua te ahua parakore, te ahua kore e rerekē o te Atua."

Kāore a Sri Yukteswar i karo, i whakapae rānei i ngā wāhine hei taonga whakawai. E ai ki a ia, he whakamatautauranga anō hoki ngā tāne ki ngā wāhine. I pātai atu ahau ki taku tohunga he aha i karanga ai tētahi tohunga tapu nui o mua i ngā wāhine ko "te tatau ki te reinga."

"Mehemea i tino raruraru te kotiro i tōna tamarikitanga," te whakautu a taku tohunga me te riri. "Me i kore, kua whakahē ia, ehara i te wahine, engari ko ētahi hapa o tana ake mana whakahaere."

Ki te maia te manuhiri ki te kōrero i tētahi kōrero whakahihiri i roto i te whare karakia, ka noho puku te Kaiwhakaako. "Kaua e tukua koe kia whiua e te whiu whakaohoho o tētahi kanohi ataahua," tana kī atu ki ngā ākonga. "Me pēhea e taea ai e ngā pononga te pārekareka ki te ao? Ka mawhiti atu ōna kakara ngawari i a rātou e takoto ana i roto i te paru taketake. Ka ngaro ngā whakaaro pai katoa ki te tangata o ngā hiahia taketake."

Ko ngā ākonga e rapu ana ki te mawhiti atu i te whakaaro pohehe takirua a *te maya* i riro mai i te manawanui me te kaitohutohu mārama a Sri Yukteswar.

"Pērā i te kai hei whakamātau i te hiakai, ehara i te apo, waihoki ko te hiahia moepuku kua hangaia hei whakatipu i te momo i runga i te ture taiao, ehara i te mea hei tahu i ngā hiahia e kore e taea te ngata," tana kī. "Whakangaromia ngā hiahia hē inaianei; ki te kore ka whai mai i a koe i muri i te haehaetanga o te tinana wairua mai i tōna anga tinana. Ahakoa he ngoikore te kikokiko, me ātete tonu te hinengaro. Ki te whakaeke mai te whakamatautauranga ki a koe me te kaha nanakia, hinga mā te tātari kore-whaiaro me te hiahia kaha. Ka taea te whakahaere i ngā hiahia taiao katoa."

"Tiakina ō mana. Kia rite koe ki te moana whānui, e mimiti ana i roto i ngā awa katoa o ngā kare ā-roto. Ko ngā hiahia iti he whakatuwheratanga i roto i te puna o tō rangimārie o roto, e tuku ana i ngā wai whakaora kia moumou ki te oneone koraha o te taonga. Ko te hihiri kaha o te hiahia hē te hoariri nui rawa atu ki te harikoa o te tangata. Haereere i te ao kia rite ki te raiona o te mana whakahaere; kia tupato kei whana koe e ngā poroka o te ngoikore."

Ka wetekina te tangata karakia i ngā hiahia ā-tinana katoa. Ka hurihia e ia tōna hiahia ki te aroha tangata hei wawata ki te Atua anake, he aroha takitahi nā te mea kei ngā wāhi katoa.

I noho te whaea o Sri Yukteswar ki te rohe o Rana Mahal o Benares, te wāhi i toro tuatahi atu ai ahau ki taku guru. He wahine atawhai, he wahine atawhai hoki ia,

engari he wahine tino pakari ōna whakaaro. I tū ahau i runga i tōna taupee i tētahi rā, ka mātakitaki i te whaea me tana tama e kōrero ana. I roto i tana āhua marino, whakaaro nui, i ngana te Ariki ki te whakatenatena i a ia mō tētahi mea. Te āhua nei kāore i angitu, nā te mea i ruru tōna mahunga me te kaha nui.

"Kāo, kāo, taku tama, haere atu inaiane! Tō whakaaro nui ngā kupu kei kāore mō ahau! ahau am kāore tōu ākonga!"

I hoki whakamuri a Sri Yukteswar, kāore he tautohe anō, pērā i te tamaiti i riria. I pāngia ahau e tōna whakaute nui ki tōna whaea ahakoa tōna āhua pōhēhē. I kite ia i a ia he tamaiti noa iho,

ehara i te mea he tohunga. He mea whakamīharo te kaupapa iti nei; i homai he whakamārama mō te āhua rerekē o taku tohunga, he whakaiti i roto, he pakari i waho.

Kāore ngā ture mōneka e whakaae kia mau tonu te hononga o te swami ki ngā hononga o te ao i muri i te wehenga ōkawa. Kāore e taea e ia te mahi i ngā kawa whānau e tika ana mō te rangatira whare. Heoi, kāore a Shankara, te kaihanganga tawhito o te Swami Order, i aro ki ngā whakahau. I te matenga o tōna whaea aroha, i tahuna e ia tōna tinana ki te ahi o te rangi, ā, i puta mai i tōna ringa i ara ake.

I whakahāweatia hoki e Sri Yukteswar ngā here, he āhua kāore i tino miharo. I te matenga o tōna whaea, i whakaritea e ia ngā karakia tahu i te taha o te awa tapu o Ganges i Benares, ā, i whāngai ia i te tini o ngā Brahmin i runga i te tikanga tawhito.

Ko te kaupapa o ngā aukati *shastric* he āwhina i ngā swami ki te wikitoria i ngā tuakiri whaiti. Nā Shankara rāua ko Sri Yukteswar i whakakotahi katoa ō rāua oranga ki roto i te Wairua Kore-tangata; kāore i hiahiatia he whakaoranga mā te ture. I ētahi wā anō hoki, ka āta wareware te rangatira i tētahi kaupapa ture hei pupuri i tōna kaupapa kia teitei ake, kia motuhake hoki i te āhua. Nō reira, ka hutia e Ihu ngā kānga witi i te rā o te okiokinga. Ki te hunga whakahē i mea ia: "I hanga te hapati mō te tangata, ehara i te mea ko te tangata mō te hapati." **12-20**

I tua atu i ngā karaipiture, kāore i tino kitea he pukapuka i whakanuia e Sri Yukteswar. Heoi, i mōhio tonu ia ki ngā kitenga pūtaiao hou me ngā whanaketanga mātauranga kē atu. He tangata kōrero matatau ia, ā, i pai ki a ia te whakawhitiwhiti whakaaro mō ngā kaupapa maha me āna manuhiri. Nā te wairua mohio me te katakata o taku tohunga i whakaoho ake i ia kōrero. I te nuinga o te wā, kāore te Kaiwhakaako i pouri. "Ki te rapu i te Ariki, kāore e hiahiatia te whakapōrearea i tōna mata," tana kī. "Kia mahara ko te kimi i te Atua te tikanga o te tangihanga o ngā mamae katoa."

I roto i ngā tohunga whakaaro, ngā ahorangi, ngā rōia me ngā kaipūtaiao i tae mai ki te whare karakia, he tokomaha i tae mai mō tā rātou haerenga tuatahi me te tumanako ka tūtaki ki tētahi tohunga whakapono tuku iho. I ētahi wā, mā te ataata whakakake, mā te titiro whakakatakata rānei, ka kitea he iti noa ngā kōrero tapu i tumanakohia e ngā tauhou. Heoi, nā tō rātou wehenga ā-whakaroa i puta ai te whakapono kua whakaatu a Sri Yukteswar i te māramatanga tika ki ā rātou mara motuhake.

He ngawari, he atawhai hoki taku tohunga ki ngā manuhiri; he manaakitanga ataahua tana manaakitanga. Heoi, i ētahi wā ka pāngia te hunga whakakake e te ohorere whakahihiri. Ka tūtaki rātou ki te Ariki i tētahi āhua kore aro, i tētahi ātete nui rānei: he hukapapa, he rino rānei!

I tūtaki tetahi tohunga matū rongonui ki a Sri Yukteswar. Kāore te manuhiri e whakaae kei te noho te Atua, nā te mea kāore anō kia kitea e te pūtaiao he huarahi

hei kimi i a Ia.

"Nō reira, kāore i taea e koe te wehewehe i te Mana Nui i roto i ō ngongo whakamātautau, he āhua koretake!" He pakari te titiro a te Ariki. "E taunaki ana ahau i tētahi whakamātautau kāore anō kia rangona. Tirohia tonutia ō whakaaro mō ngā haora e rua tekau mā whā. Kātahi ka mutu te miharo ki te ngaro o te Atua."

He whakanuia tohunga i whiwhi he rite wiri Ki whakahīhī te ngākau nui, te tohunga rūrū te whare karakia

ngā arawhata me karaipiture ngā kōrero tuku iho Haruru nui ngā kōrero ringihia mai i te *Mahabharata*, te

.*Ngā Upanishad*, **12-21** te *Ngā Bhāṣya* **12-22** o Shankara

"Kei te tatari ahau ki te whakarongo ki a koe." He pātai te reo o Sri Yukteswar, me te mea kua noho puku rawa. I pōhēhē te tohunga.

"He nui rawa ngā kōrero i puta mai." Nā ngā kupu a te Ariki ahau i harikoa ai, i ahau e noho puku ana i taku kokonga, i tawhiti atu i te manuhiri. "Engari he aha ngā kōrero taketake ka taea e koe te tuku mai, mai i te ahurei o tō oranga? He aha ngā tuhinga tapu kua mimitihia e koe, ā, kua hangaia hei tuhinga māu ake? I roto i ngā huarahi hea ēnei pono mutunga kore i whakahou ai i tō āhua? Kei te makona koe ki te noho hei tangata koretake, e whakahoki aunoa ana i ngā kupu a ētahi atu tātanga?"

"Au hoatu ake!" Te ā te tohunga pouri i whakakatakata "Au whai kāore roto te whakatutukitanga."

Koinei pea te wā tuatahi i mārāma ai ia kāore te whakatakotoranga tika o te koma e ea ai te koma wairua.

"He hongī kino rawa atu ēnei tangata kore toto ki te rama," te kī a taku tohunga i muri i te wehenga atu o te tangata kua whiua. "E pai ake ana ki a rātou te rapunga whakaaro hei mahi whakatū hinengaro ngawari. Kāore ō rātou whakaaro teitei e pā ana ki te kino o te mahi o waho, ki tētahi whiu o roto rānei!"

Kaiwhakaako ahotea i runga ētahi atu ngā wā te koretake o noa iho pukapuka te ako.

"Kaua e whakapoauau i te māramatanga me te whānuitanga o ngā kupu," tana kī.

"He pai ngā tuhinga tapu ki te whakaoho i te hiahia mō te whakatutukitanga o roto, mēnā ka ata whakaurua tētahi whiti i ia wā. Ko te ako hinengaro tonu ka hua ake te whakapehapeha me te makona teka o te mea kāore i nakunaku." te mātauranga."

I kōrero a Sri Yukteswar i tētahi o ana ake wheako i roto i te whakaakoranga karaipiture. Ko te wāhi i kitea ai he wāhi tapu i te ngahere i te rawhiti o Bengal, i reira i mātaki ai ia i te tikanga a tētahi kaiako rongonui, a Dabru Ballav. Ko tana tikanga, he māmā, he uua hoki i te wā kotahi, he mea noa i Inia onamata.

I huihui a Dabru Ballav i ana ākonga ki tōna taha i roto i te mokemoke o te awaawa. I tuwhera te *Bhagavad Gita* tapu i mua i a rātou. I titiro pūmau rātou ki tētahi wāhanga mō te hawhe haora, kātahi ka kati ō rātou kanohi. I pahemo atu tētahi atu hawhe haora. I kōrero poto te rangatira. Kāore i nekeneke, i whakaaroaro anō rātou mō te haora. I te mutunga ka kōrero te guru.

"Kei a koe koe mārāma?"

"Āe, e te rangatira." Kotahi i roto te rōpū i whakamātau tēnei te whakaū

"Kāo; kāore i tino. Rapua te wairua ora i homai ai ki ēnei kupu te mana ki te whakaora i a Īnia rautau i muri i te rautau." I ngaro atu tētahi atu haora i roto i te wahangu. I tukuna e te kaiako ngā ākonga, ā, ka tahuri ki a Sri Yukteswar.

"Kāo, e te rangatira, kāore tino; ahakoa taku ngā kanohi me hinengaro whai oma mā roto tōna ngā whārangi he tokomaha ngā wā."

"He mano tini ngā whakautu rerekē ki ahau!" Ka menemene te tohunga nui ki te Ariki me te manaaki. "Ki te mea ka pukumahi te tangata ki te whakaatu i te taonga o te karaipiture, he aha te wā e toe ana ki te ruku puku ki roto ki ngā pērara utu nui?"

Nā Sri Yukteswar i ārahi te ako i ana ake ākonga mā te tikanga kotahi anō o te arotahi kotahi. "Kāore te whakaaro nui e honoa ki ngā kanohi, engari ki ngā ngota," tana kī. "Ina kore tō whakapono ki tētahi pono e noho ana i roto i tō roro anake engari i roto hoki i tō wairua, ka taea e koe te whakaū māia i tōna tikanga." I whakahē ia i tētahi āhua o tētahi ākonga ki te whakamārama i te mātauranga pukapuka he mea noa iho. he taahiraa e tika ana mō te whakatutukitanga wairua.

"I roto i te rerenga kotahi i tuhia ai *e ngā rishi* ngā kōrero hōhonu e pukumahi ana ngā tohunga mō ngā whakatipuranga," tana kī. "Ko te tautohetohe tuhituhi mutunga kore he mea mā ngā hinengaro mangere. He aha atu te whakaaro whakaora i te 'Ko te Atua' - kāore, 'Atua'?"

Engari kāore te tangata e hoki ngāwari ki te māmā noa iho. He onge te "Atua" ki a ia, engari he whakapehapeha kua akohia. E harikoa ana tōna whakapehapeha ki te taea e ia te hopu i taua mātauranga.

Ko ngā tāne e whakapehapeha ana ki te tūranga teitei o te ao, tera pea, i te aroaro o te Ariki, ka tāpiri atu i te ngākau mahaki ki ā rātou taonga kē atu. I tae mai tētahi kaiwhakawā o te rohe mō tētahi uiuinga i te whare karakia o te taha moana i Puri. Ko te tangata, he tangata rongonui mō te nanakia, i roto i tōna mana ki te pei i a mātou i te ashram. I whakatūpato ahau i taku guru mō ngā āheinga nanakia. Engari i noho ia me te āhua kore e whakaae, ā, kāore i whakatika ki te mihi ki te manuhiri. He paku matakū, I noho pōturi ahau i te taha o te tatau. I noho noa te tangata ki tētahi pouaka rakau; kāore taku tohunga i tono mai kia tikina e au he tūru. Kāore i tutuki te tumanako a te kaiwhakawā kia whakanuia tōna hiranga i roto i te karakia.

I puta ake he kōrero matatika. I hē te whakamāoritanga o ngā karaipiture e te manuhiri. I te hekenga o tōna tika, ka piki ake tōna riri.

"E mōhio ana koe i tū tuatahi ahau i te whakamātautau MA?" Kua whakarērea ia e te whakaaro nui, engari i taea tonu e ia te karanga.

"E te Kaiwhakawā, kua wareware koe ehara tēnei i tō rūma whakawā," te whakautu tika a te Kaiwhakaako. "Mā ō kōrero tamariki, kua whakaaro ahau he mea noa iho tō mahi i te kāreti. Ahakoa pēhea, kāore he hononga o te tohu whare wānanga ki te whakatutukitanga o te Vedic. Kāore ngā Tapu e puta mai i roto i ngā rōpū i ia

wāhanga ako pērā i ngā kaikaute."

I muri he ohorere te wahangu, te manuhiri kata me te ngākau nui.

"Koinei taku tūtakitanga tuatahi ki tētahi kaiwhakawā rangi," tana kī. Nō muri mai ka tono ia, i roto i ngā tikanga ture i kitea ai he wāhanga nui o tōna oranga, kia whakaaetia ia hei

"whakamātautau" ākonga.

Nā taku tohunga i aro atu ki ngā taipitopito e pā ana ki te whakahaere i ana taonga. I ngā wā maha, i ngana ngā tāngata tinihanga ki te pupuri i te whenua tūpuna o te Ariki. Me te whakapau kaha, tae noa ki te whakatū ture, i tinihanga a Sri Yukteswar i ngā hoa whawhai katoa. I pāngia ia e ēnei wheako mamae nā te hiahia kia kaua rawa e noho hei tohunga tono kai, kia kaua hoki e waiho hei kawenga mō āna ākonga.

Ko tōna mana motuhake i te taha pūtea tētahi o ngā take i kore ai taku Kaiwhakaako, he tino pukumahi, i te mōhio ki ngā mahi tinihanga o te whakawhitiwhiti kōrero. He rerekē ki ngā kaiako e hiahia ana ki te whakapatipati i ō rātou kaitautoko, ko taku tohunga kāore i te ārai i ngā awe, ahakoa kitea, ahakoa ngaro, o ngā taonga a ētahi atu. Kāore au i rongō i a ia e tono ana, e tohutohu ana rānei i te moni mō tētahi take. I tukuna noa, ā, i tukuna noa tana whakangungu mō ngā whare karakia ki ngā ākonga katoa.

I tētahi rā ka tae mai tētahi āpiha whakahihi o te kooti ki te whare karakia o Serampore ki te mahi ki a Sri Yukteswar me te karanga ture. I reira anō māua ko tētahi ākonga ko Kanai tōna ingoa. He whakarihariha te waiaro o te āpiha ki te Ariki.

"He pai ki a koe te wehe atu i ngā atarangi o tō whare karakia, ka hongī i te hau pono o te rūma whakawā." Ka menemene whakahawea te āpiha. Kāore i taea e au te pupuri i a au anō.

"Tētahi atu kupu o tōu whakahihi me koe ka kia i runga te papa!" ahau matatau me te whakawehi.

"E te tangata pōuri!" te karanga a Kanai i te wā kotahi me taku karanga. "E maia ana koe ki te kawē mai i ō kupu kohukohu ki roto i tēnei whare karakia tapu?"

Heoi i tū te Ariki me te tiaki i mua i te kaitukino i a ia. "Kaua e harikoa mō te kore noa iho. Kei te mahi noa tēnei tangata i tana mahi tika."

Te āpiha, pōuri i tāna rerekē te manaakitanga, me te whakaute i tukuna he kupu o whakapāha me tere haere atu

He mea whakamiharo te kite i tētahi rangatira whai ngākau nui pērā te marino o roto. I rite tana whakamāramatanga Vedic mō te tangata a te Atua: "He ngawari ake i te putiputi, ina tae ki te atawhai; he kaha ake i te whatitiri, ina tae ki ngā mātāpono."

Kei reira tonu te hunga i tēnei ao, e ai ki ngā kupu a Browning, "kāore e tu atu ki te māramatanga, e noho ana "I ētahi wā ka riria a Sri Yukteswar e tētahi tangata o waho mō tētahi amuamu pakiwaitara. I whakarongo mārīre taku tohunga mārīre,

me te tātari i a ia anō kia kite mēnā he iti noa te pono kei roto i te whakahē. Mā ēnei whakaaturanga ka maumahara ahau ki tētahi o ngā kitenga whakamiharo a te Kaiwhakaako: "E ngana ana ētahi tāngata kia roa mā te tapahi i ngā upoko o ētahi atu!"

He mea whakamiharo te manawanui pumau o te tangata tapu, nui atu i tētahi atu kauwhau. "He pai ake te tangata puhoi ki te riri i te tangata kaha; he pai ake hoki te tangata e whakahaere ana i tōna wairua i te tangata e horo ana i te pa." **12-23**

ahau pinepine whakaata tērā taku rangatira Kaiwhakaako i taea ngāwari whai kua he emepara rānei te wiri o te ao

Ko te toa, i aro nui tōna hinengaro ki te rongonui, ki ngā whakatutukitanga o te ao.
Engari, i whiriwhiria e ia te whakaeke i aua pā o roto o te riri me te whakapehapeha,
ā, ko tōna hinganga he rite ki te teitei o te tangata.

12-1 "Te karakia ki a Durga." Koinei te hakari matua o te tau Bengali, ā, e iwa ngā rā e roa ana i te mutunga o Hepetema. Tonu tonu e whai ake nei ko te tekau-rā hakari o *Dashahara* ("te Kotahi ko wai tango tekau hara"-toru o tinana, toru o hinengaro, whā o kōrero). Ngā mea e rua *ngā puja* kei tapu ki Durga, tino "te Kāore e taea te uru atu," he āhuatanga o Atua Ko te whaea, ko Shakti, te mana auaha wahine e whakaatuhia ana.

12-2 : Hīri Yukteswar i whānau i runga Mei 10, 1855.

12-3 : *Yukteswar* tikanga "kotahi ki Atua." *Kiri* ko he whakarōpūtanga rerekētanga o kotahi o te tekau tawhito Swami ngā manga. *Hīri* tikanga "tapu"; reira ko kāore he ingoa engari he taitara o whakaute

12-4 : Tikanga tūturu, "ki tika tahi." *Samadhi* ko he hinengaro nui kāwanatanga o te harikoa i roto e te yogi kite te te tuakiri o te wairua me te Wairua.

12-5 : Te ngongoro, e ai ki ki ngā tohunga tinana, ko he tohu o tino whakangā (ki te kore e mōhio kaimahi, anake).

12-6 : *Dhal* ko he matotoru hupa i hangaia mai i wehewehe pī rānei ētahi atu ngā pātere. *Channa* ko he tīhi o hou whakapūkara miraka, tapahi ki ngā tapawhā, ka tunua ki te kari me ngā rīwai.

12-7 Ko ngā mana o te yogi e kitea ana i ngā wāhi katoa, e kite ai ia, e rongo ai, e reka ai, e hongī ai, e rongo ai hoki i tōna kotahitanga i roto i te ao hanga, me te kore te whakamahi o ngā kare ā-roto ngā whekau, whai kua whakaahuatia hei e whai ake nei i roto te *Taitīria Ārāniaka* "Te matapo tāne werohia te pērara; ka kuhua e te tangata kore-maihao he miro ki roto; ka mau te tangata kore-kaki ki roto; ā, ka whakamoemiti te tangata kore-arero ki roto."

12-8 : Te kōpara tere ngā whiunga i tetahi neke mea i roto tōna whānuitanga Oti te kore e nekeneke ko te tikanga tētahi kapu tumanako o te haumaru.

12-9 : Rāhiri Mahasaya ina hoki i mea "Pīria" (tuatahi rānei i hoatu ingoa), kāore "Yukteswar" (mōnahi ingoa, kāore i whiwhi nā taku tohunga i roto i Rāhiri Mahasaya's te oranga). (Tirohia [whārangi 109](#).) "Yukteswar" ko whakakapia konei, me i roto he torotoru ētahi atu ngā wāhi i roto i tēnei pukapuka, hei karo i te whakapoauau, ki te kaupānui, o ngā ingoa e rua.

12-10 : "Nō reira ahau kī ki koe, He aha ngā mea ahakoa pēhea āe hiahia, āhea āe inoi, whakapono tērā āe whiwhi rātou, me āe "Ka riro i a rātou." - *Maka* 11:24. Ko ngā Kaiwhakaako kei a rātou te Tirohanga Atua ka taea te whakawhiti i ō rātou mohiotanga ki ngā ākonga matatau, pērā i a Lahiri Mahasaya i mahi mā Sri Yukteswar i tēnei wā.

12-11 : "Ā, kotahi o rātou patua te pononga o te teitei tohunga, me tapahi whakaweto tāna matau taringa Ā, Ihu i whakautua me "Ka mea ia, Kati ra i konei." Ā, ka pā ia ki tōna taringa, ā, whakaorangia ana ia." - *Ruka* 22:50-51

12-12 : "Hoatu kāore tērā e ko tapu ki te ngā kurī, kāore hoki maka āe tōu ngā pērara i mua i poaka, kei rātou takahi rātou i raro i ō rātou waewae, ā, ka tahuri anō, ka haehae i a koutou."— *Mataio* 7:6.

12-13 : Ngā ākonga; mai i Sanskrit kupumahi pakiaka, "ki mahi."

12-14 : Ia i kotahi māuiui i roto Kāhimana, āhea ahau i ngaro mai i ia. (Tirohia [upoko 23](#).)

12-15 : He toa hauora tangata, Charles Rōpata Richet, i whakawhiwhia te Nobel Tohu i roto te āhua o te tinana, i tuhituhi hei e whai ake nei: "Kāore anō kia whakamanahia te matapūtaiao hei pūtaiao, kia mōhiotia pērā. Engari ka pērā tonu. I Inipātene, ahau i āhei ki whakaū i mua i 100 ngā tohunga tinana tērā tō mātou rima ngā mātakitaki kei kāore tō mātou anake tikanga o Nā mātauranga me tērā he kongakonga o te mooni i ētahi wā ngā tae te mātauranga i roto ētahi atu ngā huarahi. te mea he meka ko onge ko kāore take tērā reira e mahi ana kāore te noho. Nā te mea Ko ērā ko wai whai reera i matatika hei he ngaro he ako ko uaua, ko tērā he take mō kāore te māramatanga reira?

ka whakama te pūtaiao ki a rātou anō, pērā i te hunga i whakahē i te matū i runga i te whakaaro he tinihanga te whai
I roto i te mea o ngā mātāpono i reira kei anake ērā o Ravoisier, Claude Bernard,. i te kōhatu a te tohunga whakaaro.
me

Pasteur-te *whakamātautau* ngā wāhi katoa me i ngā wā katoa. Ngā mihi, kātahi, ki te hou pūtaiao e ko e haere ana ki panoni
".te aronga o te whakaaro tangata

12-16 : *Samadhi* : tino tika uniana o te takitahi wairua me te Mutunga kore Wairua.

12-17 : Te i roto i te hinengaro kore ārahi ngā whakamāramatanga o te hinengaro kei tino rerekē mai i te tino tika ārahi o te pono e ngā take mai i te te hinengaro nui Arataki nā Wīwī ngā kaupūtaiao o te Sorbonne, Te Hauāuru ngā kaupūkenga whakaaro kei tīmatanga ki te rangahau i te āheinga o te kitenga atua i roto i te tangata.

Mō ngā tau e rua tekau kua pahure ake nei, i whakapau kaha ngā ākonga hinengaro, i raro i te awe o Freud, ki te rapu i "te hinengaro huna." ngā ao," Rāpi Ihairaira H. Levinthal tohu i waho i roto 1929. "Koia ko pono tērā te hinengaro kore e whakaatu ana nui o te mea ngaro e taea ai te whakamārama i ngā mahi a te tangata, engari ehara i te katoa o ā tātou mahi. Ka taea e ia te whakamārama i ngā mea rerekē, engari ehara i te mahi o runga ake nei te noa. Te hou rawa hinengaro, tautokona nā te Wīwī ngā kura, kua kitea he hou rohe i roto tangata, e e kīia ana ko te hinengaro huna. He rerekē ki te hinengaro huna e tohu ana i ngā ia o roto o tō tātou āhua, e whakaatu ana te teitei ki e tō mātou taiao kēne toro atu Tāne e tohu ana he takitoru, kāore he takirua, te tuakiri; tō mātou mōhio ā, ko te hinengaro papaku e karaunatia ana e te hinengaro nui. He maha ngā tau ki muri, i kī te tohunga hinengaro Ingarihi, a FWH Myers, 'kei roto i te hohonutanga o tō tātou wairua he puranga para, he whare taonga anō hoki.' He rerekē ki te hinengaro e aro ana ki te hinengaro papaku i roto i te āhua o te tangata, ko tēnei hinengaro hou o te hinengaro papaku e aro ana ki te whare ".taonga, te rohe anake ka taea te whakamārama i ngā mahi nui, koretake, toa hoki a te tangata

12-18 : *Jnana* , te whakaaro nui, me *bhakti* , te aroha: e rua o te matua ngā ara ki Atua.

12-19 : "Tangata i roto tāna te oho ake kāwanatanga ngā whakatakoto whakamua kore e taea te tatau ngā mahi mō te wheako ātaahua ngā ahuaereka; āhea te katoa "Ka ngenge te rōpū o ngā whekau rongo, ka wareware ia ki te ahuaereka kei te ringa, ka moe kia pai ai te okiokinga o te wairua, tōna ake āhua," te tuhituhi a Shankara, te Vedantist nui. "Nō reira, he tino ngāwari te whakatutuki i te harikoa tino-hinengaro, ā, he nui ake i ngā ahuaereka o ngā kare ā-roto e mutu tonu ana i te whakarihariha."

12-20 : *Māka* 2:27.

12-21 Ko ngā *Upanishads* , *Vedanta* rānei (arā, "te mutunga o ngā Veda"), e puta ana i ētahi wāhanga o ngā *Veda* hei whakarāpopototanga nui. Ko ngā *Upanishads* te pūtake o te whakapono Hindu. I whiwhi rātou i te takoha e whai ake nei mai i a Schopenhauer: "Me pēhea katoa e mahi ana te *Upanihāta* manawa puta noa te tapu wairua o te *Ngā Veda* ! Me pēhea ko te katoa kua mōhio ki taua pukapuka kore e taea te whakataurite i whakaohokia e taua wairua ki roto rawa i tōna wairua! Mai i ia rerenga kōrero hōhonu, taketake, me rangatira ngā whakaaro ara ake, me te katoa ko horapa nā he teitei me tapu me pono wairua . . " Ki taku titiro, ko te urunga atu ki ngā *Veda* mā roto i ngā *Upanishad* te mana nui rawa atu ka taea te kī i tēnei rautau i mua i ngā rautau katoa o mua."

12-22 : Ngā Tātaritanga. Shankara tino kore e taea te whakataurite i

whakamāramahia te *Ngā Upanishad* 12-23 : *Whakatauki* 16:32.

Upoko: 13

Te Kore moe Tapu

"Tukua ahau kia haere ki ngā maunga o Himalaya. Ko tāku e tumanako nei, i roto i te mokemoke, ka tutuki tonu te hononga atua."

I tētahi wā i tukuna atu e au ēnei kupu kore whakawhetai ki tōku Ariki. I te mauheretia e tētahi o ngā whakaaro pohehe e pā ana ki te tangata karakia, ka tīmata taku kore manawanui ki ngā mahi o te whare karakia me ngā akoranga o te whare wānanga. Ko tētahi āhuatanga ngoikore ko taku tono i te wā e ono noa ngā marama i noho tahi ai māua ko Sri Yukteswar. Kāore anō kia tino tirohia e au tōna tū teitei.

"He tokomaha ngā tāngata maunga e noho ana i ngā maunga o Himalaya, engari kāore i a rātou te māramatanga ki te Atua." Āta haere ana te whakautu a taku tohunga, ā, he māmā noa iho. "He pai ake te rapu i te whakaaro nui i te tangata whai māramatanga, i te tangata e noho puku ana."

I wareware ahau ki te tohu mārāma a te Ariki ko ia taku kaiako, ehara i te puke, ā, ka tuaruatia e au taku inoi. Kāore a Sri Yukteswar i whakaae. I tangohia e au tana wahangu hei whakaae, he whakamaoritanga mōrearea e whakaaetia ana i te wā e pai ai te tangata.

I taua ahiahi i tōku kāinga i Calcutta, i pukumahi ahau ki ngā whakaritenga haerenga. I a au e here ana i ētahi taonga ki roto i te paraikete, ka mahara ahau ki tētahi paihere rite, i taka puku mai i te matapihi o tōku tuanui i ētahi tau kua pahure. I whakaaro ahau mēnā he rerenga pōrangī anō tēnei ki ngā maunga o Himalaya.

Ko te wā tuatahi tēnei i tino harikoa ai ahau; i tēnei pō ka tino pā te hinengaro ki te whakaaro ki te wehe atu i taku guru.

I te ata i muri mai ka rapu ahau i a Behari Pundit, taku ahorangi Sanskrit i te Scottish Church College.

"E te Ariki, kua kōrero mai koe ki ahau mō tō hoa rangatira ki tētahi o ngā ākonga nui a Lahiri Mahasaya. Tēnā koa homai tōna wāhi noho."

"Ko Ram Gopal Muzumdar te tikanga. Ka karangatia ia e au ko te 'tangata tapu kore moe.' E ara tonu ana ia i roto i te hinengaro harikoa. Kei Ranbajpur tōna kāinga, e tata ana ki Tarakeswar."

ahau whakawhetai te tohunga, me kua mau tonu mō Tarakeswar. ahau i tumanakohia ki te wahangu i whakamāmā i ōku āwangawanga mā te tono whakaaetanga mai i te "tangata tapu kore moe" kia uru atu ahau ki te whakaaroaro mokemoke i Himalaya. I rongo ahau, kua whiwhi te hoa o Behari i te māramatanga i muri i ngā tau maha o te mahi *Kriya Yoga* i roto i ngā ana motuhake.

I Tarakeswar ka whakatata atu ahau ki tētahi wāhi tapu rongonui. E whakanuia ana e ngā Hindu te wāhi tapu, pērā i te whakanuia e ngā Katorika ki te wāhi tapu o Lourdes i Parani. He maha ngā merekara whakaora kua puta i Tarakeswar, tae atu ki tētahi mō tētahi o tōku whānau.

"I noho ahau i te temepara i reira mō te wiki," te kōrero a taku whaea kēkē matamua ki ahau. "I a au e nohopuku ana, ka inoi ahau kia ora tō Matua Kākā, a Sarada, i te mate pūmau. I te whitu o ngā rā ka kitea e au tētahi otaota i roto i tōku ringa! I hanga e au he inu mai i ngā rau, ā, ka hoatu ki tō matua kēkē. Ko tāna "I memeha tonu atu te mate, kāore anō kia puta mai anō."

I tomo ahau ki te wāhi tapu o Tarakeswar; he kōhatu porowhita anake kei roto i te aata. Ko tōna porowhita, kāore he tīmatanga, kāore he mutunga, e tohu ana i te hiranga o te Mutunga Kore. Ko te Ao Tūroa

Ahakoia te tangata whenua Īnia tino iti, kāore ngā whakaaro auaha i te tauhou; kua whakapaetia ia e te hunga o te Hauāuru mō te noho ki runga i ngā whakaaro auaha!

I tino pōuri rawa tōku wairua i taua wā, ā, kāore au i pai ki te piko ki mua i te tohu kōhatu. Me rapu te Atua i roto i te wairua anake, i whakaaro ahau.

I puta atu ahau i te temepara me te kore e piko iho, ā, ka hikoi tere atu ki te kāinga o Ranbajpur. Nā taku karangatanga ki tētahi tangata e haere ana kia ārahi ia i totohu ai ki roto i te whakaaroaro roa.

"Ina koe haere mai ki he te whakawhiti huarahi, tahuri matau me pupuri e haere ana," ia i te mutunga whakapuakina ā-waha.

I te whakarongo ki ngā tohutohu, ka hikoi haere ahau i te taha o te awaawa. Ka pōuri te rā; ki tonu ngā taha o te kāinga ngahere i ngā pepeke e kimo ana, me te aue a ngā tarakona tata. Nā te ngoikore rawa o te marama i kore ai ahau e whakamarie; e rua hāora ahau e hikoi ana.

Nau mai, e te tangi o te pere kau! Nā aku karanga maha i tae mai ai tētahi

kaiahuwhenua ki tōku taha. "Kei te rapu ahau i a Ram Gopal Babu."

"Kāore he tangata pērā e noho ana i tō mātou kāinga." He pōuri te reo o te tangata. "He kaitirotiro teka pea koe."

I te tumanako ka whakamama i te whakapae i roto i tōna hinengaro pōrearea tōrangapū, ka whakamārama atu ahau i tōku āhua pōuri. I haria ahau e ia ki tōna kāinga, ā, i manaaki mai i a ia.

"Kei tawhiti a Ranbajpur i konei," tana kī. "I te whakawhitinga o te rori, me huri koe ki mauī, kaua ki matau."

I whakaaro pouri ahau, he tino whakamataku te tangata nāna ahau i kōrero i mua ki ngā kaihaerere. Whai muri i te kai reka o te raihi matotoru, te pīni rēneti, me te kari rīwai me ngā panana mata, ka hoki ahau ki tētahi whare iti e tata ana ki te marae. I tawhiti, e waiata ana ngā tāngata o te kāinga me te waiata nui o *ngā mridanga* **13-1** me ngā himipora. Kāore i roa te moe i taua pō; i inoi nui ahau kia arahina ahau ki te yogi ngaro, ki a Ram Gopal.

I te putanga mai o ngā hihi tuatahi o te ata ki roto i ngā kapiti o tōku rūma pōuri, ka haere ahau ki Ranbajpur. I a au e whiti ana i ngā mara raihi taratara, ka hikoi haere ahau i runga i ngā tumu o te tipu koikoi me ngā puranga uku maroke. Ka kī mai tetahi kaiahuwhenua e tūtaki ana ki ahau i ētahi wā, i ngā wā katoa, ko taku ūnga ko "he *krosha noa iho* (e rua maero)." I roto i ngā haora e ono ka haere wikitoria te

rā mai i te pae ki te meridian, engari ka tīmata ahau ki te whakaaro ka tawhiti tonu ahau i Ranbajpur mā te kotahi *krosha* .

I waenganui o te ahiahi, he mara raihi mutunga kore tonu tōku ao. Nā te wera e ringihia ana mai i te rangi e kore e taea te karo, tata tonu ahau ki te hinga. I te whakatata mai o tētahi tangata me te tere mārie, kāore au i maia ki te kōrero i taku pātai noa, kei puta te pātai hoha: "He *krosha noa iho* ."

Te manene kua mutu i te taha ahau. Poto me iti, ia i ā-tinana kāore i te tino miharo tiaki mō he

tino mīharo takirua o wero pōuri ngā kanohi.

"I whakaaro ahau ki te wehe atu i Ranbajpur, engari he pai tāu kaupapa, nō reira i tatari ahau ki a koe." I rūrū ia i tōna maihao ki tōku mata miharo. "Kāore ianei koe i te mōhio ki te whakaaro ka taea e koe te peke atu ki ahau, kāore i te whakamōhio? Kāore he mana o taua Ahorangi Behari ki te hoatu i tōku wāhi noho ki a koe."

I te mea he kupu noa iho tēnei hei whakamōhio i ahau ki te aroaro o tēnei rangatira, ka tū puku ahau, kāore he kupu i kōrerotia, he ahua mamae i taku hui whakanui. Kātahi ka puta ohorere mai tana kōrero i muri mai.

"Kōrero ahau; kei hea mahi koe whakaaro Atua koia?"

"Nā te aha, Ia ko i roto ahau me ngā wāhi katoa." ahau kāore e kore titiro hei pōhēhē hei ahau i te mea i rongohia.

"E horapa ana, āe?" Ka kata te tangata tapu. "He aha rā, e te rangatira taitamariki, i kore ai koe e piko ki mua i te Mutunga Kore i roto i te tohu kōhatu i te temepara o Tarakeswar inanahi?" **13-2** Nā tō whakapehapeha koe i whiu ai, arā, nā te tangata e hīkoi ana i hē ai, kāore nei i aro ki ngā rerekētanga o te taha mauī me te taha matau. I tēnei rā anō hoki, he wā tino whakamā koe!"

I whakaae katoa ahau, me te miharo i te mea he kanohi mātau katoa e huna ana i roto i te tinana noa i mua i ahau. I puta mai te kaha whakaora i te yogi; i ora tonu ahau i roto i te mara werawera.

"E whakaaro ana te tangata karakia ko tōna ara ki te Atua anake te huarahi," tana kī. "Ko te Yoga, e kitea ai te atuātanga i roto, koia te huarahi teitei rawa atu: koia te kōrero a Lahiri Mahasaya ki a tātou. Engari i te kitenga i te Ariki i roto, ka kite wawe tātou i a Ia i waho. Ko ngā wāhi tapu i Tarakeswar me ētahi atu wāhi e tika ana kia whakanuia hei pokapū karihi o te mana wairua."

I ngaro te wairua whakahē a te tangata tapu; ka ngawari haere ōna kanohi me te aroha. I papaki ia i tōku pakihiwi.

"E te taitamariki yogi, e kite ana ahau kei te oma atu koe i tō rangatira. Kei a ia ngā mea katoa e hiahia ana e koe; me hoki koe ki a ia. Kāore e taea e ngā maunga te noho hei guru māu." I whakahua anō a Ram Gopal i taua whakaaro anō. i whakapuakina e Sri Yukteswar i tā mātou hui whakamutunga.

"Kāore he mana o te ao ki ngā rangatira ki te whakawhāiti i ō rātou nohoanga." I titiro mai taku hoa ki ahau me te pātai. "Kāore he mana motuhake o ngā tapu i ngā maunga o Himalaya i Īnia me Tibet. Ko te mea kāore e rapua e te tangata i roto, e kore e kitea mā te kawhe i te tinana ki konei, ki konei. Ina *hiahia te tangata karakia* ki

te haere ki ngā pito o te ao mō te māramatanga wairua, ka puta mai tana guru i te taha tata."

I whakaae puku ahau, me te mahara ki taku inoi i te whare karakia o Benares, ā, i muri mai ka tūtaki ahau ki a Sri Yukteswar i te ara kī tonu i te tangata.

"Kei te koe āhei ki whai he iti rūma kei hea koe kēne kati te tatau me kia ko ia anake?"

"Āe." I whakaaroaro ahau i heke iho tēnei tangata tapu i te tiānara ki te motuhake me te tere whakaharahara.

"Ko tō ana tēnā." I homai e te yogi he tirohanga mārama ki ahau, kāore i warewaretia e au. "Ko tō maunga tapu tēnā. Koinā te wāhi e kitea ai e koe te rangatiratanga o te Atua."

Nā āna kupu ngāwari i whakakore wawe taku hiahia mō ngā maunga o Himalaya. I roto i tētahi mara raihi e mura ana, i ara ake ahau i ngā moemoeā mō te hukarere mutunga kore.

"E te rangatira, he mea whakamiharo tō matewai nui. Nui atu tōku aroha ki a koe." I mau a Ram Gopal i tōku ringa, ā, i ārahi i ahau ki tētahi kāinga iti ataahua. He rau kokonati ngā whare i hangaia ki te adobe, ā, he whare kua whakapaipaihia ki ngā tomokanga tawhito.

I whakanohoia ahau e te tangata tapu ki runga i te papa rākau whakahihi o tōna whare iti. I muri i tana homai i te wai raima reka me te poro monamona toka, ka tomo ia ki tōna taupee ka noho ki te tūnga rōhi. I roto i te whā hāora ka whakatuwherahia e au ōku kanohi whakaaroaro, ā, ka kite ahau i te āhua marama o te yogi e kore e nekeneke. I a au e whakamahara ana i taku puku kāore te tangata e ora i te taro anake, ka whakatata mai a Ram Gopal ki ahau.

"Au kite koe kei hiakai; kai ka kia kua rite "i te wā tata."

I tahuna he ahi i raro i tētahi oumu uku i te taupee; i tere tonu te mahi i te raihi me te *dhal* i runga i ngā rau panana nunui. Nā te atawhai o taku kaihautū i whakakahore taku āwhina i ngā mahi tunu kai katoa. "Ko te manuhiri ko te Atua," he whakataukī Hinitū, kua whakahaua kia karakia tapu mai anō i ngā wā o mua. I aku haerenga o muri mai ki te ao, i miharo ahau ki te kite i te whakaaturanga o tētahi whakaute rite ki ngā manuhiri i ngā wāhi tuawhenua o ngā whenua maha. Ka kitea e te tangata noho tāone te taha koi o te manaakitanga kua memeha haere i te nui o ngā kanohi tauhou.

I te mea he pōuri te āhua o ngā tāngata i ahau e noho ana i te taha o te yogi i te mokemoke o te kāinga iti o te ngahere. He mea ngaro te rūma iti me te mārama ngawari. I whakarite a Ram Gopal i ētahi paraikete haehae ki runga i te papa mō taku moenga, ā, ka noho ia ki runga i tētahi whāriki kakau witi. Nā te miharo ki tōna mana wairua, ka tonu ahau.

"E te Ariki, he aha ai kaua koe tuku moni ahau he *samadhi*?"

"E hoa, ka koa ahau ki te whakapuaki i te hononga atua, engari ehara i te mea māku." I titiro mai te tangata tapu ki ahau me ngā kanohi kua katia. "Ka tukuna mai e tō rangatira taua wheako a mua tata nei. Kāore anō tō tinana kia rite. Pērā i te

rama iti e kore e taea te tu atu i te ngaohiko hiko nui, pērā anō ō io. kāore anō kia rite mō te ia o te ao. Mēnā ka hoatu e au ki a koe te harikoa mutunga kore i tēnei wā tonu, ka mura koe pērā i te me i mura katoa ngā pūtau.

"Kei te tonono mai koe i ahau kia mārama," te whakaaro tonu a te yogi, "i a au e whakaaro ana - ahakoa tōku iti, me te iti o te whakaaroaro kua mahia e au - mehemea kua angitu ahau ki te whakamanawareka i te Atua, me te aha te uara ka kitea e au i roto i Ana kanohi i te wā whakamutunga."

"E te Ariki, whai koe kāore kua ngākau kotahi e rapu ana Atua mō he roa wā?"

"Kāore i nui aku mahi. Me kī atu a Behari ki a koe i tētahi mea mō tōku ao. E rua tekau tau ahau e noho ana i tētahi ana ngaro, e whakaaroaro ana tekau mā waru hāora i te rā. Kātahi ka neke ahau ki tētahi ana kāore e taea te uru atu, ā, e rua tekau mā rima tau ahau e noho ana i reira, e uru ana ki te uniana yoga mō ngā haora e rua tekau i te rā. Ko au Kāore i hiahiatia he moe, nā te mea i te Atua tonu ahau. I nui ake te okiokinga o tōku tinana i roto i te marino katoa o te hinengaro i tō te rangimārie wāhanga o te āhua hinengaro noa.

"Ka whakangāwari ngā uaua i te wā e moe ana, engari kei te mahi tonu te ngākau, ngā pukahukahu, me te pūnaha tohanga toto; kāore e okioki. I roto i te hinengaro nui, ka noho tonu ngā whekau o roto i te āhua o te kore e nekeneke, e hikohia ana e te kaha o te ao. Nā ēnei tikanga kua kite ahau kāore e tika kia moe mō ngā tau. Ka tae mai te wā ka kore hoki koe e moe."

"Aue, kua roa koe e whakaaroaro ana, ā, kāore anō koe i te tino mohio ki te manaakitanga a te Ariki!" Ka titiro atu ahau ki a ia me te miharo. "Ā, me pēhea tātou, te hunga mate rawakore?"

"Āe, kāore koe e kite, e taku tama, ko te Atua tonu te Ao Tūroa? Ki te whakaaro ka taea e te tangata te mōhio ki a Ia mā te whā tekau mā rima tau o te whakaaroaro, he tumanako tino wairangi. Heoi, e whakamana ana a Babaji ki a tātou, ahakoa he whakaaroaro iti noa iho ka whakaora i te tangata i te wehi nui o te mate me ngā āhua i muri i te mate. Kaua e whakapūmau i tō wawata wairua ki runga i tētahi maunga iti, engari herea ki te whetu o te whakatutukitanga atua mutunga kore. Ki te kaha koe ki te mahi, ka tae koe ki reira."

I miharo ahau ki te tirohanga, ā, i tono atu ahau ki a ia kia homai ētahi atu kupu whakamārama. I kōrero ia i tētahi kōrero whakamiharo mō tana tūtakitanga tuatahi ki te tohunga o Lahiri Mahasaya, a Babaji. **13-3** I waenganui pō ka noho puku a Ram Gopal, ā, ka takoto ahau i runga i ōku paraikete. Ka katia ōku kanohi, ka kite ahau i ngā uira; ko te wāhi whānui i roto i ahau he rūma mārama rewā. Ka whakatuwherahia ōku kanohi, ā, ka kite ahau i taua kanapa kanapa anō. Ka riro te rūma hei wāhanga o taua whare nui mutunga kore i kitea e au me te tirohanga ā-roto.

"He aha kaua koe haere ki moe?"

"E te Ariki, pēhea kēne ahau moe i roto te aroaro o uira, mura ana mēnā rānei taku ngā kanohi kei kati rānei tuwhera?"

"He manaakitanga tōu mō tēnei wheako; e kore e kitea ngāwari ngā hihi wairua." I tāpirihia e te tangata tapu ētahi kupu aroha.

I te atatu, ka homai e Ram Gopal ētahi monamona toka ki ahau, ā, ka mea mai me haere ahau. Nā te nui o tōku hiahia ki te poroporoaki ki a ia, ka rere ngā roimata i ōku paparinga.

"Au ka kāore tukua koe haere ringa kau." Te yogi kōrero mārie "Au ka mahi tetahi mea mō koe."

Ātaata ana ia, ka titiro pūmau mai ki ahau. I tū pakari ahau ki te whenua, me te rangimārie e rere ana me te mea he waipuke nui i roto i ngā tatau o ōku kanohi. I ora tonu ahau i te mamae o tōku tuara, i whakararuraru i ahau mō ngā tau. I whakahoutia, i kaukauhia ki te moana o te hari kanapa, kāore au i tangi anō. I muri i taku pā ki ngā waewae o te tangata tapu, ka hikoi haere ahau ki roto i te ngahere, ka haere mā roto i tōna rohe pārūrū.

whakarakarururu tae noa ki ahau tae atu Tarakeswar.

I reira ka haere tuarua ahau ki te wāhi tapu rongonui, ā, ka takoto katoa ahau ki mua i te aata. Ka nui haere te kōhatu porowhita i mua i taku tirohanga ā-roto, ā, ka noho ko ngā porowhita rangi, he mowhiti i roto i te mowhiti, he rohe i muri i te rohe, kapi katoa i te atuata.

I te haora i muri mai ka hari ahau ki Calcutta. Kāore i mutu aku haerenga i ngā maunga teitei, engari i te aroaro o tōku Ariki i ngā maunga Himalaya.

.....
13-1 : I takarohia ā-ringa ngā pahu, whakamahia anake mō karakia puoro.

13-2 : Kotahi ko whakamaharatia konei o A Dostoevski te tirotiro: "He tāne ko wai kopere iho ki kāore he mea kēne kāore rawa pea te te kawenga mōna ake."

13-3 : Tirohia upoko 35.

Upoko: 14

He Wheako I roto Ao tūroa Te māramatanga

"Au am konei, Guruji." Taku whakama kōrero atu anō me te kōrero nui mō ahau.

"Me haere tāua ki te kīhini ki te kimi kai." He āhua noa iho te whanonga a Sri Yukteswar, me te mea kua wehea tāua e ngā hāora, ehara i te rā.

"E te Ariki, kua pouri pea koe i taku wehenga ohorere atu i aku mahi i konei; i mahara ahau kei riri koe ki ahau."

"Kāo, kāore rawa! Ko te riri ka puta ake i ngā hiahia kua āraia. Kāore au e tumanako ki tetahi mea mai i ētahi atu, nō reira kāore e taea e ā rātou mahi te whakahē i aku hiahia. Kāore au e whakamahi i a koe mō aku ake painga; ko tōu ake harikoa pono anake taku e hari ai."

"E te Ariki, kāore i te tino mārama te rongonga i te aroha atua, engari ko te wā tuatahi tēnei ka kite ahau i tētahi tauira tūturu i roto i tō āhua anahera! I te ao nei, ahakoa te matua, kāore e ngāwari te muru i te hara a tana tama mēnā ka wehe atu ia i te mahi a ōna mātua me te kore whakatūpato. Engari kāore koe e whakaatu i

tētahi riri iti, ahakoa me ... kua tino pāngia ahau e ngā mahi maha kāore anō kia oti i mahue iho i ahau."

I titiro māua ki ngā kanohi o tētahi ki tētahi, me te titiro mai o ngā roimata. I taupokina ahau e te ngaru harikoa; i mōhio ahau ko te Ariki, i roto i te āhua o taku guru, e whakawhanui ana i ngā kare ā-roto iti o tōku ngākau ki ngā toronga kore e taea te pēhi o te aroha o te ao.

I muri i ētahi ata, ka haere ahau ki te rūma noho kau o te Ariki. I whakaaro ahau ki te whakaaroaro, engari kāore i te whai wāhi mai ngā whakaaro tutu ki taku kaupapa whakamihi. I marara noa atu rātou pērā i ngā manu i mua i te kaiwhai.

"Mukunda!" Hīri Yukteswar's reo i tangihia mai i he tawhiti roto taupee

I pērā tonu taku whakakeke me ōku whakaaro. "Kei te akiaki tonu te Ariki i ahau kia whakaaroaro," ka hameme ahau ki ahau anō. "Kaua ia e whakararuraru i ahau ina mōhio ia he aha ahau i haere mai ai ki tōna rūma."

Ka karanga anō ia i ahau; i noho puku tonu ahau. I te tuatoru o ngā wā, i riria

ia e tōna reo. "E te Ariki, kei te whakaaroaro ahau," ka karanga atu ahau me te whakahē.

"E mōhio ana ahau ki tō whakaaroaro," te karanga a taku tohunga, "me tō hinengaro kua horapa pērā i ngā rau i roto i te tupuhi! Haere mai ki ahau."

I whakahaweatia me kua whakakitea, ahau i hangaia taku ara pōuri ki tāna taha

"E tama rawakore, kāore i taea e ngā maunga te homai i tāu i hiahia ai." I kōrero ātaahua, i whakamarie hoki te Ariki. Kāore i taea te mārāma ki tana titiro marino. "Ka tutuki te hiahia o tō ngākau."

Kāore a Sri Yukteswar i tino aro ki ngā panga; i pōhēhē ahau. I papaki mārie ia i tōku uma i runga ake i te ngākau.

I pūmau te mau o tōku tinana; i tangohia te manawa i roto i ōku pūkahukahu me te mea he aukume nui. I ngaro tonu te here o te wairua me te hinengaro, ā, i rere mai me te mea he wai e wero ana i roto i ōku pūkahukahu katoa. I rite te kikokiko ki te mea kua mate, engari i roto i tōku mōhiotanga nui i mōhio ahau kāore anō ahau kia tino ora i mua. Kāore tōku tuakiri i herea ki te tinana, engari i awhi i ngā ngota e karapoti ana. Ko te hunga i ngā tiriti tawhiti te āhua nei e neke mārīre ana i runga i tōku ake taha tawhiti. I puta mai ngā pakiaka o ngā tipu me ngā rākau i roto i te mārāma ngoikore o te oneone; i kite ahau i te rerenga mai o te wai o rātou.

I takoto kau noa te rohe katoa i mua i ahau. Kua huri taku tirohanga o mua ki tētahi tirohanga porowhita whānui, he tirohanga whānui hoki i te wā kotahi. I roto i te tuara o tōku mahunga ka kite ahau i ngā tāne e hikoi ana i te huarahi o Rai Ghat, ā,

ka kite anō hoki ahau i tētahi kau mā e whakatata mārie mai ana. I tōna taenga ki te wāhi i mua i te kūaha o te ashram e tuwhera ana, ka mātakitaki ahau i a ia me ōku kanohi e rua. I a ia e haere ana, i muri i te taiepa pereki, ka kite mārama ahau i a ia.

I wiriwiri, i wiriwiri hoki ngā mea katoa i roto i taku tirohanga whānui, pērā i ngā kiriata tere. Ko tōku tinana, ko tōku Ariki, ko te marae pou, ko ngā taonga me te papa, ko ngā rākau me te hihi o te rā, i ētahi wā ka tino wiriwiri, tae noa ki te rewa katoa hei moana kanapa; pērā i ngā tioata huka, i whiua ki te wai.

ki roto i tētahi karāhe wai, ka rewa i muri i te rūrūtanga. I taupatupatu te māramatanga whakakotahi me ngā whakatinanatanga o te āhua, ko ngā whakarerekētanga e whakaatu ana i te ture o te take me te pānga i roto i te hanganga.

I pakaru mai te harikoa o te moana ki runga i ngā takutai marino mutunga kore o tōku wairua. I kite ahau, ko te Wairua o te Atua he Harikoa mutunga kore; ko tōna tinana he kiko mārāma e kore e taea te tatau. I tīmata te korōria e puāwai ana i roto i ahau. e karapoti ana i ngā tāone, i ngā whenua nui, i te whenua, i ngā pūnaha rā me ngā whetu, i ngā kohu ngoikore, me ngā ao mānumanu. Ko te ao whānui katoa, he mārāma ngawari, he rite ki te tāone e kitea ana i tawhiti i te pō, e kanapa ana i roto i te mutunga kore o tōku ao. Ko ngā āhua whakairo koi o te ao i memeha haere i ngā taha tawhiti rawa; i reira ka kite ahau i te kanapa ngawari, kāore e memeha. He mea ngaro e kore e taea te whakaahua; ko ngā pikitia aorangi i hangaia mai i te māramatanga whakarihariha.

Ko te marara atua o ngā hihi i ringihia mai i tētahi Pūtake Mutunga Kore, e mura ana ki ngā tupua whetu, kua hurihia ki ngā aura e kore e taea te kōrero. I kite anō ahau i ngā hihi auaha e whakaemi ana hei whetū whetu, kātahi ka memeha hei rau mura mārāma. Nā te hurihanga manawataki, ka huri ngā miriona ao ki te kanapa marama; ka huri te ahi hei kikorangi.

I kite ahau i te pokapū o te ao mārāma hei pūwāhi mō te tirohanga ā-roto i roto i tōku ngākau. I puta mai te kanapa mai i tōku pūtake ki ngā wāhanga katoa o te hanganga ao. I pā mai *te amrita harikoa*, te wai reka o te korekore, i roto i ahau me te rere tere, rite tonu ki te hiriwa. Ko te reo auaha o te Atua. I rongo au i te tangi nui o *Aum*, **14-1** te wiri o te Mōta Ao.

Kātahi ka hoki mai te manawa ki ōku pukahukahu. Me te pouri e kore e taea te manawanui, ka kite ahau kua ngaro tōku whānuitanga mutunga kore. I herea anō ahau ki te whare herehere whakama o te tinana, kāore i te ngāwari ki te noho ki te Wairua. Pērā i te tamaiti kua ngaro, kua oma atu ahau i tōku kāinga ao whānui, ā, kua hereherea ahau i roto i te ao iti.

I tū tonu taku tohunga i mua i ahau, kāore i nekeneke; ka tīmata ahau ki te takoto ki ōna waewae tapu me te whakawhetai mō te wheako o te hinengaro ao i rapua e au mō te wā roa. I pupuri ia i ahau kia tū tika, ā, i kōrero mārie, kāore i te whakahihi.

"Kaua e haurangi rawa koe i te harikoa. He nui tonu ngā mahi māu i te ao nei. Haere mai; kia tahia e tāua te papa o te taupee; kātahi tāua ka hikoi i te awa o Ganges."

I tiki ahau i tētahi puruma; i mōhio ahau, ko te Ariki te kaiwhakaako i te mea ngaro o te noho taurite. Me totoro te wairua ki runga i ngā poka hohonu o te ao, i te mea e mahi ana te tinana i ana mahi o ia rā. I a mātou e hikoi ana i muri mai, i miharo tonu

ahau ki te harikoa e kore e taea te kōrero. I kite ahau i ō mātou tinana he rite ki ngā pikitia whetu e rua, e neke ana i runga i te huarahi i te taha o te awa, ko tōna mauri he mārama noa iho.

"Ko te Wairua o te Atua te mea e tautoko ana i ngā āhua me ngā kaha katoa o te ao; heoi, he mea nui ia, he mea tawhiti hoki i roto i te korekore harikoa, kāore anō kia hangaia, i tua atu i ngā ao o ngā āhuatanga wiri," **14-2** I whakamārama te Kaiwhakaako. "Ko te hunga tapu e mōhio ana ki tō rātou atuanga ahakoa kei roto i te kikokiko e mōhio ana ki tētahi oranga e rua ngā āhuatanga. E mahi ana rātou i ngā mahi o te ao, engari e rumakina tonu ana rātou ki te harikoa o roto. Nā te Ariki i hanga ngā tāngata katoa mai i te hari mutunga kore o Tōna noho. Ahakoa e mamae ana rātou i te tinana, e tumanako ana te Atua kia ara ake ngā wairua i hangaia i Tōna āhua ki runga ake i ngā āhuatanga katoa, ā, ka hono anō ki a Ia."

He maha ngā akoranga pumau i mahue mai i te tirohanga ao whānui. Mā te whakamarie i ōku whakaaro i ia rā, ka taea e au te wetekina i te whakapono tinihanga ko tōku tinana he puranga kikokiko me ngā wheua, e haereere ana i te oneone pakeke o te mea. Ko te manawa me te hinengaro korekore, i kite ahau, he rite ki ngā awaha i pupuhi i te moana mārāma ki ngā ngaru o ngā āhua rauemi - whenua, rangi, tangata, kararehe, manu, rākau. Kāore he tirohanga ki te Mutunga Kore hei Mārāma Kotahi engari mā te whakamarie i aua awaha. I ngā wā katoa i whakamutua ai e au I ngā ngangau taiao e rua, i kite ahau i ngā ngaru tini o te hanganga e rewa ana hei moana mārāma kotahi, pērā i ngā ngaru o te moana, e mariri ana ō rātou tupuhi, e rewa marie ana hei kotahitanga.

Ka whakawhiwhia e te rangatira te wheako atua o te hinengaro ao whānui ina kua whakapakarihia e tana ākonga, mā te whakaaroaro, tōna hinengaro ki tētahi taumata e kore ai ia e kahakina e ngā tirohanga whānui. Kāore e taea te hoatu i te wheako mā te hiahia hinengaro noa iho, mā te tuwhera rānei o te hinengaro. Ko te whakanui rawaka anake mā te mahi yoga me te *bhakti karakia* ka taea te whakarite i te hinengaro ki mimiti i te ohorere whakaora o te noho ki ngā wāhi katoa. Ka tae mai me te mea kāore e taea te karo i te tangata pono. Ka tīmata tana hiahia nui ki te kukume i te Atua me te kaha e kore e taea te ārai. Ko te Ariki, hei Tirohanga Ao, ka kumea e te hihiri aukume o te kairapu ki roto i tōna whānuitanga o te hinengaro.

I ōku tau whakamutunga, i tuhituhia e au te rotarota e whai ake nei, "Samadhi," hei whakapuaki i te kororia o tōna āhua ao:

I ngaro atu ngā arai o te māramatanga
me te atarangi, I tangohia atu ngā
kohu katoa o te pouri,
I rere atu ngā ata katoa o te hari
memeha, Kua riro te moemoeā ngoikore.
Aroha, mauahara, hauora, mate, te ora, te mate,
I ngaro ēnei teka atarangi i runga te mata o takiruatanga.
Ngā ngaru o te kata, ngā kare ā-roto o te whakatoī, ngā awhiowhio
pourī, E rewa ana i te moana nui o te harikoa.
Te tupuhi o *māia* kua marino
Nā makutu tokotoko o pūmanawa hōhonu.
Ko te ao tūroa, ko te moemoeā kua warewaretia, e whanga
pōuri ana, kua rite ki te whakaeke i taku mahara atua
kua oho ake nei.
E ora ana ahau me te kore o te
atarangi o te ao tūroa, Engari
kāore, me te ngaro atu i ahau;
Pērā i te moana, kāhore he ngaru,

Engari kāore e manawa mēnā kāore he
moana.

Ngā moemoeā, ngā oho ake, ngā āhua o *te turia*
hohonu moe, nāianeī, mua, āpōpō, kāore he mea
anō mōku,

Engari kei te noho tonu ahau, kei te rere katoa
ahau, kei ngā wāhi katoa. Ngā aorangi, ngā whetū,
te puehu whetū, te whenua,

Ngā pahūtanga o ngā aituā o te ao tūroa, te
oumu whakarewa a te Hanganga,

Ngā hukapapa o wahangu ngā hihi-x, te mura irahiko ngā waipuke,

Ngā whakaaro o ngā tāngata katoa, o mua, o
nāianeī, o muri mai, o ia rau tarutaru, o
ahau anō, o te tangata,
Ia matūriki o ao whānui puehu,
Te riri, te apo, te pai, te kino, te
whakaoranga, te hiahia, i horomia e au, i
whakaputa ke i ngā mea katoa
Ki roto i te moana nui o te toto o tōku ake Ao
kotahi! Te harikoa e mura ana, e pupuhi
pinepine ana i te whakaaroaro E whakamatapo ana
i ōku kanohi roimata,
I mura ki roto i ngā mura mutunga
kore o te harikoa, I pau ōku
roimata, tōku tinana, tōku katoa. Ko
koe ahau, ko koe ahau,
Te mōhio, Kaimātai, E mōhiotia ana, hei Kotahi!
He marino, he harikoa e kore e mutu, he ora tonu, he rangimārie hou
tonu! He mea ahuaureka kei tua atu i te whakaaro o te tumanako,
samadhī harikoa!
Kāore he kore mōhio kāwanatanga
He korōromā hinengaro rānei, kāore he
hokinga whakamuri, *Samadhī* engari ka
whakawhānui i tōku ao hinengaro ki tua atu
i ngā rohe o te anga tangata
Ki te rohe mutunga kore o te
mutunga kore Kei reira ahau, te
Moana Ao,
Mātaki te iti whakapehapeha e mānu ana i roto Au.
E kore te manu iti, ia pata onepū, e taka me te kore e kitea
e au. E mānu ana te ao katoa pērā i te hukapapa i roto i
taku moana hinengaro.
Nui rawa Ipu, Ahau, o katoa ngā mea i hangaia.
Mā te whakaaroaro hohonu ake, roa ake, matewai, i
homai e te guru ka puta mai ai tēnei *samadhī rangi*
.
Waea Pūkoro ngā ngunguru o ngā ngota kei i rongo,
Ko te whenua pōuri, ko ngā maunga, ko ngā awaawa, nana!
he wai rewa! Ka huri ngā moana e rere ana hei kohu o ngā
kapua!
Āum ka pupuhi ki ngā kohu, ka whakatuwhera whakamiharo
i ō rātou arai, ka tū mai ngā moana, ka tiaho ngā
irahiko,
Kia tae rā anō ki te tangi whakamutunga o
te pahu o te rangi, Ngaro atu ai ngā

māramatanga whakarihariha ki ngā hihi
mutunga kore o te harikoa e horapa ana i
ngā wāhi katoa.

I ahu mai ahau i te hari, i noho ahau mō te hari, i rewa
ahau i roto i te hari tapu. Moana o te hinengaro, e inu
ana ahau i ngā ngaru o te ao hanga katoa.

Ngā arai e whā o te totoka, te wai, te kohu,
te mārāma, Kia tika.

Ko au anō, i roto ngā mea katoa, tomo te Nui Ko au anō.
Kua ngaro atu mō ake tonu atu, ngā atarangi pōrearea, ngā
atarangi e memeha haere ana o te mahara tangata. He ma te
rangi o tōku hinengaro, i raro, i mua, i runga hoki.

Ko te mutunga kore me ahau, he
hihi kotahi. He mirumiru iti o
te kata, ko au

Am riro te Moana o Mirth Āe anō.

Nā Sri Yukteswar ahau i ako ki te karanga i te wheako manaaki i te wā e pai ai, me te tuku atu ki ētahi atu mēnā kua whanakehia ō rātou ara mohio. Mō ngā marama ka uru atu ahau ki te kotahitanga harikoa, me te mārāma he aha i kī ai ngā *Upanishad* ko te Atua te *rasa* , "te mea tino reka." Heoi, i tētahi rā, ka haria e au tētahi raruraru ki te Ariki.

"E hiahia ana ahau ki te mōhio, e te

rangatira - āhea ahau ka kite i te

Atua?" "Kua kitea e koe Ia."

"Āe kāo, e te rangatira, ahau kua whakaaro nā reira!"

I menemene taku tohunga. "E tino mōhio ana ahau kāore koe e tumanako ana ki tētahi Tangata Whakahonore, e whakapaipai ana i tētahi torona i tētahi kokonga patu huakita o te ao tūroa! Heoi, e kite ana ahau kei te whakaaro koe ko te mana o te atua Ko te mōhio ki te Atua te mea nui o ngā mana whakamiharo. Tērā pea ka riro i te tangata te ao katoa, ā, ka kitea tonutia te Ariki! Kāore te whanaketanga wairua e inehia e ngā mana o waho, engari e te te hōhonutanga o tōna harikoa i roto i te whakaaroaro.

" *Ko te Atua te Harikoa Hou* . Kāore e mutu tana mahi; i a koe e whakaaroaro tonu ana i roto i ngā tau, ka mamingatia koe e ia ki te auaha mutunga kore. Ko te hunga karakia pērā i a koe kua kitea te ara ki te Atua, kāore e moemoeā ki te whakawhiti i a Ia mō tētahi atu hari; he mea whakawai ia, kāore e taea te whakataetae."

"Aue te tere o tō tātou ngenge i ngā ahuareka o te ao! Kāore he mutunga o te hiahia ki ngā mea o te ao; kāore te tangata e tino makona, ā, e whai ana i tētahi whāinga i muri i tētahi. Ko te 'mea kē atu' e rapua ana e ia ko te Ariki, ko ia anake ka taea te homai i te hari pumau."

"Ka peia tātou e ngā hiahia o waho i roto i a Ētene; ka tukuna mai e rātou ngā ahuareka teka e whakaatu ana i te harikoa o te wairua. Ka tere te whakahoki mai i te pararaiha ngaro mā te whakaaroaro atua. I te mea he Atua kāore e tatari ana ki te Hou-ake tonu, kāore tātou e ngenge ki a Ia. Ka taea e tātou te kī tonu i te harikoa, te rerekētanga harikoa puta noa i te ao mutunga kore?"

"Kua mārāma ahau ināianei, e te rangatira, he aha te take e kīia ai e te hunga tapu te Ariki he mea e kore e taea te rapu. Ahakoa te ora tonu, kāore e ranea hei aromatawai i a Ia."

"He pono tēnā; engari e tata ana hoki Ia, e arohaina ana hoki. I muri i te

whakakorenga o te hinengaro e te *Kriya Yoga* i ngā arai o te kare ā-roto, ka whakaratohia e te whakaaroaro he tohu rua mō te Atua. Ko te harikoa hou tonu he tohu mō Tōna orange, e whakaū ana ki ō tātou ngota. Waihoki, i roto i te whakaaroaro ka kitea e te tangata Tōna arataki tonu, Tōna urupare tika ki ngā uauatanga katoa."

"Kei te mārama ahau, e Guruji; kua ea i a koe taku raruraru." Ka menemene ahau me te whakawhetai. "Kua mōhio ahau inaianei kua kitea e au te Atua, nā te mea i ngā wā katoa ka hoki mai te harikoa o te whakaaroaro i roto i aku hāora mahi, kua tohutohuhia ahau kia whai i te huarahi tika i ngā mea katoa, tae atu ki ngā taipitopito."

"Ka pāngia te oranga o te tangata e te pouri kia mōhio rā anō tātou ki te whakarongo ki te Hiahia Atua, ko tōna 'ara tika' he mea whakapoauau i te hinengaro whakapehapeha. Ko te Atua te pikau i te kawenga o te ao whānui; Ko ia anake ka taea te tuku tohutohu tika."

.....
14-1 : "I roto i te tīmatanga i te Kupu, me te Kupu i me Atua, me te Kupu i "Te Atua." - *Hoani* 1:1.

14-2 : "Mō te Matua te whakawa kāore tangata, engari kua whakapau kaha katoa whakatau ki te "E tama." - *Hoani* 5:22.
"Kāo tāne kua i kite i te Atua i tetahi wā; te anake whānau E tama, e ko i roto te uma o te Matua, ia kua i whakapuakina ia." - *Hoani* 1:18. "He pono, he pono, ahau kī ki koe, ia tērā whakapono i runga ahau, te ngā mahi tērā ahau mahi me ia mahi hoki; me nui ake ngā mahi i te ēnei "E meatia ana e ia; no te mea e haere ana ahau ki toku Matua." - *Hoani* 14:12.
"Ko te Kaiwhakamarie ia, ara te Wairua Tapu, e tonoa mai e te Matua i runga i toku ingoa, mana koutou e whakaako ki nga mea katoa, mana koutou e whakamahara ki nga mea katoa kua korerotia nei e ahau ki a koutou." - *Hoani* 14:26.

Ko ēnei kupu o te Paipera e pā ana ki ngā āhua e toru o te Atua, arā, ko te Matua, ko te Tama, ko te Wairua Tapu (*Sat* , *Tat* , *me te Aum* i roto i ngā karaipiture Hinitu). Atua te Matua ko te Tino, Kāore i whakaaturia, kei te wātea *i tua atu* wiri te hanganga. Atua te Tama ko te Te Mātauranga o te Karaiti (Brahma rānei *Kutatā Chaitanya*) kei te wātea *i roto* wiri te hanganga; tēnei Karaiti Te māramatanga ko te "ko ia anake te tamaiti" te whakaata rānei o te Mutunga Kore i Hangaia. Ko tōna whakaaturanga o waho, ko tōna "kaiwhakaatu" rānei ko *Aum* , ko te Wairua Tapu rānei, te mana atua, auaha, kore e kitea e hanga ana i ngā mea hanga katoa mā te wiri. Ka rangona *a Aum* te Kaiwhakamarie harikoa i roto i te whakaaroaro, ā, .ka whakakitea ki te tangata karakia te Pono mutunga kore

Upoko: 15

Te Kōpura tahae

"E te Ariki, he koha māu! Nāku i whakatō ēnei kāpeti nunui e ono; kua mātakitaki ahau i tō rātou tipu me te aroha o tētahi whaea e whāngai ana i tana tamaiti." I hoatu e ahau te kete huawhenua me te whakapaipai kawa.

"Ngā mihi nui!" He mahana te ataata a Sri Yukteswar i te maioha. "Tena koa puritia rātou ki roto i tō rūma; "Ka hiahiatia ēnei e au āpōpō mō tētahi tina motuhake."

I tae noa mai ahau ki Puri **15-1** ki te whakapau i taku hararei raumati i te kāreti me taku tohunga i tōna whare karakia i te taha o te moana. Nā te Kaiwhakaako me āna ākonga i hanga, te whare iti harikoa e rua ngā papa i te taha o te Moana-a-Pēnerara.

I ara ake ahau i te ata i muri mai, me te whakahauora i ahau e ngā hau tote o te moana me te ataahua o te taiao. I karanga mai te reo reka o Sri Yukteswar; ka titiro

ahau ki aku kāpeti kōura e arohaina ana, ā, ka whakatakotoria pai ki raro i taku moenga.

"Haere mai, tukua mātou haere ki te takutai moana." Kaiwhakaako arahina te ara; ētahi taitamariki ngā ākonga me ahau anō i whaihia i roto

he marara rōpū Tō mātou tohunga i ruritia mātou i roto ngawari te whakahē.

"Ina hikoi ō tātou teina o te Hauāuru, ka whakahīhī rātou i roto i te kotahitanga. Nā, kia rua ngā rarangi e hikoi ai; kia mau tonu te takahanga o tētahi ki tētahi." I mātakitaki a Sri Yukteswar i a mātou e whakarongo ana; ka tīmata ia ki te waiata: "Ka haere ngā tama ki konei, ki muri, i roto i tētahi rarangi iti ataahua." Kāore i taea e au te kore e miharo ki te ngāwari o te Kaiwhakaako ki te whakataurite i te tere o āna ākonga taitamariki.

"Kāti!" Taku te tohunga ngā kanohi i rapua nāku. "I mahi koe mahara ki raka te hoki tatau o te whare karakia?"



TAKU NGĀ KARĀ TAHA MOANA TE WHARE TAPU I PŪRI

I rere tonu mai te rerenga manuhiri mai i te ao ki te marino o te whare karakia. He tokomaha ngā tāngata mātau i tae mai me te tumanako ka tūtaki ki tētahi tohunga whakapono tuku iho. I ētahi wā, mā te ataata whakakake, mā te titiro whakakatakata rānei, ka kitea he iti noa ngā kōrero tapu i tumanakohia e ngā tāngata hou. Heoi, mā tō rātou wehenga ā-whakaroa ka puta he whakapono kua whakaatu a Sri Yukteswar i te māramatanga tika ki ō rātou mara mātauranga motuhake.

He taitamariki tonu ngā ākonga o taku tohunga i roto i tōna whare karakia. Nāna i ārahi ō rātou hinengaro me ō rātou oranga me te āta whakahaere i te kupu "ākonga" e ahu mai ana i te pūtake o te kupu.

"Au whakaaro nā reira, e te rangatira."

I noho puku a Sri Yukteswar mō ētahi meneti, me te ataata iti i ōna ngutu. "Kāo, kua wareware koe," ko tāna kupu whakamutunga. "Kaua te whakaaroaro atua e waiho

hei take mō te koretake o te ao. Kua wareware koe ki tō kawenga ki te tiaki i te ashram; me whiu koe."

ahau whakaaro ia i pōuriuri whakakatakata āhea ia tāpirihia: "Tōu ono kāpeti ka wawe tonu kia anake rima."

Mātou tahuri huri noa i Te Tohunga ngā ota me hikoi hoki tae noa ki mātou i kati ki te whare whakaruruhau

"Okioki mō tētahi wā poto. E Mukunda, tirohia te taha o te pā i tō mātou taha mau; tirohia te huarahi i tua atu. Ka tae atu tētahi tangata ki reira ākuanei; ko ia te huarahi mō tō whiu."

I huna e au tōku riri i ēnei kōrero uaua ki te mārāma. Kāore i roa ka puta mai tētahi tangata whenua ki te rori; e kanikani whakarihariha ana ia, e whiu ana i ōna ringa me ngā nekehanga koretake. Me te mea kua kore ahau e mōhio, ka piri ōku kanohi ki te whakaaturanga whakakatakata. I te taenga o te tangata ki tētahi wāhi i te rori ka ngaro atu ia i tō mātou tirohanga, ka mea a Sri Yukteswar, "Inaianei, ka hoki mai ia."

I huri tonu te kaiahuwhenua i tōna huarahi, ā, ka anga atu ki muri o te whare karakia. I a ia e whiti ana i tētahi whenua onepu, ka tomo ia ki te whare mā te tatau o muri. I waiho e au kia kore e raka, e ai ki tā taku tohunga. I puta wawe mai te tangata, me te pupuri i tētahi o aku kāpeti kōura tino pai. Ināianei ka hikoi haere ia me te whakaute, me te mana o te rangatira.

Ko te mahi whakakatakata e puta ake ana, i te mea ko taku tūranga he patunga pōhēhē, kāore i tino matakū, ā, kāore au i whai i te riri. I waenganui o te huarahi ahau i te wā i karangahia ai ahau e te Ariki. E wiri ana ia i te mahunga ki te waewae i te kata.

"Kua roa taua tangata pōrangi e hiahia ana ki tētahi kāpeti kōura," tana whakamārama i waenganui i te pakūnga o te harikoa. "I whakaaro ahau he mea pai kia riro mai i a ia tētahi o āu, nā te mea kāore i tino tupato!"

I oma tere atu ahau ki taku rūma, ā, i reira ka kitea e au kua waiho e te tahae, he tangata e aro nui ana ki ngā huawhenua, aku mowhiti koura, aku mātiti, me taku moni kia kore e pāngia, e takoto noa ana i runga i te paraikete. Engari i ngokingoki ia i raro i te moenga, i reira, i huna rawatia mai i te tirohanga noa, i whakaoho ake ai tētahi o aku kāpeti kōura i tōna hiahia nui.

I taua ahiahi ka pātai atu ahau ki a Sri Yukteswar kia whakamārama mai i te kaupapa, ā, ki taku whakaaro, he torutoru ngā āhuatanga whakamīharo.

Āta ruru ana taku tohunga i tōna māhunga. "Ka mārāma koe i tētahi rā. Ka kitea wawetia e te pūtaiao ētahi o ēnei ture huna."

I te pahūtanga o ngā mea whakamīharo o te reo irirangi i ētahi tau i muri mai i runga i tētahi ao mīharo, ka mahara ahau ki te matapae a te Ariki. I whakangaromia ngā ariā tawhito o te wā me te wāhi; kāore he kāinga o te tangata whenua i pēnei te kuiti. kāore e taea e Rānana, e Calcutta rānei te tomo! I whānui ake te mātauranga

tino pōuri i mua i te kore e taea te whakahē he tohu mō tētahi āhuatanga o te noho o te tangata ki ngā wāhi katoa.

Te "kaupapa" o te kāpeti katakata kēne kia pai rawa atu mārāma nā he reo irirangi te kupu whakarite Hīri He reo irirangi tino pai a Yukteswar. He rite tonu ngā whakaaro ki ngā wiri ngawari e neke haere ana i te ea. Pērā i te reo irirangi kua whakaaweawetia e tango ana i tētahi waiata e hiahiatia ana mai i ngā mano tini o ngā hōtaka mai i ngā taha katoa, pērā anō te kaha o taku tohunga ki te hopu i te whakaaro o te tangata haurua-hinengaro e hiahia ana ki mō he kāpeti, i waho o te kore e taea te tatau ngā whakaaro o pāpāho tangata ngā wīra i roto te ao. **15-2** Nā tōna kaha i hiahia ai, he teihana pāho tangata anō hoki a te Ariki, ā, i angitu tana tohutohu i te tangata whenua kia tahuri ke atu i ōna hikoinga ka haere ki tētahi rūma mō tētahi wā kotahi.

Te Pūkenga Whakaaro **15-3** he arataki wairua, e puta noa mai ana i roto i te tangata i aua wā e marino ana tōna hinengaro. Tata ki te katoa kua pā ki te wheako o te "whakaaro" tika kāore i te mārāma, kua pā rānei ki a rātou i whakawhiti i ōna whakaaro ki tētahi atu tangata.

Ka taea e te hinengaro tangata, kua herea i te āhua o te koretake, te mahi mā roto i tōna pūihi o te pūmanawa hinengaro ngā mahi katoa o ngā tikanga reo irirangi uaua - te tuku me te whiwhi whakaaro, me te whakakore i ngā mea kāore e hiahia. I te mea ko te mana o te reo irirangi e whakawhirinaki ana ki te nui o te iahiko hiko ka taea e ia te whakamahi, nō reira ka whakakahangia te reo irirangi tangata i runga anō i te mana o te hiahia o ia tangata.

Ka wiri tonu ngā whakaaro katoa i te ao tūroa. Mā te arotahi hohonu, ka taea e te tohunga te kite i ngā whakaaro o te hinengaro, ahakoa ora, ahakoa mate. He whānui ngā whakaaro, kāore i te takitahi te pūtake; Kāore e taea te hanga i te pono, engari ka kitea noa iho. Ko ngā whakaaro hē o te tangata ka puta mai i ngā hapa o tana māramatanga. Ko te whāinga o te pūtaiao yoga he whakamarie i te hinengaro, kia whakaata ai i te tirohanga atua o te ao whānui, me te kore he whakapohehe.

Nā te reo irirangi me te pouaka whakaata i kawe mai te oro me te tirohanga ohorere o ngā tāngata tawhiti ki te ahi o te miriona: ko ngā tohu pūtaiao tuatahi he wairua horapa te tangata. Ehara i te tinana e herea ana ki tētahi wāhi i te wāhi, engari ko te wairua nui, e whakaarohia ana e te ego i roto i te nuinga o ngā momo nanakia kia pēhia.

"Tērā pea ka puta mai ētahi āhuatanga tino rerekē, tino whakamiharo, ā, ki te whakatūria, e kore e miharo tātou i a tātou e miharo ana ki ngā mea katoa i akohia mai e te pūtaiao i te rautau kua hipa," te kī a Charles Robert Richet, te Tohu Nobel mō te mahi koiora. "E whakaarohia ana ko ngā āhuatanga e whakaaetia ana e tātou i nāiane, kāore e miharo, nā te mea kua mārāma. Engari ehara i te mea koinei te āhua. Ki te kore rātou e miharo i a tātou Ehara i te mea nā te mea e mārāma ana rātou, engari nā te mea e mōhio ana rātou; ki te mea ka miharo tātou ki tētahi mea kāore i te mārāma, ka miharo tātou ki ngā mea katoa - te hinganga o tētahi kōhatu e whiua ana ki te rangi, te hua o te oki ka huri hei ōki, te konukōre ka whānui ina wera, te rino e kukumea ana e te aukume, te whākawa ka mura ina mirimirihia. Ko te pūtaiao o ēnei rā he

te mea mārāma; ko ngā hurihanga me ngā whanaketanga ka pā ki a ia i roto i te rau mano tau ka nui atu i ngā tumanakohanga tino maia. Ko ngā pono - aua pono whakamiharo, ohorere - ka kitea e ā tātou uri, kei te karapoti tonu i a tātou i nāiane, e titiro matatau mai ana ki ō tātou kanohi, nō reira ki te kōrero, engari kāore tātou e kite i a rātou. Engari kāore e ranea te kī kāore tātou e kite i a rātou; e kite ana tātou kāore e hiahia kia kite i a rātou; i te mea ka puta mai he mea kāore i te tumanakohia,

kāore hoki i te mōhiotia, ka ngana mātou ki te whakauru ki roto i te anga o ngā tikanga whānui o te mātauranga kua riro mai, ā, e riri ana mātou kei maia tetahi ki te whakamātau anō."

I puta tētahi mea whakakatakata i muri i ētahi rā i tahaetia ai taku kāpeti. Kāore i kitea tētahi rama hinu. Nā te mea kua kite ahau i ngā mahi a taku tohunga i ngā mea katoa i ngā wā tata nei. te māramatanga, ahau whakaaro ia e whakaatu tērā reira i tamaiti tākaro ki kimi te rama

Kaiwhakaako i kitea taku te tumanako Ki whakanuia rawatia kaha ā-papa ia pātaihia katoa whare karakia ngā kainoho. He

I whakaae te akonga taitamariki i whakamahia e ia te rama hei haere ki te puna i te kāinga o muri. I hoatu e Sri Yukteswar te tohutohu tapu: "Rapua te rama i te taha o te puna."

I oma atu ahau ki reira; kāore he rama! I te pouri, ka hoki ahau ki taku guru. Inaianei kua kata nui ia, kāore he pouri mō taku pouri.

"He mea pōuri kāore i taea e au te ārahi i a koe ki te rama kua ngaro; ehara ahau i te tohunga matakite!" Me ngā kanohi pīataata, ka tāpiri atu ia, "Ehara ahau i te Sherlock Holmes e makona ana!"

ahau i tutuki tērā Kaiwhakaako e kāore rawa whakaaturanga tāna ngā mana āhea werohia, rānei mō he te koretake.

I tere haere ngā wiki whakaharikoa. I whakarite a Sri Yukteswar i tētahi tira karakia. I tono mai ia kia ārahi ahau i ngā ākonga i te tāone me te takutai moana o Puri. I puta te rā whakanui hei tētahi o ngā rā tino wera o te raumati.

"Guruji, pēhea kēne ahau tango te waewae kore ngā ākonga i runga te mura onepu?" ahau kōrero me te ngakaukore.

"Māku e kōrero ki a koutou tētahi mea ngaro," te whakautu a te Ariki. "Ka tukuna mai e te Ariki he maru kapua; ka haere koutou katoa i roto i te whakamarie."

I harikoa ahau ki te whakarite i te tira; i tīmata tā mātou rōpū i te ashram me te **haki** *Sat-Sanga* . I hangaia e Sri Yukteswar, kei runga i te tohu o te kotahi **15-5** te kanohi, te titiro whānui o te māramatanga.

I muri tata tonu i tō mātou wehenga atu i te whare karakia, kī tonu te wāhanga o te rangi i runga ake i a mātou i ngā kapua, me te mea he makutu. Me te haere tahi mai o ngā pūoro miharo mai i ngā taha katoa, I heke iho he ua iti, ā, i whakamatao i ngā tiriti o te tāone me te takutai moana e mura ana. I heke iho ngā pata whakamarie i roto i ngā haora e rua o te parade. I te wā tonu i hoki atu ai tō mātou rōpū ki te ashram, ka memeha haere ngā kapua me te ua.

"Kei te kite koe i te aroha o te Atua ki a tātou," te whakautu a te Kaiwhakaako i muri i taku whakapuakitanga i taku whakawhetai. "Ka whakautu te Ariki ki te katoa, ā, ka mahi mō te katoa. Pērā i tana tukunga mai i te ua i taku inoi, ka whakatutukihia e ia ngā hiahia pono katoa o te tangata karakia. He onge te kitenga o te tangata i te auau o te whakarongo a te Atua ki ā rātou inoi. Kāore ia e aro ki te hunga tokoiti, engari e whakarongo ana ki te hunga katoa e whakatata atu ana ki a Ia me te whakawhirinaki. Me whakapono tonu āna tamariki ki te aroha o tō rātou

I tautoko a Sri Yukteswar i ngā hakari e whā i ia tau, i ngā wā equinox me ngā solstice, i te wā i huihui mai ai āna ākonga mai i tawhiti, mai i tata hoki. I tū te whakanuinga o te solstice hotoke ki Serampore; ko te tuatahi i tae atu ahau i waiho mai he manaakitanga pumau ki ahau.

I tīmata ngā whakanui i te ata me te tira waewae kore i ngā tiriti. I rangona ngā reo o te rau ākonga me ngā waiata whakapono reka; i whakatangihia e ētahi kaiwaiata te putorino me te *khol kartal* (ngā pahu me ngā himipora). I ruia e te hunga o te tāone hihiri ngā putiputi i te ara, me te harikoa ki te karangahia mai i ngā mahi noa e tā mātou whakamoemiti nui ki te ingoa tapu o te Ariki. Ko te haerenga roa

i mutu ki te marae o te whare karakia. I reira ka karapotia e mātou tō mātou guru, i te mea ko ngā ākonga i ngā taupee o runga e ruirui ana i a mātou ki ngā putiputi marigold.

He tokomaha ngā manuhiri i piki ki runga ki te tiki i tētahi pūtini *channa* me te karaka. I haere atu ahau ki tētahi rōpū o ngā ākonga tuakana e mahi ana hei tunu kai i tēnei rā. Ko te kai mō ēnei huihuinga nui me tunu ki waho i roto i ngā kohua nunui. He auahi, he mea whakaoho roimata ngā oumu pereki tahu rakau i hangaia noatia, engari i kata mātou me te harikoa ki tā mātou mahi. Kāore ngā hakari whakapono i Inia e whakaarohia. whakararuraru; ia kotahi e mahi ana tāna wāhanga, te tuku moni, raihi, huawhenua, rānei āna ratonga whaiaro.

Kāore i roa ka tae mai te Kaiwhakaako ki waenganui i a mātou, e tiro tiro ana i ngā mahi o te hakari. I pukumahi ia i ia wā, ...

he *sankirtan* (he waiata ā-rōpū), me te harmonium me ngā pahu Inia e whakatangihia ana e te ringa. I whakarongo mai a Sri Yukteswar me te maioha; he tino pai tana mōhio ki te puoro.

"Kua hē te reo!" Ka wehe atu te Ariki i ngā tunu kai, ka uru atu ki ngā kaitoi. Ka rangona anō te rangi waiata, i tēnei wā kua tika te whakatangihanga.

I Īnia, ko te puoro me te peita me te whakaari e kiia ana he toi atua. Ko Brahma, ko Vishnu, me Shiva - te Tokotoru Mutunga Kore - ngā kaiwaiata tuatahi. Ko te Kanikani Atua. E whakaatuhia ana a Shiva i roto i te karaipiture hei kaiwhakatakoto i ngā momo mutunga kore o te manawataki i roto i tana kanikani ao o te hanganga ao, te tiaki, me te whakakorenga, i te mea i whakanui a Brahma i te pao o te wā me te **ngā himipora e tangi ana, ā, ka whakatangihia e Vishnu te mridanga** tapu, te pahu rānei. Ko Krishna, te tinana o Vishnu, e whakaaturia tonutia ana i roto i ngā mahi toi Hindu me tana putorino, ā, ka whakatangihia e ia te waiata whakamīharo e maumahara ana ki tō rātou kāinga tūturu i ngā wairua tangata e kopikopiko ana i roto i te *maya* - te pohehe. Ko Saraswati, te atua wahine o te whakaaro nui, e tohuhia ana e mahi ana i runga i te *vina*, te whaea o ngā taonga puoro katoa. Kei roto i te *Sama Veda* o Īnia ngā tuinga tuatahi o te ao mō te pūtaiao puoro.

Ko te tūāpapa o te puoro Hinitū ko ngā *ragas*, arā, ngā tauine rangi pūmau. Ka wehea ngā *ragas taketake e ono ki roto i ngā raginis* (wahine) me *ngā putra* (tama) e 126. E rima ngā nota o ia *raga*: he nota matua (*vadi*, kingi rānei), he nota tuarua (*samavadi*, pirimia rānei), he nota āwhina (*anuvadi*, kaiāwhina), me te nota whakahē (*vivadi*, hoariri).

o ia o ngā *raga matua e ono* ki tētahi hāora o te rā, ki tētahi wā o te tau, me tētahi atua rangatira e homai ana i tētahi mana motuhake. Nō reira, (1) ka rangona te *Hindole Raga* i te ata o te kōanga anake, hei whakaoho i te wairua o te aroha

whānui; (2) ka whakatangihia *te Deepaka Raga* i te ahiahi o te raumati, hei whakaoho i te aroha; (3) he rangi waiata *a Megha Raga* mō te poutumarotanga i te wā ua, hei whakaoho i te maia; (4) ka whakatangihia *te Bhairava Raga* i ngā ata o Ākuhata, Hepetema, Oketopa, hei whakatutuki i te marino; (5) ka waiho *te Sri Raga mō te ngahuru*. ngā ahiahi, kia tae atu ai ki te aroha parakore; (6) Ka rangona te reo *o Malkounsa Raga* i waenganui pō o te takurua, hei tohu mō te toa.

I kitea ēnei ture mō te hononga pono i waenganui i te taiao me te tangata e ngā rishis o mua. Nā te mea ko te taiao ko he te whakaāhuatanga o *Āum*, te Tūturu Oro rānei Wiriwiri Kupu, tāne kēne whiwhi whakahaere

mō ngā whakaaturanga taiao katoa mā te whakamahi i ētahi *karakia*, i ētahi *karakia* rānei. **15-7** E whakaatu ana ngā tuhinga hītori i ngā mana whakamiharo i a Miyan Tan Sen, te kaiwaiata o te kooti o te rautau tekau mā ono mō Akbar te Nui. I whakahaua e te Emepara kia waiata i tētahi *raga pō* i te mea e whiti ana te rā i runga ake i a ia, Parauri Henare waiatatia he *māntra* e tonu i meinga te katoa whare rangatira rohe kia takaia e te pōuri.

E wehea ana e te puoro Inia te octave kia 22 *ngā srutis*, ngā demi-semitone rānei. Mā ēnei wā microtonal ka taea te whakaputa i ngā atarangi pai o te puoro e kore e taea e te tauine chromatic o te Hauāuru o te 12 semitone. Ko ia o ngā nota taketake e whitu o te octave e hono ana ki roto i ngā kōrero tuku iho a Hindu. he tae, me te tangi tūturu o te manu, o te kararehe rānei - *Me mahi* ki te kakariki, me te pīkoki; *Me mahi* ki te whero, me te manu tioriori; *te Mi* me te koura, me te koati; *te Fa* me te mā kōwhai, me te matuku; *te Sol* me te mangu, me te pōtiki; *te La* me te kōwhai, me te hōiho; *te Si* me te huinga o ngā tae katoa, me te arewhana.

E toru ngā tauine - te matua, te iti o te hāmoni, te iti o te waiata - koia anake ngā mea e whakamahia ana e te puoro o Ōkitōria, engari e 72 ngā tauine, *arā*, *ngā tauine o te puoro Inia*. He whānuitanga auaha tō te kaiwaiata mō te hanga auaha mutunga kore huri noa i te rangi tuku iho, *te raga rānei*; ka aro ia ki te kare ā-roto, ki te wairua tūturu rānei o te kaupapa hanganga, kātahi ka whakairohia ki ngā rohe o tōna ake taketake. Kāore te kaiwaiata Hindu e pānui i ngā tuhipoka huinga; ka kakahuria anō e ia ngā kākahu hou i ia whakatangihanga i te anga tahanga o te *raga*, he maha ngā wā ka herea ia ki tētahi raupapa waiata kotahi, me te whakanui mā te whakahoki i ōna rerekētanga ngawari me ngā rerekētanga manawataki. Ko Bach, i roto i ngā kaiwaiata o te Hauāuru, i mārara ki te ataahua me te mana o te oro e whakahokia ana, engari he rerekē noa iho i roto i ngā huarahi uaua rau.

E whakaahua ana ngā tuhinga Sanskrit onamata i *ngā tala 120*, *arā*, ngā ine wā. Ko te kaiwhakaū tuku iho o E kiia ana i roto i te waiata Hindu, Bharata, kua wehea e te puoro Hindu, e 32 ngā momo *tala* i roto i te waiata a te manu rēmana. Ko te takenga mai o te *tala*, te manawataki rānei, i ahu mai i ngā nekehanga a te tangata - te wā takirua o te hikoi, me te wā takitoru o te manawa i te moe, ina he rua te roa o te manawa i te manawa. Kua roa a Īnia i mōhiotia ko te reo tangata te taputapu oro tino tika. Nō reira, ko te nuinga o te puoro Hinitū e whakawhāiti ana i a ia anō ki te whānuitanga o te reo o ngā octave e toru. Mō te take kotahi, ka whakanuia te rangi (te whanaungatanga o ngā nota e whai ake nei), kua te harmoni (te whanaungatanga o ngā nota e whai tahi ana).

Ko te whāinga hohonu a ngā kaiwaiata rishi o mua ko te whakakotahi i te kaiwaiata me te Waiata Ao e rangona ana mā te whakaoho i ngā pokapū tuaiwi ngaro o te tangata. He toi whaiaro, wairua, me te takitahi te puoro Inia, ehara i te mea ko te kanapa o te waiata engari ko te whakahoahoa whaiaro ki te Wairua Matua. Ko te kupu Sanskrit mō te kaiwaiata ko *bhagavathar*, "ko ia e waiata ana i ngā

whakamoemiti ki te Atua." Ko ngā *sankirtan* , ko ngā huihuinga puoro rānei, he momo yoga, he whakahaere wairua rānei e whai hua ana, e hiahia ana kia aro nui, kia mimiti kaha ki te whakaaro me te oro purapura. Nā te mea ko te tangata tonu he whakaaturanga o te Kupu Auaha, ko te oro te pānga tino kaha me te pānga tonu ki a ia, e tuku ana i te huarahi ki te maumahara ki tōna takenga mai atua.

te *sankirtan* i puta mai i te rūma noho o te papa tuarua o Sri Yukteswar. I waiata harikoa mātou ko aku teina, ko aku akonga, i ngā waiata, me te patupatu i te wā ki ō mātou ringaringa.

I te tōnga o te rā, kua oti i a mātou te mahi kai mā ngā rau manuhiri me *te khichuri* (raihi me ngā pīni), te kari huawhenua, me te pūtini raihi. I whakatakotoria e mātou he paraikete miro ki runga i te marae; kāore i roa ka noho puku te hui i raro i te rangi whetu, me te whakarongo puku ki te whakaaro nui e ringihia ana mai i ngā ngutu o Sri Yukteswar. I whakanuia e āna whaikōrero tūmatanui te uara o te *Kriya Yoga*, me te oranga whakaute i a ia anō, te marino, te whakatau, te kai māmā, me te whakakori tinana auau.

Kātahi ka waiatatia e tētahi rōpū ākonga taitamariki ētahi himene tapu; ka mutu te hui me *te sankirtan*. Mai i te tekau karaka tae noa ki waenganui pō, ka horoia e ngā tāngata noho o te ashram ngā kohua me ngā paraharaha, ā, ka whakawātea i te marae. Ka karangahia ahau e taku guru ki tōna taha.

"E koa ana ahau ki āu mahi harikoa i tēnei rā, me te wiki kua taha ake nei o ngā whakaritenga. E hiahia ana ahau kia noho tahi tāua; ka taea e koe te moe i taku moenga i tēnei pō."

He mea whakamiharo tēnei kāore au i whakaaro ka riro mai i ahau. I noho mātou mō tētahi wā i roto i te rangimārie nui o te Atua. Tata ki te tekau meneti i muri i tō mātou taenga ki te moenga, ka ara ake te Ariki, ka tīmata ki te whakakakahu.

"He aha te raruraru, e te rangatira?" I pā mai he āhua pōhēhē ki ahau i roto i te harikoa ohorere o te moe i te taha o taku guru.

"Ki taku whakaaro ka tae mai ētahi ākonga i ngaro i a rātou hononga tereina. Kia rite mai he kai mā tātou."

"Guruji, kāore kotahi e haere mai i kotahi karaka i roto te ata!"

"Noho i roto moenga; koe whai kua te mahi tino uaua Engari ahau am e haere ana ki tunu kai."

I te reo māia o Sri Yukteswar, ka peke ake ahau ka aru i a ia ki te kīhini iti e whakamahia ana i ia rā, e tata ana ki te taupee o roto o te papa tuarua. Kāore i roa ka koropupū te raihi me *te dhal*.

Ātaata aroha ana taku tohunga. "I tēnei pō kua hinga i a koe te nenge me te wehi o te mahi uaua; e kore rawa koe e raru i aua mea ā muri ake nei."

I a ia e whakapuaki ana i ēnei kupu manaakitanga mō te oranga tonutanga, ka rangona ngā takahanga waewae i te marae. Ka oma ahau ki raro, ka whakauru i tētahi rōpū ākonga ki roto.

"E te tuakana, kāre mātou e hiahia ki te whakararuraru i te Kaiwhakaako i tēnei hāora!" te whakapāha mai a tētahi tangata ki ahau. "I hē mātou mō ngā wātaka

tereina, engari i whakaaro mātou kāore e taea e mātou te hoki ki te kāinga me te kore e kite i tō mātou Kaiwhakaako."

"Ia kua kua e tatari ana koe me ko ahakoa ināianei te whakarite tōu kai."

I rangona te reo manaaki a Sri Yukteswar; i arahina e au ngā manuhiri miharo ki te kīhini. I tahuri mai te Ariki ki ahau me ngā kanohi kanapa.

"Inaianei tērā koe whai kua oti te whakataurite ngā tuhipoka, kāore ruarua koe kei makona tērā tō mātou manuhiri tino

i mahi ngaro tā rātou tereina!"

I aru ahau i a ia ki tōna rūma moe i te hawhe haora i muri mai, ka mōhio tino mohio ahau kua tata ahau te moe i te taha o tētahi tohunga atua.

15-1 : Pūri, mō 310 maero tonga o Kolkata, ko he rongonui haerenga tapu tāone mō hunga whakapono o Krishna; tāna karakia E whakanuia ana te rā i reira me ngā hakari nui e rua ā-tau, ko *Snanayatra* me *Rathayatra* .

15-2 : Te 1939 kitenga o he reo irirangi karuārai whakakitea he hou ao o tae noa ki tēnei wā kāore i te mōhiohia ngā hihi "Tangata ia anō hei puna pērā i te katoa momo o e ai ki te kōrero korekore mea tonu e tuku ana te ngā hihi tērā tēnei taputapu "kite," i pūrongoia te *Hononga Pāpāho* "Ko te hunga e whakapono ana ki te telepathy, te tirohanga tuarua, me te clairvoyance, kei roto i tēnei panuitanga te taunakitanga pūtaiao tuatahi mō te noho o ngā hihi e kore e kitea e haere ana mai i tētahi tangata ki tētahi atu. Ko te taputapu reo irirangi he auau reo irirangi." tiroiro matawai ia e mahi ana te ōrite mea mō hauhautanga, kāore e kanapa mea tērā te tiroiro ā-mata e mahi ana āhea reira e whakaatu ana i ngā momo ngota e hanga ana i ngā whetū. .Ko te noho mai o aua hihi e puta mai ana i te tangata me ngā mea ora katoa kua

whakapaetia nā ngā kaupūtaiao mō he tokomaha ngā tau I tēnei rā ko te tuatahi whakamātautau taunakitanga o tā rātou te orange Te kitenga ngā whakaaturanga ko ia ngota me ia ngota i roto i te taiao he teihana pāho reo irirangi Nō reira, ahakoa i muri i te..... tonu. matenga o te

Ko te matū i mua he tangata, kei te tuku tonu i ōna hihi ngawari. Ko te roa o ngā ngaru o ēnei hihi mai i te poto ake i ngā mea e whakamahia ana i nāianei mō te pāpāho ki te momo ngaru reo irirangi roa rawa atu. He mea tino uaua ki te whakaaro te ranunga o ēnei hihi. I reira kei miriona o rātou. He takitahi tino nui ngota mei hoatu whakaweto 1,000,000 rerekē ngaru ngā roa i taua wā anō. Ka tere haere ngā roanga ngaru roa o tēnei momo me te ngāwari me te tere o ngā Kotahi te mea..... ngaru reo irirangi.

whakamiharo rerekētanga i waenganui te hou reo irirangi ngā hihi me mōhio ngā hihi rite mārama Tenei ko te roa wā, te nui ".ki ngā mano tau, ka tukuna tonutia e ēnei ngaru reo irirangi mai i ngā mea kāore i te whakakorikoria

15-3 : Ka whakaroa te tangata ki te whakamahi i te "māramatanga"; kua tata te whakangaro a Hitler i te kupu me ngā whakangaromanga nui ake. Ko te Latin pakiaka tikanga o *pūmanawa* ko "roto te tiakitanga." Te Sanskrit kupu *karakia* tikanga ā-hinengaro mātauranga whānau o te kitenga tika i te wairua; nō reira i huaina ai ētahi tuhinga tawhito a ngā rishi he *agamas* .

15-4 : *Rāhoroi* ko tino "te noho," nō reira "uho;" te mooni." *Sanga* ko "whakahoatanga." Hīri Yuktswar i karangatia tāna te whakahaere o te whare karakia o *Sat-Sanga* , "te whakahoahoa ki te pono."

15-5 : "Mēnā nō reira āu kanohi kia takitahi, tōu katoa tinana me kia kī tonu o mārama." - *Matiu* 6:22. I roto i hōhonu whakaaroaro, te takitahi rānei wairua kanohi ka noho kitea i roto te pokapū wāhanga o te rae Tenei mōhio katoa kanohi ko rerekē i tukuna ki roto ngā karaipiture hei te tuatoru kanohi, te whetu o te Te Rawhiti, te roto kanohi, te kūkupa heke iho mai i te rangi, te kanohi o Hiwa, te kanohi o te māramatanga, me ētahi atu

15-6 : "Ia tērā whakatōkia te taringa, me ia kāore rongo? ia tērā i hangaia te kanohi, me ia kāore kite? ia tērā e whakaako ana tāne

. mātauranga, me ia kāore mōhio?" - *Salamo* 94:9-10

15-7 Kei roto i ngā kōrero tuku iho a ngā iwi katoa ngā karakia whai mana ki runga i te taiao. He rongonui ngā Īniana o Amerika. ki whai whakawhanakehia oro ngā tikanga mō ua me te hau Parauri Henare, te nui Hinitū kaiwaiata, i āhei ki tinei ahi e te mana o tāna waiata Charles Kellogg, te Karipōnia tohunga taiao, i hoatu he whakaaturanga o te pānga o oro wiri kei te mura i roto 1926 i mua i he rōpū o Hou loka ngā kaupatu ahi. "Te haere he kopere, rite he whakanuia vaiorine kopere, tere puta noa he whakahāngai konumohe marau, ia i hangaia he hamama rite kaha reo irirangi pūmau Tonu tonu te kōwhai hau mura, e rua waewae teitei, pekepeke roto "He ngongo karāhe tuwhera, i heke ki te teitei o te ono inihi, ā, ka huri hei mura kikorangi e pupuhi ana. Nā tētahi atu ngana ki te kopere, me tētahi atu haruru wiri, i tineia ai."

Upoko: 16

Te tinihanga Te Ngā Whetu

"E Mukunda, he aha koe te tiki ai i tētahi poroporo

whetū?" "Me tiki rānei e au, e te Rangatira? Kāore

au e whakapono ki te whetū."

"Ehara i te mea he pātai *whakapono* ; ko te waiaro pūtaiao anake ka taea e te tangata te tango mō tētahi kaupapa ko te pono rānei . I mahi te ture o te kaha ā-papa i mua atu i a Newton, i muri mai hoki i a ia. Mēnā kāore e taea e ōna ture te mahi me te kore e whakaaetia e te whakapono tangata, ka tino pōrearea te ao tūroa."

"Kua kawea mai e ngā tāngata tinihanga te pūtaiao whetu ki tōna āhua o nāianeī. He whānui rawa te mātai whetū, ā, **he 16-1 ngā mea e rua i roto i te pāngarau.**" ā, i roto i te whakaaro whānui, kia mārāma tika engari ki te kore e kitea e ngā tāngata whai mātauranga hohonu. Ki te hē te pānui a te hunga kuware i te rangi, ā, ka kite i tētahi tuhituhinga ehara i te tuhituhinga, koinā te mea e tumanakohia ana i tēnei ao koretake. Kua e whakakorea te whakaaro nui me te hunga 'mātauranga'.

"E honoa ana ngā wāhanga katoa o te hanganga, ā, e whakawhitiwhiti ana i ō rātou awe. Ko te auau taurite o te ao whānui e ahu mai ana i te tauutuutu," te kōrero tonu a taku tohunga. "Me whawhai te tangata, i roto i tōna āhua tangata, ki ngā huinga mana e rua - tuatahi, ko ngā ngangau i roto i tōna tinana, i puta mai i te ranunga o te whenua, te wai, te ahi, te hau, me ngā huānga ethereal; tuarua, ko ngā mana pakaru o waho o te taiao. I a te tangata e whawhai ana ki tōna matenga, ka pāngia ia e ngā tini whakarerekētanga o te rangi me te whenua."

"Ko te whetū te ako i te urupare a te tangata ki ngā whakaohoho o te aorangi. Kāore he ngākau aroha, he ngākau mauahara rānei o ngā whetū; ka tukuna noa e rātou ngā hihi pai me ngā hihi kino. Kāore ēnei e āwhina, e whara rānei i te tangata, engari he huarahi ture mō te mahi a waho o te ao." take-pānga ngā taurite e ia tāne kua whakatakotoria ki roto nekehanga i roto te ngā wā o mua

"Ka whānau te tamaiti i taua rā, i taua hāora hoki, ina rite ngā hihi o te rangi ki tōna ake karma. He whakaahua wero tana horoscope, e whakaatu ana i tōna hītori kāore e taea te whakarerekē me ōna hua pea ā muri ake nei. Engari ko te tūtohi whānautanga anake ka taea te whakamārama tika e ngā tāngata whai whakaaro nui: he torutoru ēnei."

"Ko te karere i horahia maia puta noa i te rangi i te wā whānautanga, ehara i te

mea hei whakanui i te aituā - te hua o te pai me te kino o mua - engari hei whakaoho i te hiahia o te tangata kia mawhiti atu i tana herekoretanga ao whānui. Ko tāna i mahi ai, ka taea e ia te whakakore. Ko ia anake te kaiwhakaoho i ngā take o ngā pānga e horapa ana i roto i tōna ao. Ka taea e ia te wikitoria i tētahi herenga, nā te mea nāna i hanga mā āna ake mahi i te tuatahi, ā, nā te mea he rauemi wairua āna kāore e pāngia e te pēhanga o te ao."

"Mā te wehi whakaponokore ki te whetū ka meinga te tangata hei mīhini, ka whakawhirinaki noa ki te arataki mīhini. Ka hinga i te tangata whakaaro nui ōna aorangi - arā, tōna hītori - mā te whakawhiti i tōna pono mai i te hanganga ki te Kaihanga. Ko te nui ake o tana mohiotanga ki tōna kotahitanga me te Wairua, ko te iti ake o te mana o te mea ki a ia. He herekore tonu te wairua; kāore he mate nā te mea kāore he whānautanga. Kāore e taea te whakahaere e ngā whetū."

" He wairua te tangata, ā, he tinana *anō tōna* . Ina tika tana whakanoho i tōna tuakiri, ka mahue i a ia ngā tauira katoa e hiahia ana. I a ia e noho pōhēhē ana i roto i tōna āhua noa o te warewaretanga wairua, ka mōhio ia ki ngā here ngawari o te ture taiao."

"Ko te Atua te rangimarie; ko te tangata karakia e whakarite ana i a ia anō, e kore rawa ia e mahi i tetahi mahi he. Ka tika, ka wā tūturu hoki āna mahi kia rite ki te ture whetū. I muri i te inoi hohonu me te whakaaroaro, ka hono atu ia ki tōna hinengaro atua; kāore he mana nui atu i taua tiaki ā-roto."

"E te Ariki, he aha koe i hiahia ai kia mau ahau i tētahi poroporo whetū?" I pātai atu ahau i muri i te wā roa o te wā whakarongo puku, i a au e ngana ana ki te mārāma ki te whakamārāma rangatira a Sri Yukteswar.

"Kia tae rā anō te kaihaerere ki tana whāinga, kātahi anō ka tika kia whakarērea e ia āna mapi. I a ia e haere ana, ka whakamahia e ia tētahi ara poto e wātea ana. He maha ngā huarahi i kitea e ngā rishis o mua hei whakapoto i te wā e peia ana te tangata i roto i te pōhēhē. He āhuatanga ā-pūkaha kei roto i te ture o te karma ka taea te whakatikatika mā te pūkenga e ngā maihao o te whakaaro nui."

"Ko ngā mate katoa o te tangata e puta mai ana i te takahi i te ture o te ao whānui. E tohu ana ngā karaipiture me whakatutuki e te tangata ngā ture o te taiao, me te kore e whakakorekore i te mana atua. Me kī ia: 'E te Ariki, ahau whakawhirinaki i roto Koe, me mōhio Koe pū āwhina ahau, engari ahau hoki ka mahi taku pai rawa atu ki whakakore tetahi 'He aha te hē i mahia e au.' Mā te maha o ngā huarahi - mā te inoi, mā te kaha o te hiahia, mā te whakaaroaro yoga, mā te kōrero ki te hunga tapu, mā te whakamahi i ngā poroporo whetū - ka taea te whakaiti, te whakakore rānei i ngā pānga kino o ngā hē o mua.

"Pērā i te whare e taea ai te whakauru i tētahi tokotoko parahi hei mimiti i te uira, ka taea hoki te whakamahi i ngā tikanga tiaki maha hei painga mō te temepara tinana. I ngā tau kua pahure ake nei, i kitea e ā tātou yogi he māramatanga whetu te tukuna e ngā konganuku parakore, he kaha ki te ārai i ngā kukume kino a ngā aorangi."

Kei te rere haere tonu ngā hihi hiko me ngā hihi aukume ngawari i roto i te ao whānui; ina āwhinahia te tinana o te tangata, kāore ia e mōhio; ina memeha, kei roto tonu ia i te kuware.

Ka taea ia mahi tetahi mea mō ia?

"I arohia tēnei raruraru e ō mātou rishis; i kitea e rātou he āwhina ehara i te mea ko te huinga o ngā konganuku anake, engari ko ngā tipu anō hoki - ko te mea tino whai hua o ngā kohatu tino pai, kāore i raro iho i te rua karati. Kāore i te maha ngā whakamahinga ārai o te whetū i akohia i waho o Īnia. Kotahi te mea iti - Ko te mea e mōhio ana, kāore he uara o ngā kohatu utu nui, ngā konganuku, ngā tipu rānei,

ki te kore e mau te taumaha e hiahiatia ana, ā, ki te kore hoki ēnei rongoā e mau ki te taha o te kiri."

"E te Ariki, āe, ka whakarongo ahau ki tāu tohutohu, ka hoko mai i tētahi poroporo. Kei te hiahia ahau ki te whakaaro ki te tinihanga i tētahi aorangi!"

"Mō ngā take whānui, ka tohutohu ahau kia whakamahia he poroporo i hangaia ki te koura, te hiriwa, me te parahi. Engari mō tētahi take motuhake, me tiki e koe tētahi i hangaia ki te hiriwa me te mata." Ka tāpirihia e Sri Yukteswar ētahi tohutohu āta.

"Guruji, he aha 'motuhake kaupapa mahi koe tikanga?"

"Kei te tata ngā whetū te aro kino ki a koe, e Mukunda. Kaua e wehi; ka tiakina koe. I roto i te marama kotahi ka nui te raruraru o tō ate ki a koe. E ono marama te roa o te mate, engari mā te whakamahi i te ringaringa whetū ka whakapoto i te wā ki te rua tekau mā whā rā."

I te aonga ake ka rapu ahau i tētahi kaihangā whakapaipai, ā, kāore i roa ka mau ahau i te poroporo. I tino pai tōku hauora; ka ngaro atu i tōku hinengaro te matapae a te Ariki. I wehe atu ia i Serampore ki te toro atu ki Benares. Toru tekau ngā rā i muri i tā māua kōrero, ka pā mai he mamae ohorere ki te rohe o tōku ate. Ko ngā wiki i muri mai he moemoeā kino o te mamae nui. I te kore e pai ki te whakararuraru i taku guru, i whakaaro ahau ka maia ahau ki te whakamanawanui i taku whakamātautau ko au anake.

Engari i ngoikore taku whakatau i ngā rā e rua tekau mā toru o te whakamamae; i haere ahau ki Benares. I reira ka mihi mai a Sri Yukteswar ki ahau me te mahana rerekē, engari kāore i homai he wā ki ahau ki te kōrero puku ki a ia i ōku mamae. He maha ngā tāngata karakia i toro atu ki te Ariki i taua rā, mō te *darshan noa iho*. **16-2** I te mate, i te kore aro, i noho ahau i te kokonga. I muri i te kai o te ahiahi ka wehe atu ngā manuhiri katoa. Ka karanga mai taku tohunga ki te taupee waru-ā-toru o te whare.

"Tērā pea kua pā mai tō mate ate." I tahuri ke te titiro a Sri Yukteswar; i hikoi ia ki konei, ki muri, i ētahi wā ka ārai i te māmā o te marama. "Kia kite ahau; e rua tekau mā whā ngā rā e mate ana koe, kāore?"

"Āe, e te rangatira."

"Tena koa mahi te puku whakakori tinana ahau whai i whakaakona koe."

"Me i mōhio koe ki te nui o tōku mamae, e te Ariki, e kore koe e tono mai kia whakakorikori tinana ahau." Heoi anō, i ngana ngoikore ahau ki te whakarongo ki a ia.

"E mea ana koe kei te mamae koe; e mea ana ahau kāore he mamae āu. Me pēhea rā te puta o ēnei momo whakahē?" I titiro mai taku tohunga ki ahau me te pātai.

I pōuri ahau, kātahi ka hinga i te harikoa. Kāore i taea e au te rongo i te mamae tonu i tata kore ai ahau e moe mō ngā wiki; i ngā kupu a Sri Yukteswar ka memeha haere te mamae me te mea kāore anō kia puta.

ahau tīmata ki tuturi i tāna waewae i roto te whakawhetai, engari ia tere āraia ahau.

"Kaua e tamariki. Whakatika, kia pārekareka ki te ataahua o te marama i runga i te awa o Ganges." Engari i kanapa harikoa ngā kanohi o te Ariki i ahau e tū puku ana i

tōna taha. I mārāma ahau i roto i tōna whakaaro e hiahia ana ia kia rongo ahau ehara i a ia, engari ko te Atua, te Kaiwhakaora.

Ahakoā i tēnei wā, kei te mau tonu ahau i te poroporo hiriwa taumaha me te mata, he maumaharatanga nō taua rā o mua, he mea e arohaina tonutia ana - i taku kitenga anō kei te noho tahi ahau me tētahi tangata tino atua. I ngā wā i muri mai, i taku kawē mai i aku hoa ki Sri Yukteswar mō te rongoā, ka tūtohu tonu ia

ngā taonga whakapaipai rānei te poroporo, te whakanui tā rātou whakamahi hei he mahi o te mātai whetū te whakaaro nui.

Mai anō i tōku tamarikitanga, he whakaaro kino tōku ki te mātauranga whetū, nā te mea i kite ahau he maha ngā tāngata e piri tahi ana ki tēnei mātauranga, ā, nā te matapae a te tohunga whetū o tō mātou whānau: "Ka toru āu marena, he rua āu pouaru." I whakaaroaro ahau mō tēnei take, te āhua nei he koati e tatari ana kia patua ki mua i te temepara o te marena tokotoru.

"Me te mea kua whakaae koe ki tō aituā," te kī a tōku tuakana, a Ananta. "Kua tika te kōrero a tō tohu horoscope ka rere koe i te kāinga ki ngā maunga o Himalaya i ō tau tōmua, engari ka whakahokia mai koe me te kaha. He pono anō hoki te matapae mō ō marena."

I tētahi pō ka puta ake he whakaaro mārama ki ahau, he teka rawa te poropititanga. I tahuna e au te pukapuka horoscope, ka whakatakotoria ngā pungarehu ki roto i tētahi pēke pepa, ā, ka tuhia e au ki runga: "Kāore e taea e ngā purapura o te karma o mua te pihi mena ka tunua ki roto i ngā ahi atua o te whakaaro nui." I whakatakotoria e au te pēke ki tētahi wāhi e kitea nuitia ana; i pānui tonu a Ananta i taku kōrero whakakeke.

"E kore e taea e koe te whakangaro ngāwari i te pono pērā i tāu tahu i tēnei pukapuka." Ka kata whakahaweā tōku tungāne.

He pono, i mua i taku taenga ki te pakeketanga, e toru ngā wā i ngana ai tōku whānau ki te whakarite i taku taumautanga. I ia wā, i whakakahore ahau ki te whai i ngā mahere, **16-3** i te mōhio ko tōku aroha ki te Atua he mea nui atu i ngā whakapono whetū katoa o mua.

"Ka hohonu ake te mōhio o te tangata ki a ia anō, ka nui ake tana awe i te ao katoa mā roto i ōna wiri wairua ngawari, ā, ka iti ake te pānga o te rerenga whakamiharo ki a ia anō." He maha ngā wā ka hoki mai ēnei kupu a te Kaiwhakaako ki tōku hinengaro me te whakahihiri.

I ētahi wā ka kī atu ahau ki ngā tohunga whetū kia tīpakohia aku wā kino rawa atu, kia rite ki ngā tohu o ngā aorangi, ā, Ka tutuki tonu i ahau te mahi i whakaritea e au ki ahau anō. He pono kua angitu ahau i aua wā i haere tahi mai me ngā uauatanga tino nui. Engari kua tika tonu taku whakapono: ko te whakapono ki te tiakitanga atua, me te whakamahinga tika o te hiahia o te tangata i homai e te Atua, he kaha whakaharahara kei tua atu i te "peihana hurihuri".

Ko te tuhituhi whetu i te whānautanga o te tangata, i mārama ahau, ehara i te mea he pēpi te tangata nō tōna hītori. Ko tana karere he mea whakaoho i te whakapehapeha; ko ngā rangi tonu e whai ana ki te whakaoho i te whakatau a te tangata kia watea i ngā herenga katoa. I hangaia e te Atua ia tangata hei wairua, he

mea whakapaipai ki te takitahi, nō reira he mea nui ki te hanganga ao, ahakoa he pou, he pirinoa rānei mō te wā poto. Ko tōna herekoretanga he mea whakamutunga, ā, he mea tonu, ki te pai ia; ehara i te mea kei runga i ngā wikitoria o waho engari kei runga i ngā wikitoria o roto.

I kitea e Sri Yukteswar te whakamahinga pāngarau o te huringa equinoctial 24,000-tau ki tō tātou ao o nāianei. **16-4** Kua wehea te huringa ki te Āwhata Piki me te Āwhata Heke, ia Āwhata he 12,000 tau te roa. I roto i ia Āwhata ka taka *ngā Yuga* , ngā Wā rānei e whā, e kiia nei ko *Kali* , ko *Dwapara* , ko *Treta* , me *Satya* , e rite ana ki ngā ariā Kariki mō te Rino, te Parahi, te Hiriwa, me te Wā Koura.

Kali Yuga whakamutunga , te Wā Rino rānei, o te Piko Whakanui, i te tau 500 AD pea. Ko te Wā Rino, 1200 tau te roa, he wā o te ao rauemi; i mutu i te tau 1700 AD pea. Nā taua tau i tīmata ai *te Dwapara Yuga* , he wā 2400 tau o te ao hiko. me ngā whanaketanga o te pūngao atomika, te wā o te waea kōrero, te reo irirangi, ngā waka rererangi, me ētahi atu mea whakangaro i te wāhi.

te wā 3600-tau o *Treta Yuga* i te tau 4100 AD; ka tohua tōna tau e te mōhiotanga whānui ki ngā whakawhitiwhiti kōrero waea me ētahi atu mea whakangaro-wā. I roto i ngā tau 4800 o *Satya Yuga* , te tau whakamutunga i roto i te pewa piki, ka tino whanake te hinengaro o te tangata; ka mahi ia i runga i te hanganga o te mahere atua.

He pewa heke iho o te 12,000 tau, ka tīmata me te Wā Koura heke iho o te 4800 tau, kātahi ka tīmata i **te 16-5** mō te ao; ka totohu haere te tangata ki te kuware. Ko ēnei huringa ko ngā porowhita mutunga kore o te *maya* , ko ngā rerekētanga me ngā whanaungatanga o te ao whakamiharo. **16-6** Tāne, takitahi, ka mawhiti atu i te whare herehere o te takirua o te hanganga i a ia e ara ake ana ki te mōhiotanga mō tōna kotahitanga atua mutunga kore ki te Kaihanga.

Nā te Ariki i whakanui ake taku māramatanga, ehara i te mea mō te whetū anake, engari mō ngā karaipiture o te ao. Mā te whakatakoto i ngā tuhinga tapu ki runga i te tēpu parakore o tōna hinengaro, ka taea e ia te wetewete i aua mea ki te maripi o te whakaaroaro mārama, me te wehewehe i ngā hapa me ngā whakaurunga a ngā tohunga mai i ngā pono i whakapuakina tuatahitia e ngā poropiti.

"Whakatikahia te tirohanga ki te pito o te ihu." He whakamaoritanga hē tēnei o te whiti *Bhagavad Gita* , **16-7** e whakaaetia whānuitia ana e ngā tohunga o te Rawhiti me ngā kaiwhakamāori o te Hauāuru, e whakamahia ana hei whakaoho i ngā whakahē whakakatakata a te Kaiwhakaako.

"He motuhake te ara o te yogi," tana kī. "He aha koe i tohutohu ai i a ia me whakapiko hoki ōna kanohi? Ko te tikanga tūturu o *te nasikagram* ko 'te pūtake o te ihu, ehara i te 'pito o te ihu.' Ka tīmata te ihu i te pito i waenganui i ngā tukemata e rua, te pūtake o te tirohanga wairua." **16-8** Nā te mea kotahi *a Sankhya* **16-9** te whakataukī, " *Iswar-ashidha* ," - "Kāore e taea te whakatau i te Ariki o te Ao Hanga" me "Kāore te Atua e whakamātauahia," **16-10** -he tokomaha ngā tohunga e kī ana he kore atua te rapunga whakaaro katoa.

"Ehara tēnei whiti i te mea koretake," te whakamārama a Sri Yukteswar. "E tohu ana tēnei, ki te tangata kāore i te mārama, e whakawhirinaki ana ki ōna whakaaro mō ngā whakatau whakamutunga katoa, me noho tonu te taunakitanga o te Atua kia kore e mōhiotia, nō reira, kāore e noho. Ko ngā akonga pono *o Sankhya* , me te māramatanga pumau i puta mai i te whakaaroaro, e mārama ana kei te noho te Ariki, ā, ka taea hoki te mōhio."

I whakamāramahia e te Kaiwhakaako te Paipera Karaitiana me te mārāma ataahua. Nā taku tohunga Hinitū, kāore i te mōhiotia e te hunga karanga ingoa o ngā mema Karaitiana, i ako ai ahau ki te mārāma ki te mauri mutunga kore o te Paipera, me te mārāma ki te pono o te kī a te Karaiti - koinei te kupu tino whakahihiri rawa atu i whakapuakina: "Ka pahemo te rangi me te whenua, ko aku kupu ia e kore e pahemo."

16-11

Ko ngā rangatira nui o Īnia i hanga ō rātou oranga e ngā kaupapa atua kotahi i whakaoho i a Ihu; ko ēnei tāngata ōna whanaunga kua karangatia: "Ko ia e mea ana i ta toku Matua i te rangi e pai ai, ko ia te

"Ko ia tōku teina, tōku tuahine, tōku whaea." **16-12** "Ki te u tonu koutou ki taku kupu," te kī a te Karaiti, "he tino akonga koutou naku; a e matau koutou ki te pono, ma te pono koutou e rangatira." **16-13** E te hunga herekore katoa, e te hunga ariki o rātou anō, ko ngā Yogi-Karaiti o Īnia he wāhanga o te whanaungatanga mutunga kore: ko rātou kua whiwhi i te mātauranga whakaora o te Matua Kotahi.

"Kāore au i te mārama ki te kōrero mō Ātama rāua ko Īwa!" i kite ahau me te riri nui i tētahi rā i aku pakanga tuatahi ki te kupu whakarite. "He aha te Atua i whiu ai i te tokorua hara anake, engari i ngā whakatupuranga harakore kāore anō kia whānau mai?"

Nui atu te kata a te Ariki ki tōku kaha i tōku kuware. " He tohu hohonu a *Kenehi* , ā, kāore e taea te mārama mā te whakamaoritanga tika," tana whakamārama. "Ko tōna 'rākau o te ora' ko te tinana tangata. He rite te taurakira ki te rākau e tahuri ana, ko te makawe o te tangata hei pakiaka, ko ngā io e hono ana, e hono ana hei manga. He maha ngā hua reka o te rākau o te pūnaha io, arā, ngā kare ā-kanohi, te tangi, te kakara, te reka, me te pā. I roto i ēnei, ka tika te tangata ki te whai; engari i āraia ia ki te wheako i te moepuku, te 'aporo' kei waenganui o te māra tinana. **16-14**

"Ko te 'nakahi' e tohu ana i te kaha o te tuaiwi kua takai hei whakaoho i ngā io o te ira tangata. Ko 'Ātama' te whakaaro, ā, ko 'Īwa' te kare ā-roto. Ina kahakina te kare ā-roto, te hinengaro rānei o Īwa i roto i te tangata e te hiahia o te ira tangata, ka hinga anō hoki tōna whakaaro, a Ātama rānei." **16-15**

"I hangaia e te Atua te momo tangata mā te whakawhaiaro i te tinana o te tāne me te wahine mā te kaha o Tōna hiahia; i whakawhiwhia e ia te momo hou ki te mana ki te hanga tamariki i roto i te āhua rite." tikanga 'kore hara', tikanga atua rānei. **16-16** Nā te mea i mua ko ngā kararehe anake te hunga i puta mai i roto i te wairua takitahi, he hunga i herea e te wairua ā-tinana, ā, kāore i te whai whakaaro nui, i hanga e te Atua ngā tinana tangata tuatahi, i tapaina ko Ātama rāua ko Īwa. Ki ēnei, hei whanaketanga pai ake, i whakawhitia e Ia ngā wairua, te mauri atua rānei o ngā kararehe e rua. **16-17** I roto i a Ātama, i te tangata rānei, i nui ake te whakaaro; i roto i a Īwa, i te wahine rānei, i piki ake te kare ā-roto. Nō reira i whakaatuhia ai te takirua, te wehewehe rānei e ahu mai ana i ngā ao whakamiharo. Kei roto tonu te whakaaro me te kare ā-roto i te rangi o te hari mahi tahi, i te mea kāore te hinengaro tangata e mamingatia e te kaha ngākau o ngā whanonga kararehe.

"Nō reira, ehara i te mea ko te tinana tangata he hua noa iho o te whanaketanga mai i ngā kararehe, engari i hangaia e te mahi hanganga motuhake a te Atua. He tino parakore rawa ngā āhua kararehe ki te whakaatu i te atuataka katoa; i whakawhiwhia motuhake ki te tangata he kaha hinengaro nui - te 'rōti rau mano' o te roro—me ngā pokapū ngaro kua oho wawe i roto i te tuaiwi.

"I tohutohu te Atua, te Whakaaro Tapu rānei i roto i te tokorua tuatahi i hangaia, kia pārekareka ki ngā kare ā-tangata katoa, engari kaua e aro ki ngā kare ā-pā." **16-18** I aukatia ēnei hei karo i te whanaketanga o ngā whekau ira tangata, ka hono i te tangata ki te tikanga whakatipu kararehe iti iho. Kāore i whakarongohia te whakatūpato kia kaua e whakaora i ngā maharatanga kararehe e kitea ana i roto i te hinengaro. I te hokinga atu ki te ara o te whānautanga māori, ka taka a Ātama rāua ko Īwi i te āhua o te harikoa rangi tūturu ki te tangata tino tika taketake.

"Mātauranga o 'pai me kino e pā ana ki te ao whānui takirua te akiaki Te hinganga i raro i te te wiri o

hē o te tangata i ōna kare ā-roto me tōna whakaaro, i a Īwa me te hinengaro o Ātama rānei, ka whakarērea e te tangata tōna tika ki te tomo ki te māra o te rangi o te mana motuhake o te Atua. **16-19** Ko te kawenga whaiaro a ia tangata ko te whakahoki i ōna 'mātua', i tōna āhua takirua rānei, ki tētahi rangimārie kotahi, ki Ētene rānei."

I te mutunga o te whaikōrero a Sri Yukteswar, ka titiro atu ahau me te whakaute

hou ki ngā whārangi o *Genesis* . "E te Ariki," ka mea atu ahau, "ko te wā tuatahi

tēnei ka rongo ahau i te herenga tika ki a Ātama rāua ko Īwa!"

16-1 : Mai i whetū ngā tohutoro i roto tawhito Hinitū ngā karaipiture, ngā tohunga whai kua āhei ki tika kimi te ngā rā o ngā kaituhi. He tino nui te mōhiotanga pūtaiao o ngā rishis; i roto i te *Kaushitaki Brahmana* ka kitea e tātou he tino tika ngā tohu whetū ngā kōrero e whakaatu tērā i roto 3100 BC te Ngā Hinitū i tawhiti matatau i roto te whetū, e i a he te uara mahi i roto i te whakatau i ngā wā pai mō ngā hui whetū. I roto i tētahi tuhinga i roto i *te East-West* , Hui-tanguru, 1934, ka hoatu te whakarāpopototanga e whai ake nei mō te *Jyotish* , te tinana rānei o ngā tuhinga whetū Vedic: "Kei roto ko ngā kōrero pūtaiao i pupuri i a Īnia ki mua i ngā iwi tawhito katoa, ā, i meinga ai ia hei wāhi mō ngā kairapu mātauranga. Ko te *Brahmagupta tawhito rawa atu* , kotahi o te *Jyotish* ngā mahi, ko he whetū tuhinga te mahi tahi me pērā ngā take hei te te ao tūroa nekehanga o te aorangi ngā tinana i roto tō mātou rā pūnaha, te piko o te te ekipiriti, te o te whenua porowhita puka, te whakaata mārama o te marama, te hurihanga o ia rā o te ao, te noho mai o ngā whetū pumau i te Milky Way, te ture o te kaha ā-papa, me ētahi atu meka pūtaiao kāore i puta i te ao Uru tae noa ki te wā o Copernicus rāua ko Newton."

la ko ināiane rongonui tērā te te mea e kiia nei "Arapi ngā tau," kāore nā wai ngā tohu matatau pāngarau ko he uaua, i tae mai ki Ūropi i te rautau 9, mā roto i ngā Arapi, mai i Īnia, te wāhi i hangaia ai taua pūnaha tuhi i mua. Ā muri ake nei mārama i runga A Īnia whānui pūtaiao taonga tuku iho ka kia i kitea i roto Tākuta P. C. A Rei *Hītori o Hinitū Matū* ,
· me roto i te pukapuka a Tākuta BN Seal, *Ngā Pūtaiao Pai o Ngā Hindu Tawhito*

16-2 : Te manaakitanga e ngā rerenga mai i te noa iho tirohanga o he te hunga tapu

16-3 : Kotahi o te ngā kōtiro ko wai taku whānau kua tīpakohia hei he taea wahine marena hou mō ahau, muri iho kua moe taku whanaunga, Prabhas Chandra Ghose.

16-4 : He raupapa o tekau mā toru ngā tuhinga i runga te hītori manatoko o Hīri Yukteswar's *Iuka* ariā i puta mai i roto te maheni

Te Rawhiti-Hauāuru (Ngā (Āngela) mai i Hepetema, 1932, ki

.Hepetema, 1933. 16-5: I te tau 12,500 AD

16-6 : Te Hinitū ngā karaipiture wāhi te te whakaatu ao-ao hei e tupu ana i roto te *Kali Iuka* o he nui roa ake ao whānui he huringa i te huringa equinoctial 24,000-tau noa iho i arohia e Sri Yukteswar. Ko te huringa whānui o ngā karaipiture he 4,300,560,000 tau te roa, ā, e ine ana i te Rā o te Waihangā, i te roa rānei o te ora i whakaritea ki tō tātou aorangi pūnaha i roto tōna te whakaatu puka Tenei whānui āhua i hoatu nā te ngā rishi ko e hangai ana i runga he whanaungatanga i waenganui te roa o te tau rā me te tauwehenga o Pi (3.1416, te ōwehenga o te porowhita ki te whānui o te porowhita).

Te ora whānuitanga mō he katoa ao whānui, e ai ki ki te tawhito ngā matakite, ko 314,159,000,000,000 rā ngā tau, rānei
". "Kotahi Tau o Brahma

Ngā kaipūtaiao whakatau tata te te whakaatu tau o te whenua ki kia mō e rua piriona ngā tau, turanga tā rātou ngā whakatau i runga he ako o ngā pōke mata mau ihei he hua o te mahi irahiko i roto ngā toka. Te Hinitū ngā karaipiture whakapuaki tērā he whenua pērā hei ā mātou ko rewa mō te kotahi o e rua ngā take: te ngā kainoho hei he katoa riro

rānei tino pai rānei tino kino. Te hinengaro-ao ka whakaputa i tētahi mana e tuku ana i ngā ngota herehere e puritia ana
he whenua

Tino kino ngā whakapuakitanga kei i ētahi wā whakaputaina e pā ana ki he e tata ana "mutunga o te ao." Te hou rawa
matapae o I tukuna te whiu e Rev. Chas. G. Long o Pasadena, nāna i whakatakoto te "Rā Whakawa" mō te 21 o
Hepetema, 1945. I pātai mai ngā kairipoata o *United Press* ki taku whakaaro; i whakamārama ahau he pai te haere o ngā
huringa o te ao i runga i te mahere atua. Kāore anō kia kitea te memeha o te ao; e rua piriona tau o ngā huringa
equinoctical e piki ana, e heke ana hoki kei te tatari mō tō tātou ao i tōna āhua o nāianei. Ko ngā tatauranga i homai e
ngā rishis mō ngā reanga rerekē o te ao me ako maretia i te Hauāuru; i kīia e te maheni *Time* (17 o Tihema, 1945, wh.
".6) he "tatauranga whakamarie

16-7 : upoko VI:13.

16-8 : "Te mārāma o te tinana ko te kanohi: nō reira āhea āu kanohi ko takitahi, tōu katoa tinana hoki ko kī tonu o mārāma; engari ina tōu kanohi ko kino, tōu tinana hoki ko kī tonu o te pōuri. Tangohia whakarongo nō reira tērā te mārāma e ko i roto koe kia kāore pōuri."— *Luka* 11:34-35.

16-9 : Kotahi o te ono ngā pūnaha o Hinitū rapunga whakaaro. *Sankhya* e whakaako ana whakamutunga te whakawāteatanga mā roto mātauranga o e rua tekau mā rima ngā mātāpono, e tīmata ana ki te *prakriti* , ki te taiao rānei, ā, ka mutu ki te *purusha* , ki te wairua rānei.

16-10 : *Sankhya Ngā whakataukī* ,

1:92. 16-11: *Matiu* 24:35.

16-12 : *Matiu* 12:50.

16-13 : *Hoani* 8:31-32. I whakaatu a Hoani Tapu: "Tena ko te hunga i manako ki a ia, i hoatu e ia ki a ratou te mana e meinga ai ratou hei tama ma te Atua, ahakoa ki rātou tērā whakapono i runga tāna ingoa (tae noa ki ki rātou ko wai kei kua whakatūria i roto te Karaiti "Māramatanga)." - *Hoani* 1:12.

16-14 : "Mātou mei kai o te hua o te ngā rākau o te mārā: engari o te hua o te rākau e ko i roto te waenganui o te te ô ra, ua parau mai te Atua e, Kaua korua e amu i to reira, kaua hoki e pa atu ki reira, kei mate korua." - *Kenehi* 3:2-3

16-15 : "Te wahine ko wai koe hoatu ki kia me ahau, ia i hoatu ahau o te rākau, me ahau i mahi kai. Te wahine i mea, "Na te nakahi ahau i maminga, a kai ana ahau." - *Kenehi* 3:12-13.

16-16 : "Nō reira Atua i hangaia tāne i roto tāna ake whakaahua, i roto te whakaahua o Atua i hangaia ia ia; tāne me wahine i hangaia ia rātou. Ā, Atua manaakitia rātou, me Atua i mea ki rātou, Kia hua me whakarea, me whakakī anō te whenua, me pehi " -*Gen* 1 :27-28.

16-17 : "Ā, te Ariki Atua i hangaia tāne o te puehu o te whenua, me manawa ki roto tāna ngā ihu te manawa o te ora; "ā ka wairua ora te tangata." - *Kenehi* 2:7

16-18 : "Inaianei te nakahi (ira tangata kaha) i atu anō mārire i te tetahi kararehe o te mara (tētahi ētahi atu tikanga o te tinana).- *Gen* 3 :1.

16-19 "Na ka whakatōkia e Ihowa, e te Atua, tētahi kari ki te rawhiti, ki Ētene; ā, whakanohoia ana e ia ki reira te tangata i hanga e ia."- *Kenehi* 2:8. "Koia i tonoa atu ai ia e Ihowa, e te Atua, i te kari o Ētene hei ngaki i te oneone i tangohia mai ai ia i reira."- *Kenehi* 3:23. Ko te tangata atua i hanga tuatahitia e te Atua, ko tōna hinengaro i waenganui i te kanohi kotahi o te mana nui i te rae. (ki te rawhiti). Te auaha katoa ngā mana o tāna ka hiahia, arotahi i tērā wāhi, i ngaro ki tāne āhea ia tīmata ki "tae noa ki te whenua" o tōna āhua tinana.

Upoko: 17

Sāsi Ā, Te Toru Ngā hapaira

"Nā te mea koe me taku tama whakaaro nā reira tino o Swami Hīri Yukteswar, ahau ka tango he titiro i ia." Te

Ko te reo i whakamahia e Tākuta Narayan Chunder Roy i kī mai kei te whakakatakata ia i ngā hiahia o te hunga wairangi. I huna e au tōku riri, i runga i ngā tikanga pai a te kaikauwhau.

Ko taku hoa, he taote kararehe, he tangata whakaponono kore ki te Atua. I tohe mai tana tama a Santosh kia aro atu ahau ki tōna matua. Tae noa mai ki tēnei wā, kāore i kitea te nui o taku āwhina nui.

I te aonga ake ka haere tahi māua ko Tākuta Roy ki te whare karakia o Serampore. I muri i te tukunga atu a te Ariki i tētahi uiuinga poto ki a ia, i te nuinga o te wā i te wā e noho puku ana ngā taha e rua, ka haere pōuri te manuhiri.

"He aha i kawea mai ai he tūpāpaku ki te ashram?" I te katinga o te tatau ki te tangata ruarua o Calcutta, ka titiro mai a Sri Yukteswar me te pātai.

"E te Ariki! Kei te ora tonu te

tākuta!" "Engari i roto he poto wā

ia ka kia kua mate."

I ohorere ahau. "E te Ariki, he whiu nui tēnei mō tāna tama. Kei te tumanako tonu a Santosh kia tae mai te wā ki te whakarerekē i ngā tirohanga ā-taonga a tōna matua. Kei te inoi atu ahau ki a koe, e te Kaiwhakaako, kia āwhina i te tangata nei."

"Pai rawa; hei painga mōu." Kāore i aro te kanohi o taku tohunga. "Kua ngaro te tākuta hōiho whakahihī i te mate huka, ahakoa kāore ia i te mōhio. I roto i ngā rā tekau mā rima ka takoto ia ki tōna moenga. Ka tukua ia e ngā tākuta kia ngaro; ko tōna wā tūturu ki te wehe atu i tēnei ao ko ngā wiki e ono mai i tēnei rā. Nā tō inoi, heoi, i taua rā ka ora ia. Engari kotahi te tikanga. Me mau ia i tētahi poroporo whetū; kāore e kore ka whakahē ia me te kaha pērā i tētahi o āna hōiho i mua i te pokanga!" Ka kata te Kaiwhakaako.

I muri i te wā wahangu, i a au e whakaaroaro ana me pēhea māua ko Santosh e whakamahi pai ai i ngā mahi whakapatipati ki te tākuta whakakeke, ka whakapuakina e Sri Yukteswar ētahi atu kōrero.

"Ina ora te tangata, me kī atu kia kaua ia e kai mīti. Heoi, e kore ia e whakarongo ki tēnei tohutohu, ā, i roto i ngā marama e ono, i a ia e tino pai ana te āhua, ka hinga ia ki te mate. Ahakoa taua marama e ono ka whakaroahia tōna orange nā tō tono anake."

I te aonga ake ka kī atu ahau ki a Santosh kia tono ia i tētahi poroporo ringa i te toa whakapaipai. I oti i roto i te wiki, engari i whakakahore a Tākuta Roy ki te whakakakahu.

"Kei te tino ora ahau. E kore rawa ahau e miharo ki ēnei whakapono whetū." Ka titiro kaha mai te tākuta ki ahau.

I mahara ahau me te katakata i te tika o te whakarite a te Ariki i te tangata ki tētahi hōiho pakaka. E whitu atu ngā rā i pahemo; i te mea kua pāngia ohoreretia e te mate, ka whakaae māriri te tākuta ki te mau i te poroporo. E rua wiki i muri mai, ka kōrero mai te tākuta i tae mai ki ahau kāore he tumanako mō te mate o tana tūroro. I homai e ia ngā kōrero whakamataku mō ngā kino i pā mai i te mate huka.

ahau rūrū taku upoko "Tāku tohunga kua i mea tērā, i muri he mate pumau kotahi marama, Tākuta Roi ka kia pai."

I titiro matatau mai te tākuta ki ahau me te kore whakapono. Engari i muri i ngā wiki e rua ka rapua ahau e ia, me te āhua whakapāha.

"Kua ora katoa a Tākuta Roy!" tana karanga. "Koinei te mea whakamiharo rawa atu i roto i aku wheako. Kāore anō ahau kia kite i tētahi tangata e tata ana ki te mate e whakaatu ana i tētahi hokinga mai kāore e taea te whakamārama. He poropiti whakaora rawa atu tō koutou tohunga!"

I muri i tētahi uiuinga ki a Tākuta Roy, i taku whakahua anō i te tohutohu a Sri Yukteswar mō te kai kore mīti, kāore au i kite anō i taua tangata mō ngā marama e ono. I tū ia ki te kōrero i tētahi ahiahi i a au e noho ana i te piazza o tōku kāinga whānau i Gurpar Road.

"Kōrero atu ki tō kaiako, nā te kai mīti i ngā wā katoa, kua tino ora ake ahau. Kāore āna whakaaro kore pūtaiao mō te kai i whai pānga ki ahau." He pono i rite a Tākuta Roy ki tētahi pikitia hauora.

Engari i te aonga ake ka oma mai a Santosh ki ahau i tōna kāinga i te poraka e whai ake nei. "I tēnei ata ka hinga a Pāpā, ka mate!"

Ko tēnei take tētahi o aku wheako tino rerekē ki te Ariki. Ahakoa tōna kore whakapono, i whakaorangia e ia te taote kararehe whakakeke, ā, i whakaroahia e ia te wā tūturu o te tangata i runga i te whenua mō te ono marama, nā taku inoi nui. Kāore he mutunga o te atawhai o Sri Yukteswar i te wā i tūtaki ki te inoi akiaki a tetahi tangata karakia.

He mea whakahihī rawa atu ki ahau te kawē mai i ngā hoa o te kāreti ki te tūtaki ki taku tohunga. He tokomaha o rātou ka whakarērea te taha - i roto i te ashram! - tō rātou koroka mātauranga huatau o te whakahē whakapono.

I noho tētahi o ōku hoa, a Sasi, i ētahi wā mutunga wiki harikoa ki Serampore. Nui atu te aroha o Master ki te tamaiti, ā, i tangi ia mō tōna orange tūmataiti he porangi, he koretake hoki.

"E Sasi, ki te kore koe e huri i tō wairua, ā, i roto i te tau e haere ake nei ka tino pāngia koe e te mate kino." I titiro a Sri Yukteswar ki taku hoa me te riri aroha. "Ko Mukunda te kaiwhakaatu: kaua e kī ā muri ake nei kāore au i whakatūpato i a koe."

Ka kata a Sasi. "E te Ariki, ka waiho atu māu e tono he aroha reka ki te ao whānui mōku ake! Kei te hiahia tōku wairua engari kei te ngoikore tōku hiahia. Ko koe anake tōku kaiwhakaora i runga i te whenua; kāore he mea kē atu e whakaponohia ana e au."

"I iti rawa koe me kakahu he rua-karati kikorangi hapaira. Ia ka āwhina koe."

"Au kāore e taea utu kotahi. Ahakoa pēhea, e te aroha guruji, mēnā raruraru haere mai, ahau tino whakapono koe ka tiaki ahau."

"I roto i te tau kotahi ka kawea mai e koe ētahi hapaira e toru," te whakautu ngaro a Sri Yukteswar. "Kāore he painga mō rātou i taua wā."

He maha ngā rerekētanga o tēnei kōrero. "Kāore e taea e au te huri!" ka mea a Sasi me te ngakau pouri whakakatakata. "Ā, ko taku whakawhirinaki ki a koe, e te Ariki, he mea nui atu i tētahi kohatu!"

I te tau i muri mai, i toro atu ahau ki taku tohunga i te kāinga o tana akonga, a Naren Babu i Calcutta. I te tekau karaka o te ata, i a māua ko Sri Yukteswar e noho puku ana i te rūma noho o te papa tuarua, ka rongo ahau i te tatau o mua e tuwhera ana. Ka tū pakari te Ariki.

"Ko Sasi tēnā," tana kī me te ngākau pōuri. "Kua pau te tau inaianei; kua ngaro ōna pūkakahukahu e rua. Kua kore ia e aro ki taku tohutohu; kī atu ki a ia kāore au e hiahia kia kite i a ia."

I te ohorere i te pakari o Sri Yukteswar, ka oma atu ahau i te arawhata. I piki

ake a Sasi. "E Mukunda! Ko taku tumanako kei konei te Ariki; i whakaaro

ahau kei konei pea ia."

"Āe, engari ia kāore hiahia ki kia raruraru."

Ka pakaru mai ngā roimata o Sasi, ka whiti atu i ahau. Ka hinga ia ki ngā waewae o Sri Yukteswar, ka whakatakoto i ngā hapaira ataahua e toru ki reira.

"E te tohunga matau katoa, e ai ki ngā tākuta he mate kohi tere tōku! Kāore e roa atu i te toru marama te roa e homai ana ki ahau! Kei te inoi whakaiti ahau ki a koe kia āwhina mai; e mōhio ana ahau ka taea e koe te whakaora i ahau!"

"Kāore ianei i te roa te wā ki te manukanuka mō tō oranga? Haere atu me ō taonga whakapaipai; kua hipa te wā whai hua." Kātahi ka noho te Ariki, he rite ki te mīti, i roto i te wā puku, me te tangi a te tamaiti mō te aroha.

I tae mai te whakaaro ā-roto ki ahau, he whakamātautau noa iho a Sri Yukteswar i te hohonutanga o te whakapono o Sasi ki te mana whakaora atua. Kāore au i miharo i te haora i muri mai i te matakū i te tahuritanga mai o te titiro aroha a te Kaiwhakaako ki taku hoa e takoto ana.

"E whakatika, e Sasi; he ngangau nui tēnei e mahia ana e koe i roto i ngā whare o ētahi atu tāngata! Whakahokia ō hapira ki te whare o te kaihanga whakapaipai; he utu koretake ēnei inaianei. Engari tikina he poroporo whetū ka mau. Kaua e wehi; i roto i ētahi wiki ka ora koe."

I whakamārama te ataata a Sasi i tōna mata kua pakaru i te roimata, pērā i te rā ohorere i runga i te whenua mākū. "E te tohunga aroha, me tango e au ngā rongoā i tohua e ngā tākuta?"

He roa te titiro a Sri Yukteswar me te aroha. "E ai ki tāu e hiahia ai - inumia, maka atu rānei; ka pērā tonu." "kāore he aha. He nui ake te tūponotanga ka whakawhiti te rā me te marama i tō kōrua mate i te mate kōhi." Ka tāpiri ohorere atu ia, "Haere inaianei, i mua i taku hurihanga whakaaro!"

Me te piko ohorere, ka hohoro taku hoa te haere. He maha aku haerenga ki a ia i roto i ngā wiki e whai ake nei, ā, i ohorere ahau i te kitenga kua kino haere tōna āhua.

"Sāsi" kāore e taea whakamutunga mā roto te pō." ēnei ngā kupu mai i tāna tākuta, me te whakaaturanga o taku

Nā te hoa, kua tata memeha noa iho hei angaanga, i tono tere mai ahau ki Serampore. I whakarongo mārire taku tohunga ki taku pūrongo me te roimata.

"He aha mahi koe haere mai konei ki whakararururu ahau? Koe whai kua i rangona ahau whakapumau Sāsi o tāna te whakaoranga."

I piko ahau ki mua i a ia me te wehi nui, kātahi ka hoki ki te tatau. Kāore a Sri Yukteswar i kōrero poroporoaki, engari i noho puku ia, ko ōna kanohi kāore i te kimo, ā, ko tā rāua tirohanga i rere atu ki tētahi ao kē.

I hoki tonu atu ahau ki te kāinga o Sasi i Calcutta. Me te miharo, i kite ahau i taku hoa e noho ana, e inu miraka ana.

"E Mukunda! He merekara! E whā hāora ki muri ka rongohia ahau i te aroaro o te Ariki i roto i te rūma; ngaro tonu atu aku tohu kino. E kite ana ahau nā tōna aroha noa kua ora katoa ahau."

I roto i ētahi wiki, kua kaha ake a Sasi, ā, kua pai ake tōna hauora i tō mua. **17-1**
Engari ko tana takitahi He ahua kore whakawhetai te tauhohenga ki tana whakaoranga: he onge tana haerenga atu ki a Sri Yukteswar! I tetahi rā, i kōrero mai taku hoa ki ahau i tino pouri ia mō tōna āhua noho o mua, ā, i whakama ia ki te tū atu ki te Ariki.

Ko tāku anake i taea ai te whakatau ko te pānga rerekē o te mate o Sasi he whakapakeke i tōna hiahia, he whakapōrearea hoki i ana tikanga.

Kua tata te mutunga o ngā tau tuatahi e rua o taku akoranga i te Kāreti o te Hāhi o Kōtirana. He tino pōturi taku haere ki te akomanga; ko te iti o taku ako he mea hei pupuri i te rangimārie me tōku whānau. I haere mai aku kaiako tūmataiti tokorua ki tōku whare i ia wā, i ia wā; i ia wā, i ia wā, i ia wā, i ia wā, ka ngaro ahau: ka taea e au te kite i tēnei i ia wā, ...

I Īnia, mā ngā tau angitu e rua o te kāreti ka whiwhi i te tohu Paetahi Toi; kātahi ka tumanako pea te ākonga ki ētahi atu tau e rua me tana tohu AB.

I tata mai ngā whakamātautau whakamutunga mō ngā Toi Waenga me te whakamataku. I rere ahau ki Puri, ki reira taku tohunga e noho ana mō ētahi wiki. Me te tumanako pōuri ka whakaae ia kia kore ahau e tae atu ki te whare wānanga. whakamutunga, i kōrero ahau i tōku kore whakarite whakama.

Heoi ka menemene whakamarie te Kaiwhakaako. "Kua whaia e koe ō mahi wairua, ā, kāore i taea te kore e wareware ki ō mahi kāreti. Kia kaha ki te pānui i ō pukapuka mō te wiki e tū mai nei: ka ora koe i tō whakamātautau me te kore e hinga."

I hoki ahau ki Calcutta, me te pehi pūmau i ngā feaa whaitake katoa i puta ake i ētahi wā me te tawai whakamataku. I a au e tiro tiro ana i te maunga o ngā pukapuka i runga i taku tēpu, i rite ahau ki tētahi kaihaerere kua ngaro i te koraha. Nā te wā roa o te whakaaroaro i homai he hihiri whakaora mahi ki ahau. Te whakatuwheratanga i ia pukapuka i te matapōkere, ko ngā whārangi anake i kitea noatia e au i akohia. I a au e whai ana i tēnei akoranga mō ngā hāora tekau mā waru i te rā mō te wiki, i whakaaro ahau he tika ki ahau te tohutohu i ngā whakatipuranga katoa e whai ake nei mō te toi o te ako pukumahi.

Ko ngā rā i muri mai i ngā whare whakamātautau he whakamārama mō taku tikanga koretake. I paahitia e au ngā whakamātautau katoa, ahakoa he iti noa iho. Ko ngā mihi a ōku hoa me te whānau i konatunatua ki ngā whakapūtanga e whakaatu ana i tō rātou miharo.

I tōna hokinga mai i Puri, ka homai e Sri Yukteswar tētahi ohorere pai ki ahau. "Kua mutu āu akoranga i Calcutta. Māku e whakarite kia whai tonu koe i ō tau e rua whakamutunga o te mahi whare wānanga i konei tonu i Serampore."

I pōhēhē ahau. "E te Ariki, kāore he akoranga Paetahi Toi i tēnei tāone." Ko te Kāreti o Serampore, te whare wānanga kotahi anake o te mātauranga teitei, i tuku noa i tētahi akoranga Toi Waenga e rua tau te roa.

Ātaata ana te Ariki me te whanoke. "Kua koroheke rawa ahau ki te kohi koha hei whakatū i tētahi kāreti AB māu. Ki taku whakaaro me whakarite e au tēnei take mā tētahi atu."

I ngā marama e rua i muri mai, i whakapuaki a Ahorangi Howells, te perehitini o te Kāreti o Serampore, kua angitu ia ki te kohi moni hei tuku i tētahi akoranga e whā tau te roa. I riro te Kāreti o Serampore hei peka hononga o Te Whare Wānanga o Calcutta. Ko ahau tētahi o ngā ākonga tuatahi i whakauru ki Serampore hei kaitono AB.

"E Guruji, he nui tō atawhai ki ahau! Kua roa ahau e hiahia ana ki te wehe atu i Calcutta, kia tata atu ki a koe i ia rā, i ia rā, i Serampore. Kāore a Ahorangi Howells e moemoeā ana ki te nui o tana nama ki tāu āwhina puku!"

I titiro mai a Sri Yukteswar ki ahau me te āhua whakatoī. "Inaianei kāore koe e hiahia ki te whakapau i ngā hāora maha i runga i ngā tereina; he nui te wā waatea mō āu akoranga! Tērā pea ka iti ake tō hihiri i te meneti whakamutunga, ka nui ake tō mātauranga." Engari i pēhea te kore o tōna reo i te whakapono.

.....
17-1 : I roto 1936 ahau i rangona mai i he hoa tērā Sāsi i tonu i roto tino pai hauora.

"I ngā tau kua pahure ake nei, i roto tonu i tēnei rūma e noho nei koe, e whā ngā merekara i mahia e tētahi kaimahi merekara Muhamariki i mua i ahau!"

Hīri Yukteswar i hangaia tēnei miharo tauākī i roto i tāna tuatahi toro ki taku hou ngā hauwhā

I muri tonu i taku whakaurunga ki te Kāreti o Serampore, i noho ahau ki tētahi rūma i tētahi whare noho tata tonu, ko *Panthi te ingoa*. He whare pereki tawhito, e anga atu ana ki te awa o Ganges.

"E te Ariki, he tūponotanga tēnei! He tino tawhito, he maumaharatanga anō hoki ēnei pakitara hou kua whakapaipaihia?" I tiroiro haere ahau i tōku rūma kua whakapaipaihia kia ngāwari noa iho, me te hiahia nui kua ara ake.

"He kōrero roa." Ka menemene taku tohunga me te mahara anō. "Ko te ingoa o te *fakir* **18-1** ko Afzal Khan. I whiwhi ia i ōna mana whakamiharo mā te tūtakitanga tūpono ki tētahi yogi Hindu.

"E tama, e matewai ana ahau; tikina mai he wai mōku." I tonu atu tētahi *sannyasi kapi tonu i te puehu* ki a Afzal i tētahi rā i tōna tamarikitanga i tētahi kāinga iti o te rawhiti o Bengal.

"E te Kaiwhakaako, ahau am he Mōhameka. Me pēhea i taea koe, he Hinitū, whakaae he inu mai i taku ringaringa?

"E pai ana ki ahau tō pono, e taku tamaiti. Kāore au e pupuri i ngā ture whakahāwea o te whakapono kore whakapono. Haere; kia hohoro te tiki wai mōku."

"A Afzal whakaute ngohengohe i i whakawhiwhia nā he aroha titiro mai i te yogi

"Kei a koe te karma pai mai i ngā orange o mua,' i kite ia me te ngākau nui. 'Ka ako atu ahau i a koe ki tētahi tikanga yoga hei whakahaere i tētahi o ngā ao kāore e kitea. Ko ngā mana nui ka riro i a koe me whakamahi mō ngā kaupapa tika; kaua rawa e whakamahia i runga i te hiahia whaiaro! E kite ana ahau, aue! kua kawea mai e koe ētahi purapura o ngā whanonga whakangaro mai i mua. Kaua e tukua kia pihi ake mā te whakainu i a rātou ki ngā mahi kino hou. Ko te uaua o tō "Nā te karma o mua, me whakamahi e koe tēnei ao hei whakataurite i ō whakatutukitanga yoga ki ngā whāinga atawhai tangata teitei rawa atu."

"I muri i te whakaako te miharo tama i roto he uaua tikanga, te rangatira ngaro atu.

"E rua tekau tau a Afzal i whai pono ai i tana mahi yoga. I tīmata ana mahi whakamiharo ki te kukume i te aro whānui. Te āhua nei i haere tahi tonu ia me tētahi wairua kore tinana i huaina e ia ko 'Hazrat.' I taea e tēnei mea ngaro te whakatutuki i te hiahia iti rawa o te FAKIR."

"I te kore aro ki te whakatūpato a tōna rangatira, ka tīmata a Afzal ki te whakamahi hē i ōna mana. Ahakoa he aha te mea i pā atu ia, kātahi ka whakakapia, ka ngaro wawe atu, kāore he tohu. Nā tēnei āhuatanga whakamataku i meinga ai te Mahometa hei manuhiri whakarihariha!"

"I ētahi wā ka toro atu ia ki ngā toa whakapaipai nunui o Calcutta, e whakaatu ana i a ia anō he kaihoko pea. Ko ngā kohatu katoa i puritia e ia ka ngaro wawe i muri i tana wehenga atu i te toa."

"He maha ngā rau o ngā ākonga i karapotia a Afzal, i kukumea e te tumanako ka mōhio ia ki ana mea ngaro. I ētahi wā ka karanga te *fakir* i a rātou kia haere tahi me ia. I te teihana tereina ka taea e ia te pā atu ki tētahi rārangi tīkiti. Ka whakahokia ēnei e ia ki te kaimahi, me te kī: 'Kua huri taku whakaaro, ā, kāore au e hoko i ēnei inaianei.' Engari i tana ekenga ki te tereina me tana tira, kei a Afzal ngā tīkiti e hiahiatia ana. **18-2**

"Nā ēnei mahi nanakia i puta ai te ngangau riri; i hinga ngā kaihangā whakapaipai me ngā kaihoko tīkiti o Bengali i te pakaru o te io! I kitea e ngā pirihimana i whai ki te hopu i a Afzal he korekore noa iho; ko te " K a t a e a e *Fakir* te tango i ngā taunakitanga whakapae mā te kī noa: 'E te Hāta, tangohia atu tēnei.'"

I whakatika ake a Sri Yukteswar i tōna nohoanga, ā, ka hikoi ki te taupee o tōku rūma e titiro atu ana ki te awa o Ganges. I aru atu ahau i a ia, me te hiahia nui ki te whakarongo atu ki ngā kōrero whakamīharo a Raffles, a te hunga Mahometa.

Nō tētahi o ōku hoa tēnei whare *Panthi i mua. I tūtaki ia ki a Afzal, ā, i tono ia kia haere mai ia. I karangahia anō hoki e taku hoa kia rua tekau ngā hoa noho tata, tae atu ki ahau. He tamariki noa iho ahau i taua wā, ā, i tino hiahia ahau ki te mōhio ki te fakir rongonui.*" Ka kata te Ariki. "I āta tupato ahau kia kaua e mau i tētahi mea utu nui!" Ka titiro matatau mai a Afzal ki ahau, kātahi ka mea:

"He ringa kaha ōu. Haere ki raro, ki te māra; tikina he kōhatu maeneene, ka tuhituhi i tōu ingoa ki runga ki te uku; kātahi ka maka te kōhatu ki tawhiti rawa atu ki roto i te awa o Ganges."

"I whakarongo ahau. I te ngaromanga atu o te kōhatu i raro i ngā ngaru i tawhiti, ka kōrero mai anō te Mahometa ki ahau:

"Whakakīia he kohua me Ngā Ganges wai tata te mua o tēnei whare.

"I muri i ahau i a i whakahokia mai me he waka o wai, te *fakir* i tangi, 'Hatarata, whakatakoto te kōhatu i roto te kohua!

"I puta tonu mai te kōhatu. I tangohia mai e au i roto i te oko, ā, i kitea e au taku waitohu e mārāma ana, pērā i te wā i Nāku i tuhituhi.

"Pāpu, **18-3** I roto i te rūma, ko tētahi o ōku hoa, e mau ana i tētahi wati koura tawhito me tētahi mekameka. I tirotirohia rātou e te *fakir* me te miharo whakamataku. Kāore i roa kua ngaro atu rātou!

"Afzal, tēnā koa whakahoki taku taonga nui taonga tuku iho! Pāpu i tata i roto ngā roimata.

"I noho puku te Hāmarama mō tētahi wā, kātahi ka mea, 'E rima rau rūpī kei roto i te pouaka rino. Kawea mai ki ahau, ā, māku e kī atu ki a koe te wāhi e kitea ai tō wati.'"

"I haere tonu atu a Babu ki tōna kāinga me te pouri. I hoki wawe mai ia, ā, i hoatu e ia te moni i hiahiaia ki a Afzal."

"Haere ki te piriti iti e tata ana ki tō whare,' te tohutohu a *te fakir* ki a Babu. 'Karanga

atu ki a Hazrat kia homai te mātiti me te mekameka ki a koe."

"Pāpū tere atu I runga tāna whakahoki, ia i te mau he menemene o whakamāmā me kāore whakapaipai ahakoa pēhea.

"I taku whakahau i a Hazrat e ai ki tana i whakahau ai,' i panuitia e ia, 'ka taka iho taku mātiti i te rangi ki roto i tōku ringa matau! E mōhio ana koe i raka e au te taonga tuku iho i roto i taku pouaka haumaruru i mua i taku hokinga atu ki te rōpū i konei!"

"Ko ngā hoa o Babu, ngā kaiwhakaatu o te mahi whakakatakata o te utu mō te mātaaratanga, i titiro pūmau ki a Afzal me te riri. Ināianei ka kōrero ia me te mārie."

"Tena koa ingoa tetahi inu koe hiahia; Hatarata ka whakaputa reira.

"He tokomaha i tono miraka, ko ētahi i tono wai hua. Kāore au i tino ohorere i te tono a Babu i te wīkī! I homai e te Muhama i te whakahau; i tonoa e te Hazrat ngā ipu hiri kia rere ki te rangi, kia pakū ki te whenua. I kitea e ia tangata tana inu i hiahiatia."

"Ko te kupu whakaari mō te tuawhā o ngā mahi whakamiharo o te rā, he mea tino harikoa ki te kaihautū: i tuku mai a Afzal ki te whakarato tina tere tonu!"

"Me tono tāua i ngā rihi tino utu nui,' te whakaaro pōuri a Babu. 'E hiahia ana ahau ki tētahi kai nui mō aku rima rau rūpī! Me tuku katoa ngā mea ki runga i ngā pereti koura!'"

"I te mutunga o te whakapuakitanga a ia tangata i āna hiahia, ka tahuri te *fakir ki te Hazrat mutunga kore. Ka pā mai he haruru nui; ka tau mai ngā pereti koura kī tonu i ngā kari kua oti te whakarite, ngā luchi wera* , me ngā hua maha kāore i te wā tika, ki ō mātou waewae. He reka katoa ngā kai. I muri i te kai hakari mō te haora, ka tīmata mātou ki te wehe atu i te rūma. Nā te haruru nui, me te mea kei te purangahia ngā rihi, ka tahuri mātou. Nā! kāore he tohu o ngā pereti kanapa, o ngā toenga rānei o te kai."

"Guruji," ka whakatapoko atu ahau, "mēnā ka taea e Afzal te tiki ngāwari i ngā mea pēnei i ngā oko koura, he aha ia i hiahia ai ki ngā taonga a ētahi atu?"

"Kāore i tino whanake te wairua o te *fakir* ," te whakamārama a Sri Yukteswar. "Nā tōna mōhio ki tētahi tikanga yoga i āhei ai ia ki te uru atu ki tētahi ao whetū e tutuki tonu ai ngā hiahia katoa. Mā te mahi a tētahi mea whetū, a Hazrat, ka taea e te Muhamarata te karanga i a ia anō." ngā ngota o tētahi mea mai i te pūngao etheric mā te mahi a te hiahia kaha. Engari ko aua mea i hangaia e te ao wairua he mea memeha noa iho; kāore e taea te pupuri roa. I hiahia tonu a Afzal ki te taonga o te ao, ahakoa he uaua ake te whiwhi, he roa ake te pumau."

ahau i kata. "Koia hoki i ētahi wā ngaro atu te nuinga kāore e tika ana!"

"Ehara a Afzal i te tangata e mōhio ana ki te Atua," ka haere tonu te Kaiwhakaako. "Ko ngā merekara pumau, whai hua hoki, ka mahia e te hunga tapu pono nā te mea kua hono atu rātou ki te Kaihanga Mana-katoa. He tangata noa noa iho a Afzal, he mana whakamiharo tōna ki te uru ki tētahi ao ngaro kāore e uruhia ana e te tangata tae noa ki te matenga."

"Au mārāma inaianei, Guruji. Te ao muri puta mai ki whai ētahi ātaahua ngā

āhuatanga."

I whakaae te Kaiwhakaako. "Kāore au i kite i a Afzal i muri i taua rā, engari i muri i ētahi tau, ka haere mai a Babu ki tōku kāinga ki te whakaatu mai i tētahi pūrongo nūpepa mō te whaki tūmatanui a te hunga Mahometa. Mai i reira i ako ai ahau i ngā meka kua kōrerotia e au ki a koe mō te whakaurunga wawe o Afzal ki te whakapono i tētahi tohunga Hinitū."

Ko te kaupapa matua o te wāhanga whakamutunga o te tuhinga kua whakaputaina, e ai ki tā Sri Yukteswar i mahara ai: "Ko ahau, ko Afzal Khan, e tuhi ana i ēnei kupu hei mahi ripeneta, hei whakatūpato hoki ki te hunga e rapu ana i te hara." te mana o ngā mana whakamiharo. Mō ngā tau maha kua hē taku whakamahi i ngā pūkenga whakamiharo i homai ki ahau mā te aroha noa o te Atua me tōku ariki. I haurangi ahau i te whakapehapeha, me te whakaaro kei tua atu ahau i ngā ture noa o te matatika. I tae mai taku rā whakatau.

"Nō nā tata nei ka tūtaki ahau ki tētahi kaumātua i tētahi huarahi i waho o Calcutta. E haere toitoi ana ia me te mamae, e amo ana i tētahi mea kanapa e rite ana ki te koura. I kōrero ahau ki a ia me te apo i roto i tōku ngākau."

"Au am Āfzal Kāna, te nui *fakir* . He aha whai koe kei reira?

"Ko tēnei pōro koura anake taku taonga ā-tinana; kāore e pā ki tētahi *fakir* . Kei te inoi atu ahau ki a koe, e te rangatira, kia whakaorangia tōku kopa."

"I pā atu ahau ki te pōro, ā, ka hikoi atu, kāore he whakautu. I whai mai te koroua i ahau me te hīkoi haere. Kāore i roa ka karanga ia: 'Kua ngaro taku koura!'"

"I a au e kore e aro atu, ka kōrero whakarere mai ia me te reo pōuri e puta mai ana i tōna tinana ngoikore:

"Me mahi koe kāore mōhio ahau?

"I tū puku ahau, kāhore he kupu, i miharo i te kitenga kua roa nei ko tēnei koroua hauā koretake ehara i te mea kē atu i te tangata tapu nui nāna ahau i whakauru ki te yoga i ngā rā o mua. I whakatika ia i a ia anō; i tere tonu te kaha me te taitamarikitanga o tōna tinana."

"Nā! He mura te titiro a taku guru. 'E kite ana ahau ki ōku ake kanohi e whakamahi ana koe i ō mana, ehara i te mea hei āwhina i te tangata e mamae ana, engari hei pahua i a rātou pērā i te tahae noa! Ka tangohia e ahau ō taonga makutu; kua wetekina a Hazrat i a koe. Kāore koe e waiho hei whakamataku i Bengal!'"

"I karanga atu ahau ki a Hazrat me te reo pouri; mō te wā tuatahi, kāore ia i puta mai ki taku tirohanga ā-roto. Engari i ara ake tetahi arai pōuri i roto i ahau; i kite mārama ahau i te kohukohu o tōku ao."

"E taku tohunga, ngā mihi nui ki a koe mō tō haerenga mai ki te whakakore i taku pōhēhē roa.' I tangi ahau i ōna waewae. 'Ka oati ahau ka whakarērea e au aku wawata o te ao. Ka hoki ahau ki ngā maunga ki te whakaaroaro mokemoke ki te Atua, me te tumanako ka ea taku kino o mua.'"

"I titiro puku mai taku ariki ki ahau me te aroha. 'E rongo ana ahau i tō pono,' ka

mea ia i te mutunga. 'Nā ō tau o mua o te ngohengohe tino, me tō ripeneta i tēnei wā, ka hoatu e ahau tētahi manaakitanga ki a koe. Kua ngaro atu ō mana kē atu, engari i ngā wā katoa e hiahiatia ana he kai me he kākahu, ka taea tonu e koe te karanga angitu ki a Hazrat kia homai. Tukua koe ki te atua me te ngākau katoa. te māramatanga i roto i te mokemoke o te maunga.

"Ka ngaro atu taku guru; i mahue iho ahau ki ōku roimata me ōku whakaaroaro. Haere rā, e te ao! Ka haere ahau ki te rapu i te murunga hara a te Aroha o te Ao."

18-1 : He Muhirama yoga; mai i te Ārapi *fakir* , rawakore; i te tīmatanga i whakamahia ki ngā tāne i raro i he kupu taurangi o te rawakore.

18-2 : Taku matua ā muri ake nei i kōrerotia ahau tērā tāna kamupene, te Bengal-Nagpur Rerewe, i a kua kotahi o te ngā umanga i tukinotia nā Afzal Khan.

18-3 : ahau mahi kāore whakamahara te ingoa o Hīri Yukteswar's hoa, me me tirohia ki ia noa iho hei "Pāpū" (E te rangatira).

Upoko: 19

Taku E te Kaiwhakaako, I roto Kolkata, Puta mai ana I roto Serampore

"He maha ngā wā ka pāngia ahau e ngā feaa kore whakapono. Heoi, i ētahi wā ka whaiwhai mai tētahi whakaaro whakamamae i ahau: kāore pea he mea kāore anō kia kitea i roto i te wairua? Kāore ianei te tangata e ngaro i tōna mutunga tūturu mēnā ka kore ia e tūhura i aua mea?"

I puta mai ēnei kōrero a Dijen Babu, tōku hoa noho i te whare noho o *Panthi* , nā *taku tono kia tūtaki ia ki tōku tohunga*.

"Mā Sri Yukteswarji koe e whakauru ki te *Kriya Yoga* ," ka whakahoki atu ahau. "Ka whakamarie i te raruraru takirua mā te whakapono atua o roto."

I taua ahiahi, i haere tahi māua ko Dijen ki te whare karakia. I te aroaro o te Ariki, i whiwhi taku hoa i te rangimārie wairua, ā, i tere tonu tana noho hei manuhiri. Kāore e ranea ngā mahi iti o ia rā mō te tangata; he hiakai taketake anō hoki te whakaaro nui. E ai ki ngā kupu a Sri Yukteswar, i kitea e Dijen he hihiri mō aua nganatanga - i te tuatahi he mamae, kātahi ka whakaora ngāwari - ki te kimi i tētahi tangata tūturu i roto i a ia. tōna uma i te whakapehapeha whakaiti o te whānautanga rangitahi, kāore i te rawaka mō te Wairua.

I a māua ko Dijen e whai ana i te akoranga AB i te Kāreti o Serampore, ka taunga māua ki te hikoi tahi ki te ashram i te mutunga o ngā akomanga. He maha ā māua kitenga i a Sri Yukteswar e tū ana i runga i tōna taupee i te papa tuarua, e manaaki ana i a māua me te ataata.

I tētahi ahiahi, ka tūtaki māua ko Dijen i te tatau, a Kanai, he taitama e noho

ana i te whare karakia, me āna kōrero pouri.

"E te Ariki ko kāore konei; ia i i karangatia ki Calcutta nā he tere tuhipoka."

I te aonga ake ka tae mai he kāri mēra mai i taku tohunga. "Ka wehe atu ahau i Calcutta i te ata o te Wenerei," tana i tuhituhi ai. "Ka tūtaki kōrua ko Dijen ki te tereina iwa karaka i te teihana o Serampore."

I te ata o te Wenerei, tata ki te waru me te toru tekau, ka puta mai he karere waea mai i a Sri Yukteswar ki tōku hinengaro: "Kua roa ahau; kua e tūtaki ki te tereina iwa karaka."

ahau i tukuna te hou rawa ngā tohutohu ki Dijen, ko wai i kua kakahuria mō te wehenga atu.

"Ko koe me tō pūmanawa!" He iti te whakahawea o te reo o taku hoa. "He pai ake ki ahau te whakawhirinaki ki ngā kupu tuhituhi a te Ariki."

I pōkaia e au ōku pakihwi, ā, ka noho mārire ahau me te whakapumautanga. Me te amuamu riri, ka anga atu a Dijen ki te tatau, ka kati i te tatau me te haruru nui i muri i a ia.

I te mea he pōuri te rūma, ka whakatata atu ahau ki te matapihi e titiro atu ana ki te tiriti. Nā te iti o te rā i piki ake, ka kanapa rawa, ā, ngaro atu ana te matapihi rino. I tēnei papamuri kanapa, ka puta mai te āhua o Sri Yukteswar i te āhua tūturu!

I te ohorere rawa atu, ka whakatika ake ahau i taku tūru ka tuturi ki mua i a ia. Me taku tohu whakaute ki ngā waewae o taku tohunga, ka pā atu ahau ki ōna hu. He takirua ēnei e mōhio ana ahau, he mea hanga ki te kōnawehi tae karaka, he taura te takahanga. I pā mai tōna kakahu swami ocher ki ahau; i tino rongo ahau i te āhua o tōna koroka, me te mata kirikiri o ngā hu, me te pēhanga o ōna matimati i roto. Nā te miharo rawa ki te kōrero i tētahi kupu, ka tū ake ahau ka titiro pātai atu ki a ia.

"I koa ahau i tō whiwhinga i taku karere waea." He marino te reo o te Ariki, he tino noa. "Kua oti i ahau aku mahi i Calcutta, ā, ka tae atu ahau ki Serampore mā te tereina tekau karaka."

I a au e titiro puku ana, ka haere tonu a Sri Yukteswar, "Ehara tēnei i te wairua wairua, engari ko tōku kikokiko me tōku toto. Kua whakahaua ahau e te Atua kia hoatu ki a koe tēnei wheako, he mea onge ki te whakatutuki i runga i te whenua. Tūtaki mai ki ahau i te teihana; ka kite kōrua ko Dijen i ahau e haere mai ana ki a kōrua, me ōku kākahu o nāiane. Ka haere mai tētahi atu pāhihi ki mua i ahau - he tamaiti nohinohi e mau ana i tētahi ipu hiriwa."

I whakatakotoria e taku tohunga ōna ringa e rua ki runga i tōku māhunga, me te manaakitanga haruru. I tana whakamutunga ki ngā kupu, " *Taba Asi* ," **19-1** I rongo ahau i tētahi haruru rerekē. **19-2** Ka tīmata tōna tinana ki te rewa haere i roto i te māramatanga e whiti ana. Tuatahi ka ngaro atu ōna waewae me ōna waewae, kātahi ka ngaro atu tōna tinana me tōna māhunga, me te mea he pukapuka e pōkaihia ana. Tae noa ki te mutunga, ka taea e au te rongo i ōna maihao e okioki mārire ana ki runga i ōku makawe. Ka memeha haere te kanapa; kāore he mea i toe i mua i ahau

engari ko te matapihi ārai me te awa mārama o te rā.

I noho pōhēhē tonu ahau, me te whakaaro anō mēnā ehara ahau i te mea i pāngia e te moemoeā. Kāore i roa ka tomo mai a Dijen me te pouri ki te rūma.

"Kāore a E te Kaiwhakaako i runga i te tereina iwa karaka, kāore hoki i te iwa me te toru tekau." I whakapuaki taku hoa i tana kōrero me te āhua whakapāha.

"Haere mai; e mōhio ana ahau ka tae mai ia i te tekau karaka." Ka mau ahau i te ringa o Dijen, ka akiaki i a ia kia haere tahi māua, me te kore e aro ki ana whakahē. Tata ki te tekau meneti te roa ka tae mātou ki te teihana, kua tū kē te tereina.

"Kī tonu te tereina katoa i te māramatanga o te aura o te Ariki! Kei reira ia!"

ka karanga ahau me te harikoa. "He moemoeā tāu?" ka kata tawai a Dijen.

"Me tatari tāua ki konei." I kōrerotia e au ki taku hoa ngā taipitopito mō te huarahi e whakatata mai ai tā mātou tohunga ki a māua. I taku otinga i taku whakaahuatanga, ka puta mai a Sri Yukteswar, e mau ana i ngā kākahu i kitea e au i mua tata nei. I haere māriri ia i muri i tētahi tamaiti iti e mau ana i tētahi ipu hiriwa.

Mō tētahi wā poto, ka pā mai te ngaru o te wehi makariri i roto i ahau, i te mea kāore i kitea i mua i te rerekētanga o taku wheako. I kite ahau i te ao rauemi o te rautau rua tekau e memeha atu ana i ahau; i hoki ahau ki ngā rā onamata i te wā i puta ai a Ihu ki mua i a Pita i runga i te moana?

I te taenga atu o Sri Yukteswar, he Yogi-Christ o ēnei rā, ki te wāhi i noho pūmau ai māua ko Dijen, ka menemene te Kaiwhakaako ki taku hoa, ka mea:

"Au i tukuna koe he karere hoki, engari koe i kāore e taea ki hopu ia."

I noho puku a Dijen, engari i titiro pōhēhē mai ki ahau. I muri i tā mātou arahi i tō mātou tohunga ki tōna whare karakia, ka haere māua ko taku hoa ki te Kāreti o Serampore. I tū a Dijen i te tiriti, me te riri e rere ana i roto i ōna pona katoa.

"Nō reira! Kaiwhakaako i tukuna ahau he karere! Heoi anō koe huna reira! ahau tono he whakamārama!"

"Ka taea e au te āwhina mēnā ka wiriwiri tō whakaata hinengaro me te kore e taea e koe te whakarongo ki ngā tohutohu a tō mātou tohunga?" ka whakahoki ahau.

I memeha haere te riri i te mata o Dijen. "E mārāma ana ahau ki tāu e kī nei," ka mea ia me te pouri. "Engari, whakamārama mai me pēhea koe i mōhio ai mō te tamaiti me te hāte."

I te mutunga o taku kōrero mō te putanga whakamiharo mai o te Kaiwhakaako ki te whare noho i taua ata, kua tae māua ko taku hoa ki te Kāreti o Serampore.

"Nā te kōrero i rongu ake nei au mō ngā mana o tō mātou tohunga," te kī a Dijen, "e whakaaro ana ahau he kura kōhungahunga noa iho tētahi whare wānanga o te ao."

.....

19-1 : Te Bengali "Haere rā"; tino tika, reira ko he tumanako te whakahē:

"Kātahi ka ahau haere mai." 19-2: Te tangi āhua o te whakakorenga o ngā
ngota tinana.

Upoko: 20

Mātou Meatia Kāore Haere mai Kāhimana

"E Pāpā, e hiahia ana ahau ki te tono i te Ariki me ōku hoa tokowhā kia haere tahi māua ki ngā pukepuke o te Himalayas i taku hararei raumati. Me whiwhi ahau i ētahi urunga tereina e ono ki Kashmir, me te moni hoki hei utu i ā māua whakapaunga haere?"

E ai ki taku i whakaaro ai, ka kata nui a Pāpā. "Ko te tuatoru tēnei o ngā wā kua homai e koe te pūrākau tikaokao me te puru kotahi ki ahau. Kāore ianei koe i tono i tētahi tono ōrite i te raumati kua taha ake nei, me te tau i mua atu? I te wā whakamutunga, ka whakakahore a Sri Yukteswarji ki te haere."

"He pono, e Pā; kāre au i te mōhio he aha taku tohunga e kore ai e homai tana kupu tuturu mō Kashmir. " ¹ Engari ki te kī atu ahau kua riro mai i ahau ngā urunga mai i a koe, ki taku whakaaro i tēnei wā "ka whakaae ia ki te haere."

Kāore a Pāpā i tino whakapono i taua wā, engari i te rā i muri mai, whai muri i ētahi tawai whakakatakata, ka homai e ia e ono ngā pepa uruwhenua me tētahi rōra moni tekau rūpī ki ahau.

"Au kāore rawa whakaaro tōu ariā haerenga ngā hiahia pērā mahi ngā taputapu," ia i kī, "engari konei rātou kei te."

I taua ahiahi, i whakaaturia e au aku taonga ki a Sri Yukteswar. Ahakoa i menemene ia ki taku hihiri, kāore āna kupu i tino piripono: "E hiahia ana ahau ki te haere; ka kite tātou." Kāore ia i kōrero i taku tono atu ki tana akonga iti o te whare karakia, ki a Kanai, kia haere tahi māua. Tokotoru atu anō hoki aku hoa i karangahia e au - a Rajendra Nath Mitra, a Jotin Auddy, me tētahi atu tama. I whakaritea tō mātou rā wehenga mō te Mane e whai ake nei.

I te Rāhoroi me te Rātapu i noho ahau ki Calcutta, i reira i whakanuia ai ngā kawa marena mō tētahi whanaunga i te kāinga o tōku whānau. I tae atu ahau ki Serampore me aku tueke i te ata o te Mane. I tūtaki ahau ki a Rajendra i te tatau o te whare karakia.

"E te Ariki ko i waho, te hikoi. Ia kua i whakakahoretia ki haere."

I pouri anō hoki ahau, ā, i whakakeke hoki. "Kāore au e hoatu ki a Pāpā
tētahi atu wā ki te tawai i aku mahere tinihanga mō Kashmir. Haere mai; ka
haere tonu mātou katoa."

Rāhendra i whakaaetia; ahau maui te whare karakia ki kimi he pononga Kānai, ahau i
mōhio, e kāore tango te haerenga

kāore he Ariki, ā, i hiahiatia he tangata hei tiaki i ngā tueke. I mahara ahau ki a Behari, he pononga i mua i roto i te kāinga o tōku whānau, ināianei kei te mahi ia mā te kaiako kura o Serampore. I a au e hikoi tere ana, ka tūtaki ahau ki taku tohunga i mua i te whare karakia Karaitiana e tata ana ki te Whare Kōti o Serampore.

"Kei hea kei koe e haere ana?" Hiri Yukteswar's kanohi i kāore e menemene.

"E te Ariki, kua rongo ahau kāore kōrua ko Kanai e haere i te haerenga kua whakaritea e tāua. Kei te rapu ahau i a Behari. Ka mahara koe i te tau kua hipa i tino hiahia ia ki te kite i a Kashmir, ā, i tuku ia ki te mahi, kāore he utu."

"Kei te maumahara ahau. Ahakoa rā, kāore au i te

whakaaro ka pai a Behari ki te haere." I riri ahau. "Kei te

tatari marie ia mō tēnei whai wāhitanga!"

I tīmata puku taku tohunga i tana hikoi; kāore i roa ka tae atu ahau ki te whare o te kaiako. I mihi mai a Behari, i te marae, ki ahau me te mahana atawhai i ngaro wawe tonu i taku whakahua i a Kashmir. Me te kupu whakapāha haruru, ka wehe atu te pononga i ahau, ka tomo ki te whare o tōna rangatira. I tatari ahau mō te hawhe haora, me te māharahara me te whakamanawanui ki ahau anō ko te whakaroa o Behari nā ngā whakaritenga mō tana haerenga. Hei whakamutunga ka patoto ahau i te tatau o mua.

"I wehe atu a Behari i te arawhata o muri i te toru tekau meneti ki muri," te kōrero a tetahi tangata ki ahau. He ataata iti kei ōna ngutu.

I haere atu ahau me te pouri, me te whakaaro mēnā he tino akiaki rawa taku pōhiri, mēnā rānei kei te mahi te awe ngaro o te Ariki. I a au e haere ana i te whare karakia Karaitiana, ka kite anō ahau i taku tohunga e hikoi mārire mai ana ki ahau. Kāore i tatari kia rongo i taku pūrongo, ka karanga ia:

"Nō reira Behari e kāore haere! Inaianei, he aha kei tōu ngā mahere?"

I rite ahau ki tētahi tamaiti whakakeke e whakatau ana ki te whakahē i tōna matua rangatira. "E te Ariki, ka tono ahau ki tōku matua kēkē kia tukuna mai tana pononga, a Lal Dhari."

"Me haere ki tō matua kēkē mēnā e hiahia ana koe," te whakautu a Sri Yukteswar me te kata. "Engari kāore au i te tino mōhio ka pai ki a koe te haerenga mai."

I matakū ahau, engari i whakakeke, ka whakarērea e au taku guru ka tomo ki te Whare Kōti o Serampore. Nā taku matua kēkē, nā Sarada Ghosh, he rōia

kāwanatanga, ahau i manaaki me te aroha.

"Kei te haere atu ahau me ētahi o aku hoa ki Kashmir i tēnei rā," ka mea atu ahau ki a ia. "Mō ngā tau maha kua tatari atu ahau ki tēnei haerenga ki Himalaya."

"E harikoa ana ahau mōu, e Mukunda. He aha tāku e taea ai te mahi kia pai ake ai tō haerenga?"

ēnei atawhai ngā kupu i hoatu ahau he hiki o whakatenatena. "E te aroha matua kēkē," ahau i mea, "i taea koe pea tāpiri

ahau tōu pononga, Rāra Tāri?"

I rite te pānga o taku tonono ngāwari ki tētahi rū whenua. I peke kaha rawa atu a Matua Kēkē, ā, ka huripokitia tōna tūru, ka rere ngā pepa i runga i te tēpu ki ngā taha katoa, ā, ka taka tana paipa, he mirumiru roa, he kakau kokonati, ki te papa me te haruru nui.

"E tama rangatahi hiahia-kore," tana karanga, me te wiri i te riri, "he whakaaro wairangi! Mā wai ahau e tiaki, ki te kawae koe i taku pononga ki tētahi o āu haerenga whakangahau?"

I huna e au tōku miharo, me te whakaaro ko te panoni ohorere o te kanohi o tōku matua keke aroha he mea ngaro noa iho i roto i te rā e tino whakatapua ana ki te kore e taea te marama. Ko taku hokinga atu i te tari o te whare kōti he tere ake, ehara i te whakaute.

I hoki ahau ki te whare karakia, te wāhi i huihui mai ai ōku hoa me te tumanako. I tipu haere te whakapono kei roto i ahau tētahi kaupapa nui, ahakoa he tino hē, kei muri i te whanonga a te Kaiwhakaako. I hopukia ahau e te pouri mō taku ngana ki te aukati i te hiahia o taku tohunga.

"E Mukunda, kāore koe e pai kia noho roa atu ki ahau?" te pātai a Sri Yukteswar. "Ka taea e Rajendra mā te haere inaianei, me te tatari ki a koe i Calcutta. He nui te wā hei hopu i te tereina o te ahiahi whakamutunga e wehe atu ana i Calcutta ki Kashmir."

"E te Ariki, ahau kaua tiaki ki haere kāore koe," ahau i mea me te pouri

Kāore rawa ōku hoa i aro mai ki taku kōrero. Ka karangahia e rātou he waka tere, ā, ka haere atu me ngā tueke katoa. I noho puku māua ko Kanai i ngā waewae o tō mātou tohunga. I muri i te hawhe haora o te wahangu katoa, ka whakatika te Kaiwhakaako, ka hiko ki te taupee kai o te papa tuarua.

"Kānai, tēnā koa mahi Ā Mukunda kai. Tōna tereina rau "i te wā tata."

I taku aranga ake i taku tūru paraikete, ka taupatupatu ahau i te whakapairuaki me te wiri o taku puku. Nā te kaha o te mamae, me te mea kua makaia ahau ki roto i tētahi reinga nanakia. I a au e whāwhā ana ki taku tohunga, ka hinga ahau i mua i a ia, ka whakaekea e ngā tohu katoa o te mate korara whakamataku o Āhia. Nā Sri Yukteswar rāua ko Kanai ahau i kawae ki te rūma noho.

I te mamae nui, ka karanga ahau, "E te Ariki, ka tukua atu e ahau tōku ora ki a koe;" i whakapono hoki ahau kei te tere tonu te mimiti mai i ngā takutai o tōku tinana.

Hiri Yukteswar whakatakoto taku upoko i runga tāna takai, te mirimiri taku rae me

anahera te ngawari

"Kua kite koe ināiane i te mea ka tupu mēnā kei te teihana koe me ō hoa," tana kī. "I tiaki ahau i a koe i tēnei ara rerekē, nā te mea i whiriwhiri koe ki te ruarua i taku whakaaro mō te haere i tēnei wā."

I mārāma ahau i te mutunga. Nā te mea he onge te kite a ngā rangatira nui i te pai ki te whakaatu i ō rātou mana i te aroaro o te marea, he mea noa iho kaimātakitaki o te ngā rā ngā huihuinga e whai i whakaarohia tērā tā rātou raupapatanga i tino taiao.

He tino huna rawa te wawaotanga a taku tohunga, kāore i taea te whakapae. Nāna i mahi tana hiahia mā Behari rātou ko taku Matua Kātua, ko Sarada, ko Rajendra me ētahi atu i roto i tētahi huarahi huna, ā, i whakaaro pea te katoa engari ko au anake he mea noa iho ngā āhuatanga.

Nā te mea kāore a Sri Yukteswar i mangere ki te whakatutuki i ana herenga pāpori, i whakahau ia i a Kanai kia haere ki tētahi tohunga, me te whakamōhio atu hoki ki tōku matua kēkē.

"E te Ariki," ahau i whakahē, "anake koe kēne whakaora ahau. ahau am hoki tawhiti kua riro mō tetahi tākuta."

"E tama, kei te tiakina koe e te Aroha Tapu. Kaua e manukanuka ki te tākuta; e kore ia e kite i a koe i tēnei āhua. Kua ora kē koe."

Nā ngā kupu a taku tohunga, ka ngaro atu te mamae nui i ahau. Ka noho ngoikore ahau. Kāore i roa ka tae mai te tākuta, ā, ka āta tirotirohia ahau.

"Te āhua nei kua whiti koe i te wā tino kino," tana kī. "Ka mauria e au ētahi tauira mō ngā whakamātautau taiwhanga."

Te e whai ake nei ata te tākuta tae mai tere tonu. ahau i noho ake, i roto pai ngā wairua.

"Āe, āe, anei koe, e menemene ana, e kōrero ana me te mea kāore koe i tata ki te mate." Ka papaki mārīe ia i tōku ringa. "Kāore au i whakaaro ka kitea koe e ora ana, i muri i taku kitenga mai i ngā tauira ko tō mate he korara Āhia. He waimarie koe, e tama, kei a koe tētahi tohunga whai mana whakaora atua! E whakapono ana ahau ki tēnā!"

I whakaae katoa ahau. I te wā e whakarite ana te tākuta ki te haere, ka puta mai a Rajendra rāua ko Auddy i te tatau. Ka huri te riri i roto i ō rāua mata hei aroha i a rāua e titiro ana ki te tākuta, kātahi ka titiro ki tōku mata ahua ngoikore.

"Mātou i riri āhea koe kāore tahuri ake hei i whakaaetia i te Calcutta tereina Koe whai kua e mate ana?"

"Āe." Kāore i taea e au te ārai i te kata i te wā e whakatakoto ana aku hoa i ngā tueke ki te kokonga i nohoia ai inanahi. I whakahua ahau: "I haere tētahi kaipuke ki Pāniora; i tōna taenga mai, ka hoki mai anō!"

I tomo mai te Ariki ki te rūma. I tukua e au kia haere noa ahau, ā, ka hopukina tōna ringa me te aroha.

"Guruji," ka mea atu ahau, "mai i taku tau tekau mā rua, he maha aku nganatanga kore angitu ki te tae ki ngā Himalayas. Kua tino whakapono ahau, me te kore āu

manaakitanga, ka taea e te Atua Wahine a Parvati te wikitoria i te ao katoa ¹ e kore e manako mai ki ahau!"

.....
20-1 : Ahakoa Kaiwhakaako i rahua ki hanga tetahi whakamārama, tāna te koretake ki toro Kāhimana i roto i ērā e rua ngā raumati he mōhiotanga pea nō mua kāore anō kia tae te wā mō tōna mate ki reira (tirohia [te upoko 22](#)).

20-2 : Tikanga tūturu, "o te ngā maunga." Parwati, i roto i ngā pūrākau i whakaaturia hei he tamahine o Himawata rānei te tapu

Upoko: 21

Mātou Haere mai Kāhimana

"Kua kaha koe inaianei ki te haere. Ka haere tahi māua ki Kashmir," te kōrero a Sri Yukteswar ki ahau i ngā rā e rua i muri i taku whakaoranga whakamiharo i te korara Āhia.

I taua ahiahi, ka haere mātou tokoono ki te raki. Ko Simla te tāone tuatahi i tū ai mātou, he tāone kuīni e takoto ana i runga i te torona o ngā pukepuke o Himalaya. I hikoi mātou i ngā tiriti paripari, me te miharo ki ngā tirohanga ataahua.

"He rōpere Ingarihi kei te hoko," te karanga a tētahi kuia, e noho ana i roto i tētahi māketē tuwhera ataahua .

I hiahia te Ariki ki te mōhio ki ngā hua whero ririki, rerekē. I hokona e ia tētahi kete kī tonu i te hua, ā, i tukuna atu ki a māua ko Kanai, i tata atu māua. I whakamātau ahau i tētahi hua rākau, engari i tuwha wawetia e au ki te whenua.

"E te Ariki, he aha he kawa hua! ahau i taea kāore rawa rite ngā rōpere!"

Ka kata taku tohunga. "Āe, ka pai koe ki a rātou - i Amerika. I tētahi tina i reira, ka mahi tahi tō kaihautū me te huka me te kirīmi. I muri i tana patupatu i ngā hua ki te marau, ka whakamātau koe i a rātou ka mea: 'He tino reka ngā rōpere!' Kātahi ka mahara koe ki tēnei rā i Simla."

I ngaro atu i roto i tōku hinengaro te matapae a Sri Yukteswar, engari i puta anō ki reira i muri i ngā tau maha, i muri tata mai i taku taenga ki Amerika. He manuhiri kai ahau i te kāinga o Mrs. Alice T. Hasey (Sister Yogmata) i West Somerville, Massachusetts. I te wā i whakatakotoria ai he kai reka o ngā rōpere ki runga i te tēpu, ka tangohia e taku kaihautū tana marau ka kuru i aku hua, ka tāpirihia he kirīmi me te huka. "He tino kawa te hua; ki taku whakaaro ka pai koe ki te whakarite pēnei," tana kī.

I horomia e au tētahi waha. "He reka ngā rōpere!" i karanga ahau. I taua wā tonu ka puta mai te matapae a taku tohunga i Simla i roto i te ana hohonu o te mahara. He mea miharo te mōhio kua roa kē te hinengaro o Sri Yukteswar i arotau ki te Atua e kite ana i te kaupapa o ngā kaupapa karma e kopikopiko ana i roto i te ao o te heke mai.

I tere tonu te wehenga atu o tā mātou tira i Simla, ā, ka eke ki Rawalpindi. I reira ka utua e mātou tētahi waka whenua nui, e tōia ana e ngā hōiho e rua, ā, ka tīmata tā mātou haerenga e whitu ngā rā ki Srinagar, te tāone matua o Kashmir. I te rua o ngā rā o tā mātou haerenga ki te raki, ka kitea te whānui tūturu o te Himalaya. I te haruru o ngā wira rino o tā mātou hariata i ngā rori wera, toka, ka miharo mātou ki ngā tirohanga rerekē o te kororia o ngā maunga.

"E te Ariki," Auddy i mea ki E te Kaiwhakaako, "Au am nui rawa te pārekareka ēnei whakahihī ngā whakaaturanga i roto tōu tapu kamupene."

I tino harikoa ahau i te maioha o Auddy, nā te mea ko au te kaihautū i tēnei haerenga. I mau taku whakaaro ki a Sri Yukteswar; ka tahuri mai ia ki ahau, ka kōrero pōhewa:

"Kaua e whakapehapeha; kāore a Auddy i te tino miharo ki te tirohanga engari ki te whakaaro ka waiho ia i a tāua kia roa ai te wā hei inu hikareti."

I ohorere ahau. "E te Ariki," ka mea atu ahau me te reo iti, "kaua e pakaru tā tāua rangimārie mā ēnei kupu kino. Kāore au i te whakapono kei te hiahia a Auddy ki te hikareti." **21-1** I titiro matakū atu ahau ki taku kaiako, he tangata e kaha tonu ana te tohe.

"Pai rawa; kāore au e kōrero i tētahi mea ki a Auddy." Ka kata a Master. "Engari ka kite wawe koe, ina mutu te whenua, ka tere a Auddy ki te hopu i tana whai wāhitanga."

I tae te hariata ki tētahi wāhi iti e noho ana i te waka. I a mātou hōiho e arahina ana kia whakainumia, ka pātai a Auddy, "E te Ariki, kāore he aha mēnā ka eke tahi māua ko te kaitaraiwa mō tētahi wā? E hiahia ana ahau ki te hau i waho."

Hiri Yukteswar i hoatu whakaaetanga, engari i kīia ki ahau, "Ia e hiahia ana hou auahi me kāore hou te hau."

Ka tīmata anō te rere a te manu whenua i runga i ngā rori puehu. Kei te kanapa ngā kanohi o te Ariki; ka whakahau mai ia ki ahau, "Tōia ake tō kaki mā te tatau o te kāreti, tirohia te mahi a Auddy ki te hau."

I whakarongo ahau, ā, i miharo ahau i te kitenga atu i a Auddy e pupuhi ana i ngā mowhiti paoa hikareti. I titiro atu ahau ki a Sri Yukteswar me te whakapāha.

"He tika tāu, pērā tonu, e te rangatira. Kei te pai a Auddy ki te manawa me te tirohanga whānui." I whakaaro ahau i whiwhi taku hoa i tētahi koha mai i te taraiwa tekesi; i mōhio ahau kāore a Auddy i kawē hikareti mai i Calcutta.

I haere tonu mātou i te ara porowhita, i whakapaipaihia e ngā tirohanga o ngā awa, o ngā awaawa, o ngā pari pari, me ngā taumata maunga maha. I ia pō ka tū mātou ki

ngā whare tira tawhito, ka taka i ā mātou ake kai. I tino tiaki a Sri Yukteswar i taku kai, me te tohe kia kai ahau i te wai raima i ngā kai katoa. I ngoikore tonu ahau, engari i ia rā ka pai ake, ahakoa i hangaia te kāreti haruru mō te kore whakamarie.

I te taenga atu ki waenganui o Kashmir, i kī tonu ō mātou ngākau i te harikoa, i te whenua pararaiha o ngā roto rōhi, ngā mārā mānu, ngā whare poti ataahua, te awa o Jhelum e piriti ana, me ngā pāmu putiputi, e karapotia ana e te mana o te Himalaya. Ko tā mātou huarahi ki Srinagar he mā roto i te

he ara o ngā rākau teitei, manaaki. I moe mātou i tētahi whare tira e rua ngā papa e titiro atu ana ki ngā pukepuke rangatira. Kāore he wai rere i te wātea; i tangohia e mātou ā mātou taonga mai i tētahi puna tata. He pai te rangi o te raumati, he mahana ngā rā, he mātao ngā pō.

I haere mātou ki te temepara tawhito o Srinagar o Swami Shankara. I a au e titiro atu ana ki te whare karakia o te tihi o te maunga, e tū maia ana ki te rangi, ka taka ahau ki roto i te wairua harikoa. I puta mai he tirohanga mō tētahi whare rangatira i runga i te pukepuke i tētahi whenua tawhiti. Ko te whare karakia teitei o Shankara i mua i ahau i hurihia hei hanganga i reira, i ngā tau i muri mai, i whakatūria ai e au te tari matua o te Self-Realization Fellowship i Amerika. I taku haerenga tuatahi ki Los Angeles, me taku kitenga i te whare nui i te tihi o Maunga Washington, i mōhio tonu ahau ki a ia mai i aku kitenga o mua i Kashmir me i tētahi atu wāhi.

He torutoru ngā rā i Srinagar; kātahi ka haere ki Gulmarg ("ngā ara maunga o ngā putiputi"), e ono mano putu te teitei. I reira ka eke tuatahi ahau i tētahi hōiho nui. I eke a Rajendra i tētahi hōiho iti, i mura tōna ngākau i te hiahia kia tere. I haere mātou ki te Khilanmarg tino pari; i ahu te ara i roto i te ngahere matotoru, kī tonu i ngā harore rākau, ā, he maha ngā wā ka mōrearea ngā ara kua kapi i te kohu. Engari kāore te kararehe iti a Rajendra i tuku i taku hōiho nui kia okioki mō tētahi wā poto, ahakoa i ngā kokonga tino mōrearea. I haere tonu, i haere tonu, me te kore e ngenge te hōiho a Rajendra, me te kore e mōhio ki ngā mea katoa engari ko te harikoa o te whakataetae.

I utua tā mātou oma uaua ki tētahi tirohanga whakamiharo. Mō te wā tuatahi i roto i tēnei ao, i titiro atu ahau ki ngā taha katoa ki ngā maunga ataahua o Himalaya kua taupokina ki te hukarere, e takoto kau ana i runga i ngā taumata, pērā i ngā atarangi o ngā mea nunui. pea pōro. I harikoa ōku kanohi ki ngā pae mutunga kore o ngā maunga hukapapa me te rangi kikorangi paki.

I takahurihuri harikoa mātou ko aku hoa taitamariki, he koti mā katoa ō rātou, i runga i ngā pari mā kanapa. I a mātou e heke ana i te maunga, ka kite mātou i tawhiti i tētahi whāriki nui o ngā putiputi kōwhai, e whakaahua ana i ngā puke pouri.

Ko ā mātou haerenga whai muri ko ngā "māra whakangahau" rongonui a te Emepara Jehangir, i Shalimar me Nishat Bagh. Kei runga tonu i te rerenga wai tūturu te whare kingi tawhito i Nishat Bagh. E rere ana te awaawa mai i ngā maunga, ā, kua whakatikatikahia mā roto i ngā mahi auaha kia rere ai i runga i ngā papa karakara, kia pupū ake ai ki roto i ngā puna wai i waenganui i ngā moenga putiputi kanapa. Ka tomo hoki te awaawa ki roto i ētahi o ngā rūma o te whare kingi, ā, ka mutu ka tukuna he mea rite ki te patupaiarehe ki roto i te roto i raro. He nui ngā māra nui e kapi ana i ngā rōhi tae tekau mā rua ngā tae, ngā tarakona, ngā lavender, ngā pānihi, ngā pōpō He emerara te whakarārangi whakarāpopototanga ko i hoatu nā ōrite rarangi o *ngā Haina* , **21-2** ngā kauri, ngā rākau cherry; kei tua

atu i a rātou e tū ana ngā pukepuke mā o ngā Himalayas.

E kiia ana he kai reka onge ngā karepe o Kashmir i Calcutta. Nā Rajendra i oati ki te whakatutuki i tētahi hakari nui ina tae atu ki Kashmir, ā, i pouri ia i te kitenga kāore he māra waina nui i reira. I ētahi wā ka riria ia e au mō tōna tumanako koretake.

"Āe, kua tino makona ahau i ngā karepe, kāore e taea te hikoi!" ka mea ahau. "Kei te puāwai ngā karepe ngaro i roto i ahau!" I muri mai ka rongohia ahau he nui te tipu o ngā karepe reka i Kabul, ki te hauauru o Kashmir. I whakamarie mātou i a mātou anō ki te aihikirimi i hangaia ki te *rabri*, he miraka whakakōkī rawa, ā,

kakara me katoa pīti nati

He maha ā mātou haerenga i runga i ngā *shikara*, i ngā whare waka rānei, i whakamarumaruhia e ngā tuanui whero whakairo, e rere ana i ngā awaawa uaua o te roto o Dal, he whatunga awaawa rite tonu ki te tukutuku pungawerewere wai. I konei, ka miharo te tangata ki ngā māra maha e rere ana, he mea hanga noa ki ngā rākau me te oneone, ā, he tino rerekē te kitenga tuatahi i ngā huawhenua me ngā merengi e tipu ana i waenganui i ngā wai whānui. I ētahi wā ka kite koe i tētahi kaiahuwhenua, e whakahāwea ana kia "pūmau ki te oneone," e tō ana i tana poraka "whenua" tapawhā ki tētahi wāhi hou i roto i te roto maha-maihao.

I roto i tēnei awaawa rongonui ka kitea te whakaaturanga o ngā ataahua katoa o te ao. Ko te Wahine Wahine o Kashmir he mea karaunatia ki ngā maunga, he mea whakapaipai ki ngā roto, ā, he mea whakapaipai ki ngā putiputi. I ngā tau i muri mai, i muri i taku haerenga ki ngā whenua tawhiti maha, ka mārāma ahau he aha i karangatia ai a Kashmir ko te wāhi tino ataahua o te ao. Kei reira ētahi o ngā ataahua o ngā Maunga Ārepo o Huiterangi, me Loch Lomond i Kōtirana, me ngā roto ataahua o Ingarangi. He maha ngā mea i kitea e tētahi kaihōpara Amerikana i Kashmir hei whakamahara i a ia ki te ataahua o Alaska me Pikes Peak e tata ana ki Denver.

Hei whakaurunga ki tētahi whakataetae ataahua o ngā tirohanga, ka tukuna e au mō te taonga tuatahi te tirohanga ataahua o Xochimilco i Mexico, kei reira ngā maunga, ngā rangi, me ngā rākau pōpara e whakaata ana i a rātou anō i roto i ngā ara wai maha i waenganui i ngā ika takaro, i ngā roto kohatu rānei o Kashmir, e tiakina ana pērā i ngā kōtiro ataahua e te tiro tiro pakari o ngā Himalayas. E tū ana ēnei wāhi e rua i roto i tōku mahara hei ngā wāhi tino ataahua o te ao.

Heoi, i miharo anō hoki ahau i taku kitenga tuatahi i ngā mea whakamiharo o te Papa Whenua ā-Motu o Yellowstone me te Grand Canyon o Colorado, me Alaska. Ko te Papa Whenua o Yellowstone pea te rohe anake e kitea ai te tini o ngā geyser e pupuhi ana ki te rangi, e mahi ana i ia tau me te auau tonu. Ko ōna puna Ōpara me te hapaira me ngā puna wera whanariki, ko ōna pea me ngā kararehe mohaoa, e whakamahara ana ki te tangata i konei i waiho e te Taiao he tauira o tana hanganga tuatahi. E tere haere ana ngā rori o Wyoming ki te "Ipu Peita a te Rewera" o te paru wera e koropupū ana, me ngā puna wai e pupuhi ana, ngā puna kohu, me ngā waiariki e pupuhi ana i ngā taha katoa, i whakaaro ahau ki te kī he tika rawa a Yellowstone kia whakawhiwhia ki tētahi taonga motuhake mō tōna ahurei.

Ko ngā rākau whero tawhito whakahīhi o Yosemite, e totoro ana i ō rātou pou nunui ki te rangi e kore e taea te rapu, he whare karakia taiao matomato i hangaia me te pūkenga atua. Ahakoa he wairere whakamiharo kei te Rawhiti, kāore tetahi e rite ki te ataahua o Niagara e tata ana ki te rohe o Kanata. Ko ngā Ana Mammoth o Kentucky me ngā Ana Carlsbad i New Mexico, me ngā hanganga hukapapa kanapa, he whenua pakiwaitara whakamiharo. Ko ō rātou ngira roa o ngā tihi stalactite, e iri ana i te ana. tuanui me whakaata i roto raro whenua ngā wai, te whakaatu he

tirohanga o ētahi atu ngā ao hei e manakohia ana e te tangata.

Ko te nuinga o ngā Hinitū o Kashmir, e rongonui ana i te ao mō ō rātou ataahua, he mā rite tonu ki ngā Pākehā, ā, he rite tonu ō rātou āhua me te hanganga wheua; he tokomaha he kikurangi ō rātou kanohi, he kōwhai hoki ō rātou makawe. Mēnā he kākahu o te Hauāuru ō rātou, he rite tonu tō rātou āhua ki ngā Amerikana. Mā ngā maunga makariri o Himalaya e tiaki ngā tāngata o Kashmir mai i te rā werawera me te tiaki tā rātou mārama ngā kiri Hei kotahi ngā haerenga ki te tonga me pārūrū ngā whānui o Īnia, ka kitea e ia kei te pōuri haere te iwi.

I muri i taku noho i Kashmir mō ngā wiki harikoa, i akiakihia ahau kia hoki ki Bengal mō te wāhanga ngahuru o te Kāreti o Serampore. I noho a Sri Yukteswar ki Srinagar, me Kanai rāua ko Auddy. I mua i taku haerenga, i tohu te Kaiwhakaako ka mamae tōna tinana i Kashmir.

"E te Ariki, he āhua hauora tō āhua," taku

whakahē. "Tērā pea ka wehe atu ahau i tēnei

ao."

"Guruji!" ka hinga ahau ki ōna waewae me te tohu inoi. "Tena koa oati mai kāore koe e wehe atu i tō tinana ināiane. Kāore rawa ahau i te rite ki te haere tonu me te kore koe."

I noho puku a Sri Yukteswar, engari i menemene mai ia ki ahau me te aroha nui, ā, i marino ai tōku ngākau. I whakarērea ia e au me te kore e pai.

"E tino mate ana te rangatira." I tae mai tēnei waea mai i a Auddy i muri tata mai i taku hokinga ki Serampore.

"E te Ariki," ka waea atu ahau ki taku tohunga me te pōuri, "i tonu atu ahau kia oati mai koe kia kaua ahau e whakarērea. Tēnā koa, puritia tō tinana; ki te kore, ka mate hoki ahau."

"Kia reira hei koe hiahia." Tenei i Hīri Yukteswar's whakautu mai i Kāhimana.

I tae mai tētahi reta nā Auddy i roto i ētahi rā, e whakamōhio mai ana kua ora te Ariki. I tōna hokinga mai ki Serampore i ngā wiki e rua i muri mai, i pouri ahau i te kitenga kua heke te tinana o taku tohunga ki te haurua o tōna taumaha noa.

Waimarie mō tāna ngā ākonga, Hīri Yukteswar kua tahuna he tokomaha o tā rātou ngā hara i roto te ahi o tāna te kirika nui i Kashmir. E mōhiotia ana te tikanga matatika o te whakawhiti mate e ngā yogi tino matatau. Ka taea e te tangata kaha te āwhina i te tangata ngoikore mā te āwhina ki te amo i tana kawenga taimaha; Ka taea e te tangata wairua te whakaiti i ngā taumahatanga tinana, hinengaro rānei o āna ākonga mā te tohatoha i te karma o ā rātou mahi o mua. Pērā i te tangata whai rawa e ngaro ana te moni i tana utunga i te nama nui mō tana tama kua ngaro, ā, ka ora ia i ngā hua kino o tana ake wairangi, waihoki ka tukua e te rangatira tētahi wāhanga o ana taonga tinana hei whakamama i te mamae o ngā ākonga. **21-3**

Mā te tikanga huna, ka honoa e te yogi tōna hinengaro me te waka wairua ki ērā o te tangata e mamae ana; ka tukuna te mate, katoa, wāhanga rānei, ki te tinana o te tangata tapu. I te mea kua hauhakitia e ia te Atua i runga i te mara tinana, kāore te rangatira e aro ki te mea e pā ana ki taua āhua rauemi. Ahakoa ka tukua e ia kia

rēhitatia he mate hei whakaora i ētahi atu, kāore tōna hinengaro e pāngia; e whakaaro ana ia he waimarie ia ki te taea te tuku i taua āwhina.

Ko te tangata karakia kua tutuki i a ia te whakaoranga whakamutunga i roto i te Ariki, ka kitea e ia kua tutuki katoa te kaupapa o tōna tinana; kātahi ka taea e ia te whakamahi i roto i tētahi huarahi e pai ana ki a ia. Ko tana mahi i te ao he whakamama i ngā mamae o te tangata, ahakoa mā te wairua, mā te tohutohu hinengaro rānei, mā te kaha o te hiahia, mā te whakawhiti tinana rānei o te mate. Mā te mawhiti ki te hinengaro nui i ngā wā katoa e hiahia ana ia, ka taea e te rangatira te noho wareware ki te mamae tinana; i ētahi wā ka...

whiriwhiria kia mau tonu te mamae o te tinana, hei tauira ki ngā ākonga. Mā te whakakakahu i ngā mate o ētahi atu, ka taea e te yogi te whakatutuki, mō rātou, i te ture karma o te take me te pānga. He mahi ā-mīhini, ā-pāngarau rānei tēnei ture; ka taea te whakarerekē pūtaiao i ana mahi e ngā tāngata atua. te whakaaro nui.

Kāore te ture wairua e kī ana kia pāngia te rangatira e te mate ina whakaora ia i tētahi atu tangata. Ko te tikanga, ka puta ngā whakaora mā te mōhio o te tangata tapu ki ngā tikanga whakaora tere. i roto e kāore whara ki te wairua kaiwhakaora ko whai wāhi I runga onge ngā wā, heoi anō, he Ko te rangatira e hiahia ana ki te tere ake te whanaketanga o ana ākonga, ka taea e ia te mahi i tētahi wāhanga nui o ā rātou karma kāore e hiahiatia ki tōna ake tinana.

I whakaatu a Ihu i a ia anō hei utu mō ngā hara o te tini. Me ōna mana atua, **21-4** Kāore rawa tōna tinana i taea te whakamate mā te ripeka me i kore ia i whakaae kia mahi tahi me te ture ā-ao mō te take me te pānga. Nō reira, i tangohia e ia ki a ia anō ngā hua o te karma a ētahi atu, inā koa ko te karma a āna ākonga. I tēnei ara i tino purea ai rātou, ā, i whakaritea kia whiwhi i te hinengaro e noho ana i ngā wāhi katoa i tau iho ki runga i a rātou i muri mai.

Ko te rangatira kua mōhio ki a ia anō anake ka taea te whakawhiti i tōna kaha ora, te kawē rānei i ngā mate o ētahi atu ki roto i tōna ake tinana. Kāore e taea e te tangata noa te whakamahi i tēnei tikanga whakaora yoga, kāore hoki e hiahiatia kia pērā ia; nā te mea he arai te taputapu tinana ngoikore ki te whakaaroaro ki te Atua. E whakaakona ana e ngā karaipiture Hinitu ko te mahi tuatahi a te tangata ko te pupuri i tōna tinana kia pai te āhua; ki te kore, kāore e taea e tōna hinengaro te noho pūmau ki te arotahi ki te karakia.

Heoi, ka taea e te hinengaro tino kaha te wikitoria i ngā uauatanga tinana katoa, ā, ka eke ki te mohiotanga ki te Atua. He maha ngā hunga tapu kua wareware ki te mate, ā, kua angitu i roto i tā rātou rapunga atua. E Hato Parahi o Āsisi, i tino pāngia e ngā mate, i whakaorangia ētahi, ā, i whakaarahia anō hoki te hunga mate.

I mōhio ahau ki tētahi tangata tapu Īnia, ko te haurua o tōna tinana i mua he mea pirau i ngā mate pukupuku. Nā te kino rawa o tōna mate huka, i raro i ngā āhuatanga noa, kāore e taea e ia te noho marino i te wā kotahi mō te neke atu i te tekau mā rima meneti. Engari ko tana wawata wairua kāore i taea te whakaroa. "E te Ariki," tana inoi, "kia tae mai koe ki roto tōku temepara pakaru?" Nā te whakahau tonu o te hiahia, ka āta noho te tangata tapu i ia rā, i ia rā i roto i te tūnga rēmana mō ngā hāora tekau mā waru e kore e mutu, e mau ana i roto i te wairua pōuri whakaharahara.

"Ā," ka mea mai ia ki ahau, "i te mutunga o ngā tau e toru, ka kitea e au te Māramatanga Mutunga Kore e mura ana i roto i tōku āhua pakaru. I a au e harikoa ana i te kororia harikoa, ka wareware ahau ki te tinana. Nō muri ka kite ahau kua tino ora ia nā te Aroha Tapu."

He kōrero whakaora hītori mō Kingi Baber (1483-1530), te kaiwhakaū o te emepaea Mogul i Īnia. I mate kino tana tama, a Piriniha Humayun. I inoi te matua me te ngākau pouri kia whiwhi ia i te mate, kia ora ai tana tama. I muri i te ngaro o te tumanako o ngā tākuta katoa, ka ora a Humayun. I mate tonu a Baber, ā, ka mate i te mate kotahi i pā ki tana tama. I whakakapi a Humayun i a Baber hei Emepara o Hindustan.

He tokomaha te hunga e whakaaro ana he rite te hauora me te kaha o ia rangatira wairua ki tō te Sandow, ā, me rite rānei ki tēnā. Te whakaaro ko kāore he pūtake. He tūroto tinana e mahi ana kāore tohu tērā he tohunga ko kāore i roto pā

me ngā mana atua, ehara i te mea ko te hauora mō te wā katoa e tohu ana i te māramatanga o roto. Arā, ko te āhua o te tinana, kāore e tika kia waiho hei whakamātautau mā te rangatira. Me rapu ōna tohu motuhake i roto i tōna ake ao, arā, te ao wairua.

He tokomaha ngā kairapu pōhēhē o te Hauāuru e whakaaro hē ana me tino tohunga te kaikōrero, te kaituhi rānei mō te matatika. Heoi, kua tohu ngā rishis ko te whakamātautau waikawa o te rangatira ko te kaha o te tangata ki te tomo ki te āhua kore manawa i tōna hiahia, me te pupuri i te *samadhi kore e whati o te nirbikalpa* . **21-5** Mā ēnei whakatutukitanga anake ka taea e te tangata te whakaatu kua "rangatira" ia i *te maya* , i te tinihanga ā-ao rua rānei. Ko ia anake ka taea te kī mai i te hohonutanga o te mohiotanga: " *Ekam sat* ," - "Kotahi anake te ora."

"E kī ana ngā *Veda* ko te tangata kuware e makona ana ki te wehewehe i te wairua takitahi me te Atua Matua ka tūpono ki te mōrearea," te tuhituhi a Shankara te monist nui. "I te wāhi e rua ana te whakaaro nā te kuware, ka kite te tangata i ngā mea katoa he rerekē i te Atua. Ina kitea ngā mea katoa hei Atua, kāti kāore he ngota i tua atu i te Atua....

"I te mea wawe tonu hei te mātauranga o te Te ao tūturu kua pūangi ake, i reira kēne kia kāore hua o ngā rā o mua ngā mahi kia wheakohia, nā te mea kāore i te tūturu te tinana, pērā i te kore e taea te moemoeā i muri i te oho ake."

Ko ngā tohunga nui anake ka taea te tango i te karma o ngā ākonga. Kāore a Sri Yukteswar e mamae i Kashmir mēnā kāore ia i whiwhi whakaaetanga mai i te Wairua i roto i a ia ki te āwhina i ana ākonga i taua ara rerekē. He iti noa iho ngā tāngata tapu i nui ake te aro ki te mātauranga hei whakatutuki i ngā whakahau atua i tōku Kaiwhakaako kua aro ki te Atua.

Āhea ahau i whakamātau he torutoru ngā kupu o aroha i runga tāna hiroki ahua, taku tohunga i mea me te harikoa:

"He pai ōna āhuetanga; ka taea e au te whakakakahu i ētahi *ganji iti* (ngā hāte o roto) kāore au i mau i ngā tau!"

I a au e whakarongo ana ki te kata harikoa a te Kaiwhakaako, ka mahara ahau ki ngā kupu a Hato Francis de Sales: "Ko te tangata tapu e pouri ana, he tangata tapu pouri anō hoki!"

21-1 : Ia ko he tohu o te kore whakaute, i roto Īnia, ki auahi i roto te aroaro o tētahi ngā

kaumātua me ngā rangatira. 21-2: Te rākau pereni o te Rawhiti..

21-3 : He tokomaha Karaitiana hunga tapu, tae atu ki Terese Neumann (tirohia [upoko 39](#)), kei mōhio me te ā-tinana whakawhiti o te mate.

21-4 : Karaiti i mea, noa i mua i ia i arahina atu ki kia ripekatia: "Te whakaaro nui koe tērā ahau kāore e taea ināiane i inoi ki taku Matua, ā, ko ia me i nāiane i hoatu ahau atu anō i te tekau mā rua ngā rīhiona o ngā anahera? Engari pēhea kātahi me te ngā karaipiture kia kua tutuki, tērā nō reira Me pērā rawa rānei?" - *Mataio* 26:53-54.

21-5 : Tirohia ngā upoko 26, 43 *ngā tuhipoka* .

Upoko: 22

Te Ngākau o He Kohatu Whakaahua

"Hei wahine Hinitū pono, kāore au e hiahia ki te amuamu mō taku tāne. Engari e hiahia ana ahau kia kite i a ia e tahuri ke ana i ana tirohanga ā-iwi. E pai ana ia ki te tawai i ngā pikitia o ngā hunga tapu i roto i taku rūma whakaaroaro." E te hoa teina, ahau whai hōhonu whakapono tērā koe kēne āwhina ia. Ka koe?"

I titiro puku mai taku tuahine matamua, a Roma, ki ahau. I a au e toro atu ana ki tōna kāinga i Calcutta i Girish Vidyaratna Lane, mō tētahi wā poto. I pā mai tana inoi ki ahau, nā te mea he mana nui tōna ki te taha wairua i tōku tamarikitanga, ā, i ngana aroha ia ki te whakakī i te āputa i mahue i roto i te porowhita whānau nā te matenga o Māmā.

"E te tuahine aroha, ae ra ka mahia e au ngā mea katoa e taea e au." Ka menemene ahau, me te hiahia nui ki te whakakore i te pōuri e kitea ana i tōna mata, he rerekē ki tōna āhua marino me te harikoa o ia rā.

I noho puku māua ko Roma mō tētahi wā poto i roto i te inoi mō te arataki. I te tau i mua atu, i tono mai taku tuahine kia whakaurua ia ki te *Kriya Yoga*, ā, kei te tino kitea tana ahunga whakamua.

I hopukina ahau e te wairua whakaaweawe. "Āpōpō," ka mea atu ahau, "ka haere ahau ki te temepara o Dakshineswar. Tēnā koa haere mai tāua, ka whakatenatena i tāu tāne kia haere tahi tāua. Ki taku whakaaro, i roto i ngā wiri o taua wāhi tapu, ka pā te Whaea Tapu ki tōna ngākau. Engari kaua e whakakitea te take i hiahia ai māua kia haere ia."

I whakaae a Tuahine me te tumanako. I te atatu o te ata i muri mai, i harikoa ahau i te kitenga kua tae mai a Roma rāua ko tana tāne i i roto te rite mō te haerenga Hei tō mātou hākini waka haruru haere Runga Rori Porowhita ki te taha Dakshineswar, taku te tāokete-i-te-ture, Hāti Chandra Bose, whakakatakata ia anō mā te tawai i ngā tohunga wairua o mua, o nāianei, me te heke mai. I kite ahau e tangi puku ana a Roma.



Te Whakatutukitanga i a Ia Anō Hāhi o Katoa Ngā karakia, San Diego,
Karipōnia



ahau tū me taku e rua ngā tuahine, Rōma (i maui) me Nārini



Taku tuahine Uma, hei he taitamariki kotiro

"E te tuahine, kia kaha tō wairua!" i hameme ahau. "Kaua e tukua tō tāne kia whakamānawa i a koe mā te whakapono kei te tino aro atu tāua ki tana tawai."

"E Mukunda, me pēhea koe e miharo ai ki ngā mahi tinihanga koretake?" te kī a Satish. "He whakarihariha te āhua o te SADHU. He kikokore ia pērā i te angaanga, he momona rawa rānei pērā i te arewhana!"

I hamama ahau me te kata. I whakapataritari a Satish i taku tauhohenga ngākau pai; ka hoki ia ki te wā pōuri, ka noho puku. I te taenga atu o tā mātou tekesi ki te whenua o Dakshineswar, ka menemene ia me te whakatoi.

"Ko tēnei haerenga, ahau whakaaro, ko he kaupapa ki whakahoutanga ahau?"

I taku tahuritanga atu, kāore he whakautu, ka hopukia e ia tōku ringa. "E te Tāne Mōneka taitamariki," tana kīnga mai, "kaua e wareware ki te whakarite i ngā whakaritenga tika me ngā mana whakahaere o te temepara hei whakarite i tā tātou kai o te poutumarotanga."

"Ka haere ahau ki te whakaaroaro inaianei. Kaua e manukanuka ki tāu tina," ka whakahoki koi ahau. "Mā te Whaea Atua e tiaki."

"Kāore au e whakawhirinaki ki te Whaea Tapu ki te mahi i tetahi mea māku. Engari e whakapae ana ahau i a koe mō taku kai." He reo whakawehi te reo o Satish.

I haere ko au anake ki te whare whakaruruhau e anga atu ana ki te temepara nui o Kali, arā, ki a Papatūānuku. I te whiriwhiringa i tētahi wāhi marumaru e tata ana ki tētahi o ngā pou, ka whakaritea tōku tinana ki te tūnga rōhi. Ahakoa tata ki te whitu

karaka, ka tere te pā mai o te rā o te ata.

I hoki whakamuri te ao i a au e tino miharo ana ki te karakia. I aro nui tōku hinengaro ki te Atua Wahine a Kali, ko tana ahua i Dakshineswar te mea i whakanuia e te rangatira nui, a Sri. Ramakrishna Paramānaha. I roto whakautu ki tāna mamae ngā tono, te kōhatu whakaahua o tēnei tino

temepara i a pinepine tangohia he te noho puka me kōrero me ia.

"E te Whaea wahangu, he ngākau kōhatu," i inoi ahau, "i kī tonu koe i te ora i te tono a tōu hoa aroha, a Ramakrishna; he aha koe te whakarongo ai ki ngā aue a tēnei tama a koe e matenui ana?"

I piki haere tonu taku hihiri wawata, ā, i haere tahi mai me te rangimārie atua. Heoi, i te pahure o ngā haora e rima, ā, kāore te Atua Wahine i roto i ahau e whakaaro ana ki roto i ahau i whakautu mai, ka paku pouri ahau. I ētahi wā he whakamātautau nā te Atua hei whakaroa i te whakatutukitanga o ngā inoi. Engari i te mutunga ka puta ia ki te tangata whakaponu pumau i roto i te āhua e arohaina ana e ia. Ka kite te Karaitiana pono i a Ihu; ka kite te Hinitu i a Krishna, i te Atua Wahine rānei a Kali, i te Māramatanga e whānui haere ana mēnā ka huri tana karakia ki te kore whaiaro.

I te kore e pai, ka puaki ōku kanohi, ā, ka kite ahau kei te rakahia ngā tatau o te temepara e te tohunga, e ai ki te tikanga o te poutumarotanga. I whakatika ake ahau i taku nohoanga motuhake i raro i te whare tuwhera, he tuanui, ā, ka hikoi atu ki te marae. I werawera te papa kōhatu i te rā o te poutumarotanga; i wera rawa ōku waewae tahanga.

"E te Whaea Atua," ka whakahē puku ahau, "kīhai koe i haere mai ki ahau i roto i te moemoeā, ā, inaianei kei te huna koe i roto i te temepara i muri i ngā tatau kua kati. I hiahia ahau ki te tuku i tētahi inoi motuhake ki a Koe i tēnei rā mō taku taokete-i-te-ture."

I whakaaetia tonutia taku inoi ā-roto. Tuatahi, ka tau mai he ngaru makariri ki runga i tōku tuara, ki raro hoki i ōku waewae, ka peia atu ngā mamae katoa. Kātahi, ki tōku miharo, ka tino whakanuia te temepara. Ka puare haere tōna tatau nui, ka whakakitea te āhua kōhatu o te Atua Wahine a Kali.

Āta huri haere ana hei āhua ora, me te menemene me te pōwhiri, me te whakahihiri i ahau ki te hari e kore e taea te kōrero. Me te mea he werohanga ngaro, ka tangohia te manawa i roto i ōku pukahukahu; ka marino rawa tōku tinana, ahakoa kāore i te mangere.

I whai mai te whānui haere o te hinengaro. I taea e au te kite mārāma mō ngā maero maha i tua atu o te awa o Ganges i tōku taha mauī, me tua atu o te temepara ki ngā rohe katoa o Dakshineswar. I kanapa mārāma ngā pakitara o ngā whare katoa; i roto i a rātou i kite ahau i ngā tāngata e hikoi haere ana i ngā whenua tawhiti.

Ahakoa i kore e manawa, ā, i roto i te āhua marino, i taea tonu e au te neke i ōku ringa me ōku waewae. Mō ētahi meneti, i whakamātau ahau ki te kati me te whakatuwhera i ōku kanohi; i roto i ngā āhua e rua. I kite mārāma ahau i te tirohanga whānui katoa o Dakshineswar.

Ko te tirohanga wairua, rite tonu ki te hihi-X, ka uru ki roto i ngā mea katoa; ko te

kanohi atua kei waenganui i ngā wāhi katoa, kāore he porowhita. I kite anō ahau, i a au e tū ana i reira i te marae paki, ina mutu te tangata hei tamaiti ngaro a te Atua, e noho ana i roto i te ao tūturu, he moemoeā, he koretake te pūtake, ka riro anō i a ia ōna rangatiratanga mutunga kore. Mena he hiahia te "mawhiti" ki te tangata, he kuiti tōna āhua, ka taea e tetahi te mawhiti ki te rite ki te mana o te noho ki ngā wāhi katoa?

I roto taku tapu wheako i Dakshineswar, te anake tino- whakanuia ngā mea i te

te temepara me te āhua o te Atua Wahine. Ko ngā mea katoa i puta mai i roto i ōna āhua noa, ahakoa ia i kua kōpiritia i roto he āwhiowhio o ngawari mā mārāma, kikorangi, me pūeru āniwaniwa ngā tae Taku te āhua nei ko te tinana ki kia o tino ataahua matū, kua rite ki rere ana Tino mōhio o taku i roto i ngā mea e karapoti ana i ahau, i tirotiro haere ahau, me te hikoi torutoru me te kore e whakraruraru i te haere tonu o te tirohanga harikoa.

I muri i ngā pakitara o te temepara, ka kite ohorere ahau i taku taokete-i-te-ture e noho ana i raro i ngā manga tataramoa o te rākau *pere tapu*. I taea e au te mārāma ki te huarahi o ōna whakaaro. I te āhua harikoa i raro i te mana tapu o Dakshineswar, engari i mau tonu i roto i tōna hinengaro ētahi whakaaro kino mōku. I tahuri tika atu ahau ki te ahua ataahua o te Atua Wahine.

"E te Whaea Atua," i inoi ahau, "e kore ianei koe e whakarerekē wairua i

te tāne a tōku tuahine?" I kōrero te tangata ataahua, i mua i te wā kāore

i te whakarongo, i te mutunga: "Kua tutuki tāu i hiahia ai!"

I titiro harikoa ahau ki a Satish. Me te mea e mōhio ana ahau kei te mahi tetahi mana wairua, ka whakatika ake ia i tōna nohoanga i runga i te whenua me te riri. I kite ahau i a ia e oma ana i muri i te temepara; ka whakatata mai ia ki ahau, me te rūrū i tōna ringa.

I ngaro te tirohanga whānui. Kāore i taea e au te kite i te Atua Wahine kororia; kua whakaitihia te temepara teitei ki tōna rahi noa, kāore i te mārāma. I wera anō tōku tinana i raro i ngā hihi kaha o te rā. I peke ahau ki te piringa o te whare pou, ā, i whaia ahau e Satish me te riri. I titiro ahau ki taku mātaaratanga. Kotahi karaka; kotahi te haora te roa o te tirohanga atua.

"E te kuware iti," te kī a taku taokete-i-te-ture, "e ono hāora koe e noho ana i reira me te whiti waewae me te whiti kanohi. Kua hoki whakamuri ahau ki te mātakitaki i a koe. Kei hea taku kai? Kua kati te temepara inaianei; kāore koe i whakamōhio ki ngā mana whakahaere; kāore he tina mō tātou!"

Kei te ora tonu te whakahihī i roto i tōku ngākau i te aroaro o te Atua Wahine. I maia ahau ki te karanga, "Mā te Whaea Atua tātou e whāngai!"

I tino pukuriri a Satish. "Kia kotahi tonu," ka karanga ia, "e hiahia ana ahau kia kite i tō Whaea Tapu e homai ana he kai mā mātou ki konei, kāore he whakaritenga i mua!"

Tōna ngā kupu i kāore rawa i whakapuakina āhea he temepara tohunga whiti te marae me i hono atu mātou.

"E tama," tana kī mai ki ahau, "Kua kite ahau i tō mata e tiaho marino ana i ngā hāora whakaaroaro. I kite ahau i te taenga mai o tō rōpū i tēnei ata, ā, i hiahia ahau ki te waiho i te nui o te kai mā tō tina. He takahi i ngā ture o te temepara te whāngai i te hunga kāore i tonono i mua, engari kua waiho e ahau he tūāpapa māu."

I mihi atu ahau ki a ia, ā, ka titiro tika atu ki ngā kanohi o Satish. I whero ia i te kare ā-roto, ka tuku iho i tōna titiro me te ripeneta puku. I te wā i tukuna mai ai he kai nui ki a mātou, tae atu ki ngā māngo kāore i te wā tika, ka kite ahau he iti noa te hiahia o taku taokete-i-te-wā. I pōhēhē ia, i ruku hohonu ki te moana o te whakaaro. I te hokinga ki Calcutta, ko Satish, me te āhua ngawari,

i ētahi wā ka titiro mai ki ahau me te inoi. Engari kāore ia i kōrero i tetahi kupu i muri i te wā i puta mai ai te pirihi ki te karanga i a mātou ki te tina, me te mea nei he whakautu tika ki te wero a Satish.

Te e whai ake nei ahiahi ahau i toro atu taku tuahine i tana kāinga. Ia mihi

ahau me te aroha. "E te tuakana," ka karanga ia, "he merekara! I te ahiahi pō

nei i tangi nui taku tāne i mua i ahau.

"' *E te atua aroha* ,' **22-1** ka mea ia, 'E kore e taea te kī te harikoa mō te hurihanga o tēnei kaupapa whakahou a tō tuakana. Ka whakatikahia e au ngā hē katoa i mahia e au ki a koe. Mai i tēnei pō ka whakamahia e tāua tō tāua rūma moe nui hei wāhi karakia anake; ko tō rūma whakaaroaro iti ka hurihia hei whare moe mō mātou. E pouri ana ahau mō taku tawai ki a koe "E te tuakana. Mō te whakama o taku mahi, ka whiua e au ahau mā te kore kōrero ki a Mukunda kia ahu whakamua rā anō ahau i te ara wairua. Ka rapu hohonu ahau i te Whaea Tapu mai i nāiane; ā tērā rā me kitea rawatia ia e au!"

I ngā tau i muri mai, ka toro atu ahau ki taku taokete-i-te-ture i Delhi. Nui atu tōku harikoa i te kitenga kua i tino whanake i roto i te mōhiotanga ki a ia anō, ā, i manaakitia ia e te kitenga o te Whaea Atua. I a au e noho ana ki a ia, i kite ahau i a Satish e whakapau puku ana i te nuinga o ia pō ki te whakaaroaro atua, ahakoa e pāngia ana ia e te mate kino, ā, e mahi ana i te awatea i tōna tari.

I puta ake te whakaaro kāore e roa te oranga o taku taokete-i-te-ture. Tērā pea i pānui a Roma i ōku whakaaro.

"E te tuakana," ka mea ia, "Kei te ora ahau, ā, kei te mate taku tāne. Heoi anō, e hiahia ana ahau kia mōhio koe, hei wahine Hinitū pono, ko ahau te tuatahi ka mate. **22-2** Kāore e roa ka mate atu ahau."

I ohorere ahau i ana kupu whakamataku, engari i kite tonu ahau i te ngākau pono o aua kupu. I Amerika ahau i te matenga o tōku tuahine, tata ki te tau i muri i tana poropititanga. Nō muri mai ka homai e tōku teina pōtiki, a Bishnu, ngā taipitopito.

"I Calcutta a Roma rāua ko Satish i te wā i mate ai ia," te kōrero a Bishnu ki ahau. "I taua ata i kakahuria e ia ōna whakapaipai marena."

"He aha tēnei motuhake kākahu? Hāti i pātai atu.

"'Koinei taku rā whakamutunga ki te mahi ki a koe i runga i te whenua,' te whakahoki a Roma. I muri tata mai ka pāngia ia e te mate manawa. I a tana tama e tere ana ki te rapu awhina, ka mea ia:

"E tama, kua ahau e whakarērea. Kāore he painga; ka riro ahau i mua i te taenga mai o te tākuta.' Tekau meneti i muri mai, me te pupuri i ngā waewae o tana tāne me te whakaute, ka wehe atu a Roma i tōna tinana, me te harikoa, me te kore mamae.

"Satish ka noho tino noho motuhake i muri tana ā te wahine te mate," Pīnū i haere tonu. "Kotahi rā ia me ahau i

titiro i he nui menemene whakaahua o Rōma.

"He aha koe i menemene ai?' ka karanga ohorere a Hāti, me te mea kei reira tana wahine. 'E whakaaro ana koe he mohio koe ki te whakarite kia haere koe i mua i ahau. Māku e whakaatu e kore e taea e koe te noho tawhiti atu i ahau mō te wā roa; ka tata ahau te hono atu ki a koe.'

"Ahakoa i tēnei wā kua ora katoa a Satish i tōna mate, ā, kei te tino ora ia, i mate ia me te kore he take i muri tata mai i tana kōrero rerekē i mua i te whakaahua."

Nō reira te poropititanga i pahemo ai taku tuahine matamua e arohaina nei, a Roma, me tana tāne a Satish—i huri i Dakshineswar mai i te tangata noa o te ao ki te tangata tapu wahangu.

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22-1 Atua wahine.

22-2 : Te Hinitū wahine whakapono reira ko he tohu o wairua te whakatairanga mēnā ia mate i mua i tana tāne, hei he taunakitanga o tana te mahi pono ki a ia, te "mate rānei i roto i te whitiki."

Upoko: 23

ahau Whiwhi Taku Te Whare Wānanga Tohu Paetahi

"Kāore koe e aro ki ō mahi pukapuka ako mō te rapunga whakaaro. Kāore e kore kei te whakawhirinaki koe ki tētahi 'ātaahua' kore mahi hei āwhina i a koe ki te whakaoti i ngā whakamātautau. Engari ki te kore koe e whakapau kaha ki te ako, ka tirohia e au kia kore koe e puta i tēnei akoranga."

I tino kaha te kōrero mai a Ahorangi DC Ghoshal o te Kāreti o Serampore ki ahau. Mēnā kāore au i eke ki tana whakamātautau tuhituhi whakamutunga, kāore au e āhei ki te tango i ngā whakamātautau whakamutunga. Nā ngā kaiako o Te Whare Wānanga o Calcutta ēnei i tito, ā, ko te Kāreti o Serampore tētahi o ōna peka hono. Me whakamātautau anō te taurira i ngā whare wānanga o Īnia kāore i eke ki tētahi kaupapa i te whakamātautau whakamutunga AB i roto i āna kaupapa *katoa* i te tau e whai ake nei.

I te nuinga o te wā ka atawhai mai aku kaiako i te Kāreti o Serampore ki ahau, engari kāore i te whakamā noa iho. "He nui rawa te haurangi o Mukunda i te

whakapono." I roto i tēnei whakarāpopototanga, i āta tiakina ahau e rātou i te whakama o te whakautu i ngā pātai o te akomanga; i whakawhirinaki rātou ki ngā whakamātautau tuhituhi whakamutunga hei tango i ahau i te rārangi o ngā kaitono AB. Ko te whakatau a ōku hoa ākonga i whakapuakina i roto i tā rātou ingoa karanga mōku - "Porangi Mōneka."

I tangohia e au tētahi mahi mohio hei whakakore i te riri a Ahorangi Ghoshal ki ahau mō te korenga i roto i te rapunga whakaaro. I te wā e tata ana te whakapuakitanga o ngā hua o ngā whakamātautau whakamutunga, ka tono atu ahau ki tētahi hoa akomanga kia haere tahi māua ki te rūma ako a te ahorangi.

"Haere mai; e hiahia ana ahau ki tētahi kaiwhakaatu," ka mea atu ahau ki taku hoa. "Ka tino pouri ahau mēnā kāore au i angitu ki te tinihanga i te kaiako."

Ahorangi Kohatu rūrū tāna upoko i muri ahau i a i uiuia he aha whakatauranga ia i a i hoatu taku pepa

"Kāore koe i roto i te hunga kua puta," tana kī me te whakamanamana. I rapua e ia tētahi puranga nui i runga i tana tēpu. "Kāore rawa tō pepa i konei; kua hinga koe, ahakoa pēhea, nā te korenga e puta ki te whakamātautau."

ahau katakata ana. "E te Ariki, ahau i i reira. Mei ahau titiro mā roto te puranga ahau anō?"

I te kore e aro, ka whakaaetia e te ahorangi; i tere taku kimi i taku pepa, ā, i ata tangohia e au tetahi tohu tuakiri engari ko taku nama karanga ingoa. Ahakoa te kore e mōhiotia e te "haki whero" o tōku ingoa, i whakawhiwhia e te kaiako he tohu teitei ki aku whakautu ahakoa kāore i whakapaipaihia e ngā kōrero i roto i te pukapuka ako. **23-1**

I te kitenga i taku mahi tinihanga, ka hamama ia, "Tino waimarie!" Ka tāpiri atu ia me te tumanako, "Tino kore koe e hinga i te whiringa toa AB."

Mō ngā whakamātautau i roto i aku kaupapa kē atu, i whiwhi ahau i ētahi whakangungu, inā koa mai i taku hoa aroha me taku whanaunga, a Prabhas Chandra Ghose, **23-2** te tama a taku Matua Kātua a Sarada. I pōturi ahau, engari i angitu - me ngā māka paahitanga iti rawa - i roto i aku whakamātautau whakamutunga katoa.

I muri i ngā tau e whā o te whare wānanga, kua āhei ahau ki te noho mō ngā whakamātautau AB. Heoi anō, kāore au i whakaaro ka whai hua ahau i te mana. He takaro tamariki ngā whiringa toa o te Kāreti o Serampore ki te whakataurite ki ngā whakataetae uaua i whakaritea e te Whare Wānanga o Calcutta mō te tohu AB. Nā taku haerenga tata ki ia rā ki Sri Yukteswar, kāore i roa te wā i mahue ai i ahau ki te tomo ki ngā whare o te kāreti. I reira ko tōku aroaro, kaua ko tōku ngaro, te mea i puta ai te miharo o ōku hoa akomanga!

Ko taku tikanga o mua ko te haere i runga i taku pahikara i te iwa me te toru tekau i te ata. I te ringa kotahi Ka haria e au he whakahere mā taku guru - he putiputi torutoru mai i te mārā o taku whare noho *Panthi* . Mā te mihi aroha mai a te Ariki ki ahau, ka karanga mai ia ki ahau ki te tina. I whakaae tonu ahau me te tere, me te

harikoa ki te whakakore i te whakaaro ki te kāreti mō te rā. Whai muri i ngā hāora me Sri Yukteswar, te whakarongo ki tana rere o te whakaaro nui, te āwhina rānei i ngā mahi ashram, ka haere atu ahau me te kore e pai i waenganui pō ki te *Panthi*. I ētahi wā ka noho ahau i te pō katoa me taku guru, me te harikoa ki tana kōrero, ā, kāore au i te mōhio kua huri te pōuri ki te ata.

I tētahi pō, tata ki te tekau mā tahi karaka, i ahau e kakahu ana i ōku hu **23-3** I a mātou e whakarite ana mō te haerenga ki te whare noho, ka pātai nui mai te Kaiwhakaako ki ahau.

"Āhea ka tīmata āu whakamātautau

AB?" "E rima ngā rā i mua i tēnei, e te

rangatira."

"Au tumanako koe kei i roto te rite mō rātou."

I te matakū, ka hiki ake taku hu i te rangi. "E te Ariki," ka whakahē ahau, "e mōhio ana koe ki te āhua o ōku rā i noho tahi ai me koe, kua ki ngā ahorangi. Me pēhea taku mahi whakaari mā te whakauru atu ki aua whakamātautau whakamutunga uaua?"

I tahuri mai ngā kanohi o Sri Yukteswar ki ahau me te koi. "Me puta mai koe." He reo makariri tōna, he whakahau. "Kua e tukua he take mā tō pāpā me ētahi atu whanaunga ki te whakahē i tō hiahia ki te noho ki te ashram. Me oati mai koe ka tae mai koe ki ngā whakamātautau; whakautua i te huarahi pai rawa atu e taea e koe."

I rere ngā roimata i tōku mata, kāore i taea te pupuri. I whakaaro ahau he koretake te whakahau a te Ariki, ā, ko tana hiahia, he iti noa iho, kua roa.

"Ka puta atu ahau mēnā e hiahia ana koe," ka mea atu ahau i roto i ngā aue. "Engari kāore he wā e toe ana mō te whakarite tika." I roto i taku manawa ka hameme ahau, "Ka whakakīia e au ngā pepa ki ō akoranga hei whakautu i ngā pātai!"

I taku taenga atu ki te whare karakia i te aonga ake i taku hāora, ka tukuna atu e au taku putiputi me te ngākau pouri. Ka kata a Sri Yukteswar ki taku hau pouri.

"E Mukunda, kua whakarērea koe e te Ariki i tētahi

whakamātautau, i tētahi atu wāhi rānei?" "Kāo, e te rangatira," ka

whakahoki māhana ahau. I puta mai ngā maharatanga

whakawhetai i roto i tētahi waipuke whakaora.

"Ehara i te mangere, engari ko te ngākau nui ki te Atua te mea i aukati i a koe ki te rapu i ngā honore o te whare wānanga," te kī a taku tohunga me te atawhai. I muri i te wā poto, ka kī ia, "Rapua te rangatiratanga o te Atua, me tana tika; ā, ka tāpirihia ēnei mea katoa ki a koutou." **23-4**

Mō te mano o ngā wā, i kite ahau kua māmā ake aku taumahatanga i te aroaro o te Ariki. I te mutunga o tā mātou tina wawe, ka mea ia kia hoki ahau ki te *Panhi*.

"Kei te noho tonu tō hoa, a Romesh Chandra Dutt, i tō whare

noho?" "Āe, e te rangatira."

"Tikina i roto pā me ia; te Ariki ka whakaaweawe ia ki āwhina koe me te ngā whakamātautau."

"Pai rawa, e te rangatira; engari he tino pukumahi a Romesh. Ko ia te tangata honore i roto i tā mātou akomanga, ā, he taumaha ake tana akoranga i ērā atu."

Kaiwhakaako poipoia taha taku ngā whakahē. "Romesh ka kimi wā mō koe. Inaianei haere."

I hoki ahau ki te *Panthe mā runga pahikara* . Ko te tangata tuatahi i tūtaki ahau ki te kāinga noho ko Romesh te tangata mātau. Me te mea he wā wātea ōna rā, ka whakaae ia ki taku tono māia.

"Ae rā; kei te mahi ahau māu." He maha ngā hāora i pau i a ia i taua ahiahi me ngā rā i muri mai ki te whakaako i ahau i aku kaupapa maha.

"Ki taku whakaaro he maha ngā pātai i roto i ngā tuhinga Ingarihi ka aro ki te ara o Childe Harold," tana kī mai ki ahau. "Me tiki tonu tāua i tētahi mapi pukapuka."

I hohoro ahau ki te kāinga o taku Matua Kātua, a Sarada, ka tono mai i tētahi mapi whenua. I tohua e Romesh te mapi whenua Pākehā i ngā wāhi i torohia e te kaihaerere aroha a Byron.

He torutoru hoa akomanga i a huihui huri noa ki whakarongo ki te te whakaakoranga. "Romesh ko te tuku tohutohu "Kei te hē koe," te kōrero a tētahi o rātou ki ahau i te mutunga o te wānanga. "E rima tekau ōrau noa iho o ngā pātai e pā ana ki ngā pukapuka; ko te haurua kē atu ka pā ki te oranga o ngā kaituhi."

I taku noho ki te whakamātautau mō te tuhinga Ingarihi i te aonga ake, i taku tirohanga tuatahi ki ngā pātai ka maringi ngā roimata whakawhetai, ka mākū taku pepa. I haere mai te kaitirotiro akomanga ki taku tēpu, ā, ka pātai aroha mai.

"I matapaetia e taku tohunga ka āwhina a Romesh i ahau," taku whakamārama. "Tirohia; ko ngā pātai tonu i tonoa mai e Romesh ki ahau kei konei i runga i te pepa whakamātautau! He waimarie mōku, he torutoru noa iho." ngā pātai o tēnei tau mō ngā kaituhi Ingarihi, ko ō rātou oranga he mea ngaro nui ki ahau nei !"

I roto i te ngangau te whare noho o taku tamaiti i taku hokinga mai. Ko ngā tama i tawai mai I titiro mai te tikanga whakaako a Romesh ki ahau me te miharo, me te mea he turi te taringa i te mihi. I te wiki o ngā whakamātautau, he maha ngā hāora i noho tahi ai māua ko Romesh, nāna i tito ngā pātai i whakaaro ia ka whakatakotoria pea e ngā ahorangi. I ia rā, i ia rā, tata rite tonu te āhua o ngā pātai a Romesh i runga i ngā pepa whakamātautau.

I horapa whānuitia te rongu i roto i te kārēti mō tētahi mea e rite ana ki tētahi merekara kei te tupu, ā, ko te āhua nei ka angitu pea te "Mōneka Pōrangi" e kore e mōhio ana. Kāore au i ngana ki te huna i ngā kōrero o te take. Kāore he mana o ngā ahorangi o te rohe ki te whakarerekē i ngā pātai, i whakaritea e Te Whare Wānanga o Calcutta.

I a au e whakaaroaro ana ki te whakamātautau mō te tuhinga Ingarihi, ka kite ahau i tētahi ata kua hē nui taku mahi. Kua wehea tētahi wāhanga o ngā pātai kia rua ngā wāhanga o A, B rānei, me C, D rānei. Engari i te whakautu i tētahi pātai mai i ia

wāhanga, i whakautua noatia e au ngā pātai e rua i te Rōpū I, ā, kāore i whakaarohia tetahi mea i te Rōpū II. Ko te māka pai rawa atu i taea e au te whiwhi i roto i tēnā e 33 te kaute o te pepa, e toru te iti iho i te māka paahitanga o te 36. I hohoro ahau ki te Ariki, ā, ringihia ana e ahau ōku raruraru.

"E te rangatira, kua hē rawa atu ahau. Kāore au e tika kia whiwhi i ngā manaakitanga atua mā roto i a Romesh;" Kāore rawa ahau i te tino tika."

"Kia kaha, e Mukunda." He māmā, he kore āwangawanga te reo o Sri Yukteswar. I tohu ia ki te kikorangi o te rangi. "He nui ake te tūnga o te rā me te marama i te wāhi e taea ai e koe te kore e whiwhi i tō tohu!"

I wehe atu ahau i te whare karakia i roto i te wairua marino, ahakoa te āhua nei kāore e taea te whakaaro i roto i te pāngarau Ka taea e au te hipa. I titiro mataku ahau ki te rangi kotahi, e rua rānei ngā wā; te āhua nei kua mau te punga o te Ariki o te Rā i tana porowhita noa!

I taku taenga atu ki te *Panthi*, ka rongu ahau i te kī a tētahi o ōku hoa akomanga: "Nō nā tata nei au i rongu ai kua heke te māka e hiahiatia ana mō te ako i roto i te reo Pākehā, mō te wā tuatahi tēnei."

ahau i tomo te tāne rūma me pērā tere tērā ia titiro ake i roto whakaoho ahau pātaihia ia me te hihiri

"Mōneka makawe roa," ka mea ia me te kata, "he aha tēnei hiahia ohorere ki ngā take mātauranga? He aha i tangi ai i te tekau mā tahi o ngā haora? Engari he pono kua whakahekehia te tohu paahitanga ki te 33 ngā piro."

He torutoru ngā pekepeke harikoa i haria ahau ki roto i tōku ake rūma, ka tuturi ahau ki raro, ka whakamoemiti ki ngā tino pūkenga pāngarau o tōku Matua Atua.

I ia rā, i harikoa ahau i te mōhiotanga o tētahi aroaro wairua i tino kite ahau kei te ārahi i ahau i roto i a Romesh. I puta tētahi āhuatanga nui e pā ana ki te whakamātautau i te reo Bengali. I tētahi ata, i a au e wehe atu ana i te whare noho i taku haerenga ki te whare whakamātautau, ka waea mai a Romesh, he iti nei tana kōrero mō taua kaupapa.

"Kei te karanga mai a Romesh ki a koe," te kī mai a tētahi o ōku hoa akomanga ki ahau me te kore e manawanui. "Kaua e hoki mai; ka tomuri tāua ki te whare."

Te kore aro te tohutohu, ahau oma hoki ki te whare

"Ko te tikanga, he māmā noa iho te whakaoti i te whakamātautau Bengali mā ā mātou tama Bengali," te kī a Romesh ki ahau. "Engari kua whakaaro noa ahau i tēnei tau kua whakamahere ngā ahorangi ki te patu i ngā ākonga mā te pātai i ngā pātai mai i ā mātou tuhinga tawhito." Kātahi ka whakamārama poto taku hoa i ētahi kōrero e rua mai i te oranga o Vidyasagar, he tangata atawhai rongonui.

I mihi atu ahau ki a Romesh, ā, ka tere tonu taku eke pahikara ki te whare wānanga. E rua ngā wāhanga o te pepa whakamātautau i te reo Bengali. Ko te tohutohu tuatahi ko: "Tuhia kia rua ngā tauira o ngā mahi atawhai a Vidyasagar." I

a au e whakawhiti ana i ngā kōrero tuku iho i riro mai i ahau i te pepa, ka hamumu ahau i ētahi kupu whakawhetai mō taku whakarongo ki te karanga whakamutunga a Romesh. Me i kore ahau e mōhio ki ngā mahi atawhai a Vidyasagar ki te tangata (tae atu ki ahau anō), kāore e taea e au te puta i te whakamātautau Bengali. Ki te kore ahau e eke ki tētahi kaupapa, kua akiakihia ahau ki te tū anō i te whakamātautau i ngā kaupapa katoa i te tau e whai ake nei. He mea whakarihariha tēnei tirohanga.

Ko te tohutohu tuarua i runga i te pepa i kīia: "Tuhia he tuhinga roa i te reo Bengali mō te oranga o te tangata nāna koe i tino whakaaweawe." E te kaipānui atawhai, kāore au e hiahia ki te whakamōhio atu ki a koe ko wai te tangata i whiriwhiria e au mō taku kaupapa. I kapi katoa ngā whārangi i te whakamoemiti ki taku tohunga, ā, i menemene ahau i te kitenga kua tutuki taku poropititanga i kīia e au: "Ka whakakīia e au ngā pepa ki āu whakaakoranga!"

Kāore au i hiahia ki te pātai ki a Romesh mō taku akoranga rapunga whakaaro. I whakawhirinaki ahau ki taku whakangungu roa i raro i a Sri Yukteswar, ā, kāore au i aro ki ngā whakamārama a te pukapuka ako. Ko te māka teitei rawa atu i hoatu ki aku pepa katoa ko te mea i roto i te rapunga whakaaro. Ko taku kaute i roto i ngā kaupapa katoa he tata noa ki te māka paahi.

Ia ko he te harikoa ki rekoata tērā taku kore whakaaro nui hoa Rōmahī i whiwhi tāna ake tohu *pū whakamoemiti*

I menemene a Pāpā i taku whakawhiwhinga tohu. "Kāore au i whakaaro ka puta koe i te tohu, e Mukunda," tana whakaae. "He nui rawa te wā e noho tahi ana koe me tō kaiako." I tino kitea e te Matua te whakahē huna a tōku pāpā.

Mō ngā tau maha i ruarua ahau mehemea ka tae mai te rā ka whai mai he AB i muri i tōku ingoa. Kāore au i te whakamahi i te taitara me te kore e whakaaro he taonga atua tēnei, i tukuna mai ki ahau mō ngā take kāore i te tino mārama. I ētahi wā ka rongu au i ngā tāne o te whare wānanga e kī ana he iti noa iho ō rātou mātauranga i toe ki a rātou i muri i te whakawhiwhinga tohu. He whakamarie tēnei whakaae i ahau mō ōku ngoikoretanga mātauranga.

I te rā i whiwhi ai ahau i taku tohu paetahi mai i Te Whare Wānanga o Calcutta, i tuturi ahau ki ngā waewae o taku tohunga, ka mihi ki a ia mō ngā manaakitanga katoa e rere mai ana i tōna ao ki roto i ahau.

"E whakatika, e Mukunda," ka mea ia me te ngākau atawhai. "I kitea e te Ariki he mea ngāwari ake te mea kia meinga koe kia he tauira i te whakarite anō i te rā me te marama!"

.....
23-1 : ahau me mahi Ahorangi Kohatu te tika o whakaae tērā te uaua whanaungatanga i waenganui mātou i kāore te utu ki tetahi hapa o tāna, engari anake ki taku ngā ngaronga mai i ngā akomanga me te kore aro i roto rātou. Ahorangi Kohatu i, me ko, he he kaikōrero whakamiharo me te mātauranga rapunga whakaaro nui. I ngā tau i muri mai ka tae māua ki tētahi māramatanga pai.

23-2 : Ahakoa taku whanaunga me ahau whai te ōrite whānau ingoa o Ko Ghosh, Ngā Prabha kua kua taunga ia anō ki te whakamāoritanga o tōna ingoa ki te reo Pākehā ko Ghose; nō reira ka whai ahau i tana ake tuhi i konei.

23-3 : He ākongā i ngā wā katoa tango tāna hu i roto he Īnia

whare karakia. 23-4: *Matiu* 6:33.

Upoko: 24

ahau Hoko He Mōneka o Te Swami Tono

"E te Ariki, kua hiahia nui taku pāpā kia whakaaetia e au tētahi tūranga whakahaere ki te Ara Rerewe o Bengal-Nagpur. Engari kua whakakahoretia rawatia e au." I tāpiri atu ahau me te tumanako, "E te Ariki, kāore koe e pai kia meinga ahau hei mōneka mō te Swami Order?" I titiro puku atu ahau ki taku guru. I ngā tau kua pahure ake nei, hei whakamātautau i te hohonu o taku whakatau, i whakakahoretia e ia tēnei tono anō. Heoi, i tēnei rā, ka menemene ia me te atawhai.

"Pai rawa; āpōpō ka whakaurua koe e ahau ki te kaukau." Ka haere māriri ia, "E harikoa ana ahau kua tohe tonu koe ki tō hiahia kia noho hei mōneka. He maha ngā kupu a Lahiri Mahasaya: 'Ki te kore koe e karanga i te Atua hei Manuhiri mōu i te raumati, e kore ia e haere mai i te takurua o tō orange.'"

"E te rangatira, e kore rawa ahau e ngoikore ki taku whāinga kia uru atu ki te Swami Order pērā i a koe e whakahonoretia nei." Ātaata ana ahau ki a ia me te aroha nui kore e taea te whakatau.

"Ko te tangata kāhore i te takakau, e manukanuka ana ki ngā mea a te Ariki, me pēhea tāna whakamanawareka ki te Ariki: ko te tangata ia e whai hoa ana, e manukanuka ana ki ngā mea o te ao, me pēhea tāna whakamanawareka ki tāna wahine." **24-1** I tātarihia e au te orange o te tini o ōku hoa, ā, i muri i te whai i tētahi tikanga wairua, ka moe tāne rātou. I te mea kua rere rātou ki runga i te moana o ngā kawenga o te ao, kua wareware rātou ki ā rātou whakataunga ki te whakaaroaro hōhonu.

Ki ahau nei, he mea tino uaua te tuku i te Atua hei tuarua i roto i te ao. Ahakoa ko Ia anake te Rangatira o te ao whānui, e tuku puku ana i ngā taonga mai i te ora ki te ora, kotahi tonu te mea e toe ana ehara i a Ia, ā, e āhei ana ia ngākau tangata ki te pupuri, ki te tuku rānei i te aroha o te tangata. I roto i te mahi a te Kaihanga, i roto i te mahi uaua mutunga kore ki te huna i tōna aroaro i roto i ia ngota o te hanganga, kotahi noa te take i taea e ia - he hiahia aroha kia rapua Ia e te tangata mā te hiahia noa. Ki te karapu weriweri o te whakaiti katoa kāore ia i hipoki i te ringa rino o te mana nui!

Ko te rā i muri mai tētahi o ngā rā tino maumahara o tōku ao. He Rāpare paki, e maumahara ana ahau, i te marama o Hūrae, 1914, he torutoru wiki i muri i taku whakawhiwhinga tohu i te kāreti. I te taupee o roto o I tōna whare karakia i Serampore, ka toua e te Ariki tētahi wahi hou o te hiraka mā ki roto i tētahi tae okere, te tae tuku iho o te Swami Order. I muri i te maroke o te kakahu, ka takaihia e taku guru ki ahau hei kākahu mō te tangata kua whakarērea te karakia.

"A tētahi rā ka haere koe ki te Hauāuru, ki te wāhi e pai ake ai te hiraka," tana kī.
"Hei tohu, kua whiriwhiria e au tēnei papanga hiraka māu, kua ki te miro noa."

I Īnia, i te wāhi e tautoko ana ngā mōneka i te whakaaro o te rawakore, he mea rerekē te tirohanga ki te swami e mau ana i te hiraka. Heoi, he maha ngā yogi e mau ana i ngā kākahu hiraka, e tiaki pai ana i ētahi ia o te tinana i te miro.

"Au am whakarihariha ki ngā hui whakanui," Hīri Yukteswar i kīia. "Au ka hanga koe he swami i roto te *bidwat*

(kāore he hui) tikanga."

Ko te *bibidisa*, arā, te whakaurunga whakahirahira ki te swamiship, he kawa ahi, e whakahaerehia ai ngā kawa tangihanga tohu. Ka whakaatuhia te tinana o te akonga he tupapaku, ka tahuna ki te mura o te whakaaro nui. Kātahi ka hoatu he karakia ki te swami hou, pēnei i te: "Ko tēnei *atma* ko Brahma" **24-2** "Ko Koe Tērā" "Ko Ahau Ia" rānei. Heoi, nā te aroha o Sri Yukteswar ki te ngāwari, i whakarērea e ia ngā tikanga ōkawa katoa, ā, i tono noa mai kia whiriwhiria e au tētahi ingoa hou.

"Au ka hoatu koe te mana motuhake o te whiriwhiri reira koe anō," ia i mea, me te menemene.

"Yogananda," ka whakahoki ahau, whai muri i te whakaaroaro mō tētahi wā poto. Ko te tikanga o te ingoa ko "Te Harikoa (*ananda*) mā te hononga atua (*yoga*)."

"Kia pērā. Ka whakarērea tō ingoa whānau, a Mukunda Lal Ghosh, ā muri ake nei ka karangatia koe ko Yogananda o te peka Giri o te Swami Order."

I a au e tuturi ana ki mua i a Sri Yukteswar, ā, mō te wā tuatahi i rongo ai ahau i a ia e whakahua ana i tōku ingoa hou, ka puea ake tōku ngākau i te whakawhetai. Āe, te aroha me te ngākau korekore o tana mahi, kia hurihia te tamaiti a Mukunda hei mōneka Yogananda i tētahi rā! I waiata harikoa ahau i ētahi whiti mai i te waiata roa Sanskrit a Lord Shankara:

"Ko te hinengaro, ko te hinengaro mohio,
ko te whakapehapeha, ko te kare ā-roto;
ko te rangi, ko te whenua, ko ngā
konganuku rānei, ehara ahau i te mea."
Ko au ia, ko au ia, e te Wairua Tapu, ko
au ia! Kāore he whānautanga, kāore he
mate, kāore he iwi; kāore he pāpā, he
whaea, kāore he.
Ko au ia, ko au ia, e te Wairua Tapu, ko au
ia! Kei tua atu i ngā rerenga o te wawata, he
kore āhua ahau, E uru ana ki ngā peka o te
ora katoa;
Kāore au e wehi i te here; he herekore ahau,
he herekore tonu, ko au ia, ko au ia, e te
Wairua Tapu, ko au ia!"

Nō te rōpū mōneka tawhito ia swami i whakaritea e Shankara i tōna āhua o nāiane.

24-3 Nā te mea he tikanga whaimana tēnei, me te rārangi tapu tonu o ngā māngai e mahi ana hei kaiārahi hohe, kāore e taea e te tangata te hoatu i te taitara swami ki a ia anō. Ko te tika anake mōna ko tētahi atu swami; nō reira, ka ahu mai ngā mōneka katoa i ō rātou whakapapa wairua ki tētahi guru noa, ki a Ariki Shankara. Mā ngā oati rawakore, te harakore, me te ngohengohe ki te kaiako wairua, he rite te maha o ngā tikanga mōneka Karaitiana Katorika ki te Tikanga o Swami.

Haunga tōna ingoa hou, e mutu ana ki *te ananda* , ka tangohia e te swami tētahi taitara e tohu ana i tōna hononga whaimana ki tētahi o ngā wāhanga tekau o te Swami Order. Ko ēnei *dasanamis* , ko

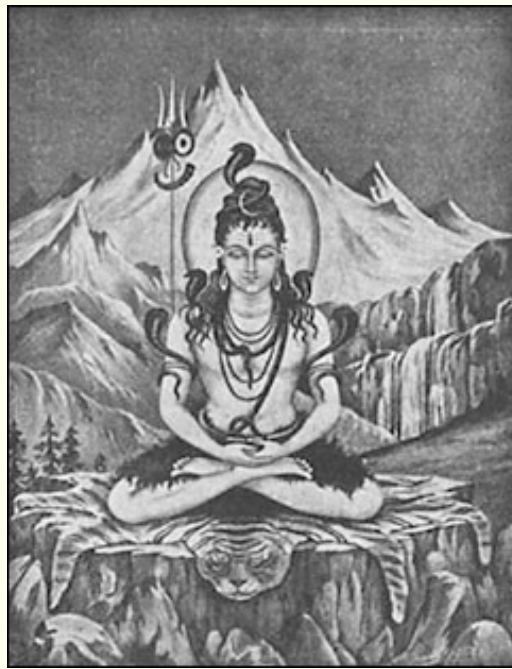
Kei roto i ngā agnomens tekau ko te *Giri* (maunga), te wāhi e noho ai a Sri Yukteswar, nō reira ko au anō hoki. Kei roto i ngā peka kē atu ko te *Sagar* (moana), te *Bharati* (whenua), te *Aranya* (ngahere), te *Puri* (wāhi), te *Tirtha* (wāhi haerenga), me te *Saraswati* (te mātauranga o te taiao).

Nō reira, e rua ngā tikanga o te ingoa hou e riro mai ana i te swami, ā, e tohu ana i te whakatutukitanga o te harikoa nui (*ananda*) mā roto i tētahi āhuetanga atua, i tētahi āhua rānei - te aroha, te whakaaro nui, te whakatapua, te mahi, te yoga - ā, mā roto i te whakahoahoa ki te taiao, e whakaatuhia ana i roto i tōna whānuitanga mutunga kore o ngā moana, ngā maunga, me ngā rangi.

Ko te kaupapa matua o te mahi atawhai ki te tangata katoa, me te whakarērea o ngā hononga whaiaro me ngā wawata, ka ārahi i te nuinga o ngā swami ki te whai wāhi kaha ki ngā mahi atawhai tangata me te mātauranga i Inia, i ētahi wā rānei ki ngā whenua ke. Me te kore e aro ki ngā whakaaro kino katoa o te iwi, te whakapono, te karaehe, te tae kiri, te ira tangata, te iwi rānei, ka whai te swami i ngā ture o te whanaungatanga tangata. Ko tana whāinga he kotahitanga tino ki te Wairua. Mā te whakakī i tōna hinengaro oho me te moe ki te whakaaro, "Ko au ia," ka kopikopiko ia me te ngākau māhaki, i roto i te ao engari ehara i te ao. Mā konei anake ka taea e ia te whakamana i tōna taitara swami - te tangata e whai ana kia tutuki te kotahitanga. me te *Swa* , te Whaiaro rānei. Kāore he take ki te tāpiri atu kāore ngā swami katoa e whai taitara whaimana ana e angitu ana ki te whakatutuki i tā rātou whāinga teitei.

He swami, he yogi hoki a Sri Yukteswar. Ko te swami, he mōneka i mua nā tōna hononga ki te ao tawhito, ehara i te mea he yogi tonu. Ko te tangata e whakamahi ana i tētahi tikanga pūtaiao o te whakapā atu ki te Atua, he yogi ia; he wahine marena, he wahine kore marena rānei, he tangata ao, he tangata whakapono whaimana rānei. Tērā pea ka whai te swami i te ara o te whakaaro maroke, o te matao. te whakarerenga; engari ka uru te yogi ki tētahi tikanga tino tika, taahiraa i te taahiraa e whakatikatikaina ai te tinana me te hinengaro, ā, ka wetekina te wairua. Me te kore e whakaaro noa ki ngā take kare ā-roto, ki te whakapono rānei, ka mahi te yogi i tētahi raupapa mahi kua whakamatautauria paitia i whakatakotoria tuatahitia e ngā rishis o mua. Kua puta i te yoga, i ngā wā katoa o Īnia, ngā tāne kua tino herekore, kua tino Yogi-Karaiti.

Pērā i ngā pūtaiao katoa, ka taea te whakamahi i te yoga ki ngā tāngata o ngā āhua me ngā wā katoa. He teka rawa te ariā a ētahi kaituhi kuware e kī ana "kāore e pai te yoga mō ngā tāngata o te Hauāuru", ā, kua ārai i te tini o ngā ākonga pono ki te rapu i ōna manaakitanga maha. He tikanga te yoga hei pehi i te pōrearea o ngā whakaaro, e ārai ana i te kore whakaaro tika. ngā tāngata katoa, o ngā whenua katoa, mai i te kitenga i tō rātou āhua tūturu o te Wairua. Kāore e taea e te Yoga te mōhio ki tētahi arai o Kāore i rite te Rawhiti me te Hauāuru ki te whakaora me te māramatanga tika o te rā. I te mea kei te tangata te hinengaro me ōna whakaaro korekore, ka roa tonu te hiahia whānui mō te yoga, te whakahaere rānei.



"mā B. K. Mitara i roto "Kalyana- Kalpatur-

TE Ihowa I ROTO TŌNA ASPECT AS HIWA

Ehara i te tangata hītori pērā i a Krishna, ko Shiva te ingoa i hoatu ki te Atua i te wāhanga whakamutunga o Tōna āhua e toru (Kaihanga-Kaitiaki-Kaiwhakangaro). Ko Shiva, te Kaiwhakangaro o te *maya*, te pohehe rānei, e tohuhia ana i roto i ngā karaipiture hei Ariki o ngā Whakarerekētanga, te Kīngi o ngā Yogi. I roto i ngā mahi toi Hinitū, e whakaaturia tonutia ana ia me te marama hou i roto i ōna makawe, me te mau i te tauera o ngā nakahi he hūtu, he tohu tawhito o te wikitoria kino me te whakaaro nui tino pai. Ko te kanohi "kotahi" o te mōhiotanga katoa e tuwhera ana i runga i Tōna rae.

E whakamārama ana te rishi tawhito a Patanjali i te "yoga" ko te "whakahaere i ngā piki me ngā heke o te hinengaro." **24-4** Ko ana whakamārama poto, tino matatau hoki, ko ngā *Yoga Sutra*, tētahi o ngā pūnaha e ono o te rapunga whakaaro Hinitū. **24-5** He rerekē ki ngā rapunga whakaaro o te Hauāuru, ko ngā pūnaha Hinitū e ono ehara i te mea he ariā anake engari he mahi anō hoki. Haunga ngā rangahau ontological katoa e taea ana te whakaaro, e ono ngā kaupapa matua e whakatakoto ana i te kaupapa matua e whai ana ki te tango tuturu i te mamae me te te whakatutukitanga o te harikoa mutunga kore.

Ko te aho e hono ana i ngā pūnaha e ono ko te whakapuakitanga kāore he herekoretanga tūturu mō te tangata me te kore e mōhio ki te Tūturutanga. Ko ngā *Upanishad o muri mai* e tautoko ana i ngā *Yoga Sutra*, i roto i ngā pūnaha e ono, kei roto ko ngā tikanga tino whai hua mō te whakatutuki i te tirohanga tika o te pono. Mā roto i ngā tikanga mahi o te yoga, ka whakarērea e te tangata ngā ao tūroa o te whakaaroaro, ā, ka mōhio i roto i te wheako te Mauri tūturu.

Ko te pūnaha *Yoga* e ai ki tā Patanjali i whakamārama ai, e mōhiotia ana ko te Ara Waru. Ko ngā taahiraa tuatahi, (1) *yama* me te (2) *niyama*, me pupuri i ngā tikanga kino me ngā tikanga pai tekau - te karo i te whara i ētahi atu, te teka, te tahae, te kore e taea te pupuri i te hiahia, te whiwhi koha (e kawē mai ana i ngā herenga); me te parakore o te tinana me te hinengaro, te ngākau māhaki, te whakahaere i a ia anō, te ako, me te aroha ki te Atua.

Ko ngā mahi e whai ake nei ko (3) *te asana* (te tū tika); me pupuri te tuaiwi kia tika, me te tinana kia mau ki te tūranga pai mō te whakaaroaro; (4) *te pranayama* (te whakahaere i *te prana*, ngā ia o te ora ngawari); me te (5) *te pratyahara* (te tango i ngā kare ā-roto mai i ngā mea o waho).

Ko ngā mahi whakamutunga he momo yoga tūturu: (6) *dharana* (arotahi); pupuri i te hinengaro ki te whakaaro kotahi; (7) *dhyana* (whakaaroaro), me (8) *samadhi* (kitenga o te hinengaro). Koinei te Ara Waru o te Yoga **24-6** e ārahi ana i te tangata ki te whāinga whakamutunga o *Kaivalya* (Te Tino Pūmau), he kupu e taea ai te whakamārama ake ko te "whakaatu i te Pono i tua atu i ngā mōhiotanga hinengaro katoa."

"Ko tēhea te mea nui ake," ka pātai pea te tangata, "he swami, he yogi rānei?" Mēnā ka tutuki te kotahitanga whakamutunga ki te Atua, ka ngaro ngā rerekētanga o ngā ara rerekē. Heoi, e tohu ana te *Bhagavad Gita* he whānui ngā tikanga o te yoga. Kāore ōna tikanga i te mea mō ētahi momo me ngā āhua anake, pērā i te hunga torutoru e anga ana ki te noho mōneka; kāore te yoga e hiahia ana ki te piripono ōkawa. Nā te mea e ea ana i te pūtaiao yoga tētahi hiahia whānui, he whakamahinga whānui tōna.

Ka taea e te yogi pono te noho pono ki te ao; kei reira ia e rite ana ki te pata i runga i te wai, ehara i te mea he miraka ngāwari te whakaranu o te tangata kāore i te kōhua, kāore hoki i te whai tikanga. Ko te whakatutuki i ngā kawenga o te ao nei te ara teitei ake, mena ka mau tonu te yogi i te kore e uru ki ngā hiahia whakapehapeha, ka mahi i tana mahi hei taputapu a te Atua.

He tokomaha ngā wairua nui e noho ana i Amerika, i Ūropi, i ētahi atu tinana ehara i te Hindu i ēnei rā, ahakoa kāore pea rātou i rongo i ngā kupu *yogi* me *swami*, he tauira pono tonu rātou mō aua kupu. Nā roto i tā rātou mahi kore aro ki te tangata, nā roto rānei i tā rātou whakahaere i ngā kare ā-roto me ngā whakaaro, nā roto rānei i tō rātou aroha ngākau kotahi ki te Atua, nā roto rānei i ō rātou kaha nui ki te arotahi, he yogi rātou, i tētahi tikanga; kua whakatakotohia e rātou te whāinga o te yoga-whaiaro- te mana whakahaere. Ka taea e ēnei tāne te eke ki ngā taumata teitei ake mēnā ka whakaakona rātou ki te pūtaiao tino mārama o te yoga, ka taea ai te huarahi mohio ake mō te hinengaro me te orange o te tangata.

Kua hē te whakamārama a ētahi kaituhi o te Hauāuru i te yoga, engari kāore anō kia whakahēngia ngā kaiwhakahē o te yoga. tōna ngā kaimahi. I roto i he tokomaha whakaaro nui ngā mihi ki yoga mei kia kua whakahuatia kotahi nā Tākuta C. G. Jung, te rongonui Huiterangi tohunga hinengaro

"Ina kīia he 'pūtaiao' tētahi tikanga whakapono, ka tino mōhiotia whānuitia i te Hauāuru. Ka tutuki i te yoga tēnei tumanakohanga," te tuhituhi a Tākuta Jung. **24-7**
"Haunga te ataahua o te mea hou, me te mīharo o te hunga kāore i te mārama, he take pai anō kia maha ngā kaitautoko o te Yoga. Ka tukuna e ia te āheinga o te

wheako ka taea te whakahaere, ā, nō reira ka ea te hiahia pūtaiao mō ngā 'meka,' ā, haunga tēnei, nā tōna whānui me tōna hōhonutanga, tōna tau whakahirahira, tōna kaupapa me tōna tikanga, e uru ana ki ia wāhanga o te ao, e oati ana i ngā āheinga kāore anō kia moemoeātia.

"Ko ia mahi whakapono, mahi rapunga whakaaro rānei, he tikanga hinengaro, arā, he tikanga mō te akuaku hinengaro. Ko ngā tikanga tinana katoa o te Yoga **24-8** ko tōna tikanga he akuaku ā-tinana e pai ake ana i ngā mahi whakapakari tinana me ngā mahi manawa noa, nā te mea ehara i te mea he mahi ā-pūkaha me te pūtaiao anake, engari he mahi whakaaroaro anō hoki; i roto i tana whakangungu i ngā wāhanga o te tinana, ka

whakakotahi rātou me te katoa o te wairua, hei ko tino mārama, mō tauira, i roto te *Pranayama*

ngā mahi whakakori tinana kei hea *Prana* ko e rua te manawa me te ao whānui ngā mahi hihiri o te te ao tūroa

"Ina he kaupapa ao whānui anō hoki te mea e mahia ana e te tangata, ka honoa te pānga e pā ana ki te tinana (te whakaroto), ki te kare ā-roto o te wairua (te whakaaro whānui), ā, mai i tēnei ka puta he kotahitanga ora e kore e taea e tētahi tikanga, ahakoa te pūtaiao, te whakaputa. Kāore e taea te whakaaro ki te mahi Yoga, ā, kāore hoki e whai hua, me te kore ngā ariā e ahu mai ana te Yoga. Ka whakakotahi i te tinana me te wairua tetahi ki tetahi i roto i tētahi huarahi tino tino oti."

"I te Rawhiti, te wāhi i whanake ai ēnei whakaaro me ngā mahi, ā, mō ngā mano tini "Ngā tau maha kua hangaia e te tikanga tuku iho ngā turanga wairua e tika ana, ko te Yoga, e whakapono ana ahau, te tikanga tino tika me te tika mō te whakakotahi i te tinana me te hinengaro kia kotahi ai te kotahitanga e kore e taea te whakahē. Mā tēnei kotahitanga ka hangaia he āhua hinengaro e taea ai ngā kare ā-roto e neke atu ana i te hinengaro."

Kei te tata mai te rā o te Hauāuru, ka kitea te pūtaiao o roto o te whakahaere-ā-tangata he mea nui pērā i te wikitoria o waho i te taiao. I tēnei Wā Atomika hou, ka kitea ngā hinengaro o te tangata kua mārama, kua whānuitia hoki e te pono e kore e taea te whakahē e te pūtaiao, arā, ko te mea tūturu he pūngao nui. Ka taea e ngā kaha pai ake o te hinengaro tangata te tuku i ngā pūngao nui atu i ērā o roto i ngā kōhatu me ngā konganuku, kei tahuri te nui o te atomika rauemi, kua tukuna houtia, ki te ao i roto i te whakangaromanga kore whakaaro. **24-9**

24-1 : ahau *Koriniti* 7:32-33 .

24-2 : Tikanga tūturu, "Ko tēnei wairua ko Wairua." Te Tino Kaha Wairua, te Kāore i hangaia, ko katoa kāore he herenga (*neti, neti* kāore tēnei, ehara i te mea pēnā) engari e kiia pinepinetia ana i roto i *te Vedanta* ko *Sat-Chit-Ananda* , arā, ko te Noho-Matauranga-Harikoa.

24-3 I ētahi wā ka kiia ko Shankaracharya. Ko te tikanga o *Acharya* ko "kaiako whakapono." Ko te rā o Shankara te pokapū o te mātauranga noa. tautohe He torutoru ngā tuhinga tohu tērā te kore e rite monihi i ora mai i 510 ki 478 BC; Te Hauāuru ngā kaituhi hītori Ki te tukuna ia ki te mutunga o te rautau waru AD. Ka kitea e ngā kaupānui e hiahia ana ki te whakamārama rongonui a Shankara mō ngā *Brahma Sutras* tētahi whakamāoritanga reo Pākehā ātaahua i roto i *te System Of The Vedanta nā Tākutā Paul Deussen* (Chicago: Open Court Publishing Company, 1912). Poto ngā tangohanga mai i tāna ngā tuhinga ka kia i kitea i roto *Kua tipakohia Ngā Mahi o Hīri Shankaracharya* (Natesan & Kamupene, Madras).

24-4 : "*Chitta*" *vritti* "*nirodha*"-*Yoga Sutra* Ahau:2. Ā Patanjali rā ko kāore i te mōhiotia, ahakoa he tau o ngā tohunga wāhi ia i roto te tuarua rautau BC Te ngā rishi i hoatu whakamua ngā tuhinga i runga katoa ngā kaupapa me pērā māramatanga tērā ngā tau whai kua kore mana ki te puta i te aratau rātou; heoi anō, ki te muri mai āwangawanga o ngā kaituhi hītori, te ngā tohunga i hangaia kāore whakapau kaha ki tāpiri tā rātou ake ngā rā me ngā ngā tuakiri ki tā rātou tuhituhi ngā mahi. rātou i mōhio tā rātou ngā oranga i anake wā poto mea nui hei ngā uira o te te Ora nui mutunga kore; ā, he pumau tonu taua pono, e kore e taea te tohu, ā, kāore he mana motuhake mō rātou ake.

24-5 : Te ono whakapono ngā pūnaha (*saddarsana*) kei *Sankhya, Yoga, Wetana, Mimamsa, Nyāia*, me *Waihisika* . Ngā

kaipānui o tētahi mātauranga piko ka harikoa i roto te ngā āhuatanga iti me whānui whānuitanga o ēnei tawhito ngā whakatakotoranga hei whakarāpopototanga, i roto Ingarihi, i roto i *te History Of Indian Philosophy* , Pukapuka I, nā Ahorangi Surendranath DasGupta (Cambridge University Press, 1922).

24-6 : Kāore ki kia pōhēhē me te "Rangatira Waru ngā wā Ara" o te whakapono Puta, he aratohu ki tāne whanonga o te ora, hei e whai ake nei (1) Matau Ngā wawata, (2) Matau Te kaupapa, (3) Matau Kōrero, (4) Matau Mahi, (5) Matau Tikanga o Te oranga, (6) Matau Ngā mahi, (7) Te Mahara Tika (ki te Whaiaro), (8) Te Whakatutukitanga Tika (*samadhi*).

24-7 : Tākuta Jung i tae atu te Īnia Pūtaiao Runanga i roto 1937 me i whiwhi he tohu whakahōnore tohu mai i te Te Whare Wānanga o Calcutta.

24-8 : Tākuta Jung ko konei e kōrero ana ki *Hatha Yoga* , he tohunga peka o tinana ngā tū me ngā tikanga mō hauora me

te roa o te ora. *Hatha* ko whai hua, me whakaputa whakamiharo ā-tinana ngā hua, engari tēnei peka o yoga ko iti .whakamahia nā ngā yogi e whakapau kaha ana ki te whakaoranga wairua

24-9 *Timaeus* a Plato mō Atlantis, e kōrero ana ia mō te matatau o te mōhiotanga pūtaiao o ngā tāngata whenua. E whakaponohia ana i ngaro te whenua ngaro i te tau 9500 BC nā te aituā o te taiao; heoi, ko ētahi kaituhi matatika, kāwanatanga tērā te Ngā Ātlantean i whakangaromia hei he hua o tā rātou whakamahi hē o ngota mana. E rua Wīwī ngā kaituhi nā tata nei i kohikohi i tētahi *Rārangi Pukapuka o Atlantis*, e whakarārangi ana i ngā tohutoro hītori me ētahi atu tohutoro neke atu i te 1700.

Upoko: 25

Teina Ānata Ā, Tuahine Nārini

"Ananta kāore e taea ora; te onepu o tāna karma mō tēnei ora whai oma i waho."

I tae atu ēnei kupu kore e taea te pehi ki roto i tōku hinengaro i a au e noho ana i tētahi ata e whakaaroaro hohonu ana. I muri tata mai i taku whakaurunga ki te Swami Order, ka toro atu ahau ki tōku wāhi whānau, ki Gorakhpur, hei manuhiri mā tōku tuakana, a Ananta. Nā te mate ohorere i herea ia ki tōna moenga; i atawhai ahau i a ia me te aroha.

I whakakīia ahau e te whakapuakitanga nui o roto i te pouri. I whakaaro ahau kāore e taea e au te noho roa ki Gorakhpur, ā, ka kite noa ahau i tōku tuakana e nekehia atu ana i mua i taku titiro āwhina kore. I waenganui i ngā whakahē kore mārāma a ōku whanaunga, ka wehe atu ahau i Īnia i runga i te poti tuatahi i wātea. I tere haere i te taha o Burma me te Moana Haina ki Hapani. I heke ahau ki Kobe, ā, he torutoru noa ngā rā i noho ai ahau ki reira. I taimaha rawa tōku ngākau mō te mātakitaki.

I te hokinga atu ki Īnia, ka tau te poti ki Shanghai. I reira ka ārahi a Tākuta Misra, te rata o te kaupuke, i ahau ki ētahi toa taonga whakapaipai, ā, i reira ahau i whiriwhiri ai i ngā koha maha mā Sri Yukteswar me tōku whānau me ōku hoa. Mō Ananta i hokona e ahau tētahi poro rakau whakairo nui. I te taenga mai o te kaihoko Hainamana ki ahau i te taonga whakamaharatanga rakau, ka tukua e ahau ki runga i te papa, me te karanga, "I hokona e ahau tēnei mā tōku tuakana kua mate!"

I tino mārāma ahau kei te tukuna tōna wairua i te Mutunga Kore. I pakaru rawa te whakamaharatanga i tōna hinganga; i waenganui i ngā tangi, ka tuhituhi ahau ki te mata o te pāpaka: "Mō taku Ananta e arohaina nei, kua riro atu."

I mātakitaki taku hoa, te tākuta, i ēnei mahi me te ataata whakatoi.

"Puritia ō roimata," tana kī. "He aha koe ka ringihia ai kia tino mōhio rā
anō koe kua mate ia?"

I te taenga atu o tō mātou poti ki Calcutta, ka haere tahi mai anō a Tākuta Misra me ahau. I te tauranga e tatari ana taku teina pōtiki, a Bishnu, ki te mihi mai ki ahau.

"E mōhio ana ahau kua wehe atu a Ananta i tēnei ao," ka mea atu ahau ki a Bishnu, i mua i tana kōrero. "Tena koa, kōrero mai ki ahau, me te tākuta i konei, āhea a Ananta i mate ai."

Pīnū kua whakaingoatia te rā, e i te tino rā tērā ahau i a i hokona te ngā taonga whakamaumahara i roto Shanghai.

"Tirohia mai!" te kī a Tākuta Misra. "Kaua e tukua kia horapa te kōrero mō tēnei! Ka tāpirihia e ngā ahorangi he tau ako mō te whakawhitiwhiti whakaaro hinengaro ki te akoranga hauora, he roa kē tēnei!"

I awhi māhana mai a Pāpā i ahau e tomo ana ki tō mātou kāinga i Gurpar Road. "Kua tae mai koe," tana kī mārīe. E rua ngā roimata nui i maringi mai i ōna kanohi. Kāore i te whakaatu i te aroha, kāore anō ia kia whakaatu mai i ēnei tohu aroha ki ahau i mua. I waho ko te pāpā urupā, i roto kei a ia te ngākau rewa. o he whaea I roto katoa tāna ngā mahi hokohoko me te whānau, tāna takirua mātua tūranga i e kitea mārāma ana .

I muri tata mai i te matenga o Ananta, i whakahokia mai taku tuahine teina, a Nalini, i te tatau o te mate e te whakaora atua. I mua i te kōrero i te pūrākau, ka kōrero ahau mō ētahi wāhanga o tōna oranga o mua.

Kāore i tino harikoa te whanaungatanga o Nalini māua ko au i te tamarikitanga. He tino kikokore ahau; he kikokore ake ia. Nā te mea he kaupapa kore mohio, he "uaua" rānei e kore e uaua ki ngā tohunga hinengaro te tautuhi, he maha aku whakato i taku tuahine mō tōna āhua tupapaku. I rite tonu te kī o ana whakautu ki te kōrero pono o te taitamarikitanga tino kino.

I ētahi wā ka wawao mai a Māmā, ka whakamutu i ngā tautohe tamariki, mō tētahi wā poto, mā te whakamahi i tētahi pouaka mārīe i tōku taringa, koia te taringa kaumātua.

Ka pahemo te wā; i taumautia a Nalini ki tētahi rata taitamariki o Calcutta, a Panchanon Bose. I whiwhi ia i tētahi taonga tuku iho nui mai i a Pāpā, e ai ki taku kōrero ki a Tuahine, hei utu mō te te tāne marena hou mō tōna aituā i te hononga ki tētahi tokotoko pīni tangata.

Whakawhanuitia te marena ngā tikanga i whakanuia i roto te utu wā. I runga te marena pō, ahau i hono atu te he rōpū nui, harikoa hoki o ngā whanaunga i roto i te rūma noho o tō mātou kāinga i Calcutta. I whakawhirinaki te tāne marena hou ki runga i tētahi urunga koura nui, me Nalini i tōna taha. He *sari hiraka papura ataahua* ²⁵⁻¹ kāore i taea e au te huna katoa i tōna āhua kokiri. I huna ahau i muri i te urunga o taku mea hou te taokete-i-te-ture, ā, ka menemene mai ki a ia me te

āhua hoa. Kāore anō ia kia kite i a Nalini tae noa ki te rā o te marena, kātahi ka mōhio ia ki tāna e whiwhi ai i te rota marena.

I te rongonga i tōku aroha, ka tohu puku atu a Tākuta Bose ki a Nalini, ā, ka kōrero pōturi ki tōku taringa, "E hika, he aha tēnei?"

"Nā te aha, "Takuta," ahau i whakautu, "ia ko he angaanga mō tōu te mātakitaki!"

I te harikoa, ka tino uaua ki a māua ko tōku taokete te pupuri i te āhua tika i mua i te aroaro o ō mātou whanaunga kua huihui.

I te haere o ngā tau, ka arohaina a Tākuta Bose e tō mātou whānau, ā, ka toro atu rātou ki a ia i ngā wā katoa ka pā mai he mate. Ka noho māua ko au hei hoa tata, he maha ngā wā ka kata tahi māua, ko Nalini te kaupapa matua.

"He mea whakamere tēnei ki te hauora," te kī a taku taokete ki ahau i tētahi rā. "Kua whakamātauria e au ngā mea katoa mō tōu tuahine kikokore - te hinu ate ika, te pata, te moro, te honi, te ika, te mīti, ngā hua manu, ngā rongoā whakapakari tinana. Heoi anō, kāore ia e pupuhi ahakoa kotahi rau inihi te rahi." I kata māua.

I muri i ētahi rā, ka toro atu ahau ki te kāinga o ngā Bose. He torutoru noa ngā meneti i pau i ahau ki reira; i te mea kei te wehe atu ahau, kāore i kitea mai, i whakaaro ahau, e Nalini. I taku taenga atu ki te tatau o mua, ka rongo ahau i tōna reo, he reo atawhai engari he reo whakahau.

"E te tuakana, haere mai ki konei. Kāore koe e whakarērea ahau i tēnei wā. E

hiahia ana ahau ki te kōrero ki a koe." I piki ahau i te arawhata ki tōna rūma.

I miharo ahau, i te tangi ia.

"E te tuakana," ka mea ia, "me tanu tāua i te toki tawhito. Kua kite ahau kua mau ō waewae ki te ara wairua. E hiahia ana ahau kia rite ki a koe i ngā āhuatanga katoa." Ka tāpiri atu ia me te tumanako, "Kua pakari tō āhua inaianei; ka taea e koe te āwhina i ahau? Kāore taku tāne e whakatata mai ki ahau, ā, e aroha nui ana ahau ki a ia!

Engari e hiahia ana ahau kia ahu whakamua i roto i te mōhiotanga ki te Atua, ahakoa me noho kikokore tonu ahau , **25-2 ā, kāore** e ātaahua."

I tino pāngia tōku ngākau e tana tono. I haere tonu te whanaketanga o tō māua hoahoa hou; i tētahi rā i tono ia kia noho hei akonga māku.

"Whakangungua ahau i te ara e pai ana ki a koe. Ka whakawhirinaki ahau ki te Atua, kua ki ngā rongoā whakakaha tinana." Ka kohia e ia tētahi putea rongoā, ā, ka ringihia ki raro i te waikeri o te tuanui.

Hei he whakamātautau o tana te whakapono, ahau i pātaihia tana ki waihotia mai i tana kai katoa ika, mīti, me ngā hua manu.

I muri i ētahi marama, i te mea kua tino whai a Nalini i ngā ture i whakatakotoria e au, ā, ahakoa ngā uauatanga maha, i piri tonu ia ki tana kai huawhenua, ka haere ahau ki te toro atu ki a ia.

"E te tuahine, kua āta pupuri koe i ngā whakahau wairua; kua tata mai tō utu." Ka menemene ahau me te whanoke. "Kia pēhea te momona o tō hiahia - kia rite ki te momona o tō tātou whaea kēkē kua roa nei e kore e kite i ōna waewae?"

"Kāo!" Engari ahau roa ki kia hei pakari hei koe kei te."

I whakahoki atu ahau me te ngākau pono. "Nā te aroha noa o te Atua, i te mea kua kōrero pono ahau i ngā wā katoa, e kōrero pono ana ahau i nāianeī." **25-3** Mā ngā manaakitanga atua, ka tino rerekē tō tinana i tēnei rā; i roto i te marama kotahi ka rite tōna taumaha ki tōku."

I tutuki ēnei kupu nō tōku ngākau. I roto i ngā rā e toru tekau, i rite te taumaha o Nalini ki tōku. Nā te āhua porotaka hou i homai tōna ataahua; i tino aroha tana tāne. I tīmata tā rāua marena

kāore i te tino pai, tahuri i waho ki kia ko te tumanako harikoa.

I taku hokinga mai i Hapani, ka rongu ahau kua pāngia a Nalini e te kirika taipoi i a au e ngaro ana. I oma atu ahau ki tōna kāinga, ā, i ohorere ahau i te kitenga atu kua memeha noa ia, kua noho hei angaanga noa iho. Kei roto ia i te koma.

"I mua i te pōhēhētanga o tōna hinengaro e te mate," te kōrero a taku taokete-i-te-ture ki ahau, "he maha āna kupu: 'Me i konei a Teina Mukunda, kua kore ahau e pēnei.'" Ka tāpiri atu ia me te pouri, "Ko ngā tākuta kē atu me ahau anō kite kāore tumanako. Toto mate korere kua whakatakotoria i roto i, i muri tana roa whawhai me te taipoi."

I tīmata ahau ki te neke i te rangi me te whenua mā roto i aku inoi. I te whakamahi i tētahi nēhi Ingarihi-Īnia, nāna i tautoko mai i ahau, ka whakamahia e au ki taku tuahine ngā tikanga whakaora yoga. I ngaro te mate kohi toto.

Heoi, ka ruru a Tākuta Bose i tōna māhunga me te pouri. "Kāore he toto e

toe ana ki a ia." "Ka ora ia," ka whakahoki pakari ahau. "I roto i ngā rā e

whitu ka kore tōna kirika."

Kotahi wiki i muri mai, i tino harikoa ahau i te kitenga i a Nalini e titiro mai ana ki ahau me te aroha me te mihi. Mai i taua rā i tere tonu tōna ora. Ahakoa i hoki mai tōna taumaha ki tōna taumaha o mua, kotahi tonu te koha o tōna mate tata mate: ko ōna waewae he pararutiki. I kīia ia e ngā tohunga Inia me Ingarangi he kopa korekore.

Nā te pakanga tonu mō tōna ora i whawhaitia e au mā te inoi i ngenge ahau. I haere ahau ki Serampore ki te tonu āwhina i a Sri Yukteswar. I whakaatu ōna kanohi i te aroha nui i a au e kōrero ana ki a ia mō te āhua o Nalini.

"Ka noho noa ngā waewae o tō tuahine i te mutunga o te marama kotahi." Ka tāpiri atu ia, "Tukua kia mau i a ia, i te taha o tōna kiri, he whitiki kei runga he pērara e rua-karati kāore i pokaia, e puritia ana ki te here."

ahau takoto ahau anō i tāna waewae me harikoa te whakamāmā

"E te Ariki, he rangatira koe; heoi anō tāu kupu mō tōna orange. Engari ki te tohe koe, ka hohoro tonu taku hoko i tētahi pērara māna."

I pōkaikaha taku tohunga. "Āe, meatia tēnā." I haere tonu ia ki te whakaahua tika i ngā āhuatanga tinana me ngā āhuatanga hinengaro o Nalini, kāore anō ia kia kite i a ia.

"E te Ariki," ahau i pātai atu, "ko tēnei he te mātai whetū tātaritanga? Koe mahi kāore mōhio tana whānautanga rā rānei haora."

Ātaata ana a Sri Yukteswar. "He hohonu ake te tirohanga whetū, kāore e whakawhirinaki ki ngā whakaaturanga a ngā maramataka me ngā karaka. He wāhanga ia tangata nō te Kaihanga, nō te Tangata Ao Whānui rānei; he tinana rangi tōna, he tinana whenua anō hoki. Ka kite te kanohi tangata i te āhua tinana, engari ka hohonu ake te tirohanga o roto, tae noa ki te tauira whānui e whai wāhi nui ana ia tangata, ia tangata."

ahau i whakahokia mai ki Calcutta me i hokona he pērara mō Nārini. He marama ā muri ake nei, tana pararutiki waewae i

tino kua ora.

I tono mai a Tuahine kia whakapuaki ahau i tōna mihi nui ki taku tohunga. I whakarongo puku ia ki tana karere. Engari i ahau e haere ana ki te wehe atu, ka puta mai tana kōrero e hapu ana.

"Kua kōrerotia ki tō tuahine e te tini o ngā tākuta kāore e taea e ia te whānau tamariki. Whakamana atu ki a ia i roto i ētahi tau torutoru ka whānau āna tamāhine tokorua."

ētahi tau ā muri ake nei, ki Nālini te harikoa, ia poka he kotiro, i whaihia i roto he torutoru tau nā tētahi atu tamāhine.

"Kua manaakitia tō mātou kāinga, tō mātou whānau katoa e tōu ariki," te kī a tōku tuahine. "Ko te aroaro o tētahi tangata pēnei he tapu mō Īnia katoa. E te tuakana, tēnā koa kōrero atu ki a Sri Yukteswarji, māu ahau e whakaaro ana ki ahau anō hei tētahi o āna ākonga *Kriya Yoga*."

.....
25-1 : Te ātaahua kua takaihia kakahu o Īnia ngā wāhine.

25-2 : Nā te mea te nuinga ngā tāngata i roto Īnia kei kikokore, whaitake momona ko whakaarohia tino e hiahiatia ana

25-3 : Te Hinitū ngā karaipiture whakapuaki tērā ērā ko wai i te tikanga kōrero te pono ka whakawhanake te mana o whakatinanatanga ā rātou kupu. Ko ngā whakahau a te ngākau ka tutuki i te ao.

Upoko: 26

Te Pūtaiao o Kiriā Yoga

Ko te pūtaiao o *Kriya Yoga*, e whakahuatia pinepinetia ana i roto i ēnei whārangi, i mōhiotia whānuitia i roto i a Īnia o ēnei rā nā roto i a Lahiri Mahasaya, te guru a taku guru. Ko te pūtake Sanskrit o *Kriya* ko *kri*, te mahi, te mahi me te tauhohe; ko taua pūtake anō kei roto i te kupu *karma*, te kaupapa tūturu o te take me te pānga. Nō reira, ko *te Kriya Yoga* he "hononga (yoga) ki te Mutunga Kore mā roto i tētahi mahi, i tētahi tikanga rānei." Ko te yogi e whai pono ana i tana tikanga ka wetekina māriri i te karma, i te mekameka take whānui rānei.

Nā ētahi o ngā ture yoga tawhito, kāore e taea e au te whakamārama katoa i te *Kriya*

Yoga i roto i ngā whārangi o tētahi pukapuka mā te marea. Me ako te tikanga tuturu mai i tētahi *Kriyaban* , *Kriya Yogi* rānei ; i konei me nui te tohutoro whānui.

Kiria Yoga ko he ngāwari, hinengaro-tinana tikanga nā e te tangata toto ko kua tangohia te waro

ā, ka whakakīia anō ki te hāora. Ka hurihia ngā ngota o tēnei hāora tāpiri hei iahiko ora hei whakaora i te roro me ngā pokapū tuaiwi. **26-1** Mā te aukati i te kohikohinga o te toto uaua, ka taea e te yogi te whakaiti, te ārai rānei i te pirau o ngā kiko; ka hurihia e te yogi matatau ōna pūtau hei pūngao parakore. Ko Iraia, ko Ihu, ko Kabir me ētahi atu poropiti he tohunga o mua ki te whakamahi i te *Kriya*, i tētahi atu tikanga rite rānei, arā, mā rātou e whakakore i ō rātou tinana i runga i te hiahia.

a *Kriya*. I riro mai i a Lahiri Mahasaya i tana tohunga, i a Babaji, nāna i kimi anō, i whakamārama hoki i te tikanga i muri i tōna ngaronga i ngā Wā Pōuri.

"Ko te *Kriya Yoga* e hoatu nei e au ki te ao māu i tēnei rautau tekau mā iwa," te kōrero a Babaji ki a Lahiri Mahasaya, "he whakaoranga anō o te pūtaiao kotahi i hoatu e Krishna, i ngā mano tau ki muri, ki a Arjuna, ā, i muri mai ka mōhiotia e Patanjali, me te Karaiti, a Hato Hoani, a Hato Paora, me ētahi atu ākonga."

E whakahuatia ana a *Kriya Yoga e Krishna, te poropiti nui rawa atu o Īnia, i roto i tētahi whiti o te Bhagavad Gita*: "Mā te tuku i te manawa e manawa ana ki roto i te manawa e puta ana, me te tuku i te manawa e puta ana ki roto i te manawa e manawa ana, ka whakakorea e te yogi ēnei manawa e rua; nō reira ka tukuna e ia te kaha ora mai i te ngākau, ā, ka tukuna ki raro i tana mana whakahaere." **26-2** Ko te whakamaoritanga tēnei: "Ka aukati te yogi i te pirau o te tinana mā te tāpiri i te kaha ora, ā, ka aukati i ngā whakarerekētanga o te tipu o te tinana mā *te apan* (te whakakore i te ia). Mā te whakakore i te pirau me te tipu, mā te whakamarie i te ngākau, ka ako te yogi ki te whakahaere i te ora."

E kōrero ana hoki a Krishna mō **te 26-3** ko ia, i roto i te āhua o mua, i tuku i te yoga kore e taea te whakangaro ki tētahi illuminato tawhito, ki a Vivasvat, ā, nāna i hoatu ki a Manu, te kaihanga ture nui. **26-4** Nāna anō i whakaako a Ikshwaku, te matua o te whare rangatira toa o Īnia. Nā te whakawhiti i waenga i tētahi ki tētahi, i tiakina te yoga kingi e ngā rishis tae noa ki te taenga mai o ngā wā rauemi. **26-5** Kātahi, nā te huna a ngā tohunga me te kore aro o te tangata, ka memeha haere te mōhiotanga tapu.

E rua ngā wā i whakahuatia ai a *Kriya Yoga e te tohunga tawhito a Patanjali, te tohunga matua o te yoga, nāna i tuhituhi*: "Ko te *Kriya Yoga* he whakahaere tinana, he whakahaere hinengaro, me te whakaaroaro ki a *Aum*." **26-6** E kōrero ana a Patanjali mō te Atua hei te Oro Ao tuturu o *Aum* e rangona ana i te whakaaroaro. **26-7** Ko *Aum* te Kupu Auaha, **26-8** te tangi o te Motuka Wiri. Ahakoa te tangata tīmata yoga ka rongu wawe i te tangi whakamiharo o *Aum*. I te whiwhinga i tēnei whakatenatena wairua harikoa, ka tino mohio te tangata karakia kei roto ia i te hononga tūturu ki ngā ao atua.

E rua ngā kōrero a Patanjali mō te tikanga whakahaere-ora, te tikanga *Kriya* rānei: "Ka taea te whakatutuki i te whakaoranga mā te *pranayama* e tutuki ana mā te whakakore i

te ara o te whakaoho me te paunga." **26-9**

I mōhio a Hato Paora ki *te Kriya Yoga* , he tikanga rite tonu ki tēnā, e taea ai e ia te huri i ngā ia o te ora ki ngā kare ā-roto, mai i ngā kare ā-roto hoki. Nō reira, ka taea e ia te kī: "He pono, e whakahē ana ahau i runga i tō tātou whakamanamana i roto i a te Karaiti, *e mate ana ahau i ia rā, i ia rā* ." **26-10** Mā te tango i tōna kaha ora i ia rā, ka honoa e ia mā te hononga yoga ki te hari (harikoa mutunga kore) o te hinengaro o te Karaiti. I roto i taua āhua harikoa, i

āta whakaaro mōhio o te noho mate ki te mānumanu ngā kare ā-roto ao o *māia* .

I ngā āhua tuatahi o te whakapā atu ki te Atua (*sabikalpa samadhi*) ka hanumi te hinengaro o te tangata karakia ki te Wairua Ao; ka tangohia tōna kaha ora i te tinana, ka puta he āhua "mate," he āhua kore nekeneke, he pakari hoki. E tino mōhio ana te yogi ki tōna āhua tinana o te ora whakaroa. I a ia e ka ahu whakamua ki ngā āhua wairua teitei ake (*nirbikalpa samadhi*), heoi, ka kōrero ia ki te Atua me te kore e aro ki te tinana, ā, i roto i tōna hinengaro oho noa, ahakoa i waenganui i ngā mahi uaua o te ao. **26-11**

" He taputapu te *Kriya Yoga* hei whakatere i te whanaketanga o te tangata," te whakamārama a Sri Yukteswar ki āna ākonga. "I kitea e ngā yogi o mua ko te mea ngaro o te hinengaro ao e hono tata ana ki te rangatira o te manawa. Koinei te takoha ahurei, kore mate a Īnia ki te taonga mātauranga o te ao. Ko te kaha ora, e mimitihia ana ki te pupuri i te papu o te ngākau, me tuku kia taea ai ngā mahi teitei ake mā te tikanga whakamarie me te whakamutu i ngā tono mutunga kore o te manawa."

te *Kriya Yogi* i tōna kaha ora ki te huri haere, ki runga, ki raro hoki, huri noa i ngā pokapū tuaiwi e ono (ngā plexus medullary, cervical, dorsal, lumbar, sacral, me coccygeal) e rite ana ki ngā tohu astral tekau mā rua o te zodiac, te Tangata Ao Tūroa. Ko te hawhe meneti o te hurihanga kaha huri noa i te taurakira tairongo o te tangata ka pā ki te ahunga whakamua ngawari o tōna whanaketanga; ko taua hawhe meneti o *Kriya* he rite ki te kotahi tau o te whanaketanga wairua taiao.

Ko te pūnaha whetū o te tangata, me ngā whetū ā-roto e ono (tekau mā rua mā te polarity) e huri ana i te rā o te kanohi wairua mātau katoa, e hono ana ki te rā tinana me ngā tohu zodiac tekau mā rua. Nō reira, ka pāngia ngā tāngata katoa e te ao ā-roto me te ao ā-waho. I kitea e ngā rishis onamata ko te taiao whenua me te rangi o te tangata, i roto i ngā huringa tekau mā rua tau, ka panaia ia ki mua i runga i tōna ara tūturu. E kī ana ngā karaipiture me kotahi miriona tau te whanaketanga noa, kore mate o te tangata kia tino pai ai tōna roro tangata kia taea ai te whakaatu i te hinengaro ao.

Kotahi mano *Kriya* e whakamahia ana i roto i ngā hāora e waru ka hoatu ki te yogi, i roto i te rā kotahi, he rite ki te kotahi mano tau o te whanaketanga taiao: 365,000 tau o te whanaketanga i roto i te tau kotahi. Nō reira, i roto i ngā tau e toru, ka taea e te *Kriya Yogi* te whakatutuki mā te mahi atamai i te hua kotahi e puta mai ana i te taiao i roto i te miriona tau. Ko te ara poto *Kriya* , ko te tikanga, ka taea anake te tango e ngā yogi tino matatau. Me te arataki a te guru, kua ata whakarite aua yogi i ō rātou tinana me ō rātou roro ki te whiwhi i te mana i hangaia e te mahi kaha.

te tīmatanga *Kriya* tana mahi yoga, e rua ngā wā i te rā. He maha ngā yogi e tutuki

ana i te whakaoranga i roto i ngā tau e ono, tekau mā rua, rua tekau mā whā, whā tekau mā waru rānei. He yogi e mate i mua i te whakatutuki kī tonu te whakatutukitanga kawē me ia te pai karma o tāna ngā rā o mua te mahi a *Kriya* ; i roto i tōna ao hou ka ārahihia ia me te rangimarie ki tana Whāinga Mutunga Kore.

He rite te tinana o te tangata noa ki te rama e rima tekau-wati, e kore e taea te whakauru i te piriona ngā watts o te mana i whakaohokia e te mahi nui rawa o *Kriya* . Mā te whakanui haere i ngā tikanga māmā me te "koretake" o *Kriya* , ka hurihia te tinana o te tangata e te ao wairua i ia rā, ā, ka rite ki te whakaatu i ngā pūmanawa mutunga kore o te kaha o te ao - ko te tuatahi he mea hanga ki te rauemi.

kaha te whakapuakitanga o Wairua.

Kāore he hononga o *te Kriya Yoga ki ngā mahi manawa kore pūtaiao e whakaakona ana e te tini o ngā tāngata whakapono hē. Ko ā rātou ngana ki te pupuri i te manawa i roto i ngā pukahukahu ehara i te mea he mea taiao engari he tino kino. I tetahi atu taha, ka haere tahi te Kriya mai i te tīmatanga me te pikinga o te rangimārie, me ngā kare whakamarie o te pānga whakaora i roto i te tuaiwi.*

Mā te tikanga yoga tawhito ka hurihia te manawa hei hinengaro. Mā te whanaketanga wairua, ka taea e te tangata te mōhio ki te manawa hei mahi hinengaro - he manawa moemoeā.

He tokomaha ngā whakaahua i taea kia i hoatu o te pāngarau whanaungatanga i waenganui tāne te tere o te manawa me ngā rerekētanga o ōna āhua o te hinengaro. Ko te tangata e aro nui ana ki a ia, pērā i te whai i tētahi tautohetohe hinengaro piripono, i te whakamātau rānei i tētahi mahi tinana ngawari, uaua rānei, ka puhoi te manawa. Ko te pumau o te aro e whakawhirinaki ana ki te puhoi o te manawa; ko ngā manawa tere, kāore rānei i te ōrite he hoa haere tonu o ngā āhua kare ā-roto kino: te wehi, te hiahia, te riri. Ka manawa te makimaki kore e marino i te tere o te 32 ngā wā i te meneti, he rerekē ki te toharite o te tangata he 18 ngā wā. Ko te arewhana, te honu, te nakahi me ētahi atu kararehe i mōhiohia mō ā rātou he iti ake te tere manawa o te tangata i te roa o te ora. Hei tauira, ko te honu, e eke ana ki te 300 tau te pakeke, **26-12 tau te pakeke** e whā noa iho ngā manawa i te meneti.

Ko ngā pānga whakaora o te moe nā te kore mōhio o te tangata ki te tinana me te manawa mō te wā poto. Ka noho te tangata moe hei yogi; i ia pō ka mahi ia i te tikanga yogi o te wetekina o ia anō mai i te tautuhi tinana, me te whakakotahi i te kaha ora ki ngā iahiko whakaora i te rohe roro matua me ngā pūnaha e ono o ōna pokapū tuaiwi. Nō reira, ka tō te tangata moe ki roto i te puna o te kaha o te ao e tautoko ana i ngā mea ora katoa, me te kore mōhio.

Ka mahi te yogi tūao i tētahi mahi māmā, ā-taiao hoki, me te mōhio, ehara i te mea kāore i te mōhiohia pērā i te tangata moe puhoi. Ka whakamahia e te *Kriya Yogi* tana tikanga hei whakakī me te whāngai i ana pūtau tinana katoa ki te māramatanga piraukore, kia mau tonu ai i roto i te āhua aukume. Ka hangaia e ia he tikanga pūtaiao mō te manawa, me te kore e puta he āhua o te moe huna, te kore mohio rānei.

E ai ki a *Kriya*, kāore te kaha ora e moumouhia, e tukinotia rānei i roto i ngā kare ā-roto, engari e herea ana ki ka hono anō ki ngā kaha o te tuaiwi. Mā te whakakaha o te ora, ka hiko te tinana me ngā pūtau roro o te yogi ki te rongoā wairua. Nō reira ka tangohia e ia ia anō mai i te ako i te pupuri i ngā ture taiao, e taea ai e ia anake te kawhe i a ia - mā ngā huarahi porowhita e homai ana e te kai tika, te hihi o te rā, me ngā whakaaro taurite - ki tētahi Whāinga miriona tau. E hiahia ana kia tekau mā rua tau o te oranga hauora noa kia puta ai he huringa iti noa i roto i te

hanganga roro, ā, ka hiahiaitia he miriona hokinga mai o te rā hei whakapai ake i te whare roro kia puta ai te hinengaro ao.

Mā te wetewete i te taura o te manawa e here ana i te wairua ki te tinana, ka mahi *a Kriya* ki te whakaroa i te ora me te whakanui ake i te hinengaro ki te mutunga kore. Ka hinga i te tikanga yoga te kukume pakanga i waenganui i te hinengaro me ngā kare ā-tinana, ā, ka tuku i te tangata karakia ki te whiwhi anō i tōna rangatiratanga mutunga kore. E mōhio ana ia kāore tōna āhua tūturu e herea ana e te herenga tinana, e te manawa rānei, he tohu o te herenga mate ki te hau, ki ngā akiakinga taketake o te taiao.

Ko te whakaaroaro, arā, ko te "noho puku," he huarahi kore pūtaiao hei ngana ki te wehe i te hinengaro me ngā kare ā-roto, e herea ana e te kaha ora. Ko te hinengaro whakaaroaro, e ngana ana ki te hoki ki te atuata, ka tōia tonutia ki ngā kare ā-roto e ngā ia o te ora. *Ko Kriya , e whakahaere tika* ana i te hinengaro mā te kaha ora, te huarahi māmā, tino whai hua, me te tino pūtaiao ki te whakatata atu ki te Mutunga Kore. He rerekē ki te ara whakapono "karati kau" puhoi, koretake ki te Atua, ka tika te kī ko *Kriya* te ara "waka rererangi".

Ko te pūtaiao yoga e hangai ana ki te whakaaroaro ā-wheako o ngā momo mahi arotahi me te whakaaroaro katoa. Mā te yoga ka taea e te tangata karakia te whakaweto, te whakakā rānei i te ia o te ora mai i te ao e hiahiatia ana. ngā waea e rima o te tirohanga, te oro, te kakara, te reka, me te pā. I te whiwhinga i tēnei mana o te momotu i ngā kare ā-roto, ka kitea e te yogi he māmā noa te whakakotahi i tōna hinengaro ki ngā ao atua, ki te ao rānei o te mea. Kāore ia e whakahokia mai ana e te kaha ora ki te ao noa o ngā kare ā-roto me ngā whakaaro korekore. Ko te rangatira o tōna tinana me tōna hinengaro, ko te *Kriya Yogi*. ā, i te mutunga ka wikitoria ia i te "hoariri whakamutunga," te mate.

Ka kai koe i te Mate, e kai ana i te tangata: Ā, ka mate te Mate, kāore he mate i taua wā. **26-13**

Ko te oranga o tētahi *Kriya Yogi matatau* , ehara i te mea nā ngā pānga o ngā mahi o mua, engari nā ngā tohutohu a te wairua anake. Nō reira, ka karohia e te tangata karakia ngā arataki puhoi, whanaketanga o ngā mahi whakapehapeha, pai, kino hoki, o te oranga noa, he rite ki te ngata ki te ngākau o te ēkara.

Ko te tikanga pai o te oranga wairua ka whakawātea i te yogi, kua tangohia atu i tōna whare herehere-ego, ā, ka reka ki te hau hohonu o te noho ki ngā wāhi katoa. Ko te herehere o te oranga taiao, he rerekē, he whakaiti i te tere. Mā te whakarite i tōna oranga ki te raupapa whanaketanga, e kore e taea e te tangata te whakahau i a ia anō kia whakarere i te taiao, engari, i te noho ora me te kore he e takahi ana i ngā ture o tōna tinana me tōna hinengaro, me noho tonu te miriona tau o te whakaahua i a ia anō kia mōhio ai ia ki te whakaoranga whakamutunga.

Ko ngā tikanga tiro tiro a ngā yogi, e wehe atu ana i a rātou anō i ngā tautuhi tinana me te hinengaro hei tautoko i te takitahi o te wairua, nō reira ka whakanuia rātou e te hunga e titiro whakakeke ana ki te mano mano tau. Ka whakanuia tēnei taha tau mō te tangata noa, e noho tahi ana, ahakoa ehara i te mea ki te taiao, kaua ki tōna wairua, engari e whai ana i ngā uauatanga taiao kore, nō reira te whakahāwea i roto tōna tinana me ngā whakaaro te reka ngā hinengaro pai o te taiao. Mō ia, e rua ngā wā he kāore e ranea ngā miriona tau mō te whakaoranga.

Kāore te tangata whānui e mōhio ana he kingitanga tōna tinana, e whakahaerehia

ana e te Emepara Wairua i runga i te torona o te angaanga, me ngā kaiwhakahaere āpiti i roto i ngā pokapū tuaiwi e ono, i ngā porowhita rānei o te angaanga. te hinengaro. Ka horapa tēnei rangatiratanga ki runga i te mano tini o ngā tāngata ngohengohe: e rua tekau mā whitu mano piriona pūtau - he māramatanga aunoa e taea ai e rātou te mahi i ngā mahi katoa o te tipu tinana, te whakarerekētanga, me te memeha - me te rima tekau miriona whakaaro, kare ā-roto, me ngā rerekētanga o ngā wāhanga rerekē o te hinengaro o te tangata i roto i te oranga toharite o te ono tekau tau. Ko tetahi whakakeke o ngā pūtau tinana, pūtau roro rānei ki te Wairua o te Emepara, e puta mai ana hei mate, hei pouri rānei, ehara i te mea nā te kore pono i waenga i ngā tāngata whenua whakaiti, engari nā te whakamahinga hē o mua, o nāianei rānei e te tangata o tōna ake mana motuhake, o tōna ake hiahia rānei, i tukuna tahitia ki a ia me te wairua, ā, e kore e taea te whakakore.

I te mea he tangata papaku tōna ego, ka whakaae te tangata ko ia te tangata e whakaaro ana, e hiahia ana, e rongō ana, e keri ana i ngā kai, e pupuri ana i a ia anō kia ora, kāore rawa e whakaae mā te whakaaroaro (he iti noa iho ka ranea!) i roto i tōna oranga noa he pēpi noa iho ia nō ngā mahi o mua (karma) me te taiao. te taiao rānei. Ko ngā tauhohenga hinengaro, ngā kare ā-roto, ngā wairua, me ngā tikanga o ia tangata, e herea ana e ngā pānga o ngā take o mua, ahakoa nō tēnei ao, nō tētahi ao o mua rānei. Heoi, he teitei ake i aua awe te tōna wairua rangatira. I te whakakāhore i ngā pono me ngā herekoretanga poto, ka whiti te *Kriya Yoga* i tua atu i ngā whakaaro pōuri katoa ki roto i tōna Ao kore here. E kī ana ngā karaipiture katoa ehara te tangata i te tinana pirau, engari he wairua ora; nā *Kriya* i hoatu he tikanga ki a ia hei whakamatau i te pono o te karaipiture.

"Kāore e taea e te kawa o waho te whakangaro i te kuware, nā te mea kāore rāua e whakahē tetahi ki tetahi," te tuhituhi a Shankara i roto i tana pukapuka rongonui, * *Century Of Verses**. "Mā te mōhiotanga anake ka whakangaro i te kuware.... Kāore e taea e te mōhiotanga te pupū ake mā te uiuinga anake. 'Ko wai ahau? I pēhea te whānautanga o tēnei ao? Ko wai tōna kaihangā? He aha tōna pūtake tūturu?' Koinei te momo uiuinga e kōrerohia ana." Kāore he whakautu a te hinengaro mō ēnei pātai; nō reira i whakawhanakehia ai e ngā rishis te yoga hei tikanga uiuinga wairua.

te *Kriya Yoga* te "tikanga ahi" tūturu e whakanuia ana i roto i te *Bhagavad Gita*. Mā ngā ahi purenga o te yoga ka kawea mai te māramatanga mutunga kore, ā, he rerekē rawa atu i ngā karakia ahi o waho, kāore i te tino whai hua, e tahuna pinepinetia ai te kitenga o te pono, ki te waiata whakanuia, me te whakakakara!

Ko te yogi matatau, e pupuri ana i tōna hinengaro, i tōna hiahia, me ōna kare ā-roto katoa kia kaua e honoa ki ngā hiahia o te tinana, e hono ana i tōna hinengaro ki ngā mana o te ao tūroa i roto i ngā wāhi tapu o te tuaiwi, nō reira ka noho ia i tēnei ao e ai ki tā te Atua i whakamahere ai, kāore i akiakihia e ngā kare ā-roto o mua, kāore hoki e kitea e ngā mōhiotanga hou o ngā hihiri tangata hou. Ka whiwhi taua yogi i te whakatutukitanga o tana Hiahia Nui, ka noho haumaruru i te piringa whakamutunga o te Wairua harikoa mutunga kore.

Ka tukuna e te yogi ōna hiahia tangata ki te ahi atua kotahi i whakatapua ki te Atua kore e rite. Koinei te kawa ahi yogi tūturu, e pau ai ngā hiahia o mua me o nāiane i te aroha atua. Ka whiwhi te Mura Mutunga i te patunga o te porangi tangata katoa, ā, ka ma te tangata i te paru. Kua tangohia ōna wheua i ngā kikokiko hiahia katoa, kua mā tōna angaanga karma i ngā rā paturopi o te whakaaro nui, kua ma ia i te mutunga, kāore he kino ki te aroaro o te tangata me te Kaihangā.

I a ia e kōrero ana mō te whai huatanga pono me te whai tikanga o te yoga, ka whakanui a Ariki Krishna i te yogi hangarau i roto i ngā kupu e whai ake nei: "He nui ake te yogi i ngā tāngata whakahihi e whakahaere ana i te tinana, he nui ake i ngā akonga o te ara o te whakaaro nui (*Jnana Yoga*), o te ara mahi rānei (*Karma*

Yoga); kia noho koe, e te akonga a Arjuna, hei yogi!" **26-14**

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26-1 : Te i tuhia kaipūtaiao, Tākuta Hōri W. Kirire o Kiriwane, whakamārama i mua i he 1940 hui o te Amerika Te Rōpū mō te Te Whakatairanga o Pūtaiao te ngā whakamātautau nā e ia i a kua whakamātauahia tērā katoa tinana ngā kiko kei hiko kino, engari ko ngā kiko o te roro me te pūnaha io e mau tonu ana te hiko pai nā te mea ka tere ake te tango i te hāora whakaora.

26-2 : *Bhagavad Gita* , IV:29.

26-3: *Bhagavad Gita* IV:1-2.

26-4 Ko te kaituhi o *Manava Dharma Shastras* . Kei te whai mana tonu ēnei whare ture noa kua whakamanahia i Inia tae noa mai ki tēnei rā. E tuhituhi ana te tohunga Wīwī, a Louis Jacolliot, ko te rā o Manu "kua ngaro i te pō o te wā o mua i te hītori o Inia; me kāore tohunga kua i maia ki whakakore ia te taitara o te te nuinga tawhito kaiwhakatakoto ture i roto te ao." I roto *Rā Paipera Dans I roto i* ngā whārangi 33-37, ka tāruatia e Jacolliot ngā tohutoro tuhinga whakarara hei whakaatu i te whai tata a te *Ture Rōmana a Justinian i ngā Ture a Manu* .

26-5 : Te tīmata o te taonga ngā tau, e ai ki ki Hinitū karaipiture ngā tataunga, i 3102 BC Tenei i te te tīmatanga o te Heke iho ana Tāwapara Tau (tirohia [whārangi 174](#)). Hou ngā tohunga, me te harikoa whakapono tērā 10,000 tau kua hipa katoa ngā tāne i

totohu i roto he nanakia Kohatu Tau, whakarāpopototanga whakakore hei "ngā pūrākau" katoa ngā tuhinga me ngā .tikanga tuku iho o tino tawhito ngā iwi whānui i Īnia, i Haina, i Īhipa, me ērā atu whenua

26-6 *Ngā Whakataukī* a Patanjali , II:1. I te whakamahi i ngā kupu *Kriya Yoga* , i kōrero a Patanjali mō te tikanga i whakaakona nā Pāpāji, rānei kotahi tino rite ki reira. Koira reira i he tino tikanga o ora whakahaere ko kua whakamātauhia nā Ā Patanjali *Whakataukī* II:49.

26-7 : Ā Patanjali *Ngā whakataukī* , Ahau:27.

26-8 : "I roto i te tīmatanga i te Kupu, me te Kupu i me Atua, me te Kupu i Atua.Katoa ngā mea i i hangaia nā

Ko ia; ā, kāore he mea i hangaia i waho i a ia." - *Hoani* 1:1-3. *Ko te Aum (Om)* o ngā *Veda* i riro hei kupu tapu *Amine* o te " Ngā Mahometa, *Hamumu* o te ngā Tibetan, me *Āmene* o te Karaitiana (nāna tikanga i roto Hiperu te noho *tino* , "Ko ngā kupu ēnei a te Āmene, a te kaiwhakaatu pono , te pono, te tīmatanga o te hanganga a te Atua." - *Whakakitenga 3:14*

26-9 : *Ngā whakataukī* II:49..

26-10 : ahau *Koriniti* 15:31. "Tō mātou e harikoa ana" ko te tika whakamāoritanga; kāore, hei te tikanga i hoatu, "tōu e harikoa ana." St. Paora i kōrero mō te noho mai o te hinengaro o te Karaiti *i ngā wāhi katoa* .

26-11 : *Kalpa* tikanga wā rānei aeon *Sabikalpa* tikanga kaupapa ki wā rānei huringa; ētahi hononga me *prakriti* rānei mea toenga.

Nirbikalpa tikanga mutunga kore, kore e rerekē; tēnei ko te teitei rawa kāwanatanga o *samadhi*

26-12 : E ai ki ki te *Lincoln Whare Pukapuka o Mea nui Ngā mōhihio* , wh. 1030, te nunui honu ngā orange i waenganui 200 me 300 tau.

26-13 : Shakespeare: *Sonneti* #146.

26-14: *Bhagavad Gita* , VI:46.

Upoko: 27

Te whakatūnga He Yoga Kura I Rāni

"He aha kei koe whakarihariha ki whakahaere mahi?"

Te Tohunga pātai ohorere ahau he moka Ia ko pono tērā taku tūmataiti whakatau i te wā i tērā

ngā whakahaere i "ngā honeti" ngā kōhanga."

"He mahi kore whakawhetai tēnei, e te rangatira," taku whakautu. "Ahakoa he aha te mahi a te rangatira, he aha rānei, ka whakahengia ia."

"E hiahia ana koe ki te *channa atua katoa* (te pata miraka) māu anake?" I haere tahi mai te whakautu a taku guru me te titiro pakari. "Ka taea e koe, e tetahi atu rānei, te whakapā atu ki te Atua mā te yoga mēnā kāore he rārangi o ngā rangatira ngākau atawhai i pai ki te tuku i ō rātou mātauranga ki ētahi atu?" I tāpiri atu ia, "Ko te Atua te Honi, ko ngā whakahaere ngā punga; he mea nui ngā mea e rua. Kāore he hua o tētahi *āhua*, me te kore he wairua, engari he aha koe e kore ai e tīmata i ngā punga pukumahi e kī ana i te waihonga wairua?"

I tino pāngia ahau e tana tohutohu. Ahakoa kāore au i whakautu i waho, i ara ake he whakataunga pakari i roto i tōku ngākau: ka whakapuaki ahau ki ōku hoa, ki te mea kei roto i tōku kaha, i ngā pono pumau i akohia e au i ngā waewae o tōku tohunga. "E te Ariki," i inoi ahau, "kia tiaho tonu tō Aroha ki runga i te wāhi tapu o tōku karakia, ā, kia taea e au te whakaara i taua Aroha i roto i ngā ngākau o ētahi atu."

I tētahi wā o mua, i mua i taku urunga atu ki te rōpū mōneka, i kōrero a Sri Yukteswar i tētahi kōrero tino ohorere.

"Aue, ka ngaro te hoa o te wahine i tō koroheketanga!" tana kī. "Kāore koe i te whakaae ko te tangata whānau, e mahi ana i ngā mahi whai hua hei whāngai i tana wahine me āna tamariki, he tūranga whai hua tāna i te aroaro o te Atua?"

"E te Ariki," i tautohe ahau me te matakū, "e mōhio ana koe ko taku hiahia i tēnei ao ko te manaaki i te Ao Aroha anake."

Nā te kata harikoa o te Ariki, i mōhio ahau he whakamātautau noa iho tāna i kite ai i tōku whakapono.

"Kia mahara," tana kī mārire, "ko te tangata e whakarērea ana e ia ana mahi o te ao, ka taea e ia te whakatika i a ia anō mā te tango i tētahi momo kawenga ki tētahi whānau nui ake."

I tata tonu ki tōku ngākau te wawata mō te mātauranga whānui mō te hunga rangatahi. I kite mārama ahau i ngā hua maroke o te ako noa, e aro ana ki te whanaketanga o te tinana me te hinengaro anake. Ko ngā uara matatika me ngā uara wairua, ki te kore e maioha ki ēnei uara, kāore e taea e te tangata te whakatata atu ki te harikoa, i te mea kāore anō kia kitea. kāore i roto i te marautanga ōkawa. I whakatau ahau ki te whakatū i tētahi kura hei whakawhanake i ngā tama tāne ki te tino tūnga o te tangata. Ko taku taahiraa tuatahi ki taua huarahi i mahia e mātou ko ngā tamariki tokowhitu i Dihika, he whenua iti i Bengal.

I te tau i muri mai, i te tau 1918, nā te atawhai o Tā Manindra Chandra Nundy, te Maharaja o Kasimbazar, i taea e au te whakawhiti i taku rōpū e tere tipu haere ana ki Ranchi. Ko tēnei tāone i Bihar, e rua rau maero te tawhiti atu i Calcutta, he mea manaaki ki tētahi o ngā āhuarangi tino hauora i Inia. I hurihia te Whare Ariki o Kasimbazar i Ranchi hei tari matua mō te kura hou, i tapaina e au ko

Brahmacharya Vidyalaya 27-1. e ai ki ngā kaupapa mātauranga o ngā rishis.

Tā rātou ngahere ngā whare karakia i a kua te tawhito ngā nohoanga o te ako, whakapono kore me atua, mō te taitamarikitanga o

Īnia.

I Ranchi i whakarite ahau i tētahi kaupapa mātauranga mō ngā reanga reo me ngā reanga kura tuarua. I whakaurua ki roto ko ngā kaupapa ahuwhehenua, ahumahi, arumoni, me ngā kaupapa mātauranga. I whakaakona hoki ngā ākonga ki te yoga te arotahi me te whakaaroaro, me tētahi pūnaha ahurei mō te whanaketanga tinana, ko "Yogoda", ā, i kitea e au ōna mātāpono i te tau 1916.

I taku mōhio he rite te tinana o te tangata ki te pākahiko hiko, i whakaaro ahau ka taea te whakahou ake ki te pūngao mā te mahi tika a te hiahia o te tangata. Nā te mea kāore he mahi, he iti, he nui rānei, e taea ana me te kore *he hiahia*, ka taea e te tangata te whakamahi i tana kaupapa matua, arā, te hiahia, ki te whakahou i ōna kiko tinana me te kore he taputapu taumaha, he mahi miihini rānei. Nō reira, i whakaako ahau i ngā ākonga Ranchi i aku tikanga "Yogoda" ngāwari e taea ai te whakahou ake i te kaha ora, e ahu mai ana i te medulla oblongata o te tangata, me te mōhio me te tere tonu mai i te pūtake mutunga kore o te pūngao o te ao.

I tino pai te urupare a ngā tama ki tēnei whakangungu, ā, i whakawhanakehia e rātou te pūkenga whakamiharo ki te neke i te kaha ora mai i tētahi wāhanga o te tinana ki tētahi atu wāhanga, me te noho pai i roto i ngā tūnga uaua o te tinana. **27-2** I mahi rātou i ngā mahi kaha me te manawanui kāore i taea e te tini o ngā pakeke kaha te rite. I uru atu taku teina pōtiki, a Bishnu Charan Ghosh, ki te kura o Ranchi; ā, i muri mai ka noho ia hei he tohunga ahurea matua i Bengal. I haere ia me tētahi o āna ākonga ki Ūropi me Amerika, me te whakaatu i te kaha me te pūkenga, ā, i miharo ngā tohunga o te whare wānanga, tae atu ki ērā i Te Whare Wānanga o Columbia i Niu Ioka.

I te mutunga o te tau tuatahi i Ranchi, e rua mano ngā tono whakauru. Engari ko te kura, i taua wā he kura noho noa iho, kotahi rau noa iho te tokomaha i taea te whakauru. Kāore i roa ka tāpirihia te akoranga mō ngā ākonga o te rā.

I te *Vidyalaya* i mahi ahau hei pāpā-whaea ki ngā tamariki nohinohi, ā, i aro atu hoki ki ngā uauatanga maha o te whakahaere. He maha ngā wā i mahara ai ahau ki ngā kupu a te Karaiti: "He pono taku e mea nei ki a koutou, Kāore tetahi tangata i whakarere i te whare, i ngā teina, i ngā tuahine, i te pāpā, i te whaea, i te wahine, i ngā tamariki, i ngā whenua, mōku, mō te rongopai hoki; engari ka riro i a ia te rau i tēnei wā, he whare, he teina, he tuahine, he whaea, he tamariki, he whenua, me te whakato; ā, i te ao meake puta ko te ora tonu." **27-3** Nā Sri Yukteswar ēnei kupu i whakamārama: "Ko te tangata karakia e whakarērea ana ngā wheako o te marena me te whānau, ka whakawhiti i ngā raruraru o tētahi whare iti me ngā mahi iti mō ngā kawenga nui o te mahi ki te hāpori whānui, kei te mahi i tētahi mahi e haere tahi ana me te whakato mai i tētahi ao pōhēhē, engari me te ngākau māhaki hoki o roto."



Ko Yogoda Math , he whare karakia ataahua o te Self-Environment Fellowship i Dakshineswar i te awa o Ganges. I whakatūria i te tau 1938 hei wāhi whakatā yoga mō ngā ākonga o te Rawhiti me te Hauāuru.



Ko te whare matua o te *Yogoda Sat-Sanga Brahmacharya Vidyalaya* i Ranchi, Bihar, i whakatūria i te tau 1918 hei kura yoga mō ngā tama tāne, me te mātauranga wetereo me te kura tuarua. E hono ana ki tēnei ko te Mihana atawhai tangata a Lahiri Mahasaya.

I tētahi rā ka tae mai tōku pāpā ki Ranchi ki te tuku i tētahi manaakitanga ki tōna pāpā, he mea i puritia mō tētahi wā roa nā te mea i whara ia i ahau i taku whakakorenga i tana tuku mai i tētahi tūranga ki te Rerewei o Bengal-Nagpur.

"E tama," tana kī, "kua tau ahau ki tāu whiringa i te ao. He harikoa ki ahau te kite i a koe i waenganui i ēnei tamariki harikoa, hihiri; nō konei koe, kua ki ngā tauira mate o ngā rārangi wā rerewē." I tawhiri atu ia ki tētahi rōpū o ngā tamariki tekau mā rua e whai ana i ōku rekereke. "E waru noa iho āku tamariki," tana kī me te kanapa o ngā kanohi, "engari ka taea e au te aroha ki a koe!"

I te mea he mārā hua nui, e rua tekau mā rima eka momona kei a mātou, i pai ai ngā ākonga, ngā kaiako, me ahau ki ngā hāora maha o te mahi i waho i roto i ēnei taiao tino pai. He maha ā mātou mōkai, tae atu ki tētahi kuao tia i tino arohaina e ngā tamariki. I aroha nui hoki ahau ki te kuao, ā, i tukua e au kia moe i roto i tōku rūma.

I te atatu, ka neke haere te mea iti ki tōku moenga hei poipoi i te ata.

I tētahi rā i whāngai wawe atu ahau i te mōkai, nā te mea me mahi e au ētahi mahi i te tāone o Ranchi. Ahakoa i whakatūpato ahau i ngā tama kia kaua e whāngai i te kuao kia hoki mai rā anō ahau, kāore tetahi o rātou i whakarongo.

ā, i whāngai i te tamaiti tia ki te nui o te waiū. I taku hokinga mai i te ahiahi, ka tae mai te rongopouri: "Kua tata mate te kuao iti, nā te nui rawa o te kai."

I roto i ngā roimata, ka whakatakotoria e au te mōkai kua mate ki runga i ōku waewae. I inoi au ki te Atua kia whakaorangia tōna ora. I muri i ngā haora, ka puare ngā kanohi o te mea iti, ka tū ake, ka hikoi ngoikore. Ka hamama te kura katoa i te harikoa.

Engari i puta mai tētahi akoranga hōhonu ki ahau i taua pō, he akoranga e kore rawa e warewaretia e au. I noho ahau me te kuao tae noa ki te rua karaka, kātahi ka moe ahau. I puta mai te tia i roto i te moemoeā, ā, i kōrero mai ki ahau:

"Kei te pupuri koe i ahau. Tukua ahau kia haere;

tukua ahau kia haere!" "Pai," ka whakahoki ahau

i roto i te moemoeā.

ahau i ara ake tonu, me i tangi i waho, "E tama mā, te tia ko e mate ana!" Te tamariki tere ki taku taha

I oma ahau ki te kokonga o te rūma i whakatakotoria ai e au te mōkai. I ngana whakamutunga ia ki te whakatika, ka tūpono mai ki ahau, kātahi ka hinga ki ōku waewae, kua mate.

E ai ki te karma papatipu e ārahi ana, e whakahaere ana i ngā mutunga o ngā kararehe, kua mutu te ora o te tia, ā, kua rite ki te ahu whakamua ki tētahi āhua teitei ake. Engari nā taku piripono hohonu, i muri mai ka mōhio ahau he hiahia whaiaro, me aku inoi kaha, i taea e au te pupuri i a ia i roto i ngā herenga o te āhua kararehe e tohe ana te wairua kia tukuna atu. I inoi te wairua o te tia i roto i tētahi moemoeā nā te mea, me te kore taku whakaaetanga aroha, kāore ia e pai, kāore rānei e taea te haere. I taku whakaae tonu, ka haere ia.

Kua ngaro atu te pouri i ahau; ka kite anō ahau e hiahia ana te Atua kia aroha āna tamariki ki ngā mea katoa hei wāhanga o Ia, kia kaua e whakaaro pohehe ko te mate te mutunga o ngā mea katoa. Ko te tangata kuware e kite ana i te taiepa o te mate e kore e taea te hinga, e huna ana, me te mea nei mō ake tonu atu, i ana hoa aroha. Engari ko te tangata e kore e piripono, ko ia e aroha ana ki ētahi atu hei whakaaturanga a te Ariki, e mārāma ana i te matenga kua hoki mai ngā mea e arohaina ana e rātou hei wāhi manawa o te harikoa i roto i a Ia.

I tipu ake te kura o Ranchi mai i ngā tīmatanga iti, ngāwari, hei whare wānanga rongonui i Īnia. He maha ngā tari o te kura e tautokona ana e ngā takoha tūao a te hunga e harikoa ana ki te pupuri i ngā kaupapa mātauranga o ngā rishis. I raro i te ingoa whānui ko *Yogoda Sat-Sanga*, **27-4** Kua whakatūria ngā kura peka e tino angitu

ana ki Midnapore, Lakshmanpur, me Puri.

Kei te tari matua o Ranchi tētahi Tari Hauora e tukuna noatia ana ngā rongoā me ngā ratonga a ngā tākuta ki te hunga rawakore o te rohe. Neke atu i te 18,000 te tokomaha e rongoatia ana. ngā tāngata he tau Te *Vidyalaya* kua i hangaia tōna tohu, hoki, i roto Īnia whakataetae ngā hākinakina, ā, i roto i te ao mātauranga, i reira i whakanuia ai e te tini o ngā tauira tawhito o Ranchi i muri mai te oranga o te whare wānanga.

Te kura, ināianei i roto tōna rua tekau mā waru tau me te pokapū o he tokomaha ngā mahi, 27-5 kua kua whakahonoretia

nā ngā haerenga mai a ngā tāne rongonui o te Rawhiti me te Hauāuru. Ko tētahi o ngā tino tangata tuatahi ki te tiroiro i te *Vidyalaya* i tōna tau tuatahi ko Swami Pranabananda, te "tangata tapu e rua ōna tinana" a Benares. I a te rangatira nui e mātakitaki ana i ngā akomanga ataahua o waho, e tū ana i raro i ngā rākau, me te kite i te ahiahi e noho korekore ana ngā tama mō ngā hāora i roto i te whakaaroaro yoga, ka tino oho ia.

"He harikoa tōku ngākau," tana kī, "ki te kite i ngā kaupapa a Lahiri Mahasaya mō te whakangungu tika i ngā taiohi e whakatinanahia ana i roto i tēnei whare wānanga. Kia manaakitia tēnei e taku tohunga."

I te taha o tōku taha, ka pātai atu tētahi tamaiti tāne ki te yogi

nui. "E te Ariki," ka mea ia, "me noho ahau hei mōneka? Mō te

Atua anake rānei tōku ora?"

Ahako Swami Pranabananda menemene mārie, tāna ngā kanohi i wero te ā muri ake nei.

"E tama," ko tāna whakautu, "kia pakeke koe, kei reira tētahi wahine ataahua e tatari ana ki a koe." I moe te tama i muri i ngā tau maha e whakamahere ana kia uru atu ki te Ōta Swami.

I muri tata mai i te haerenga o Swami Pranabananda ki Ranchi, ka haere tahi māua ko tōku matua ki te whare o Calcutta, te wāhi i noho ai te yogi mō tētahi wā poto. Ko te poropititanga a Pranabananda, i korerotia mai ki ahau i ngā tau maha kua pahure ake nei, ka puta ake ki tōku hinengaro: "Ka kite ahau i a koe, me tōu matua, ā muri ake nei."

I te taenga mai o Pāpā ki te rūma o te swami, ka whakatika ake te yogi nui i tōna nohoanga, ka awhi i tōku mātua me te aroha me te whakaute.

"E Bhagabati," tana kī, "he aha tāu e mahi nei mōu ake? Kāore koe e kite i tāu tama e oma ana ki te Mutunga Kore?" I whakama ahau i te rongonga i tana whakamoemiti i mua i tōku matua. I haere tonu te swami, "Kei te mahara koe ki te maha o ngā wā i kī ai tō tātou guru tapu: ' *Banat, banat, ban jai* .' **26-6** Nō reira, kia mau tonu *te Kriya Yoga* , kia tere hoki te tae atu ki ngā tataua."

Ko te tinana o Pranabananda, i te mea i tino ora, i tino kaha hoki i taku haerenga tuatahi ki a ia i Benares, kua tino kitea tōna koroheketanga, ahako kei te tino tika tonu tōna tū.

"E Swamiji," ka pātai atu ahau, me te titiro tika atu ki ōna kanohi, "tēnā koa kōrerotia mai te pono: Kāore koe i te rongō i te koroheketanga? I te ngoikore haere

o te tinana, kei te heke haere rānei ō tirohanga ki te Atua ?"

Ātaata ana ia, he rite ki te anahera. "Kei te taha tonu ahau e te Aroha nui i tēnei wā." Nā tōna whakapono katoa i taupokina tōku hinengaro me tōku wairua. I haere tonu ia, "Kei te pai tonu ahau ki ngā penihana e rua - tētahi mai i Bhagabati i konei, tētahi mai i runga." I a ia e tohu ana i tōna maihao ki te rangi, ka hinga te tangata tapu ki te harikoa, ko tōna mata e tiaho ana i te kanapa atua - he whakautu nui ki taku pātai.

I taku kitenga he maha ngā tipu me ngā kete purapura i roto i te rūma o Pranabananda, ka pātai atu ahau mō te kaupapa o aua tipu.

"Kua wehe atu ahau i Benares mō ake tonu atu," tana kī, "ā, kei te haere ahau ki ngā maunga o Himalaya. Ka whakatuwheratia e ahau he whare karakia mō aku ākonga ki reira. Ka hua mai i ēnei purapura he pīnihi me ētahi atu huawhenua. Ka noho noa aku hoa aroha, ka noho i roto i te hononga Atua harikoa. Kāore he mea kē atu e hiahiatia ana."

Matua i pātaihia tāna teina ākonga āhea ia e whakahoki ki Calcutta.

"Kāore rawa," te whakahoki a te tangata tapu. "Ko tēnei tau te tau i kī mai ai a Lahiri Mahasaya ka whakarērea e au taku hoa aroha a Benares ake tonu atu, ka haere ki ngā maunga o Himalaya, ki reira ka maka atu i taku tinana mate."

I kī tonu ōku kanohi i ngā roimata i ana kupu, engari i menemene marino te swami. I whakamahara mai ia ki ahau i tētahi tamaiti nohinohi o te rangi, e noho haumarua ana i runga i ngā uma o te Whaea Tapu. Kāore he pānga kino o ngā tau ki te mana wairua tino nui o tētahi yogi nui. Ka taea e ia te whakahou i tōna tinana i tana e pai ai; engari i ētahi wā kāore ia e aro ki te whakaroa i te tukanga koroheketanga, engari ka tukua e ia tana karma kia mahi. i a ia anō i te ao tinana, e whakamahi ana i tōna tinana tawhito hei taputapu whakaora wā hei aukati i te hiahia ki te mahi i te karma i roto i tētahi whakatinanatanga hou.

Ngā Marama ā muri ake nei ahau tūtaki he tawhito hoa, Sanandan, ko wai i kotahi o Pranabananda's kati ngā ākonga.

"Kua riro taku tohunga ataahua," tana kī mai ki ahau, i waenganui i ngā tangi. "I whakatūria e ia tētahi whare karakia tata ki Rishikesh, ā, i homai e ia he whakangungu aroha ki a mātou. I a mātou e noho pai ana, me te tere haere o te mahi wairua i te ahunga whakamua o tana kamupene, i whakaaro ia i tētahi rā ki te whāngai i tētahi mano nui mai i Rishikesh. I pātai atu ahau he aha i hiahia ai ia ki tētahi nama nui pēnei.

"Koinei taku hui whakanui whakamutunga," ko tāna. Kāore au i mārara ki te tikanga katoa o āna kupu."

"I āwhina a Pranabanandaji ki te tunu kai nui. I whāngaihia e mātou te 2000 manuhiri. I muri i te hakari, ka noho ia ki runga i tētahi papa teitei, ā, ka kauwhau i tētahi kauwhau whakaaweawe mō te Mutunga Kore. I te mutunga, i mua i te titiro a te mano tini, ka tahuri mai ia ki ahau, i ahau e noho ana i tōna taha i runga i te papa, ā, ka kōrero ia me te kaha rerekē."

"Sanandan, kia kua whakaritea; ahau am e haere ana ki whana te anga 27-7 "

"Whai muri i te wā poto, ka karanga nui ahau, 'E te Ariki, kaua e mahi! Tēnā koa, tēnā koa, kaua e mahi!' Ko te mano i kore e kōrero, e mātakitaki mai ana ki a mātou me te hiahia. Ka menemene mai taku tohunga ki ahau, engari ko tana titiro

whakahīhi kua aro tonu ki te Ao Mure Kore.

"'Kaua e hiahia ki a koe anō,' ka mea ia, 'kaua hoki e pouri mōku. Kua roa ahau e mahi harikoa ana ki a koutou katoa; ināianeī Kia hari, kia ora ahau. Ka haere ahau ki te tūtaki ki taku Aroha o te Ao.' I roto i te reo hameme, ka tāpiri atu a Pranabanandaji, 'Ka whānau hou ahau i roto i te wā poto. I muri i te pārekareka ki te Harikoa Mutunga Kore mō tētahi wā poto, ka hoki mai ahau. ki te whenua, ka hono atu ki a Babaji. **27-8** "Kāore e roa ka mōhio koe ki te wā me te wāhi i whakakīia ai tōku wairua ki tētahi tinana hou."

"Ia i tangi anō, 'Sanandan, konei ahau whana te anga nā te tuarua *Kiria Yoga* . **27-9**

"I titiro ia ki te moana o ngā mata i mua i a mātou, ā, i manaaki. I te anga atu o tana titiro ki roto ki te kanohi wairua, ka kore ia e nekeneke. I te whakaaro o te mano pōhēhē kei te whakaaroaro ia i roto i te āhua harikoa, kua wehe atu ia i te tapenakara kikokiko, ā, kua rukuhia tōna wairua ki roto i te whānuitanga o te ao. I pā ngā ākonga ki tōna tinana, e noho ana i roto i te tūnga rēmana, engari kāore i te kikokiko mahana. He tinana pakari anake i toe; kua rere te kainoho ki te takutai ora tonu."

ahau i uiuia kei hea Pranabananda i ki kia whānau anō.

"He whakawhirinakitanga tapu tēnā e kore e taea e au te whakaatu ki tētahi," te whakahoki a Sanandan. "Tērā pea ka kitea e koe tētahi atu ara."

I ngā tau i muri mai ka kitea e au mai i a Swami Keshabananda 27-10 i haere a Pranabananda, i muri tata i ētahi tau i tōna whānautanga i roto i tētahi tinana hou, ki Badrinarayan i ngā maunga o Himalayas, ā, i reira ka uru atu ki te rōpū o te hunga tapu i te taha o te Babaji nui.

27-1 Vidyalya , kura. Ko *te Brahmacharya* i konei e pā ana ki tētahi o ngā wāhanga e whā o te mahere Vedic mō te oranga o te tangata, arā, ko tērā o (1) te takakau ākonga (*brahmachari*); (2) te rangatira whare me ao whānui ngā kawenga (*grihastha*);

te mokemoke (*vanaprastha*); (4) te ngahere kainoho rānei tangata haereere, kore utu mai i katoa whenua ngā (3) āwangawanga (*sannyasi*). Tenei kaupapa tino pai o te ora, i te wā kāore whānuitia i kitea i roto hou Īnia, tonu kua he tokomaha whakapono ngā ākonga. Te whā ngā wāhanga kei e whakahaerehia ana i runga i te whakapono i raro i te .arataki a te guru mō tōna oranga katoa

27-2 : He tau o Amerika ngā ākonga hoki whai kua tino mōhiotia ngā momo *ngā āsana* rānei ngā tū, tae atu ki Bernard Kore, he kaiako i Los Angeles mō ngā whakaakoranga o te Self-Engineering Fellowship.

27-3 : *Māka* 10:29-30 ..

27-4 : Yogota: *yoga* te uniana, te rangimarie, taurite; *rā* , tērā e e tuku ana. Sat-Sanga: *noho ana* , te pono; *sanga* te whakahoahoa i roto i te Te Hauāuru, ki karo te whakamahi o he Sanskrit ingoa, te *Yogota Sat-Sanga* nekehanga kua kua i karangatia te *Te Whānaungatanga Whakatutuki-i-a-Iho* .

27-5 : Te ngā mahi i Rāni kei whakaahuatia atu anō tino i roto upoko 40. Te Lakshmanpur kura ko i roto te kaha utu nā Mr. GC Dey, BA. Kei raro i te tiroiro pai a Tākuta SN Pal rāua ko Sasi Bhusan Mullick te tari hauora.

27-6 : Kotahi o Rāhiri Mahasaya's tino pai ngā kōrero, i hoatu hei whakatenatena mō tāna ngā ākonga te manawanui He Ko te whakamāoritanga kore utu koia tēnei: "E tohe ana, e tohe ana, ā tetahi rā ka kite! te Whāinga Atua!"

27-7 : arā, hoatu ake te tinana

27-8 : Rāhiri Mahasaya's tohunga, ko wai ko tonu te noho (Tirohia upoko 33.)

27-9 Ko te tuarua o *ngā Kriya* , e ai ki ngā akoranga a Lahiri Mahasaya, ka taea e te tangata kua mōhio ki tēnei tikanga te wehe atu, te hoki atu ki te tinana āta whakaaro i tetahi wā. Matatau ngā yogi whakamahi te tuarua Kiria tikanga i roto i te whakamutunga putanga o te mate, he wā tonu e mōhiotia ana e rātou i mua.

27-10 : Taku hui me Keshabananda ko whakaahuatia i roto upoko 42 .

Upoko: 28

Kāhi, Whānau anō Ā, Kua kitea anō

"Tena koa mahi kāore haere ki roto te wai. Tukua mātou kaukau nā tōia tō mātou ngā peere."

I te kōrero ahau ki ngā ākonga taitamariki o Ranchi i haere tahi mai me ahau i te hikoi e waru maero te roa ki he puke tata. He ātaahua te roto i mua i a mātou, engari kua ara ake te whakarihariha ki roto i tōku hinengaro.

I whai te rōpū i tōku taha i taku tauira o te tuku peere, engari i tukua e ētahi tama ki te whakamatautauranga o ngā wai matao. I muri tata tonu i tō rātou ruku, ka nekeneke haere mai ngā nakahi wai nunui i tō rātou taha. Ka puta mai ngā tama i te roto me te hihiko whakakatakata.

I pai ki a mātou te tina pikiniki i muri i tō mātou taenga ki tō mātou ūnga. I noho ahau i raro i tētahi rākau, i te taha o tētahi rōpū ākonga. I te kitenga i ahau i roto i te wairua whakahihiri, ka pātai mai rātou ki ahau.

"Tena koa, e te rangatira," te pātai a tētahi taitama, "mēnā ka noho tonu ahau ki a koe i te ara o te whakarēreatanga."

"Āe, kāore," ahau i whakautu, "koe ka kia ā-pūmau tangohia atu ki tōu kāinga, me ā muri ake nei koe ka marena."

I te kore whakapono, ka whakahē kaha ia. "Mēnā kua mate ahau ka taea ahau te kawē ki te kāinga." Engari i roto i ētahi marama, ka tae mai ōna mātua ki te tango i a ia, ahakoa tana ātete roimata; i muri i ētahi tau, i marena ia.

I muri i taku whakautu i ngā pātai maha, ka kōrero mai tētahi tamaiti ko Kashi tōna ingoa. Tekau mā rua ōna tau, he tauira mātau, ā, e arohaina ana e te katoa.

"E te Ariki," ia i mea, "he aha ka kia taku te aituā?"

"Koe me wawe tonu kia kua mate." Te whakautu i tae mai mai i taku ngutu me he kore e taea te ātete kaha

I ohorere, i pōuri hoki ahau me te hunga katoa i reira i tēnei whakakitenga ohorere. I riri puku ahau i ahau anō me te mea he *pēpi whakamatau*, ā, i whakakahore ahau ki te whakautu i ētahi atu pātai.

I runga tō mātou whakahoki ki te kura, Kāhi i tae mai ki taku rūma.

"Ki te mate ahau, ka kitea ahau e koe ina whānau hou ahau, ā, ka whakahokia mai ahau e koe ki te ara wairua?" I tangi ia.

I pēhia ahau ki te whakakore i tēnei kawenga uaua o te ao ngaro. Engari mō ngā wiki i muri mai, ka tohe tonu a Kashi ki ahau. I taku kitenga i a ia e matakū ana, ā, ka whakamarie ahau i a ia.

"Āe," ahau i oatitia. "Mēnā te Rangi Matua tuku moni Tōna āwhina, ahau ka whakamātau ki kimi koe."

I te hararei raumati, ka tīmata taku haerenga poto. I pouri ahau kāore i taea e au te kawē i a Kashi, ā, i mua i taku wehenga atu ka karanga atu ahau i a ia ki taku rūma, ā, i ata tohutohu atu ahau i a ia kia noho tonu i roto i ngā wiri wairua o te kura, ahakoa te kaha o ngā whakahē katoa. I whakaaro ahau mēnā kāore ia e hoki ki te kāinga, tera pea ka mawhiti ia i te aituā e tū mai nei.

Kāore i roa i muri i taku wehenga atu ka tae mai te matua o Kashi ki Ranchi. Mō ngā rā tekau mā rima ka ngana ia ki te wawahi i te hiahia o tana tama, me te whakamārama mēnā ka haere a Kashi ki Calcutta mō ngā rā e whā anake ki te kite i tōna whaea, kātahi ka taea e ia te hoki. I whakakahore tonu a Kashi. I te mutunga ka mea te matua ka haria e ia te tamaiti i tangohia atu mā te āwhina a ngā pirihimana. I whakararuraru a Kashi i te riri, kāore i pai kia waiho hei take mō te rongonui kino ki te kura. Kāore i kitea e ia he huarahi kē atu i te haere.

I hoki ahau ki Ranchi i muri i ētahi rā. I taku rongonga i te nekehanga atu o Kashi, ka tere tonu atu ahau ki Calcutta. I reira ka eke ahau ki tētahi waka hōiho. He mea whakamiharo, i te haerenga atu o te waka i tua atu o te piriti o Howrah i runga i te awa o Ganges, ka kite ahau i te matua o Kashi me ētahi atu whanaunga i roto i ngā kākahu tangi. I taku karanga atu ki taku taraiwa kia mutu, ka oma atu ahau, ka titiro matatau atu ki te matua pōuri.

"E te Ariki Kaikōhuru," ahau i tangi āhua koretake, "koe whai i mate taku tama!"

Kua mōhio kē te matua ki tana mahi hē i tana kawē mai i a Kashi ki Calcutta. I roto i ngā rā torutoru i noho ai te tamaiti ki reira, i kai ia i ngā kai poke, i pangia e te korara, ā, ka mate.

Ko tōku aroha ki a Kashi, me te kupu whakaari kia kitea ia i muri i te mate, i whaiwhai tonu ahau i te ao, i te pō. Ahakoa te wāhi i haere atu ai ahau, i puta tonu mai tōna mata ki mua i ahau. I tīmata taku rapunga i a ia, ahakoa i mua noa atu i taku rapunga i tōku whaea ngaro.



Kāhi, ngaro me kitea anō



Ko Bishnu toku teina; Motilal Mukherji o Serampore, he akonga tino matatau o Sri Yukteswar; toku papa; Te Wright; ahau; Tulsi Narayan Bose; Swami Satyananda o Ranchi



He rōpū māngai ki te Huihuinga ā-Ao o ngā Rīpera Whakapono o te tau 1920 i I Pōtana, te wāhi i whakapuaki ai ahau i taku whaikōrero tuatahi ki Amerika. (*Mai i te mau ki te matau*) Rev. Clay MacCauley, Rev. T. Rhondda Williams, Ahorangi S. Ushigasaki, Rev. Jabez T. Sunderland, ahau, Rev. Chas. W. Wendte, Rev. Samuel A. Eliot, Rev. Basil Martin, Rev. Kirihōta J. Tiriti, Rev. Hamuera M. Ngā Crothers.

I whakaaro ahau, nā te mea kua homai e te Atua te kaha o te whakaaro ki ahau, me whakamahi e au, me whakapau kaha hoki ōku mana ki te taumata teitei kia kitea ai ngā ture ngawari e mōhio ai ahau ki te wāhi kei reira te tamaiti i te ao tūroa. He wairua ia e wiri ana i ngā hiahia kāore anō kia tutuki, i kite ahau - he puranga māramatanga e rere ana i waenganui i ngā miriona wairua kanapa i ngā rohe o te ao tūroa. Me pēhea taku whakarongo ki ia, i roto i te tini o ngā māramatanga wiri o ētahi atu wairua?

Te whakamahi he mea ngaro yoga tikanga, ahau i whakapaohotia taku aroha ki Ko
Kashi wairua mā roto te hopuoro o

te kanohi wairua, te pito o roto i waenganui i ngā tukemata. Me te pūaha o ngā ringa me ngā maihao e ara ake ana, ahau pinepine tahuri ahau anō porowhita me porowhita, e ngana ana ki kimi te te ahunga i roto e ia kua whānau hou mai hei kukune. I tumanako ahau kia whiwhi whakautu mai i a ia i roto i te reo irirangi o tōku ngākau kua arotahihia. **28-1**

I roto i tōku hinengaro ka hoki wawe mai a Kashi ki te whenua, ā, ki te mea ka whakapāho tonu ahau i taku karanga ki a ia, ka whakautu mai tōna wairua. I mōhio ahau ka pā te hihiri iti rawa i tukuna mai e Kashi ki ōku maihao, ki ōku ringaringa, ki ōku ringaringa, ki tōku tuaiwi, me ōku io.

Me te ngākau nui tonu, i mahi tonu ahau i te tikanga yoga mō te ono marama i muri i te matenga o Kashi. I a au e hikoi ana me ētahi hoa i tētahi ata i te wāhanga kī tonu o Bowbazar o Calcutta, ka hiki ake ōku ringa i te tikanga noa. Mō te wā tuatahi, ka puta he urupare. I harikoa ahau ki te kite i ngā hiko e heke iho ana i ōku maihao me ōku kapu ringa. Ka hurihia ēnei ia hei whakaaro kaha mai i te hohonutanga o tōku hinengaro: "Ko Kashi ahau; ko Kashi ahau; haere mai ki ahau!"

I tata rangona te whakaaro i a au e aro nui ana ki taku reo irirangi manawa. I roto i te reo hāmama, paku pākū o Kashi, **28-2** I rongo anō ahau i tana karanga. I hopukina e ahau te ringa o tētahi o ōku hoa, a Prokash Das, **28-3** ā, ka ataata atu ki a ia me te harikoa.

"Koia āhua hei ahakoa ahau whai kei reira Kāhi!"

Ka tīmata ahau ki te tahurihuri, ki te takaro noa iho a ōku hoa me te mano e haereere ana. I te anga atu ki tētahi ara tata, ko "Serpentine Lane" te ingoa, ka ngaro ngā au o te ao tūroa i taku tahuritanga ki ētahi atu taha, ka ngaro atu ngā au o te ao tūroa.

"Āe," ka karanga ahau, "tērā pea kei roto i te kōpū o tētahi whaea kei tēnei ara tōna kāinga e noho ana."

I whakatata atu mātou ko ōku hoa ki te huarahi Serpentine; ka kaha ake, ka kitea te wiri o ōku ringa e ara ake ana. Me te mea he aukume, i tōia ahau ki te taha matau o te rori. I te taenga atu ki te tomokanga o tētahi whare, ka miharo ahau i te kitenga kua mau tonu ahau. I patuki ahau i te tatau me te tino harikoa, me te pupuri i taku manawa. I mahara ahau kua tae mai te mutunga angitu mō taku rapunga roa, uaua, ā, tino rerekē!

I whakatuwheratia te tatau e tetahi pononga, ā, i kī mai ia kei te kāinga tōna ariki. I heke iho ia i te arawhata i te papa tuarua, ā, ka menemene mai ki ahau me te pātai. Kāore au i te mōhio me pēhea te whakatakoto i taku pātai, he mea tika, he mea whakatoi hoki.

"Tena koa kōrero ahau, e te rangatira, mēnā koe me tōu wahine whai kua e tatari ana he tamaiti mō mō ono ngā marama?"

"Āe, koia tonu." I tōna kitenga he swami ahau, he tangata whakarērea whakapono e mau ana i te kakahu karaka tuku iho, ka tāpiri atu ia me te ngākau māhaki, "Tena koa, whakamōhio mai ki ahau me pēhea koe e mōhio ai ki aku āhuatanga."

Āhea ia i rangona mō Kāhi me te kupu whakaari ahau i a i hoatu, te miharo tāne whakapono taku kōrero

"Ka whānau mai he tamaiti tāne he kiri māwhero," ka mea atu ahau ki a ia. "He mata whānui tōna, he taupoki i tōna rae. He wairua tōna āhua." I tino mōhio ahau ka rite te tamaiti e haere mai ana ki a Kāhi.

I muri mai ka toro atu ahau ki te tamaiti, nā ōna mātua i tapa tōna ingoa tawhito ko Kashi. Ahakoa i tōna tamarikitanga, he tino rite tōna āhua ki taku tauira aroha o Ranchi. I whakaatu wawe mai te tamaiti i te aroha ki ahau; i ara ake te kukume o ngā mea o mua me te kaha nui.

I muri i ngā tau, ka tuhituhi mai te tamaiti taiohi ki ahau i a au e noho ana i Amerika. I whakamārama mai ia i tōna hiahia nui ki te whai i te ara o te tangata kua whakarērea. I ārahi ahau i a ia ki tētahi rangatira o Himalaya, ā, tae noa mai ki tēnei rā, kei te ārahi tonu i a Kashi kua whānau hou.

.....
28-1 Ko te hiahia, e tukuna ana mai i te pito i waenganui i ngā tukemata, e mōhiohia ana e ngā yogi ko te taputapu whakapaoho whakaaro. Āhea te te āhua ko marino kukū i runga te ngākau, reira ngā mahi hei he hinengaro reo irirangi, me kēne whiwhi te ngā karere o ētahi atu i tawhiti, i tata rānei. I roto i te telepathy, ka tukuna ngā wiri o ngā whakaaro i roto i te hinengaro o te tangata mā roto i ngā wiri ngawari o te ether astral, kātahi ka puta mā roto i te ether whenua, ka hangaia he ngaru hiko, ka huri hei ngaru whakaaro i roto i te hinengaro o te tangata kē.

28-2 : Ia wairua i roto tōna parakore kāwanatanga ko mātau katoa. Ko Kashi wairua maumahara katoa te ngā āhuatanga o Kāhi, te tama, ā, nō reira i whai ai ia i tōna reo pākū kia mōhio ai ahau ki a ia.

28-3 : Prokash Das ko te te whakaatu kaiwhakahaere o tō mātou Yogota Pāngarau (whare whakaruruhau) i Dakshineswar i roto Bengal.

Upoko: 29

Rāpindranath Tākore Ā, ahau Whakataurite Ngā Kura

"Rāpindranath Tākore i whakaakona mātou ki waiata, hei he taiao puka o whaiaro te whakapuakitanga, rite te manu."

I homai e Bhola Nath, he tamaiti mārama tekau mā whā tau te pakeke i taku kura o Ranchi, tēnei whakamārama ki ahau i muri i taku mihi ki a ia i tētahi ata mō āna waiata reka. Ahakoa he whakaohoohe, ahakoa kāore, ka ringihia e te tamaiti he awa waiata. I mua i haere ia ki te kura rongonui o Tagore o "Santiniketan"

(Hanganga o te Rangimārie) i Bolpur.

"Kua rongo ahau i ngā waiata a Rabindranath mai anō i tōku tamarikitanga," i mea atu ahau ki taku hoa. "E koa ana ngā tāngata katoa o Bengal, tae atu ki ngā tāngata whenua kore mātauranga, ki tana whiti rangatira."

I waiata tahi māua ko Bhola i ētahi waiata a Tagore, nāna nei i tito ngā mano tini o ngā rotarota Īnia, ko ētahi he mea taketake, ko ētahi he mea tawhito.

"I tūtaki ahau ki a Rabindranath i muri tata mai i tana whiwhinga i te Tohu Nobel mō te tuhituhi," ko taku kī i muri i tana tā mātou whakapuakitanga. "I kukumea ahau ki te toro atu ki a ia nā te mea i miharo ahau ki tōna maia kore-tikanga ki te whakakore i ana kairīti tuhituhi." I kata ahau.

Pōra me te miharo i uiuia te kōrero

"I tino whakahēngia a Tagore e ngā tohunga mō te whakaurunga mai i tētahi momo hou ki roto i ngā rotarota Bengali," ka tīmata ahau. "I whakaranua e ia ngā kīanga kōrero me ngā kīanga tawhito, me te kore e aro ki ngā herenga kua whakaritea e arohaina ana e ngā ngākau o ngā tohunga. Kei roto i ana waiata te pono hohonu o te whakaaro i roto i ngā kupu whakamīharo, me te kore e aro ki ngā momo tuhituhi kua whakaaetia."

"I kīia a Rabindranath e tētahi kairīti whai mana, he 'kaituhi-kanohi kūkupa i hoko i ana waiata tānga mō te rūpī.' Engari kua tata te rapu utu a Tagore; i whakahonore te ao katoa o te Hauāuru i ōna waewae i muri tata mai i tana whakamāoritanga i tana pukapuka *Gitanjali* ("Ngā Tuku Waiata"). He tereina o ngā tohunga, tae atu ki āna kairīti o mua, i haere ki Santiniketan ki te tuku mihi."

"I manaaki a Rabindranath i ana manuhiri i muri i te whakaroa roa, kātahi ka rongo i tā rātou whakamoemiti i roto i te wā puku. Hei whakamutunga ka hurihia e ia ā rātou ake patu whakahē."

"E ngā rangatira,' ka mea ia, 'ko ngā whakahonore kakara e tukuna ana e kōrua i konei kua konatunatua ki ngā kakara pirau o tō kōrua whakahawe o mua. Tērā pea he hononga i waenganui i taku whakawhiwhinga i te Tohu Nobel, me ō kōrua kaha whakamihi ohorere? Ko au tonu te kaitito i whakakino i a kōrua i taku tuku tuatahi i aku putiputi iti ki te wāhi tapu o Bengal.'"

"I whakaputaina e ngā nūpepa tētahi kōrero mō te whiu maia a Tagore. I miharo ahau ki ngā kupu māia a tētahi tangata kāore i whakamoea e te whakapati," ka haere tonu ahau. "I whakaurua ahau ki a Rabindranath i Calcutta e tana hēkeretari, a Mr. CF Andrews, **29-1.** " he kākahu *dhota* Bengali noa iho tōna . I karanga aroha ia ki a Tagore ko tana *gurudeva* .

"I manaaki a Rabindranath i ahau me te atawhai. I puta mai i a ia te aura marino o te ataahua, te ahurea, me te ngākau rangatira. I tana whakautu i taku pātai mō tōna papamuri tuhituhi, i kī mai a Tagore ko tētahi puna tawhito o tōna hihiri, i tua atu i ā mātou pukapuka whakapono, ko te kaitito tawhito, ko Bidyapati."

I te hihiritanga o ēnei maharatanga, ka tīmata ahau ki te waiata i te waiata tawhito a

Tagore, "Whakamāramahia te Rama o Tō Aroha." I waiata harikoa māua ko Bhola i a māua e hikoi ana i ngā whenua o *Vidyalaya* .

Tata ki te rua tau i muri i te whakatūnga o te kura o Ranchi, i tae mai he pōwhiri mai i a Rabindranath kia toro atu ahau ki a ia ki Santiniketan hei matapaki i ā mātou kaupapa mātauranga. I haere harikoa ahau. I noho te kaitito i roto i tana rūma mahi i taku tomokanga atu; i whakaaro ahau i taua wā, pērā i tā māua hui tuatahi, he tino whakamiharo ia. he tauira o te tāne rangatira e hiahiatia ana e tetahi kaipeita. Ko tōna mata whakairo ataahua, he rangatira rangatira, he makawe roa me te pahau e rere ana. He kanohi nui, he rewa; he ataata anahera; me te

he reo rite ki te putorino, he tino ataahua. He pakari, he roa, he tūmārō, i whakakotahi ia i te ngawari me te mea he wahine me te ahuareka o te tamaiti. Kāore he whakaaro pai mō tērā pea ka kitea e te kaitito te whakaaturanga e tika ana mōna i tēnei kaiwaiata ngāwari.

Kāore i roa ka hohonu haere māua ko Tagore ki te rangahau whakatairite i ā māua kura, i whakatūria i runga i ngā huarahi rerekē. He maha ngā āhuatanga ōrite i kitea e māua - te ako i waho, te māmā, te whānuitanga o te wairua auaha o te tamaiti. Heoi, i aro nui a Rabindranath ki te ako i ngā tuinga me ngā rotarota, me te whakapuaki i a ia anō mā te puoro me te waiata, kua kite kē ahau i roto i te take o Bhola. I whai ngā tamariki Santiniketan i ngā wā o te wahangu, engari kāore i whakawhiwhia ki a rātou he whakangungu yoga motuhake.

I whakarongo te kaitito me te aro whakapati ki taku whakaahuatanga mō ngā mahi "Yogoda" whakahihiri me ngā tikanga arotahi yoga e whakaakona ana ki ngā ākongā katoa o Ranchi.

I kōrero mai a Tagore ki ahau mō āna ake raruraru mātauranga i te tīmatanga. "I oma ahau i te kura i muri i te tau rima," tana kī, me te kata. I mārāma wawe ahau ki te whakaiti i tana pūkenga rotarota ā-roto e te āhuarangi pōuri, whakararuraru o te rūma kura.

"Koia ahau i whakatuwhera ai i a Santiniketan i raro i ngā rākau marumaru me ngā kororia o te rangi." i tohu atu me te whaikōrero ki tētahi rōpū iti e ako ana i te mārā ataahua. "Kei roto te tamaiti i tōna taiao tūturu i waenganui i ngā putiputi me ngā manu waiata. Mā konei anake ka taea e ia te whakaatu katoa i te taonga huna o tōna ake taonga. Kāore e taea te whakakīkī me te pupuhi i te mātauranga pono mai i waho; engari "Me āwhina i te whakaputa ake i ngā taonga mutunga kore o te whakaaro nui i roto." **29-2**

I whakaae ahau. "Ko ngā kare ā-roto o te hunga rangatahi e hiahia ana ki ngā tohu rangatira me te hunga e karakia ana ki ngā toa, e kai ana i ngā tatauranga me ngā wā o te ao."

I kōrero aroha te kaitito mō tōna matua, mō Devendranath, nāna i whakaaweawe te tīmatanga o Santiniketan.

"I homai e Pāpā tēnei whenua momona ki ahau, kua oti kē i a ia te hanga he whare manuhiri me te temepara," te kōrero a Rabindranath ki ahau. "I tīmata taku whakamātautau mātauranga i konei i te tau 1901, me ngā tama tekau anake. Ko ngā waru mano pāuna i tae mai me te Tohu Nobel i pau katoa ki te tiaki i te kura."

Te kaumātua Tākore, Devendranath, mōhiotia tawhiti me whānui hei "Maharihi," i he tino he tangata whakamiharo, e kitea ana i roto i tana *Pukapuka Whaiaro*. E rua

tau o tōna pakeketanga i pau ki te whakaaroaro i ngā maunga o Himalaya. Nā reira, i whakanuia tōna matua, a Dwarkanath Tagore, puta noa i Bengal mō āna mahi atawhai nui ki te marea. Mai i tēnei rākau rongonui i puta mai ai tētahi whānau o ngā tohunga mohio. Ehara i te mea ko Rabindranath anake; kua wehea katoatia ōna whanaunga i roto i te auahatanga. Ko ōna teina, ko Gogonendra rāua ko Abanindra, kei roto i ngā kaitoi rongonui ~~29-~~ **3** o Īnia; tētahi atu teina, Dwijendra, ko he tirohanga hōhonu tohunga whakaaro, i nā wai ngawari waea ka whakautu ngā manu me ngā mea ora o te ngahere.

I karangahia ahau e Rabindranath kia moe i te whare manuhiri mō te pō. He tino ataahua te kitenga i te kaitito e noho tahi ana me tētahi rōpū i te taupee i te ahiahi. Ka hoki whakamuri te wā: ko te

I rite te āhua i mua i ahau ki tētahi whare karakia tawhito - te kaiwaiata harikoa e karapotia ana e ana tāngata karakia, kua whakakikoruatia katoatia ki te aroha atua. I whatu a Tagore i ia here ki ngā taura o te rangimārie. Kāore i te whakahihi, i tuhi ia, ā, i hopu i te ngākau mā te aukume e kore e taea te ārai. He putiputi onge o te rotarota e puāwai ana i te mārā o te Ariki, e kukume ana i ētahi atu mā te kakara taiao!

I roto i tōna reo waiata, ka pānui mai a Rabindranath i ētahi o āna rotarota ataahua, he mea hanga hou. Ko te nuinga o āna waiata me āna whakaari, i titoa hei whakanui i āna ākongā, i titoa ki Santiniketan. Ko te ataahua o āna rārangi, ki ahau nei, kei roto i tana mahi toi ki te kōrero mō te Atua i roto i ngā waiata katoa. he whiti, engari he onge te whakahua i te Ingoa tapu. "E haurangi ana i te harikoa o te waiata," i tuhituhi ia, "ka wareware ahau ki a au anō, ka karanga ahau i a koe he hoa, ko koe tōku ariki."

I te aonga ake, i muri i te tina, ka poroporoaki au ki te kaitito me te āwangawanga. E hari ana ahau kua tupu tana kura iti hei whare wānanga o te ao, "Viswa-Bharati," kua kitea e ngā tohunga o ngā whenua katoa he wāhi pai.

"Kei hea te hinengaro kāore he wehi, ā, kei te teitei te māhunga; Kei hea te mātauranga e kore utu ana; Ki te wāhi kāore te ao i pakaruhia e ngā taiepa whaiti o roto;

Kei hea ngā kupu haere mai i waho mai i te hōhonutanga o te pono; Kei hea kore e nenge e tohe ana totoro tōna ngā ringa ki te taha tino pai;

Ki te wāhi kāore te awa mārāma o te whakaaro i ngaro i tōna ara ki roto i te onepū koraha pouri o te tikanga mate;

Ko te wāhi e arahina ana te hinengaro e Koe ki te whakaaro me te mahi e whānui haere tonu ana;

"Ki roto i taua rangi o te herekoretanga, e tōku Matua, tukua tōku whenua kia ara ake!" **29-4**

RAPINIRĀNATA TAGORE

29-1 : Te Ingarihi kaituhi me kaiwhakaputa pānuitanga, kati hoa o Mahatma Kānati. Mr. Ānaru ko whakahonoretia i roto Īnia mō tāna he maha ngā mahi ki tōna whenua whāngai.

29-2 "He maha ngā wā i whānau mai ai te wairua, e ai ki te kōrero a ngā Hinitū, 'e haere ana i te ara o te orange i roto i ngā mano tini o ngā whānautanga'" . . . i reira ko kāore he mea o e ia kua kāore i whiwhi te mātauranga; kāore miharo tērā ia ko āhei ki maumahara . . . " Ko tāna i mōhio ai i mua. Nā te mea ko te uiui me te ako he maumaharatanga noa iho." - *Emerson* .

29-3 : Rāpindranata, hoki, i roto tāna ngā tau ono tekau, taumau i roto he tino ako o te peita. Ngā Whakaaturanga o

tāna "ā-mua" mahi i hoatu i ētahi tau ki muri i ngā tāone matua o Ūropi me Niu Ioka.

29-4 : *Gitanjali* (New York: Macmillan Co.). Ka kitea he rangahau whakaaroaro mō te kaitito i roto i *Te Rapunga Whakaaro o Rabindranath Tākore* nā te whakanuia tohunga, E te Ariki S. Rādhakrishnan (Mākimilana, 1918). Tētahi atu whakamārama rōrahi ko

B. K. Roy's *Rāpindranath Tākore: Te Tāne Ā, Tōna Roriata* (Hou Ioka: Dodd, Mead, 1915). *Buddha Ā, Te Rongopai O te Buddhism* (Hou Ioka: Putnam's, 1916), nā te rangatira Te Rawhiti toi mana, Ānata K. Koomaraswamy, kei roto he maha .ngā whakaahua tae nā te tuakana o te kaitito, nā Abanindra Nath Tagore

Upoko: 30

Te Ture o Ngā merekara

I tuhituhi te kaituhi rongonui a Leo Tolstoy i tētahi kōrero whakamīharo, *ko Ngā Heremite Tokotoru*. Ko tana hoa a Nicholas Roerich **30-1** kua whakarāpopototia te kōrero, penei:

"I runga i tētahi moutere e toru ngā kaumātua hermit e noho ana. He tino māmā noa iho rātou, ko tā rātou inoi anake i whakamahia ko: 'E toru mātou; e toru koe - aroha mai ki a mātou!' I puta mai ngā merekara nunui i roto i tēnei inoi kuware."

"Ko te pīhopa o te rohe **30-2** i tae mai ki te whakarongo ki ngā kōrero mō ngā hermit tokotoru me tā rātou inoi kore e whakaaetia, ā, ka whakatau ia ki te toro atu ki a rātou kia akona ai rātou ki ngā karanga tapu. I tae atu ia ki te moutere, ka kōrero ki ngā hermit kāore i te whakautehia tā rātou inoi rangi, ā, he maha ngā karakia tuku iho i whakaakona ai rātou. Kātahi ka wehe atu te pīhopa i runga poti. I kite ia, e whai ana i te kaipuke, i tētahi māramatanga kanapa. I a ia e whakatata mai ana, ka kite ia i ngā hermit tokotoru, e pupuri ringa ana, e oma ana i runga i ngā ngaru i te ngana ki te hopu i te kaipuke.

“‘Kua wareware mātou ki ngā inoi i whakaakona mai e koe ki a mātou,’ i tangi ai rātou i tō rātou taenga atu ki te pīhopa, ‘ā, kua hohoro mātou ki te tono atu kia whakahuatia anō e koe.’ I ruru te pīhopa i tōna māhunga me te wehi.

"'E te hunga aroha,' ka whakahoki ia me te whakaiti, 'kia mau

tonu te noho ki tā koutou inoi tawhito!'" I pēhea te hiko i a te

hunga tapu tokotoru i runga i te wai?

Me pēhea i mahi Karaiti whakaara anō tāna ripekatia tinana?

Me pēhea i mahi Rāhiri Mahasaya me Hīri Yukteswar mahi tā rātou ngā merekara?

Kāore anō kia kitea he whakautu e te pūtaiao o ēnei rā; ahakoa nā te taenga mai o

te poma atomika me ngā mea whakamiharo o te radar, kua whānui haere te whānuitanga o te hinengaro-ao. Kei te iti haere te rongonui o te kupu "kore e taea" i roto i te papakupu pūtaiao.

E kī ana ngā karaipiture Vedic tawhito e whakahaerehia ana te ao tūroa i raro i te ture taketake kotahi o te *maya* , arā, te kaupapa o te whanaungatanga me te takiruatanga. Ko te Atua, te Ora Kotahi, he Kotahitanga Tuturu; Ko Ia kāore e taea te puta hei whakaaturanga motuhake, kanorau hoki o tētahi mea hanga engari i raro i tētahi mea teka, i tētahi mea rānei

he arai koretake. Ko taua mānukanuka o te ao ko *Maya* . Ko ia kitenga pūtaiao nui o ēnei rā kua waiho hei whakaū i tēnei whakapuakitanga ngāwari a ngā rishis.

Ko te Ture Nekehanga a Newton he ture o te *maya* : "He rite tonu te tauhohenga o ia mahi, ā, he tauhohenga rerekē; he rite tonu te ahunga o ngā mahi tahi a ngā tinana e rua." Nō reira, he tino ōrite te mahi me te tauhohenga. "Kāore e taea te whai i te kaha kotahi. Me whai, ā, kei te whai tonu, i te takirua o ngā kaha he rite, he rerekē."

Ko ngā mahi taketake o te taiao e whakaatu ana i tō rātou pūtake mai i te ao tūroa. Hei tauira, ko te hiko he āhuatanga o te pana me te kukume; ko ōna irahiko me ōna porotona he rerekē te hiko. Ko tētahi atu tauira: ko te ngota, ko te matūriki whakamutunga rānei o te mea, he rite ki te whenua tonu, he aukume me ngā pou pai me ngā pou kino. Kei raro te ao whakamiharo katoa i te mana o te polarity; kāore he ture ahupūngao, matū, tetahi atu pūtaiao rānei e kitea ana he korekore i ngā mātāpono rerekē, rerekē rānei.

Nō reira, kāore e taea e te pūtaiao ā-tinana te whakatakoto ture i waho o *te Maya* , te kakano me te hanganga o te hanganga. Ko te taiao tonu he *Maya* ; me aro tonu te pūtaiao ā-taiao ki tōna āhua kore e taea te karo. I roto i tōna ake rohe, he mure ore ia, ā, kāore e pau; kāore e taea e ngā kaipūtaiao o muri mai te mahi i tua atu i te rapu i tētahi āhuatanga i muri i tētahi o tōna mutunga kore. Nō reira, kei te noho tonu te pūtaiao i roto i te rere tonu, kāore e taea te tae ki te mutunga; he tika ki te whakatakoto ture o tētahi ao kua noho kē, kua mahi kē, engari kāore e taea te kite i te Kaihanga Ture me te Kaiwhakahaere Kotahi. Kua mōhiotia ngā whakaaturanga rangatira o te kaha ā-papa me te hiko, engari he aha te kaha ā-papa me te hiko, kāore he tangata e mōhio ana. **30-3**



"mā B. K. Mitara i roto "Kalyana- Kalpatur-

He KARĀ Ā, ĀKONGA

Ngāhere ngā whare whakaruruhau i te tawhito ngā nohoanga o te ako, whakapono kore me atua, mō te taitamarikitanga

o Īnia. Kei konei tētahi tohunga whakahirahira, e okioki ana ki tētahi tokotoko rakau hei tautoko i te whakaaroaro, e whakauru ana i tana ākonga ki ngā mea ngaro nui o te Wairua.

Ko te wikitoria i a *Maya* te mahi i tukuna ki te tangata e ngā poropiti o te mano tau. Ko te piki ake i te takirua o te hanganga me te kite i te kotahitanga o te Kaihanga i whakaarohia ko te whāinga matua a te tangata. Ko te hunga e piri ana ki te maminga o te ao me whakaae ki tana ture matua o te wehenga: te rere me te heke, te piki me te heke, te ao me te pō, te ahua eka me te mamae, te pai me te kino, te whānautanga me te mate. Ko tēnei tauira hurihuri e mau ana i te ahua hoha, i muri i te haerenga o te tangata i roto i ētahi mano whānautanga tangata; ka tīmata ia ki te titiro tumanako ki tua atu i ngā akiaki a *Maya*.

Ko te haehae i te arai o *te maya* he wero i te mea ngaro o te hanganga. Ko te yogi e whakakore ana i te ao whānui ko ia anake te tangata whakapono ki te atua kotahi. Ko ētahi atu katoa kei te karakia ki ngā whakapakoko tauwi. I te mea kei raro tonu te tangata i ngā whakaaro pohehe takirua o te taiao, ko te *Maya kanohi-Hanihi* tōna atua wahine; e kore e taea e ia te mōhio ki te Atua pono kotahi.

Ko te maminga o te ao, *ko te maya*, e kiia ana ko *te avidya*, arā, ko te tikanga, "kore-mōhiotanga", ko te kuware, ko te pohehe. Kāore e taea te whakangaro i a *Maya*, i a *avidya* rānei mā te whakapono hinengaro, mā te tātari rānei, engari mā te whakatutuki i te āhua o roto o *te nirbikalpa samadhi*. Ko ngā poropiti o te Kawenata Tawhito, me ngā matakite o ngā whenua me ngā reanga katoa, i kōrero mai i taua āhua o te hinengaro. E mea ana a Ehekiera (43:1-2): "Muri iho ia i kawea mai ahau ki te keti, ahakoa te keti tērā titiro ki te taha te rawhiti: ā, "Na, ko te kororia o te Atua o Iharaira e puta mai ana i te ara ki te rawhiti: ko tona reo i rite ki te haruru o nga wai maha: a whiti ana te whenua i tona kororia." Ma te kanohi atua i te rae (ki te rawhiti), ko te Ka whakaterea e te yogi tōna hinengaro ki ngā wāhi katoa, ka rongo i te Kupu, i te Aum rānei, te tangi atua o ngā wai maha, o ngā wiri rānei, koinei anake te ao tūturu o te hanganga.

I roto i ngā tiriona mea ngaro o te ao tūroa, ko te mea tino whakamiharo ko te mārāma. Kāore i rite ki ngā ngaru oro, e hiahia ana ki te hau, ki ētahi atu rauemi rauemi rānei hei tuku, ka haere noa ngā ngaru mārāma i roto i te korehau o te wāhi i waenga i ngā whetu. Ahakoa te etera whakapae, e puritia ana hei reo whakawhitiwhiti aorangi mō te mārāma i roto i te ariā hurihuri, ka taea te whakakore i runga i ngā take Einsteinian e kī ana ko ngā āhuatanga āhuahanga o te wāhi e kore e hiahiatia te ariā o te etera. I raro i tētahi o ngā whakapae, ko te mārāma tonu te mea tino ngawari, te mea tino herekore i te whakawhirinakitanga rauemi, o tētahi whakaaturanga taiao.

I roto i ngā ariā nunui a Einstein, ko te tere o te mārāma - 186,000 maero ia hekona - te mea e whakahaere ana i te Ariā Whānuitanga katoa. E whakaatu ana ia i roto i te

pāngarau ko te tere o te mārama, e ai ki te hinengaro mutunga kore o te tangata, ko ia anake *te pumau* i roto i te ao hurihuri e kore e taea te pupuri. Ko te tino tere o te mārama te mea e whakawhirinaki ana ki ngā paerewa tangata katoa mō te wā me te wāhi. Ehara i te mea he mutunga kore e rite ki te whakaaro o mua, ko te wā me te wāhi he āhuatanga whanaunga, he mutunga kore hoki, e puta ai tō rātou mana ine i runga i te ine o te tere o te mārama. I te hono i te wāhi hei whanaungatanga ā-ahu, kua tukua e te wā ngā kereme tawhito ki tētahi uara kore e rerekē. Kua tangohia te wā ki tōna āhua tika - he mauri noa iho o te koretake! Mā te torutoru o ngā whiu whārite o tana pene, kua peia e Einstein i te ao tūroa ngā mooni pumau katoa engari ko te mārama.

I roto i tētahi whanaketanga i muri mai, ko tana Unified Field Theory, ka whakatinanahia e te tohunga ahupūngao nui ngā ture o te kaha ā-papa me te hikohiko i roto i tētahi tauira pāngarau. Te whakaiti i te ao tūroa

hanganga ki ngā rerekētanga i runga i te ture kotahi, Einstein 30-4 ka toro atu puta noa i ngā reanga ki ngā rishi nāna i kī ko te kakano anake o te hanganga - arā, nō te pūroteana *Maya* .

Kua ara ake ngā āheinga pāngarau mō te tūhura i te ngota mutunga i roto i te Ariā Whakawhanaungatanga o te Ao. Inaianei, kei te maia te kī a ngā kaipūtaiao nunui ehara i te mea ko te ngota he pūngao anake, ehara i te mea he matū, engari ko te pūngao ngota he mea hanga ki te hinengaro.

"Ko te mōhio pono ko te pūtaiao ā-tinana e pā ana ki te ao o ngā atarangi tētahi o ngā whanaketanga nui rawa atu," te tuhituhi a Tā Arthur Stanley Eddington i roto i te pukapuka *The Nature Of The Physical World* . "I te ao ahupūngao ka mātaki mātou i tētahi whakaaturanga atarangi o te whakaari o te ao kua mōhiotia. Ka tau te atarangi o tōku tuke ki runga i te tēpu atarangi i te mea ka rere te mangumangu atarangi ki runga i te pepa atarangi. He tohu katoa, ā, hei tohu ka wehe atu te tohunga ahupūngao. Kātahi ka tae mai te Hinengaro alchemist e whakaputa ke ana i ngā tohu.Ki te kī i te whakatau matapōkere, ko ngā mea o te ao ko te hinengaro-

mea.Te tūturu mea me ngā mara o kaha o mua ā-tinana ariā kei katoa kāore e pā ana

engari i roto nā reira tawhiti hei te mea hinengaro kua ake miro ēnei ngā whakaaro.Ko te waho ao kua nō reira hei ao atarangi. I te tango atu i ā tātou whakaaro pohehe kua tangohia e tātou te matū, nā te mea kua kite tātou ko te matū tētahi o ngā mea nui rawa atu o ā tātou whakaaro pohehe."

I te kitenga o te karu hikohiko i ngā wā tata nei, i puta mai he taunakitanga mārama mō te mauri o te māramatanga o ngā ngota me te takiruatanga kore e taea te karo o te taiao. I tukuna e *te New York Times* te pūrongo e whai ake nei mō te whakaaturanga o te karu hikohiko i te tau 1937 i mua i te hui a te American Association mō te Whakatairanga i te Pūtaiao:

"Ko te hanganga tioata o te tungsten, i mua tata nei kāore i te mōhiotia ā-waha mā roto i ngā hihi-X, i tū māia te whakatakoto i runga i te mata rama, e whakaatu ana i ngā ngota e iwa i ō rātou tūranga tika i roto i te whatunga ātea, he poraka, me te ngota kotahi i ia kokonga, me te ngota kotahi i waenganui. I puta ngā ngota i roto i te whatunga tioata o te tungsten i runga i te mata rama hei pūwāhi mārama, i whakaritea i roto i te tauira āhuahanga. Ki te taha o tēnei poraka mārama tioata, ka kitea ngā ngota hau e pupuhi ana hei pūwāhi mārama e kanikani ana, he rite ki ngā pūwāhi mārama e kanapa ana i runga i ngā wai e neke ana. . . .

"I kitea tuatahitia te kaupapa o te karu hikohiko i te tau 1927 e ngā Tākuta Clinton J. Davisson rāua ko Lester H. Germer o ngā Whare Taiwhanga Waea Bell, i te Tāone o Niu Ioka, ā, i kitea e rāua he āhua takirua tō te hikohiko e whai wāhi ana ki te āhuatanga o te matūriki me te ngaru. Nā te kounga o te ngaru i hoatu te āhuatanga

o te mārāma ki te hikohiko, ā, i tīmatahia he rapunga hei rapu huarahi mō te 'arotahi' i ngā hikohiko i te huarahi e rite ana ki te arotahi o te mārāma mā te arotahi."

"Mō tana kitenga i te kounga Jekyll-Hyde o te irahiko, i tautoko i te matapae i mahia i te tau 1924 e De Broglie, te tohunga ahupūngao toa Nobel o Wīwī, me te whakaatu he takirua ngā tuakiri o te ao katoa o te taiao, i whakawhiwhia anō a Tākuta Davisson ki te Tohu Nobel mō te ahupūngao."

"Ko te awa o te mātauranga," te tuhituhi a Tā James Jeans i roto i *te pukapuka The Mysterious Universe*, "kei te anga atu ki tētahi ao tūroa ehara i te mea hangarau; ka tīmata te ao ki te āhua rite ki tētahi whakaaro nui, kaua ki tētahi mīhini nui." Nō reira, kei te rite te pūtaiao o te rautau rua tekau ki tētahi whārangi o ngā *Veda tawhito*.

Mai i te pūtaiao, ki te mea me pērā, me ako te tangata i te pono matatika kāore he ao tūroa; ko tōna aho me tōna aho he *maya*, he mānumanu. Ko ōna whakaataata o te mooni ka pakaru katoa i raro i te tātaritanga. I te hinganga o ngā tautoko whakamarie o te ao tūroa i raro i a ia, ka mārama te tangata ki tōna whakawhirinaki ki te whakapakoko, ki tana takahi i te ture atua i mua: "Kaua he atua kē atu i ahau."

I roto i tana whārite rongonui e whakamārama ana i te ōritetanga o te papatipu me te pūngao, i whakamatau a Einstein ko te pūngao i roto i tētahi matūriki o te mea he rite ki tōna papatipu, ki tōna taumaha rānei, kua whakareatia ki te tapawhā o te tere o te mārama. Ko te tukunga o ngā pūngao ngota ka puta mā te whakangaromanga o ngā matūriki rauemi. Ko te "matenga" o te mea ko te "whānautanga" o te Wā Ngota.

He paerewa pāngarau, he pūmau rānei te tere o te mārama, ehara i te mea he uara tino tika kei roto i te 186,000 maero ia hekona, engari nā te mea kāore he tinana rauemi, e piki haere ana tōna papatipu me tōna tere, e eke ki te tere o te mārama. Mēnā ka kīia tētahi atu huarahi: ko te tinana rauemi anake he mutunga kore tōna papatipu ka taea te rite ki te tere o te mārama.

. Tenei Te whakaaro Ka kawea mai Mātou Ki Te Ture o Ngā merekara

Ko ngā rangatira e kaha ana ki te whakaputa tinana, ki te tango atu rānei i ō rātou tinana, i tētahi atu mea rānei, ā, ka neke tahi me te tere o te māramatanga, me te whakamahi i ngā hihi mārama auaha hei whakaatu wawe i te tirohanga. tetahi ā-tinana te whakaaturanga, whai kua tutuki te e tika ana Einsteinian āhuetanga: he mutunga kore tō rātou papatipu.

Ko te hinengaro o te yogi tino pai ka honoa ngāwaritia, ehara i te mea he tinana whaiti, engari he hanganga ao whānui. Ko te kaha ā-papa, ahakoa ko te "kaha" o Newton, ko te "whakaaturanga o te korekore" rānei a Einstein, kāore e kaha ki *te akiaki* i te rangatira ki te whakaatu i te āhuetanga o te "taumaha" koia te āhua ā-papa motuhake o ngā mea katoa. Ko te tangata e mōhio ana ki a ia anō ko te Wairua e noho ana i ngā wāhi katoa, kāore ia e pāngia e te pakari o te tinana i te wā me te wāhi. Ko ō rātou "mowhiti-kore-e-haere" e mauhere ana kua tuku ki te whakarewa: "Ko au ia."

"Fiat lux! Ā, ko te māramatanga." Nā te whakahau tuatahi a te Atua ki tāna hanganga kua whakaritea (*Kenese* 1:3) i puta ai te ao atomika kotahi: te māramatanga. Kei runga i ngā hihi o tēnei mea kore-tinana ngā whakaaturanga atua katoa. E whakaatu ana ngā kaikarakia o ia tau ki te putanga mai o te Atua hei mura me te māramatanga. "Ko te Kīngi o ngā kīngi, ko te Ariki o ngā ariki; ko ia anake te tangata e kore e mate, e noho ana i te māramatanga e kore e taea e te tangata te whakatata atu." **30-5**

Ko te yogi, nā te whakaaroaro tino tika, kua honoa tōna hinengaro ki te Kaihanga, ka kite i te mauri o te ao hei māramatanga; ki a ia kāore he rerekētanga i waenga i ngā hihi mārama e tito ana. te wai me ngā hihi mārama e tito ana i te whenua. He korekore i te māramatanga ki te matū, he korekore i ngā taha e toru o te wāhi me te taha tuawhā o te wā, ka whakawhiti te rangatira i tōna tinana mārama me te ngāwari ōrite ki runga i ngā hihi mārama o te whenua, te wai, te ahi, te hau rānei. Mā te aro roa ki te kanohi wairua whakaora ka taea e te yogi te whakangaro i ngā whakaaro pohehe katoa e pā ana ki te matū me tōna taumaha kaha; mai i taua wā ka kite ia i te ao whānui he puranga mārama kāore i te rerekē.

"Whārangi Tirohanga ngā whakaahua," Tākuta L. T. Troland o Harvard kōrero mātou, "kei te i hangaia ake i runga te ōrite kaupapa hei te

ngā whakairo 'haurua-oro' noa; arā, he mea hanga mai i ngā ira iti, i ngā kōpikopiko rānei, he iti rawa te kitea e te kanohi. He tino kaha te aro o te retina, ā, he mea ātaahua te tirohanga

"Ka taea te whakaputa i te kare ā-roto mā te iti noa o te Quanta o te momo mārāma tika." Mā te mōhiotanga atua o te rangatira mō ngā āhuatanga mārāma, ka taea e ia te whakaatu tonu ki roto i te whakaaturanga e kitea ana ngā ngota mārāma e horapa ana. Ko te āhua tuturu o te whakaaturanga - ahakoa he rākau, he rongoā, he tinana tangata - e rite ana ki ngā mana o te yogi ki te hiahia me te tirohanga.

I roto i te hinengaro moemoeā o te tangata, i te wā kua wetekina e ia tana pupuri i ngā here whaiaro e karapoti ana i a ia i ia rā, ka whakaatuhia te mana nui o tōna hinengaro i ia pō. Nana, kei reira i roto i te moemoeā e tū ana ngā hoa kua mate, ngā whenua tawhiti rawa, te hunga kua ara ake. ngā whakaaturanga o tōna tamarikitanga. Me taua hinengaro herekore, kore here, e mōhiotia ana e te tangata katoa i roto i ngā āhuatanga o ngā moemoeā, kua hangaia e te rangatira kua whakaritea e te Atua he hononga kāore i motuhia. He harakore ia i ngā kaupapa whaiaro katoa, ā, mā te whakamahi i te hiahia auaha i homai ki a ia e te Kaihanga, ka whakarite te yogi i ngā ngota mārāma o te ao kia ea ai tetahi inoi pono a te tangata karakia. Mō tēnei kaupapa i hangaia ai te tangata me te mea hanga: kia ara ake ia hei rangatira mō te *maya*, me te mōhio ki tōna mana ki runga i te ao whānui.

"Na ka mea te Atua, Kia hanga tātou i te tangata kia rite ki a tātou, kia rite ki a tātou: a kia whai mana rātou "Ki runga i ngā ika o te moana, ki runga hoki i ngā manu o te rangi, ki runga hoki i ngā kararehe, ki runga hoki i te whenua katoa, ki runga hoki i ngā mea ngokingoki katoa e ngokingoki ana i runga i te whenua." **30-6**

I roto 1915, i roto i ngā wā poto i muri ahau i a i tomo te Swami Ōta, ahau i kite he tirohanga o tutu ngā rerekētanga I roto i taua mea te whanaungatanga o tangata hinengaro i mārāma kua whakatūria; ahau mārāma i kitea te kotahitanga o te Māramatanga Mutunga Kore i muri i ngā takirua mamae o te *maya*. I tau mai te tirohanga ki ahau i ahau e noho ana i tētahi ata i roto i taku rūma iti i runga i te tuanui i te kāinga o Matua i Gurpar Road. Mō ngā marama kua mura te Pakanga Tuatahi o te Ao i Ūropi; i whakaaroaro pōuri ahau ki te nui o te mate.

I a au e katia ana ōku kanohi e whakaaroaro ana, ka huri whakarere tōku hinengaro ki te tinana o te kāpene e whakahaere ana i tētahi kaupuke whawhai. I te wā i whakawhitiwhiti ai ngā pū i waenga i ngā pākahiko o uta me ngā pū o te kaupuke, ka pakaru te kaupuke i te matā paura, ka haehaea te kaupuke. I peke atu ahau ki te wai, me ētahi heramana torutoru i ora mai i te pahūtanga.

I te pā o te ngākau, ka tae ora ahau ki te takutai. Āe! i mutu te rere kino a te matā i roto i tōku uma. I hinga ahau me te aue ki te whenua. I pararutiki tōku tinana katoa, engari i mōhio ahau kei roto ahau i te pararutiki me te mea kei te mōhio te tangata kei te moe tetahi waewae.

"Kua mau mai te tapuwae ngaro o te Mate ki ahau," i whakaaro ahau. I te mutunga o taku aue, kua tata ahau te toremi ki te kore mohio, kātahi ahau ka noho i roto i te tūnga rēmana i roto i taku rūma i Gurpar Road.

I maringi ngā roimata i ahau e mirimiri ana, e pītiti ana i taku taonga i whakahokia mai - he tinana kua kore he pū matā i te uma. I rūrū ahau ki mua, ki muri, me te manawa me te manawa ki waho hei whakapumau i ahau kei te ora ahau. I waenganui i ēnei mihi ki a au anō, ka kitea anō e au kua whakawhitia tōku hinengaro ki te tinana mate o te kāpene i te takutai toto. Ka tau mai te pōhēhē o te hinengaro ki ahau.

"E te Ariki," ahau i inoi, "ahau ahau mate rānei ora?"

I kī te tirohanga whānui i te ao mārama. I puta he wiri ngawari hei kupu:

"He aha te pānga o te ora, o te mate rānei ki te Māramatanga? I hanga koe e ahau ki te āhua o taku Māramatanga. Ko te "Nō te moemoeā ao whānui ngā whanaungatanga o te ora me te mate. Tirohia tō wairua kore moemoeā! E ara, e taku tamaiti, e ara!"

Hei takahanga i roto i te ara ake o te tangata, ka whakaaweawe te Ariki i ngā kaupūtaiao kia kitea, i te wā tika me te wāhi tika, ngā mea ngaro o tana hanganga. He maha ngā kitenga hou e āwhina ana i te tangata ki te mārama ki te ao whānui hei whakaaturanga rerekē o te mana kotahi-mārama, e arahina ana e te mātauranga atua. Ko ngā mea whakamiharo o te pikitia nekehanga, o te reo irirangi, o te pouaka whakaata, o te radar, o te pūtau whakaahua-hiko - te "kanohi hiko" e kite ana i ngā mea katoa, o ngā kaha ngota, e ahu mai ana i te āhuetanga hikohiko o te mārama.

Ka taea e te toi kiriata te whakaatu i tētahi merekara. Mai i te tirohanga whakamiharo, kāore he mea whakamiharo e āraia ana ki te tinihanga i te whakaahua. Ka kitea te tinana whetu mārama o te tangata e ara ake ana i tōna āhua tinana, ka taea e ia te hikoi i runga i te wai, te whakaara i te hunga mate, te huri i te raupapa taiao o ngā whanaketanga, me te takaro i te whakangaromanga o te wā me te wāhi. Mā te kohikohi i ngā whakaahua mārama e pai ana ki a ia, ka tutuki i te kaiwhakaahua ngā mea whakamiharo whatu e hangaia ana e te tohunga pono me ngā hihi mārama tūturu.

Ko ngā whakaahua ora o te kiriata e whakaatu ana i ngā pono maha e pā ana ki te hanganga. Nā te Kaiwhakahaere Ao i tuhi āna ake whakaari, ā, i kohikohi i ngā tira nui mō te whakaaturanga o ngā rautau. Mai i te whare pōuri o te mutunga kore, ka ringihia e Ia tana hihi auaha mā roto i ngā kiriata o ngā tau, ā, ka makahia ngā pikitia ki te mata o te wāhi. Pērā i te āhua tūturu o ngā whakaahua kiriata, engari he huinga noa iho o te mārama me te atarangi, waihoki ko te momo ao whānui he āhua tinihanga. Ko ngā porowhita aorangi, me ō rātou momo ora maha, he āhua noa iho i roto i te kiriata ao, he pono mō te wā poto ki ngā tirohanga e rima i te wā e makahia ana ngā whakaaturanga ki te mata o te hinengaro o te tangata e te hihi auaha mutunga kore.

Ka taea e te hunga mātaakitaki kiriata te titiro ake, ka kite kei te puta mai ngā whakaahua katoa o te mata mā te hihi kotahi o te māramatanga kore whakaahua. Waihoki, kei te puta mai te whakaari karakara o te ao mai i te māramatanga mā kotahi o te Pūtake Ao. Me te mohio kore e taea te whakaaro, kei te whakarite te Atua i tētahi whakangahau mō āna tamariki tangata, e hanga ana i a rātou hei kaiwhakaari me hei hunga mātaakitaki hoki i roto i tana whare tapere aorangi.

I tētahi rā ka tomo ahau ki tētahi whare pikitia ki te mātaki i tētahi kiriata pūrongo mō ngā papa pakanga o Ūropi. I te haere tonu te Pakanga Tuatahi o te Ao i te Hauāuru; i hopukina te kiriata pūrongo i te parekura me te tino pono, ā, I wehe atu ahau i te whare tapere me te ngākau pouri.

"E te Ariki," ahau i inoi, "he aha ai me mahi Koe whakaaetanga pērā te mamae?"

I tino ohorere ahau, i te taenga mai o tētahi whakautu i roto i te āhua o tētahi tirohanga ki ngā papa pakanga o Ūropi. Ko te whakamataku o te pakanga, kī tonu i te hunga mate me te hunga e mate ana, i tino kaha rawa atu i tērā.

tetahi te māngai o te kiriata pūrongo

"Tirohia marietia!" I kōrero mai tētahi reo mārie ki roto i tōku hinengaro. "Ka kite koe ko ēnei whakaaturanga e whakaaritia ana i Parani he whakaari noa iho. He kiriata ao whānui ēnei, he tūturu, he kore tūturu hoki, pērā i te kiriata rongonui o te whare tapere kua mātakitakihia e koe - he whakaari i roto i tētahi whakaari."

Kāore anō kia whakamarietia tōku ngākau. I haere tonu te reo atua: "He mārāma, he atarangi te hanganga, ki te kore, kāore he pikitia e taea. Me huri tonu te pai me te kino o *Maya* i roto i te mana rangatira. Me i mutu te harikoa i konei i tēnei ao, ka rapua rānei e te tangata tētahi atu? Ki te kore he mamae, kāore ia e aro ki te mahara kua whakarērea e ia tōna kāinga mutunga kore. He mea whakaoho te mamae ki te mahara. Ko te huarahi mawhiti ko te whakaaro nui! He mea koretake te aituā o te mate; ko te hunga e wiri ana ki a ia he rite ki te kaiwhakaari kuware e mate ana i te wehi i runga i te atamira i te wā kāore he mea atu i pupuhia ki a ia i te kātore kau. Ko aku tama he tamariki a te māramatanga; e kore rātou e moe tonu i roto i te pohehe."

Ahakoia i pānui ahau i ngā kōrero o te karaipiture mō *Maya*, kāore i homai e rātou te māramatanga hohonu i puta mai i roto i ngā kitenga whaiaro me ngā kupu whakamarie e haere tahi ana me rātou. Ka tino rerekē ngā uara o te tangata ina tino whakapono ia he kiriata nui noa iho te hanganga, ā, ehara i te mea kei roto, engari kei tua atu, tōna ake ao tūturu.

I taku otinga i te tuhi i tēnei upoko, ka noho ahau i runga i taku moenga me te tūnga rōhi. E rua ngā rama atarangi i whakamāramahia ki taku rūma. I taku ara ake i taku titiro, ka kite ahau kua kapi te tuanui i ngā rama iti tae māstarete, e kanapa ana, e wiri ana me te kanapa rite ki te radium. He tini ngā hihi pene, pērā i ngā rau ua, i huihui ki roto i tētahi awa mārāma, ā, ka ringihia puku mai ki runga i ahau.

I taua wā tonu ka ngaro te whakariharia o tōku tinana, ā, ka huri hei āhua whetu. I pā mai te āhua o te tinana kore taumaha ki ahau, i te mea, kāore i te pā ki te moenga, ka neke haere te tinana kore taumaha ki te taha mauī, ki te taha matau. I tiro tiro ahau i te rūma; ko ngā taonga me ngā pakitara he rite tonu ki ngā wā katoa, engari kua nui haere te māramatanga iti nei, ā, kāore e kitea te tuanui. I miharo ahau.

"Koinei te tikanga kiriata ao." I kōrero mai tētahi reo me te mea nō roto mai i te māramatanga. "E whiti ana tōna hihi ki runga i te mata mā o ō whāriki moenga, e whakaputa ana i te pikitia o tō tinana. Nana, ko tō āhua he māramatanga noa iho!"

I titiro atu ahau ki ōku ringa, ā, i nekehia e au ki mua, ki muri, engari kāore i taea e au te rongorongo i tō rātou taumaha. Nui atu te harikoa i roto i ahau. ahau. Tenei ao whānui kakau o mārāma, puāwaitanga hei taku tinana, te āhua nei he atua tārua o ngā hihi mārāma e rere mai ana i te whare whakaata i roto i te whare pikitia, ā, e

puta ake ana hei pikitia i runga i te mata.

Mō te wā roa, i kite ahau i tēnei pikitia nekehanga o tōku tinana i roto i te whare tapere pouri o tōku ake rūma moe. Ahakoa ngā kitenga maha kua kitea e au, kāore tetahi i tino motuhake ake. I te memeha haere o taku whakaaro mō tētahi tinana totoka, me te hohonu haere o tōku mōhio ko te mauri o ngā mea katoa he mārama, ka titiro ake ahau ki te awa e pupuhi ana o ngā ora, ā, ka kōrero inoi.

"E te Māramatanga Atua, tēnā tangohia atu tēnei āhua iti o tōku tinana ki roto i a Koe, pērā i a Iraia i hutia ake ki te rangi e te mura."

I tino miharo ahau ki tēnei inoi; i ngaro atu te hihi. I hoki anō tōku tinana ki tōna taumaha noa, ā, i takoto ki runga i te moenga; i kimo haere te kahui rama kanapa o te tuanui, ā, i ngaro atu. Kāore anō kia tae mai te wā mōku ki te wehe atu i tēnei ao.

"Haunga," i whakaaro ahau i roto i te whakaaro rapunga whakaaro, "tērā pea ka riri te poropiti a Iraia ki taku whakaaro!"

30-1 : Tenei rongonui Rūhia kaitoi me tohunga whakaaro kua kua te noho mō he tokomaha tau i roto Īnia tata te Himalayas. "Mai i ngā tihi haere mai te whakakitenga," ia kua i tuhia. "I roto i ana me i runga i te ngā tihi i ora te ngā risi Neke atu i te te hukarere ngā tihi o "Kei te mura te kanapa o te Himalayas, e kanapa atu ana i ngā whetū me ngā uira whakamiharo."

30-2 : Te kōrero mei whai he hitori pūtake; he ētita tuhipoka whakamōhio mātou tērā te pīhopa tūtaki te toru ngā mōneka i te wā E rere ana ia mai i te Āngera Nui ki te Whare Mōneka o Slovetsky, i te wahapū o te awa o Dvina.

30-3 I whakaae a Marconi, te kaihanganga nui, i te koretake o te pūtaiao i mua i ngā whakataunga whakamutunga: "Ko te kore e taea o pūtaiao ki whakaoti ora ko tino Tenei meka e kia tino whakamataku i reira kāore mō te whakapono. Te mea ngaro o ora "koinei te raruraru tino pumau rawa atu kua whakatakotoria i mua i te whakaaro o te tangata."

30-4 : He tohu ki te te ahunga tangohia nā A Einstein tohunga ko i hoatu nā te meka tērā ia ko he mō te wā katoa ākongā o te te tohunga whakaaro nui a Spinoza, nāna nei tana mahi rongonui ko *Ethics Demonstrated In Geometrical Order* .

30-5 : ahau *Timoti* 6:15-16 .

30-6 : *Kenehi* 1:26.

Upoko: 31

He Uiuitanga Ki Te Tapu whaea

"E te Whaea Tapu, i iriiria ahau i taku tamarikitanga e tāu poropiti-tāne. Ko ia te tohunga o ōku mātua, me taku tohunga hoki, a Sri Yukteswarji. Nō reira, me homai e koe te mana ki ahau kia whakarongo ki ētahi o ngā kaupapa o tō oranga tapu?"

I kōrero ahau ki a Srimati Kashi Moni, te hoa ora o Lahiri Mahasaya. I taku taenga ki Benares mō tētahi wā poto, i whakatutukihia e au te hiahia roa ki te toro atu ki te wahine rangatira. I manaaki ia i ahau me te atawhai i te kāinga tawhito o Lahiri i te wāhanga o Garudeswar Mohulla o Benares. Ahakoa kua koroheke, i puāwai ia pērā i te rōhi, e tuku puku ana i te kakara wairua. He tinana waenga tōna, he kaki kikokore, he kiri mā. Nā ngā kanohi nunui, kanapa i whakangawari tōna mata

whaea.

"E tama, koe kei nau mai haere mai konei. Haere mai i runga."

Nā Kashi Moni i ārahi te ara ki tētahi rūma iti rawa i noho ai rāua ko tana tāne mō tētahi wā. I tino honore ahau ki te mātakitaki i te wāhi tapu i noho ai te rangatira rangatira ki te whakaari i te whakaari tangata o te marena. I tohu mai te wahine ngāwari ki ahau kia tū he urunga ki tōna taha.

"He maha ngā tau i mua i taku kitenga i te tūnga atua o taku tāne," ka tīmata ia. "I tētahi pō, i roto i tēnei rūma tonu, i moe ahau i tētahi moemoeā oraora. I rere mai ngā anahera kororia i runga ake i ahau me te aroha noa e kore e taea te whakaaro. Nā te tino pono o te tirohanga, i ara ake ahau i taua wā tonu; he mea whakamiharo te āhua o te rūma i te mārama kanapa."

"Ko taku tāne, i roto i te tūnga rōhi, i whakaarahia ki waenganui o te rūma, e karapotia ana e ngā anahera e karakia ana ki a ia me te mana inoi o ngā ringa kua kopikopikohia ki te nikau. I tino miharo ahau, ā, i tino whakapono kei te moemoeā tonu ahau."

"'E wahine,' te kī a Lahiri Mahasaya, 'kāore koe e moemoeā ana. Whakarērea tō moe ake ake.' I a ia e heke māriri ana ki te papa, ka takoto ahau ki ōna waewae.

"'E te Ariki,' ka karanga ahau, 'ka piko tonu ahau ki tōu aroaro! Ka murua e koe taku whakaaro ki a koe hei tāne māku? Ka mate ahau i te whakama i te mōhio kua moe pōuri ahau i te taha o te tangata kua ara ake i te atua. Mai i tēnei pō, ehara koe i taku tāne, engari ko taku tohunga. Ka whakaae koe ki tōku āhua iti hei ākonga māu?' **31-1**

"I pā māriri mai te rangatira ki ahau. 'E te wairua tapu, whakatika. Kua manakohia koe.' I tohu atu ia ki ngā anahera. 'Me piko hoki ki ia o ēnei hunga tapu.'

"I te mutunga o aku pikonga whakaiti, ka tangi ngātahi ngā reo anahera, me te mea he kōrero waiata nō tētahi karaipiture tawhito.

"'E te hoa wahine o te Atua, kia manaakitia koe. Ngā mihi nui ki a koe.' I piko iho rātou ki ōku waewae, ā, ngaro atu ana ō rātou āhua kanapa. Pōuriuri ana te rūma.

"Tāku tohunga i pātaihia ahau ki whiwhi whakaurunga ki roto *Kiria Yoga* .

"O akoranga,' ahau i whakautu. 'Au am aroha mai kāore ki whai i a tōna manaakitanga i mua i roto taku te ora.

"'Kāore anō kia tae te wā.' Ka menemene whakamarie a Lahiri Mahasaya. 'He nui o ō karma kua āwhina puku ahau i a koe ki te whakatau. Inaianei kua hiahia koe, kua

rite hoki.'

"I pā ia ki tōku rae. Ka puta mai ngā puranga māramatanga hurihuri; ka āta hanga te kanapa hei kanohi wairua kikorangi-ōpara, he mea karapoti ki te koura, ā, kei waenganui ko te whetu pentagonal mā."

"Whakauruhia tō hinengaro mā roto i te whetu ki te rangatiratanga o te Mutunga Kore.' He oro hou te reo o taku guru, he ngawari pērā i te puoro i tawhiti.

"Te Matakite i muri tirohanga pakaru hei moana ngaru i runga te takutai o taku wairua Te whānui ngā porowhita i te mutunga

i rewa i roto i te moana o te harikoa. I ngaro ahau i roto i te manaakitanga e puea ake ana. I taku hokinga atu i muri i ngā haora ki te mōhio ki tēnei ao, ka homai e te rangatira te tikanga o *te Kriya Yoga ki ahau* .

"Mai i taua pō, kāore a Lahiri Mahasaya i moe anō i roto i tōku rūma. Ā, i muri mai, kāore ia i moe anō. I noho ia i te rūma o mua i raro, i te taha o āna ākonga i te ao, i te pō."

Ka noho puku te wahine rangatira. I te kitenga i te ahurei o tōna whanaungatanga ki te yogi rangatira, ka maia ahau ki te tonono atu mō ētahi atu maharatanga.

"E tama, he apo koe. Heoi anō, kotahi anō tāu kōrero." Ātaata mārire ana ia. "Ka whaki ahau i tētahi hara i mahia e au ki taku tāne-guru. I ētahi marama i muri i taku whakaurunga, ka tīmata ahau ki te pōuri me te wareware. I tētahi ata ka tomo mai a Lahiri Mahasaya ki tēnei rūma iti ki te tiki i tētahi tuhinga; ka tere taku aru i a ia. Nā te pōhēhē kino, ka kōrero kino atu ahau ki a ia."

"E noho tahi ana koe me ngā ākonga i te katoa o tō wā. Ā, me ō kawenga mō tāu wahine me ā koutou tamariki? E pouri ana ahau kāore koe e aro nui ana ki te whakarato moni mō te whānau."

"I titiro mai te rangatira ki ahau mō tētahi wā poto, kātahi ka riro atu ia. Me te miharo me te matakū, ka rongorongo ahau i tētahi reo e haruru ana i ngā wāhi katoa o te rūma:

"Ia ko katoa kāore he mea, kaua koe kite? Me pēhea i taea he kāore he mea rite ahau whakaputa taonga mō koe?"

"E Guruji," ka karanga ahau, 'e inoi ana ahau kia murua koe e te mano tini o ngā wā! Kāore ōku kanohi hara e kite atu i a koe i ēnei rā; tēnā koa puta mai i roto i tō āhua tapu."

"Kei konei ahau." I puta mai tēnei whakautu i runga ake i ahau. I titiro ake ahau, ā, ka kite i te rangatira e puta mai ana i roto i te hāu, ko tōna māhunga e pā ana ki te tuanui. Ko ōna kanohi he rite ki te mura e whakamatapo ana. I te taha o ahau i te wehi, ka takoto au me te tangi i ōna waewae i muri i tana hekenga marie ki te papa.

"E te wahine," ka mea ia, 'rapua te taonga atua, kaua te mea iti noa o te oneone. Kia whiwhi koe i te taonga o roto, ka kitea e koe kei te haere tonu mai te taonga o waho.' Ka tāpiri atu ia, 'Mā tētahi o aku tama wairua koe e whakarato.'"

"Tāku te tohunga ngā kupu ā-tūturu i tae mai pono; he ākonga i mahi haere he nui tapeke mō tō mātou whānau."

I mihi atu ahau ki a Kashi Moni mō te whakapuaki mai i ana wheako whakamiharo ki ahau. **31-2** I te aonga ake ka hoki ahau ki tōna kāinga, ā, ka pārekareka ki ahau ētahi

hāora o te kōrero mō ngā whakaaro matatika me Tincouri rāua ko Ducouri Lahiri. I whai tata atu ēnei tama tapu tokorua a te yogi nui o Īnia i ōna tapuwae pai. He ātaahua, he roa, he pakari, he matotoru ngā pahau o ngā tāne tokorua, he ngawari ō rātou reo, ā, he ataahua hoki ō rātou whanonga tawhito.

Ehara i te mea ko tana wahine anake te akonga wahine a Lahiri Mahasaya; he rau atu anō hoki ētahi atu, tae atu ki tōku whaea. I tono tētahi wahine chela i tētahi whakaahua ki te guru. I hoatu e ia ki a ia tētahi

tānga, te whakahua, "Mēnā koe whakaaro reira he te tiakitanga, kātahi reira ko nā reira; ki te kore reira ko anake he pikitia."

I muri i ētahi rā, i tūpono tēnei wahine me te hunaonga wahine a Lahiri Mahasaya e ako ana i te *Bhagavad Gita* i tētahi tēpu i muri i taua tēpu e iri ana te whakaahua o te guru. I puta he awha hiko. ki waho me te riri nui.

"E Lahiri Mahasaya, tiakina mātou!" Ka piko ngā wāhine ki mua i te pikitia. I pā te uira ki te pukapuka i pānuhia e rātou, engari kāore i whara ngā tāngata karakia tokorua.

"I rite ahau ki te mea kua whakatakotoria he papa hukapapa ki tōku taha hei ārai i te wera nui," te whakamārama a te chela.

E rua ngā merekara i mahia e Lahiri Mahasaya mō tētahi ākonga wahine, a Abhoya. I tētahi rā, ka tīmata ia me tana tāne, he rōia nō Calcutta, ki Benares ki te toro atu ki te guru. I whakaroahia tā rāua waka e te nui o ngā waka; ka tae atu rāua ki te teihana matua o Howrah, ā, ka rongo rāua i te whiowhio o te tereina o Benares mō te wehenga.

Āpōia, tata te tīkiti tari, tū ata noho.

"E Lahiri Mahasaya, kei te inoi atu ahau ki a koe kia mutu te tereina!" i inoi puku ia. "Kāore e taea e au te manawanui ki te tatari mō tētahi atu rā kia kite i a koe."

I haere tonu ngā wira o te tereina e ngunguru ana, engari kāore i kitea he ahunga whakamua. I heke iho te miihini me ngā pāhihi ki te papaaho ki te mātakitaki i te āhuatanga. I whakatata atu tētahi kaitiaki tereina Ingarihi ki a Abhoya rāua ko tana tāne. He rerekē ki ngā tauira katoa, i tuku noa ia i āna ratonga.

"Pāpū," ia i mea, "hoatu ahau te moni. ahau ka hoko tōu tīkiti i te wā koe tiki runga kaipuke."

I te nohoanga o te tokorua, ā, i te whiwhinga o ngā tīkiti, ka āta haere whakamua te tereina. I roto i te matakū, ka piki anō te miihini me ngā pāhihi ki ō rātou tūranga, kāore i te mōhio me pēhea te haere. kāore i tīmata te tereina, me te take i mutu ai i te tuatahi.

I te taenga ki te kāinga o Lahiri Mahasaya i Benares, ka takoto puku a Abhoya ki mua i te rangatira, ka ngana ki te pā ki ōna waewae.

"Kia marino, e Abhoya," tana kī. "He pai ki a koe te whakararuraru i ahau! Me te mea nei kāore e taea e koe te haere mai ki konei mā te tereina e whai ake nei!"

I tētahi atu wā whakahirahira i toro atu a Abhoya ki a Lahiri Mahasaya. I tēnei wā, i hiahia ia ki tana wawaotanga, ehara i te mea mā te tereina, engari mā te tāka.

"Kei te inoi atu ahau kia manaakitia ahau kia ora taku tamaiti tuaiwa," tana kī. "E waru ngā pēpi kua whānau mai ki ahau; i mate katoa i muri tata mai i te whānautanga."

Te rangatira menemene me te aroha. "Tōu e haere mai ana tamaiti ka ora Tēnā koa whai taku ngā tohutohu

kia tūpato. Ka whānau te pēpi, he kōtiro, i te pō. Kia mau tonu te mura o te rama hinu tae noa ki te ata. Kaua e moe, ā, kia tineia te mārama."

He tamahine te tamaiti a Abhoya, i whānau i te pō, rite tonu ki te mea i kitea e te tohunga matau katoa. I tohutohu te whaea i tana nēhi kia whakakīia te rama ki te hinu. I mataara tonu ngā wāhine tokorua tae noa ki te atatu, engari i moe. Kua tata pau te hinu o te rama; he ngoikore te kanapa o te mārama.

I wetekina te tatau o te rūma moe, ā, ka puare noa mai me te haruru nui. Ka oho ake ngā wāhine ohorere. Ka kite ō rātou kanohi miharo i te āhua o Lahiri Mahasaya.

"E Abhoya, kua tata ngaro te māramatanga!" I tohu ia ki te rama, ā, ka hohoro te nēhi ki te whakakī anō. I te mura tonu o te rama, ka ngaro atu te rangatira. Ka kati te tatau; kua mau te raka, kāore he mea e kitea.

Ā Abhoya tuaiwa tamaiti i ora; i roto 1935, āhea ahau i hangaia uiuinga, ia i tonu te noho

Nā tetahi o ngā ākonga a Lahiri Mahasaya, nā Kali Kumar Roy, i kōrero mai ki ahau ngā kōrero whakamīharo o tōna orange me te rangatira.

"He maha ngā wiki i noho manuhiri ai ahau ki tōna kāinga i Benares," te kōrero a Roy ki ahau. "I kite ahau he maha ngā tāngata tapu, *he danda* **31-3** ngā swami, i tae mai i te ata noho o te pō ki te noho ki ngā waewae o te guru.

I ētahi wā ka whai wāhi rātou ki te kōrero mō ngā whakaaro whakaaroaro me ngā whakaaro rapunga whakaaro. I te atatu ka wehe atu ngā manuhiri whakahīhī. I roto i aku haerenga ka kitea e au kāore a Lahiri Mahasaya i takoto ki te moe.

"I te tīmatanga o taku hononga ki te rangatira, i tū atu ahau ki te whakahē a taku kaituku mahi," ka haere tonu a Roy. "I rumakina ia e te hiahia nui ki ngā taonga."

"Kāore au e hiahia kia uru mai ngā tāngata whakapono nui ki taku rōpū,' ka tawai ia. 'Ki te tūtaki ahau ki tō koutou tohunga tinihanga, ka hoatu e ahau ētahi kupu ki a ia hei maumahara māna.'"

"Kāore i taea e tēnei tūmomo whakamataku te whakakore i taku kaupapa mahi; tata tonu i ia pō ahau i te aroaro o taku tohunga. I tētahi pō ka aru mai taku rangatira i ahau, ā, ka oma kino atu ki roto i te rūma noho. Kāore e kore ka tino hiahia ia ki te whakapuaki i ngā kōrero whakangaro i oati ai ia. I te nohoanga o te tangata, ka kōrero a Lahiri Mahasaya ki te rōpū iti o te tekau mā rua ngā ākonga."

"Me koe katoa rite ki kite he pikitia?

"I tō mātou pōkaikaha, ka tono ia kia whakapōuritia te rūma. 'Noho i muri i a koutou tetahi i roto i te porowhita,' ka mea ia, 'ka whakatakotoria ō koutou ringa ki

runga i ngā kanohi o te tangata kei mua i a koutou."

"Kāore au i miharo i te kitenga atu i taku kaituku mahi e whai ana i ngā tohutohu a te rangatira, ahakoa kāore i te pai. I roto i ētahi meneti, ka pātai mai a Lahiri Mahasaya ki a mātou he aha tā mātou e kite nei."

sari whero tōna , ā, e tū ana i te taha o tētahi tipu taringa arewhana.' I homai e ngā ākonga katoa te whakaahuatanga kotahi. Ka tahuri te rangatira ki taku kaituku mahi. 'E mōhio ana koe ki taua wahine?'

'''Āe.' I te āhua nei kei te raru te tangata i ngā kare ā-roto hou o tōna āhua. 'Kua whakapau wairangi ahau i aku moni ki a ia, ahakoa he wahine pai taku. E whakama ana ahau ki ngā kaupapa i kawe mai ai ahau ki konei. Ka murua e koe taku hara, ka manako mai hoki i ahau hei ākonga?'

'''Ki te noho koe i tētahi oranga tika mō ngā marama e ono, ka whakaaetia koe e ahau.' Ka tāpiri atu te rangatira me te kōrero ngaro, 'Ki te kore, kāore au e hiahia ki te whakauru i a koe.'

"Mō ngā marama e toru i whakamutua ai e taku rangatira te whakamatautauranga; kātahi ka hoki anō ia ki tana whanaungatanga o mua ki te wahine. E rua marama i muri mai ka mate ia. Nō reira ka māmara ahau ki te poropititanga huna a taku tohunga mō te kore e taea te whakauru i te tangata."

He hoa rongonui a Lahiri Mahasaya, ko Swami Trailanga, e kiia ana neke atu i te toru rau tau te pakeke. He maha ngā wā i noho tahi ai ngā yogi e rua ki te whakaaroaro. He whānui te rongonui o Trailanga, ā, he iti noa ngā Hinitū e whakakahore i te pono o tētahi kōrero mō āna merekara whakamiharo. Mēnā ka hoki mai a te Karaiti ki te whenua, ka hikoi i ngā tiriti o New York, me te whakaatu i ōna mana atua, ka puta te harikoa i hangaia e Trailanga i ngā tekau tau ki muri i a ia e haere ana i roto i ngā ara kīkī o Benares.

He maha ngā wā i kitea ai te swami e inu ana i ngā paitini tino whakamate, kāore he pānga kino. He mano tini ngā tāngata, tae atu ki ētahi e ora tonu ana, kua kite i a Trailanga e mānu ana i te awa o Ganges. Mō ngā rā maha ka noho tahi ia i runga i te wai, ka noho huna rānei mō ngā wā roa i raro i ngā ngaru. Ko tētahi mea e kitea whānuitia ana i ngā *wāhi kaukau o Benares* ko te tinana korekore o te swami i runga i ngā papa kōhatu e mura ana, e kitea katoatia ana e te rā Inia nanakia. Mā ēnei mahi a Trailanga i ngana ki te whakaako i ngā tāngata kāore te oranga o te yogi e whakawhirinaki ki te hāora, ki ngā āhuatanga me ngā mahi ārai noa rānei. Ahakoa kei runga ake ia i te wai, kei raro rānei i te wai, ā, ahakoa kei raro iho rānei tōna tinana i ngā hihi kaha o te rā, i whakamatau te rangatira i ora ia i runga i te hinengaro atua: kāore e taea e te mate te pā ki a ia.

He rawe te yogi, ehara i te mea i te wairua anake, engari i te tinana hoki. Neke atu i te toru rau tōna taumaha. pauna: he pauna mō ia tau o tōna oranga! Nā te mea he onge tana kai, ka nui haere te mea ngaro. He heoi, ka ngāwari te wareware a te rangatira i ngā ture hauora katoa, ina hiahia ia ki te mahi pera mō tētahi take motuhake, he maha ngā wā he take ngaro e mōhiotia ana e ia anake. Ngā hunga tapu nui kua ara ake i te te moemoeā makutu o te ao whānui, ā, i te kitenga i tēnei ao hei whakaaro i roto i te Hinengaro Atua, ka taea e rātou te mahi i tā rātou e

hiahia ai ki te tinana, me te mōhio he momo kaha whakawhāiti, whakatio rānei ka taea te whakarerekē. Ahakoa e mōhio ana ngā kaipūtaiao ā-tinana inaianei he kaha whakawhāiti noa iho te matū, kua roa ngā rangatira kua māranga te māramatanga e neke atu ana i te ariā ki te mahi i roto i te mara o te whakahaere matū.

I noho tahanga tonu a Trailanga. Nā ngā pirihimana o Benares i whakatoihia, i whakaaro rātou he tamaiti raruraru ia. Ko te swami tūturu, pērā i a Ātama tuatahi i te māranga o Ētene, kāore i te mōhio ki tōna tahanga. Heoi, i tino mōhio ngā pirihimana ki tēnā, ā, i tukuna noatia ia ki te whare herehere. I puta te whakama whānui; ko te tini o

Kāore i roa ka kitea a Trailanga i runga i te tuanui o te whare herehere, i tōna āhua katoa. Ahakoa kei te mau tonu tōna rūma herehere, kāore i kitea he tohu mō tōna huarahi i mawhiti ai.

I mahi anō ngā āpiha ture i ā rātou mahi. I tēnei wā, i whakatūria he kaitiaki ki mua i te rūma herehere o te Swami. I hoki atu anō pea ia i mua i te tika. Kāore i roa ka kitea a Trailanga e hikoi ana i runga i te tuanui. He matapo te tika; i whakatau ngā pirihihana tinihanga ki te whai i a ia. tauira

I pupuri tonu te yogi nui i te wā wahangu. **31-4** Ahakoa tōna mata porotaka me tōna puku nui, rite tonu ki te oko, he wā poto noa iho te kai a Trailanga. I muri i ngā wiki kāore he kai, ka whati ia i tana nohopuku me ngā kohua miraka kua pania ki te miraka i tukuna ki a ia e ngā kaikarakia. I whakatau tētahi tangata whakahē ki te whakaatu i a Trailanga he tangata tinihanga. I whakatakotoria ki mua i te swami tētahi peere nui o te ranunga konupūmā-raima, i whakamahia hei horoi pakitara mā.

"E te Ariki," te kī a te tangata mataotao, me te whakahihi, "kua kawea mai e au he miraka kua kohuatia ki a koe. Tena koa inumia."

I mimiti haere a Trailanga, tae noa ki te maturuturunga whakamutunga, i te ipu ki tonu i te raima e mura ana. I roto i ētahi meneti torutoru ka hinga te tangata kino ki te whenua i te mamae nui.

"Āwhina, Swami, āwhina!" ia i tangi. "Au am i runga ahi! Murua taku kino whakamātautau!"

I pakaru te wā wahangu a te yogi nui. "E te tangata whakahi," tana kī, "kāore koe i te mōhio i tāu tukunga mai i te paitini ki ahau, he kotahi tōku ora me tōu ake. Ki te kore ahau e mōhio kei roto te Atua i tōku puku, pērā i roto i ngā ngota katoa o te hanganga, kua mate ahau i te raima. Nā, kua mōhio koe ki te tikanga atua o te pūmerang, kua rawa e tinihanga i tetahi."

Te kua horoia pai tangata hara, kua ora nā Trailanga's ngā kupu, moe puku ngoikore atu

Ehara i te mea nā te rangatira i hiahia ai te tangata ki te whakakore i te mamae, engari i puta mai i te whakamahinga pono o te ture o te tika e tautoko ana i te porowhita tawhiti rawa atu o te hanganga. Ko te hunga mohio ki te Atua, pērā i a Trailanga, ka taea te mahi tonu i te ture atua; kua peia e rātou ake ake ngā arai katoa o te whakapehapeha.

Mā ngā whakatikatika aunoa o te tika, e utua ana i roto i te moni kāore i te tumanakohia pērā i te take o Trailanga me tana kaikōhuru, ka whakamarie i tō tātou riri hohoro ki te hē o te tangata. "Nāku te rapu utu; māku e utu, e ai tā te Ariki." **31-5** He aha te hiahia mō ngā rauemi poto a te tangata? Kei te whakatakoto

whakaaro te ao whānui mō te utu. Kāore ngā hinengaro pōuri e whakaae ana ki te āheinga o te tika atua, te aroha, te mōhiotanga katoa, te oranga tonutanga. "He whakaaro noa iho o te karaipiture!" He tirohanga koretake, he whakamataku tēnei. i mua i te whakaaturanga o te ao tūroa, ka ara ake he raupapa o ngā kaupapa e ara ake ai.

I kōrerotia te mana nui o te ture wairua e te Karaiti i te wā i tomo whakahīhī ai ia ki Hiruharama. I te hamama hari o ngā ākonga me te mano, me te karanga, "Kia tau te rangimārie ki te rangi, me te kororia ki runga rawa," ka amuamu ētahi Parihi mō te whakaaturanga whakarihariha. "E te Kaiwhakaako," ka whakahē rātou, "riria āu ākonga."

"Ko taku kupu tenei ki a koutou," ka whakahoki a Ihu, "me i noho puku enei, kua karanga tonu mai nga kohatu." 31-6

I roto i tēnei whakatūpato ki ngā Parihi, i tohu a te Karaiti ehara te tika atua i te mea whakarite noa iho, ā, ahakoa kua haehaetia te arero o te tangata rangimārie, ka kitea tonutia e ia tana kōrero me tana tiaki i roto i te tūāpapa o te hanganga, arā, te ao whānui tonu.

"E whakaaro ana koe," te kī a Ihu, "ka whakamutua te hunga rangimārie? Waihoki, e tumanako ana koe ki te whakawhāiti i te reo o te Atua, ko ōna kohatu tonu e waiata ana i tōna kororia me tōna aroaro katoa. Ka tono koe kia kaua te tangata e whakanui hei whakahonore i te rangimārie i te rangi, engari me huihui noa i roto i te mano ki te karanga mo te pakanga i runga i te whenua? Na, me whakarite koutou, e ngā Parihi, ki te wawahi i ngā turanga o te ao; ehara hoki i te mea ko te hunga ngawari anake, engari ko ngā kohatu, ko te oneone, ko te wai, ko te ahi me te hau ka ara ake ki a koutou, hei whakaatu i tana rangimarie kua whakaritea."

I tukuna te atawhai o te yogi rite ki a te Karaiti, a Trailanga, ki taku *sajo mama* (matua kēkē). I tētahi ata ka kite a Matua kēkē i te rangatira e karapotia ana e te mano o ngā tāngata karakia i te ghat o Benares. I taea e ia te whakatata atu ki Trailanga, ā, ka pā atu ia ki ōna waewae me te whakaiti. I miharo a Matua kēkē i te kitenga kua ora tonu ia i tētahi mate mamae mau tonu. 31-7

Ko Shankari Mai Jiew anake te akonga ora e mōhiotia ana o te yogi nui. He tamāhine nā tētahi o ngā akonga a Trailanga, i ako ia i te swami mai i tōna tamarikitanga. E whā tekau tau ia e noho ana i roto i te raupapa o ngā ana mokemoke o Himalayan e tata ana ki Badrinath, Kedarnath, Amarnath, me Pasupatinath. Ko te *brahmacharini* (te wahine whakahihi), i whānau i te tau 1826, kua neke atu i te rau tau inaianei. Heoi, kāore i te koroheke te āhua, kei te mau tonu tōna makawe mangu, ōna niho kanapa, me tōna kaha whakamiharo. Ka puta mai ia i tōna mokemoke i ia tau torutoru ki te haere ki ngā *melas ā-wā*, ki ngā whakaaturanga whakapono rānei.

He maha ngā haerenga a tēnei wahine tapu ki a Lahiri Mahasaya. I kōrero ia i tētahi rā, i te wāhanga o Barackpur e tata ana ki Calcutta, i a ia e noho ana i te taha o Lahiri Mahasaya, ka tomo puku mai tana tohunga nui a Babaji ki te rūma, ka kōrero ki a rāua.

I tētahi wā, ka whakarērea e tōna ariki, e Trailanga, tana wā puku, ā, ka whakanuia e ia a Lahiri Mahasaya i te aroaro o te marea. I whakahē tētahi o ngā ākongā a Benares.

"E te Ariki," ia i mea, "he aha ai mahi koe, he swami me he whakarērea, whakaatu pērā whakaute ki he rangatira whare?"

"E taku tama," te whakahoki a Trailanga, "He rite a Lahiri Mahasaya ki tētahi punua ngeru atua, e noho tonu ana ki ngā wāhi katoa i whakanohoia ai ia e te Whaea Ao. I a ia e mahi ana i te tūranga o te tangata ao, kua whiwhi ia i taua mōhiotanga tino pai, ā, kua whakarērea e au taku whitiki!"

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31-1 : Kotahi ko whakamaharatia konei o Milton's rārangi: "Ia mō Atua anake, ia

mō Atua i roto ia." 31-2: I mate te whaea rangatira i Benares i te tau 1930.

31-3 : Ngā kaimahi, tohu te tuaiwi taura, i haria tikanga nā tino ngā ota o ngā mōneka

31-4 : Ia i he *muni* he mōneka ko wai e mātakitaki ana *mauna* wairua te wā puku. Te Sanskrit pakiaka *muni* ko rite ki Kariki *monos* , "mokotahi, takakau," ā, koinei te pūtake o ngā kupu Pākehā *mōnk*, *monism*, me ētahi atu.

31-5 : *ngā Rōmana* 12:19.

31-6 : *Ruka* 19:37-40 .

31-7 : Te ngā oranga o Tiriranga me ētahi atu nui ngā rangatira whakamahara mātou o a Ihu ngā kupu: "Ā, ēnei ngā tohu me whai rātou e whakapono ana; I roto taku ingoa (te Karaiti hinengaro) rātou me maka i waho ngā rewera; rātou me kōrero me hou ngā arero; rātou ka tango ake i ngā nakahi; ā, ki te inu rātou i tētahi mea whakamate, e kore rātou e kino; ka pa o rātou ringa ki te hunga mate, ā, ka ora rātou." - *Mareko* 16:17-18

Upoko: 32

Rama Ko I whakaarahia Mai i Te Mate

"Inaianei he tino tāne i tūroro, kua whakaingoatia Rāhariha. Āhea Ihu i rangona tērā, ia i mea, Tenei mate ko

kāore ki te mate, engari mō te kororia o Atua, tērā te Tama o Atua pea kia whakakororiatia nā reira." **32- 1**

I tētahi ata paki, i te taupee o tōna whare karakia o Serampore, e whakamārama ana a Sri Yukteswar i ngā karaipiture Karaitiana. Haunga ētahi atu ākonga a te Kaiwhakaako, i reira ahau me tētahi rōpū iti o aku ākonga Ranchi.

"I roto i tēnei kōrero, e kī ana a Ihu ko ia te Tama a te Atua. Ahakoa i tino hono ia ki te Atua, he tikanga hohonu, kāore he āhua o tana kōrero i konei," te whakamārama a taku tohunga. "Ko te Tama a te Atua ko te Karaiti, ko te Mātauranga Atua rānei i roto i te tangata. Kāore *he tangata* e taea te whakakororia i te Atua. Ko te honore anake ka taea e te tangata te hoatu ki tōna Kaihanga ko te rapu i a Ia; kāore e taea e te tangata te whakakororia i tētahi Whakaaro Ātaahua kāore ia e mōhio. Ko te 'kororia', ko te nimbus rānei e karapoti ana i te mahunga o te hunga tapu, he tohu tohu mō tō rātou *kaha* ki te tuku karakia atua."

I haere tonu a Sri Yukteswar ki te pānui i te kōrero whakamiharo mō te aranga mai o Rāhoru. I te mutunga, ka noho puku te Kaiwhakaako, me te pukapuka tapu e tuwhera ana i runga i tōna turi.

"I whai mana anō hoki ahau ki te kite i tētahi merekara rite tonu." I te mutunga ka

kōrero taku tohunga me te whakawahinga tapu. "Nā Lahiri Mahasaya i whakaara ake tētahi o aku hoa i te hunga mate."

Ātaata ana ngā tama i tōku taha me te hiahia nui. He nui te āhua o te tamaiti i roto i ahau, kia pai ai ahau ki te rapunga whakaaro, tae atu ki tētahi kōrero ka taea e au te kōrero mā Sri Yukteswar.

mō tāna whakamiharo ngā wheako me tāna tohunga

"Kāore māua ko taku hoa a Rama i wehea," te tīmatanga a te Kaiwhakaako. "Nā te mea he tangata whakama ia, he tangata noho motuhake hoki, i whiriwhiria e ia te toro atu ki tā mātou tohunga, ki a Lahiri Mahasaya, i ngā hāora o waenganui pō me te atatu anake, i te wā e ngaro ana te mano o ngā ākonga o te awatea. Hei hoa tata ki a Rama, i mahi ahau hei pūaha wairua māna e tuku ai i te taonga o ana tirohanga wairua. I kitea e au te hihiri i roto i tana hoa pai." I ngawari te mata o taku tohunga i ngā maharatanga.

"I whakamatautauria ohoreretia a Rama," te kōrero tonu a Sri Yukteswar. "I pangia ia e te mate korara Āhia. Nā te mea kāore tō mātou rangatira i whakahē ki ngā ratonga a ngā tākuta i ngā wā o te mate kino, i karangatia ētahi tohunga tokorua. I waenganui i te tere o te mahi minita ki te tangata e pāngia ana, i inoi hohonu ahau ki a Lahiri Mahasaya kia āwhina. I hohoro ahau ki tōna kāinga, ā, i tangi ahau i te kōrero."

"Te ngā tākuta kei te kitenga Rāma. Ia ka kia pai. Taku tohunga menemene me te harikoa.

"Au i whakahokia mai me he mārāma ngākau ki taku hoa te taha o te moenga, anake ki kimi ia i roto he e mate ana kāwanatanga.

"Kāore e taea e ia te noho neke atu i te kotahi, e rua rānei hāora,' te kī mai a tētahi o ngā tākuta ki ahau me te tohu pouri. I hohoro anō ahau ki Lahiri Mahasaya.

"He hunga ngākau pono ngā tākuta. E tino mōhio ana ahau ka ora a Rama." Nā te rangatira ahau i tuku atu me te harikoa.

"I te kāinga o Rama i kitea e au kua ngaro ngā tākuta e rua. I waiho mai e tētahi he reta ki ahau: 'Kua whakapau kaha mātou, engari kāore he tumanako mō tana keehi.'"

"He tino rite taku hoa ki tētahi tangata e mate ana. Kāore au i mārāma me pēhea te korenga o ngā kupu a Lahiri Mahasaya e tutuki, engari ko te kitenga atu i te tere o te memeha haere o te ora o Rama e whakaaro tonu ana ki ahau: 'Kua mutu katoa inaianei.' I a au e rukerukea ana i runga i ngā moana o te whakapono me te ruarua matakū, ka mahi ahau ki taku hoa i te mea pai rawa atu i taea e au. Ka oho ake ia ki te karanga:

"Yukteswar, oma ki Kaiwhakaako me kōrero ia ahau am kua riro. Pātai atu ia ki manaaki taku tinana i mua i tōna whakamutunga ngā tikanga.

Ki ēnei ngā kupu Rama aue taumaha me i hoatu ake te kehua **32- 2**

"I tangi ahau mō te haora i tōna āhua aroha. He tangata e aroha ana ki te ata noho, inaianei kua tae ia ki te ata noho o te mate. I haere mai tētahi atu ākonga; i tono

ahau kia noho ia ki te whare kia hoki mai rā anō ahau. I te pōuri, ka hoki whakamuri ahau ki taku guru."

"Me pēhea ko Rama ināianei? Rāhiri Mahasaya's kanohi i he mea whakapaipai i roto menemene ana.

"E te Ariki, ka kite wawe koe i tōna āhua,' i mea atu ahau me te ngākau pōuri. 'I roto i ētahi haora ka kite koe i tōna tinana, i mua i tōna kawē ki te whenua tahu.' I pakaru taku reo, ā, ka aue nui.

"Yukteswar, whakahaere koe anō. Noho marino me whakaaroaro. Taku tohunga kua reti ki roto *samadhi* Te

I haere te ahiahi me te pō i roto i te wā puku, kāore i mutu; i tohe ahau kia hoki mai te marino o roto, engari kāore i angitu.

"I te atatu, ka titiro mai a Lahiri Mahasaya ki ahau me te whakamarie. 'Kei te kite ahau kei te awangawanga tonu koe. He aha koe i kore ai e whakamārama inanahi i tumanako koe kia hoatu e au he awhina tūturu ki a Rama i roto i te ahua o tetahi rongoā?' Ka tohu te rangatira ki tetahi rama ahua kapu kei roto he hinu kātoro mata. 'Whakakīia he pounamu iti mai i te rama; ringihia kia whitu nga pata ki roto i te waha o Rama.'

"E te Ariki," ahau i whakahē, ia kua kua mate mai i inanahi te poutumarotanga o he aha whakamahi ko te hinu ināiane?

"Kāore he aha; me mahi noa i taku e tono atu nei.' Kāore i taea te mārāma te harikoa o Lahiri Mahasaya; kei roto tonu ahau i te mamae o te pouri kāore anō kia marino. I muri i te ringihanga i tētahi hinu iti, ka haere ahau ki te whare o Rama.

"I kite ahau i te tinana o taku hoa e mārō ana i roto i te here whakamate. Kāore au i aro ki tōna āhua whakamataku, ka whakatuwhera ahau i ōna ngutu ki tōku maihao matau, ā, ka taea e au, ki tōku ringa mau me te āwhina o te kōra, te pani i te hinu ki runga i ōna niho e pūweru ana."

"I te pānga o te whitu o ngā pata ki ōna ngutu makariri, ka wiri nui a Rama. I wiri ōna uaua mai i te mahunga ki te waewae i a ia e noho ana me te miharo."

"I kite ahau i a Lahiri Mahasaya i roto i te mura o te māramatanga,' ka karanga ia. 'I tiaho ia pērā i te rā. 'E ara; whakarērea tō moe,' ka whakahau mai ia ki ahau. 'Haere mai kōrua ko Yukteswar kia kite i ahau.'"

"Kāore au i whakapono ki te kitenga atu i a Rama e whakakakahu ana i a ia anō, ā, i kaha ake ia i muri i taua mate kino ki te haere ki te kāinga o tō mātou guru. I reira ka takoto ia ki mua i a Lahiri Mahasaya me ngā roimata whakawhetai."

"Te rangatira i i te taha ia anō me te harikoa Tōna ngā kanohi kanapa i ahau whanoke

"E Yukteswar,' tana kī, 'tērā pea ka mauria e koe he pounamu hinu kātō i muri mai! Ina kite koe i tētahi tūpāpaku, ringihia noa te hinu! Āe, e whitu ngā pata hinu rama ka tino whakakore i te mana o Yama!' **32-3**

"Guruji, koe kei te tawai ahau. ahau kua mārāma; tēnā koa pūwāhi i waho te taiao o taku hapa.

"E rua aku kōrero ki a koe ka ora a Rama; heoi kāore koe i tino whakapono ki ahau,' te whakamārama a Lahiri Mahasaya. 'Kāore au i te kī ka taea e ngā tākuta te whakaora i a ia; i kī noa ahau kei reira rātou. Kāore he hononga take i waenga i aku

kōrero e rua. Kāore au i hiahia ki te pokanoa ki ngā tākuta; me ora hoki rātou.' I roto i te reo e haruru ana i te harikoa, ka tāpiri atu taku tohunga, 'Kia mōhio tonu koe ko te Paramatman **32-4 e kore e mutu** ka taea e ia te whakaora i te tangata, ahakoa he tākuta, kāore rānei he tākuta.

"E kite ana ahau i taku hē,' i whakaae ahau me te pouri. 'E mōhio ana ahau inaianei ko tāu kupu māmā he mea here ki te ao whānui."

I te mutunga o te kōrero whakamiharo a Sri Yukteswar, ka pātai tetahi o ngā kaiwhakarongo miharo ki tētahi pātai, he pātai nā te tamarikitanga anō hoki, ā, e rua ngā pātai e mārāma ana.

"E te Ariki," ia i mea, "he aha ai i mahi tōu tohunga whakamahi kātēre hinu?"

"E tama, kāore he tikanga o te hoatutanga o te hinu, engari i tumanako ahau ki tētahi mea ā-tinana, ā, i whiriwhiria e Lahiri Mahasaya te hinu e tata ana hei tohu mō te whakaara ake i tōku whakapono. I tukua e te rangatira kia mate a Rama, nā te mea i ruarua ahau. Engari i mōhio te tohunga atua, nā te mea i kī ia ka ora te ākonga, me whakaora, ahakoa me whakaora e ia a Rama i te mate, he mate e mate ana!"

Hiri Yukteswar whakakorengia te iti rōpū, me i nekehia ahau ki he paraikete nohoanga i tāna waewae

"Yogananda," tana kī me te tino kaha, "mai anō i te whānautanga kua karapotia koe e ngā ākonga tika a Lahiri Mahasaya. I noho te rangatira nui i tōna oranga rangatira i roto i te noho motuhake, ā, i tino whakakahore ia ki te tuku i ana akonga ki te hanga i tētahi whakahaere e karapoti ana i ana akoranga. Heoi anō, i puta he matapae nui i a ia."

"E rima tekau tau i muri i tōku matenga," i mea ia, "ka tuhia tōku ao nā te hiahia nui ki te yoga ka whakakitea e te Hauāuru. Ka karapotia te ao e te karere yoga, ā, ka āwhina i te whakatū i taua whanaungatanga o te tangata e puta mai ana i te kitenga tika i te Matua Kotahi."

"E taku tama, e Yogananda," te kōrero tonu a Sri Yukteswar, "me mahi koe i tāu mahi ki te hora i taua karere, me te tuhituhi i taua oranga tapu."

E rima tekau tau i muri i te matenga o Lahiri Mahasaya i te tau 1895, ā, ko te tau i oti ai tēnei pukapuka i te tau 1945. Kāore e kore ka miharo ahau ki te tūponotanga kua puta mai anō hoki te tau 1945 he wā hou - te wā o ngā pūngao atomika hurihuri. Ka tahuri ngā hinengaro whakaaro nui katoa, kāore i rite i mua, ki ngā raruraru nui o te rangimārie me te whanaungatanga, kei peia katoatia ngā tāngata e te whakamahinga tonu o te kaha tinana me ngā raruraru.

Ahakoa ka ngaro te iwi tangata me āna mahi i te wā, i te pōma rānei, kāore te rā e hē i tōna haerenga; ka mau tonu te mataara o ngā whetū. Kāore e taea te aukati, te whakarerekē rānei i te ture ao, ā, he pai ki te tangata te whakakotahi i a ia anō ki a ia. Ki te mea kei te ātete te ao ki te kaha, ki te kore te rā e whawhai ki ngā aorangi engari ka hoki atu i te wā tika hei hoatu i tō rātou mana iti ki ngā whetū, he aha te painga o tō tātou ringa mēra? Ka puta mai rānei he rangimārie i roto i a ia? Ehara i te nanakia engari ko te ngākau pai te mea e whakakaha ana i ngā uaua o te ao; ka mōhio te tangata i roto i te rangimārie ki ngā hua mutunga kore o te wikitoria, he

reka ake ki te reka i tētahi e whakatipuria ana i runga i te oneone toto.

Ko te Rōpū o ngā Iwi whai mana ka noho hei rōpū tūturu, kore ingoa o ngā ngākau tangata. Ko te aroha whānui me te māramatanga mārama e hiahiatia ana mō te whakaora i ngā mamae o te ao, e kore e puta mai i te whakaaroaro hinengaro noa iho ki ngā kanorau o te tangata, engari mai i te mōhiotanga ki te kotahitanga o te tangata - tōna whanaungatanga ki te Atua. Ki te whakatutuki i te wawata teitei rawa atu o te ao - te rangimārie mā te whanaungatanga - te yoga, te pūtaiao o te whakapā atu ki te Atua, i horapa i roto i te wā ki ngā tāngata katoa o ngā whenua katoa.

Ahakoia te tawhito o te ao tūroa o Īnia i runga ake i tētahi atu, he iti noa ngā kaituhi hītori kua kite ehara tana mahi ora ā-motu i te mea tūpono noa, engari he mea arorau i roto i te aroha ki ngā pono mutunga kore i tukuna e Īnia mā roto i āna tāngata pai rawa atu i ia whakatipuranga. Mā te haere tonu o te noho, mā te kore e taea te whakawhiti i mua i ngā tau - ka taea e ngā tohunga te kī mai ki a tātou e hia? - Kua homai e Īnia te whakautu tika rawa atu o tētahi atu iwi ki te wero o te wā.

Te kōrero o te Paipera **32-5** mō te inoi a Āperahāma ki te Ariki kia whakaorangia te tāone o Horoma mēnā ka kitea he tekau ngā tāngata tika i reira, me te whakautu a te Atua: "E kore ahau e whakangaro i reira mō te tekau," ka whai tikanga hou i te māramatanga o te mawhiti o Īnia i te warewaretanga o Papurona, o Īhipa me ētahi atu iwi kaha i noho i tōna wā. E whakaatu mārāma ana te whakautu a te Ariki kāore te whenua e ora i roto i ana whakatutukitanga ā-tinana, engari i roto i ana mahi toi a te tangata.

Kia rangona anō ngā kupu atua, i tēnei rautau rua tekau, e rua ngā wā i pania ki te toto i te haurua o te rautau: Kāore he iwi e taea te whakaputa i ngā tāngata tekau, he nui ki ngā kanohi o te Kaiwhakawā Kore e taea te utu, e mōhio ki te ngaronga. I te whakarongo ki ēnei whakaaro, kua whakaatu a Īnia ehara i te mea kuware ki ngā mano tini o ngā mahi tinihanga o te wā. Kua whakatapua e ngā rangatira whai whakaaro i roto i ngā rautau katoa tōna whenua; ko ngā tohunga whakaaro nui o te Karaiti o ēnei rā, pērā i a Lahiri Mahasaya me tana ākongā a Sri Yukteswar, ka whakatika ki te kauwhau he mea nui ake te pūtaiao o te yoga i ngā whanaketanga rauemi katoa ki te harikoa o te tangata me te roa o te ora o te iwi.

He iti noa iho ngā kōrero mō te oranga o Lahiri Mahasaya me tana whakaakoranga whānui kua puta mai i roto i te pukapuka tānga. Mō ngā tekau tau e toru i Inia, i Amerika, me Ūropi, kua kitea e au he hiahia nui, he hiahia pono hoki ki tana karere mō te yoga whakaora; he tuhinga mō te oranga o te rangatira, pērā i tana i kōrero ai, e hiahiatia ana i te Hauāuru, i te wāhi kāore i te tino mōhiotia ngā oranga o ngā yogi nui o ēnei rā.

Kotahi, e rua rānei ngā pukapuka iti i te reo Pākehā kua tuhia mō te oranga o te guru. Kotahi te kōrero mō tōna oranga i te reo Bengali, *Sri Sri* **32-6 I puta mai a Shyama Charan Lahiri Mahasaya** i te tau 1941. Nā taku akonga, nā Swami Satyananda, i tuhi, mō ngā tau maha ko ia te *acharya* (kaiako wairua) i tō mātou *Vidyalya* i Ranchi. Kua whakamāoritia e au ētahi wāhanga o tana pukapuka, ā, kua whakaurua ki roto i tēnei wāhanga e pā ana ki a Lahiri Mahasaya.

I whānau mai a Lahiri Mahasaya i te 30 o Hepetema, 1828, i roto i tētahi whānau Brahmin karakia, he uri tawhito. Ko tōna wāhi whānau ko te kāinga o Ghurni i te rohe o Nadia e tata ana ki Krishnagar, Bengal. Ko ia te tama pōtiki a Muktakashi, te wahine tuarua a te rangatira rongonui a Gaur Mohan Lahiri. (I mate tana wahine tuatahi i te wā o te haerenga tapu i muri i te whānautanga o āna tama tokotoru.) I

mate te whaea o te tamaiti i tōna tamarikitanga; he iti noa iho ngā kōrero mōna engari ko te mea nui ko ia he tangata karakia nui ki a Ihowa, **32-7** i tapaina e te karaipiture ko te "Kīngi o ngā Yogi."

Ko te tamaiti a Lahiri, ko Shyama Charan tōna ingoa tūturu, i noho i ōna tau tōmua i te kāinga tupuna i Nadia. I te toru, i te whā rānei o ōna tau, ka kitea ia e noho ana i raro i te onepū i te āhua o te yogi, e huna katoa ana tōna tinana engari ko te māhunga anake.

I whakangaromia te whenua o Lahiri i te takurua o te tau 1833, i te wā i huri ai te awa o Jalangi e tata ana ki tōna ara, ā, ngaro atu ana ki roto i ngā hohonutanga o te awa o Ganges. I uru atu tētahi o ngā temepara Shiva i whakatūria e ngā Lahiri ki roto i te awa me te whare o te whānau. I whakaorangia e tētahi kaikarakia te whakapakoko kōhatu o te Ariki Shiva mai i ngā wai e hurihuri ana, ā, i whakanohoia ki roto i tētahi temepara hou, e mōhiotia whānuitia ana ko te Ghurni.

Hiwa Pae.

I wehe atu a Gaur Mohan Lahiri me tōna whānau i Nadia, ā, noho ana ki Benares, i reira tonu i whakatūria ai e tōna pāpā he temepara Shiva. I whakahaere ia i tōna whānau i runga i ngā tikanga Vedic, me te pupuri tonu i ngā karakia kawa, ngā mahi atawhai, me te ako i ngā karaipiture. Heoi, he tangata tika, he hinengaro tuwhera, kāore ia i wareware i te ia o ngā whakaaro hou.

I ako te tamaiti a Lahiri i te reo Hindi me te reo Urdu i roto i ngā rōpū ako a Benares. I haere ia ki te kura i raro i te mana o Joy Narayan Ghosal, ā, i ako ia i te reo Sanskrit, Bengali, Wīwī, me te reo Ingarihi. I a ia e ako hohonu ana i ngā *Veda*, ka whakarongo puku te taitamariki yogi ki ngā kōrero a ngā Brahmin mātau, tae atu ki tētahi tohunga Marhatta ko Nag-Bhatta te ingoa.

He taitama atawhai, he ngawari, he toa hoki a Shyama Charan, i arohaina e ōna hoa katoa. He tinana pakari, he kanapa, he pakari hoki tōna, ā, i tino pai ia ki te kauhoe me ngā mahi pūkenga maha.

I te tau 1846, i moe a Shyama Charan Lahiri i a Srimati Kashi Moni, te tamāhine a Sri Debnarayan Sanyal. He wahine noho whare Inia tauira a Kashi Moni, ā, i harikoa ia ki te whakahaere i ana mahi kāinga me te kawenga tuku iho a te rangatira whare ki te mahi ki ngā manuhiri me te hunga rawakore. Tokorua ngā tama tapu, a Tincouri rāua ko Ducouri, i manaaki i te hononga.

I te 23 o ōna tau, i te tau 1851, ka noho a Lahiri Mahasaya hei kaikaute i roto i te Tari Hangarau Hōia o te kāwanatanga o Ingarangi. He maha ngā whakatairanga i riro i a ia i a ia e mahi ana. Nō reira, ehara i te mea he rangatira ia i te aroaro o te Atua, engari he angitu anō hoki i roto i te whakaari iti a te tangata i reira i takaro ai ia i tana tūranga i whakawhiwhia hei kaimahi tari i te ao.

I te nekehanga o ngā tari o te Tari Ope Taua, ka nekehia a Lahiri Mahasaya ki Gazipur, Mirjapur, Danapur, Naini Tal, Benares, me ētahi atu rohe. I muri i te matenga o tōna matua, ko Lahiri te kawenga mō tōna whānau katoa, ā, i hokona e ia he kāinga marino mō rātou i te rohe o Garudeswar Mohulla o Benares.

I tōna toru tekau mā toru tau ka kite a Lahiri Mahasaya i te whakatutukitanga o te kaupapa i whānau hou mai ai ia ki te whenua. Ko te mura huna i roto i te pungarehu, kua roa e mura ana, ka whiwhi i te whai wāhi ki te mura. He ture atua, e takoto ana i tua atu i te tirohanga a te tangata, e mahi ana i roto i te mea ngaro ki te kawē mai i nga mea katoa ki te whakaaturanga o waho i te wa tika. I tutaki ia ki tana atua nui Guru, Babaji, tata ki Ranikhet, a na ia i timata ki te *Kriya Yoga*.

Kāore i pā tēnei huihuinga whakahirahira ki a ia anake; he wā waimarie mō te iwi katoa, he tokomaha o rātou i muri mai i whiwhi i te taonga whakaara wairua o *Kriya*. Ko te toi yoga kua ngaro, kua roa rānei e ngaro ana, kua whakakitea anō. He maha

ngā tāne me ngā wāhine e matewai ana i te wairua i tae atu ki ngā wai matao o *Kriya Yoga* . Pērā i te pūrākau Hindu, i te wā i tuku ai a Whaea Ganges i tana wai atua ki te tangata karakia maroke a Bhagirath, pērā anō te waipuke rangi o *Kriya* i huri mai i ngā pā ngaro o Himalayas ki ngā wāhi puehu o te tangata.

.....

He korara patunga ko pinepine whakaaro nui me tino mōhio matau ake ki te wā :32-2

.poto o mate. 32-3: Te atua o te mate

Tikanga tūturu, "Te :32-4

Runga Rawa wairua." 32-5:

.Kenehi 18:23-32

Hīri , he kupu whakataki tikanga "tapu," ko tāpirihia (i te nuinga o te wā rua rānei toru ngā wā) ki ngā ingoa o nui :32-6
.Īnia ngā kaiako

Ko tētahi o te tokotoru o te Atuatanga - ko Brahma, ko Vishnu, ko Shiva - ko tā rātou mahi whānui ko te :32-7
hanganga, te tiaki, me te whakakorenga-te whakaora. Ko Shiva (i ētahi wā ka tuhia ko Siva), e tohuhia ana i roto i ngā
pūrākau ko te Ariki o ngā Whakarerenga, puta mai i roto ngā kitenga ki Tōna hunga whakapono i raro i ngā momo ngā
.āhuatanga, pērā hei Mahadewa, te makawe pōturi He Āketi, rāua ko Nataraja, te Kaikanikani o te Ao

Upoko: 33

Pāpāji, Te Yogi-Karaiti o Hou Īnia

Kei te manaakitia tonutia ngā pari o te raki o Himalayan e tata ana ki Badrinarayan e te aroaro ora o Babaji, te guru o Lahiri Mahasaya. Kua mau tonu te āhua o te rangatira mokemoke mō ngā rautau, mō ngā mano tau pea. Ko te Babaji matekore he *avatara* . Ko te tikanga o tēnei kupu Sanskrit ko te "hekenga iho"; ko ōna pakiaka ko *ava* , "ki raro," me *tri* , "ki te haere." I roto i ngā karaipiture Hinitū, *ko te avatara* te tohu o te hekenga o te Atuatanga ki te kikokiko.

"Kei tua atu i te māramatanga tangata te āhua wairua o Babaji," te whakamārama a Sri Yukteswar ki ahau. "Kāore e taea e te tirohanga poto o te tangata te wero atu ki tōna whetu whakahirahira. Ahakoa te ngana ki te whakaaro i te whakatutukitanga o te avatar, ka kore e taea te whakaaro."

Kua whakarōpūhia e ngā *Upanishad* ia wāhanga o te whanaketanga wairua. Kua ahu whakamua te *siddha* ("tangata tino pai") mai i te āhua o te *jivanmukta* ("kua herekoretia i te wā e ora ana") ki te āhua o he *paramukta* ("tino herekore" - te mana katoa ki runga i te mate); kua mawhiti katoa te mea whakamutunga mai i te mana o te atua me tōna hurihanga whakawhānautanga. Nō reira, kāore te *paramukta* e hoki ki te tinana tūturu; ki te hoki ia, he avatar ia, he reo atua kua whakaritea hei kawē i ngā manaakitanga o te ao.

He āwhata ko kāore he kaupapa ki te ao whānui ōhanga; tāna parakore tinana, kitea hei he mārama whakaahua, ko kore utu

mai i tetahi nama ki te taiao. Ahakoa te titiro noa, kāore he mea whakamiharo i roto i te āhua o te avatar, kāore e maka he atarangi, kāore hoki e hanga he tapuwae ki te whenua. He tohu tohu ēnei o waho o te kore o te pōuri me te here rauemi. Ko te Atua-tangata pēnei anake e mōhio ana ki te Pono i muri ngā whanaungatanga o te ora me te mate. Nā te mea i tino hē te māramatanga, i waiata a Omar Khayyam mō tēnei tangata kua wetekina i roto i tana karaipiture ora tonu, te *Rubaiyat* :

"Āe, e te Marama o tōku Āhuareka, e kore nei e mōhio ki te memeha, Kei te ara anō te Marama o te Rangi; E hia ngā wā ka ara ake ia i muri nei ka titiro mai ia mā roto i tēnei Māra anō - kāore he hua!"

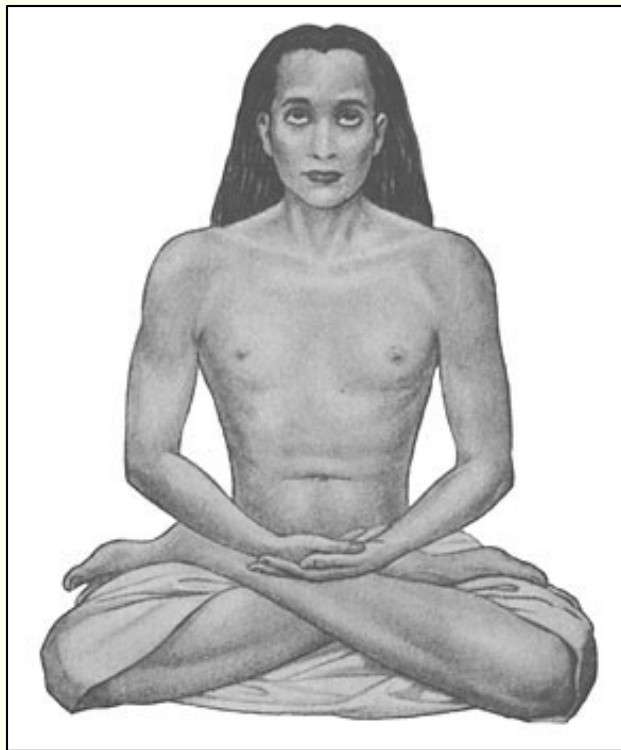
Ko te "Marama o te Harikoa" ko te Atua, ko Polaris mutunga kore, kāore e taea te whakarere. Ko te "Marama o te Rangi" ko te ao tūroa, he mea here ki te ture o te hokinga mai o ia wā. Kua whakakorea ōna mekameka ake tonu atu e te matakite Pāhia nā roto i tana mohiotanga ki a ia anō. "E hia ngā wā ka ara ake ia i muri nei... ka titiro mai ia ki ahau - kāore he hua!" He aha te pouri o te rapunga a te ao porangi mō te mea kāore i kitea!

I whakaatu a te Karaiti i tōna herekoretanga i tētahi atu ara: "Ā, ka haere mai tētahi karaipi, ka mea ki a ia, E te Kaiwhakaako, ka aru ahau i a koe ki ngā wāhi katoa e haere ai koe. Ka mea a Ihu ki a ia, He rua ō ngā pokiha, he kohanga ō ngā manu o te rangi; ko te Tama ia a te tangata, kāhore he wāhi e takoto ai tōna matenga." **33-1**

Whānui me te noho ki ngā wāhi katoa, i taea Karaiti pono kia i whaihia engari i roto te whānui Wairua?

Ko Krishna, ko Rama, ko Buddha, me Patanjali ētahi o ngā avatar o Īnia onamata. Kua tupu ake he rotarota nui i roto i te reo Tamil mō Agastya, he avatar o Īnia ki te Tonga. He maha ngā merekara i mahia e ia i ngā rautau i mua atu me muri mai i te wā Karaitiana, ā, e kiia ana ko ia te tangata nāna i pupuri tōna āhua tinana tae noa mai ki tēnei rā.

Ko te kaupapa a Babaji i Īnia he āwhina i ngā poropiti ki te whakatutuki i ā rātou mahi motuhake. Nō reira, e tika ana ia mō te whakarōpūtanga karaipiture o *Mahavatar* (Avatar Nui). Kua kī ia nā ia i whakawhiwhi te whakaurunga yoga ki a Shankara, te kaiwhakaū o mua o te Swami Order, me Kabir, te tangata tapu rongonui o te waenganui. Ko tana akonga matua o te rautau tekau mā iwa, e mōhiotia ana e tātou, ko Lahiri Mahasaya, he kaiwhakaora anō i te toi *Kriya kua ngaro* .



PĀPĀJI, TE MAHAVATAR
Guru o Rāhiri Mahasaya

ahau whai i āwhina he kaitoi ki tātuhi he pono āhua o te nui Yogi-Karaiti o hou Īnia.

te *Mahavatar* ki a te Karaiti; ka tukuna ngātahitia e rāua ngā wiri o te whakaoranga, ā, kua whakaritea e rāua te tikanga wairua o te whakaoranga mō tēnei ao. Ko te mahi a ēnei rangatira e rua kua tino mārāma - tētahi me te tinana, tētahi kāore - he whakaoho i ngā iwi kia whakarērea ngā pakanga whakamomori, ngā mauahara iwi, ngā wehenga whakapono, me ngā kino pūoro o te taonga. E mōhio ana a Babaji ki te ia o ngā wā hou, inā koa te awe me ngā uauatanga o te ao o te Hauāuru, ā, e mōhio ana ia ki te hiahia kia horahia ngā whakaoranga whaiaro o te yoga ki te Hauāuru me te Rawhiti.

Kāore he mea e miharo ai tātou i te korenga o ngā kōrero tuku iho mō Babaji. Kāore anō te tohunga nui kia puta noa mai i roto i tētahi rautau; kāore he wāhi mō te māramatanga hē o te rongonui i roto i āna mahere mō te mano tau. Pērā i te Kaihanga, te Mana kotahi engari e wahangu ana, e mahi ana a Babaji i roto i te pōuri iti.

Ka tae mai ngā poropiti nui pērā i a te Karaiti rāua ko Krishna ki te whenua mō tētahi kaupapa motuhake, whakamiharo hoki; ka wehe atu rātou ina oti. Ko ētahi atu avatar, pērā i a Babaji, ka mahi i ngā mahi e tika ana. He nui ake te aro ki te puhoi o te whanaketanga o te tangata i roto i ngā rautau, i te aro ki tētahi huihuinga nui o te hītori. E huna tonu ana ēnei rangatira i a rātou anō i te tirohanga whānui a te marea, ā, kei a rātou te mana ki te noho ngaro i ngā wā e hiahia ana rātou. Nā ēnei take, ā, nā te mea he maha ngā wā ka tohutohu rātou i ā rātou ākonga kia noho

puku mō rātou, he maha ngā tino atua rongonui e noho ngaro ana i te ao. Ka hoatu e au i roto i ēnei whārangi he tohu noa iho mō tōna oranga - he torutoru noa iho ngā meka e whakaarohia ana e ia he pai, he āwhina hoki kia whakapuakina ki te marea.

Kāore whakawhāiti ngā meka mō Pāpaji's whānau rānei wāhi whānau, e te aroha ki te kaituhi pukapuka ngākau, whai ake tonu atu kua

kitea. Ko tana kōrero i te reo Hindi i te nuinga o te wā, engari he ngāwari tana kōrero i roto i tētahi reo. Kua tangohia e ia te ingoa noa o Babaji (matua whakaute); ko ētahi atu taitara whakaute i hoatu ki a ia e ngā ākonga a Lahiri Mahasaya ko Mahamuni Babaji Maharaj (te tangata tapu tino harikoa), Maha Yogi (te yogi nui rawa atu), Trambak Baba me Shiva Baba (ngā taitara o ngā avatar o Shiva). He mea nui kia kore tātou e mōhio ki te ingoa matua o tētahi rangatira i tukuna ki te whenua?

"Ina whakahuahia te ingoa o Babaji me te whakaute e te tangata," te kī a Lahiri Mahasaya, "ka whiwhi tonu taua tangata karakia i te manaakitanga wairua."

Kāore he tohu o te pakeketanga o te tohunga matekore i tōna tinana; te āhua nei he taitamariki noa iho ia e rua tekau mā rima tau te pakeke. He kiri mā, he āhua waenga te hanga me te roa, e whiti ana te tinana ataahua, pakari o Babaji i te kanapa e kitea ana. He pōuri, he marino, he ngawari ōna kanohi; he parahi te tae o ōna makawe roa, kanapa. He mea tino rerekē ko te āhua ōrite o Babaji ki tana ākonga, ki a Lahiri Mahasaya. He tino whakamiharo te ōritetanga, ā, i ōna tau whakamutunga, tera pea i puta a Lahiri Mahasaya hei matua o Babaji taitamariki.

Swami Kebalananda, taku tapu Sanskrit kaiako, kua pau ētahi wā me Pāpāji i roto te Himalayas.

"Ka neke te rangatira tino pai me tana rōpū i ngā maunga i tētahi wāhi ki tētahi wāhi," te kōrero a Kebalananda ki ahau. "Kei roto i tana rōpū iti ētahi ākonga Amerikana e rua kua tino matatau. I muri i te noho a Babaji i tētahi wāhi mō tētahi wā, ka mea ia: '*Dera danda uthao.*' ('Me hapai e tātou tā tātou puni me tā tātou tokotoko.') Ka mau ia i tētahi *danda tohu* (he tokotoko pāka). Ko āna kupu te tohu mō te neke tere me tana rōpū ki tētahi atu wāhi. Kāore ia e whakamahi tonu i tēnei tikanga o te haere whetū; i ētahi wā ka haere ia i runga i te waewae mai i te tihi ki te tihi.

"Ka kitea, ka mōhiotia rānei a Babaji e ētahi atu ina hiahia ia. E mōhiotia ana kei a ia i puta mai ia i roto i ngā āhua rerekē ki ngā tāngata karakia - i ētahi wā kāore he pahau, he ngutu rānei, ā, i ētahi wā me rātou. Nā te mea kāore tōna tinana pirau e hiahia ki te kai, he onge te kai a te rangatira. Hei manaaki i ngā ākonga manuhiri, i ētahi wā ka tango ia i ngā hua rākau, i te raihi rānei i tunua ki te miraka me te pata kua whakamāoritia.

"E rua ngā mea whakamiharo o te oranga o Babaji e mōhiotia ana e au," te kōrero tonu a Kebalananda. "I tētahi pō, e noho ana āna ākonga i te taha o tētahi ahi nui e mura ana mō tētahi kawa tapu Vedic. I hopukina ohoreretia e te rangatira tētahi rākau e mura ana, ā, ka pā māriri ki te pakihwi tahanga o tētahi chela e tata ana ki te ahi."

"E te Ariki, pēhea nanakia! Rāhiri Mahasaya, ko wai i kei te wātea, i hangaia tēnei

whakahē

"He pai kē atu rānei ki a koe te kite i a ia e tahuna ana hei pungarehu i mua i ō kanohi, e ai ki te ture o tana karma o mua?"

"I roto i ēnei kupu, ka whakatakotoria e Babaji tōna ringa whakaora ki runga i te pakihwi kua hē te āhua o te chela. 'Kua whakaorangia koe e ahau i tēnei pō i te mate mamae. Kua ea te ture karma mā roto i tō mamae iti i te ahi.'"

"I tētahi atu wā, i whakakorikoria te porowhita tapu o Babaji e te taenga mai o tētahi tangata ke. I piki ia me te pūkenga whakamiharo ki te pari e tata ana ki te puni o te rangatira."

"'E te Ariki, ko koe pea te Babaji nui.' I tiaho te mata o te tangata i te whakaute e kore e taea te kī. 'Mō ngā marama kua rapu tonu ahau i a koe i roto i ēnei pari whakamataku. Kei te inoi atu ahau kia whakaaetia ahau hei ākonga.'

"Ina te nui tohunga i hangaia kāore whakautu, te tāne tohu ki te toka āputa i tāna waewae

"'Ki te whakakahoretia ahau e koe, ka peke ahau i tēnei maunga. Kāore he uara o te ora ki te kore e taea e au te whiwhi i tō arataki ki te Atua.'"

"'Peke atu rā,' te kī a Babaji me te kore kare ā-roto. 'Kāore e taea e au te whakaae ki a koe i roto i tō āhua whanaketanga o nāianeī.'"

"I peke tonu te tangata i a ia anō ki runga i te pari. I whakahau a Babaji i ngā ākonga ohorere kia tikina te tinana o te tangata tauhou. I tō rātou hokinga mai me te āhua pakaru, ka whakatakotoria e te rangatira tōna ringa atua ki runga i te tupapaku. Nā! ka whakatuwherahia e ia ōna kanohi, ā, ka piko whakaiti i a ia ki te aroaro o te Atua Kaha Rawa."

"'Kua rite koe inaianei mō te ako.' Ka ataata aroha a Babaji ki tana chela kua ara ake. 'Kua toa koe i tētahi whakamātautau uaua. E kore te mate e pā ki a koe anō; inaianei ko koe tētahi o tā mātou kahui ora tonu.' Kātahi ka kōrero ia i āna kupu wehe, '*Dera danda uthao*' ; ngaro atu ana te rōpū katoa i te maunga."

Kei roto i te Wairua o ngā wāhi katoa te noho o te avatar; ki a ia, kāore he tawhiti whakamuri ki te tapawhā. Nō reira, kotahi anake te take ka taea te akiaki i a Babaji ki te pupuri i tōna āhua tinana mai i te rautau ki te rautau: ko te hiahia ki te whakarato i te tangata ki tētahi tauira tūturu o ōna ake āheinga. I Ki te kore te tangata e whakaae kia kite i te Atuatanga i roto i te kikokiko, ka noho pēhia tonutia ia e te whakaaro pohehe taimaha e mea ana kāore e taea e ia te whiti atu i tōna mate urutā.

I mōhio a Ihu mai anō i te tīmatanga ki te raupapa o tōna orange; i pāngia ia e ia i roto i ia huihuinga, ehara i te mea māna ake, ehara i te mea nā te kaha o te karma, engari hei whakaara ake i te hinengaro tangata whakaaroaro. Ngā mea ora. Nā āna akonga tokowhā, a Matiu, a Maka, a Ruka, rāua ko Hoani, i tuhi te whakaari nui hei painga mō ngā whakatupuranga o muri mai.

Mō Pāpāji, hoki, i reira ko kāore whanaungatanga o ngā wā o mua, kei te wātea, ā muri ake nei; mai i te tīmatanga ia kua i mōhiotia ngā wāhanga katoa o tōna orange. Heoi, i a ia e whakaae ana ki te iti o te māramatanga o te tangata, he maha

ngā mahi a tōna oranga atua i mahia e ia i te aroaro o tētahi, neke atu rānei, o ngā kaiwhakaatu. Nō reira, i reira tētahi ākonga a Lahiri Mahasaya i te wā i whakaaro ai a Babaji kua tae te wā ki te kauwhau i te āheinga o te matekore o te tinana. I whakapuakina e ia tēnei kupu whakaari ki mua i a Ram Gopal Muzumdar, kia mōhiotia ai hei whakaohoho i ētahi atu ngākau e rapu ana. Ka kōrero ngā tāngata nunui i ā rātou kupu, ā, ka whai wāhi atu ki te huarahi tūturu o ngā kaupapa, hei painga mō te tangata anake, pērā i tā te Karaiti i kī ai: "E Pāpā . . . i mōhio ahau e whakarongo tonu ana koe ki ahau: engari he *whakaaro ki te hunga e tū tata nei i kōrero ai ahau*, kia whakapono ai rātou kua tonoa ahau e koe." **33-2** I roto i

taku haerenga ki Ranbajpur me Ram Gopal, "te tangata tapu kore moe," **33-3** I kōrerotia e ia te pūrākau whakamiharo o tana tūtakitanga tuatahi ki a Babaji.

"I ētahi wā ka wehe atu ahau i taku ana motuhake ki te noho ki ngā waewae o Lahiri Mahasaya i Benares," te kōrero a Ram Gopal ki ahau. "I tētahi waenganui pō, i ahau e whakaaroaro puku ana i roto i tētahi rōpū o āna ākonga, ka tono ohorere te rangatira."

"'Rama Kopara,' ia i mea, haere i kotahi ki te Dasamedh kaukau *kākā* .

"Kāore i roa ka tae atu ahau ki te wāhi mokemoke. He mārama te pō i te mārama o te marama me ngā whetū e kanapa ana. I muri i taku noho puku mō tētahi wā, ka aro atu ahau ki tētahi papa kōhatu nui e tata ana ki ōku waewae. Ka piki haere, ka whakakitea mai tētahi ana i raro i te whenua. I te noho taurite tonu o te kōhatu i tētahi āhua kāore i te mōhiotia, ka tōia ake te āhua o tētahi wahine taitamariki, tino ataahua, mai i te ana ki te rangi. I a ia e karapotia ana e tētahi āro ngawari, ka heke mārīre ia i mua i ahau, ā, ka tū kore e nekeneke, kua rumakina ki te harikoa o roto. Ka neke haere ia, ā, ka kōrero mārīre."

"'Ko Mataji ahau, **33-4** te tuahine o Babaji. Kua tono atu ahau ki a ia, me Lahiri Mahasaya hoki, kia haere mai ki taku ana i tēnei pō ki te kōrero mō tētahi take tino nui.

"I tere te rere o tētahi mārama pōuriuri i runga i te awa o Ganges; i whakaatahia te kanapa rerekē i roto i ngā wai pōuriuri. I whakatata mai, ā, tae noa ki te putanga mai o tētahi uira whakamataku." te taha o Mataji, ā, ka whakapoto tonu ia ki te āhua tangata o Lahiri Mahasaya. Ka piko whakaiti ia ki ngā waewae o te wahine tapu.

"I mua i taku oho ake i te pōhēhē, i miharo anō ahau i te kitenga atu i tētahi puranga mārama ngaro e porowhita ana i te rangi. I te hekenga tere mai, ka tata mai te awhiowhio mura ki tō mātou rōpū, ā, ka puta ko ia hei tinana o tētahi taiohi ataahua, i mōhio tonu ahau ko Babaji. I rite ia ki a Lahiri Mahasaya, ko te rerekētanga anake ko te āhua taitamariki o Babaji, ā, he makawe roa, kanapa."

"I tuturi mātou ko Lahiri Mahasaya, ko Mataji, ki ngā waewae o te guru. I oho ake te wairua o te kororia me te hari i roto i tōku tinana i taku pā atu ki tōna kikokiko atua."

"'E te tuahine,' te kī a Babaji, 'Kei te whakaaro ahau ki te whakarere i tōku āhua, ka ruku ki te Au Mutunga Kore.'"

"'Kua kite kē ahau i tāu mahere, e te rangatira aroha. I hiahia ahau ki te kōrero ki a koe i tēnei pō. He aha koe me whakarērea ai tō tinana?' Ka titiro te wahine whakahīhī ki a ia me te inoi.

"He aha ko te rerekētanga mēnā ahau kakahu he kitea rānei kāore e kitea ngaru i runga te moana o taku Wairua?

"Ka whakahoki a Mataji me te kanapa o te wairua whakakatakata. 'E te tohunga matekore, ki te kore he rerekētanga, kaua rawa e whakarērea tō āhua.' **33-5**

"Kia reira nā reira,' Pāpāji i mea me te tino whakahihī. 'Au ka kāore rawa haere taku ā-tinana tinana Ia ka i ngā wā katoa noho tonu kitea

ki te iti rawa i te tokoiti o te tangata i runga i tēnei ao. Kua whakapuakina e te Ariki tana ake hiahia mā roto i ō ngutu.

"I a au e whakarongo ana me te miharo ki te kōrero a ēnei mea whakahīhī, ka tahuri mai te guru nui ki ahau me te tohu atawhai.

"Kaua e wehi, e Ram Gopal,' i mea ia, 'he manaakitanga koe ki te noho hei kaiwhakaatu i te wāhi o tēnei kupu whakaari mutunga kore.'"

"I te memeha haere o te rangi reka o te reo o Babaji, ka rere māriri tōna āhua me tō Lahiri Mahasaya, ka neke whakamuri ki runga i te awa o Ganges. He atarangi kanapa i taupokina ō rātou tinana i a rātou e ngaro atu ana ki te rangi pō. Ka rere te āhua o Mataji ki te ana, ka heke iho; ko te kohatu he pereti kua kati takitahi, me te mea kei te mahi i runga i tētahi rīwhi e kore e kitea.

"I te tino hihiri, ka hoki atu ahau ki te kāinga o Lahiri Mahasaya. I ahau e piko ana ki tōna aroaro i te atatu, ka menemene mai taku tohunga ki ahau me te mārāma."

"E harikoa ana ahau mōu, e Ram Gopal,' tana kī. 'Ko te hiahia kia tūtaki ki a Babaji rāua ko Mataji, he mea kua maha nei āu kōrero mai ki ahau, kua tutuki i te mutunga.'"

"I kōrero mai aku hoa akonga kāore a Lahiri Mahasaya i neke atu i tōna tūāpapa mai anō i te atatu o te ahiahi."

"I homai e ia tētahi kōrero whakamiharo mō te oranga tonutanga i muri i tō wehenga atu ki te Dasasamedh *ghat* , ' te kōrero a tētahi o ngā chela ki ahau. Mō te wā tuatahi i tino mōhio ai ahau ki te pono o ngā whiti o te karaipiture e kī ana ka taea e te tangata whai mōhiotanga ki a ia anō te puta ki ngā wāhi rerekē i roto i ngā tinana e rua, neke atu rānei, i te wā kotahi."

"I muri mai ka whakamārama mai a Lahiri Mahasaya ki ahau i ngā kōrero matatika maha e pā ana ki te mahere huna a te Atua mō tēnei ao," te whakatau a Ram Gopal. "Kua whiriwhiria a Babaji e te Atua kia noho tonu i roto i tōna tinana mō te roanga o tēnei huringa o te ao. Ka haere mai, ka haere atu ngā tau - ko ia tonu te rangatira matekore, **33-6** mātakitaki ana i te whakaari o ngā rautau, ka puta mai i tēnei atamira whenua."

Upoko 33 Ngā Tuhipoka

. *Matiu* 8:19-20 :33-1

. *Hoani* 11:41-42 :33-2

33-4 : "Tapu "E te whaea." Mataji hoki kua i ora mā roto te ngā rautau; ia ko tata hei tawhiti matatau wairua hei tana tungāne. Kei te noho harikoa tonu ia i roto i tētahi ana huna i raro i te whenua e tata ana ki te Dasasamedh *ghat* .

33-5 : Tenei aituā whakamahara kotahi o Thales. Te nui Kariki tohunga whakaaro i whakaakona tērā i reira i kāore rerekētanga i waenganui te ora me te mate. "He aha rā," te pātai a te kairīti, "kāore koe e mate?" "Nā te mea," te whakautu a Thales, "kāore he rerekētanga."

33-6 : "He pono, pono, ahau kī ki koe, Mena he tāne pupuri taku kīanga (noho tonu kore e whati i roto te Karaiti Te māramatanga), ia me

Upoko: 34

Te whakatinanatanga He Whare Ariki I roto Te Himalayas

"He kōrero whakamīharo te tūtakitanga tuatahi a Babaji ki a Lahiri Mahasaya, ā, ko tētahi o ngā kōrero torutoru e homai ana ki a tātou he tirohanga taipitopito mō te guru matekore."

Ko ēnei kupu te kupu whakataki a Swami Kebalananda mō tētahi pūrākau whakamīharo. I tana kōrerotanga tuatahi, i tino mīharo ahau. I ētahi atu wā, i akiaki ahau i taku kaiako Sanskrit ngāwari kia kōrerotia anō te pūrākau, ā, i muri mai ka kōrerotia mai ki ahau i roto i ngā kupu ōrite tonu e Sri Yukteswar. I rongo ēnei ākonga e rua o Lahiri Mahasaya i te pūrākau whakamīharo mai i ngā ngutu o tā rāua kaiako.

"I tū taku hui tuatahi ki a Babaji i te toru tekau mā toru o oku tau," te kī a Lahiri Mahasaya. "I te ngahuru o te tau 1861 i whakatūria ahau ki Danapur hei kaikaute kāwanatanga i roto i te Tari Hangarau Hōia. I tētahi ata ka karangahia ahau e te kaiwhakahaere tari."

"'E Lahiri,' tana kī, 'kua tae mai he waea mai i tō mātou tari matua. Ka whakawhitia koe ki Ranikhet, kei reira te tūranga o te ope taua **34-1** kei te whakatūria inaianei.

"Me tētahi pononga, ka tīmata taku haerenga 500 maero te roa. I runga i te hōiho me te kaata, ā, i roto i ngā rā e toru tekau ka tae mātou ki te wāhi o Ranikhet i Himalaya. **34-2**

"Kāore i taumaha aku mahi tari; he maha ngā hāora i taea e au te kopikopiko i roto i ngā pukepuke ataahua. I tae mai te rongo ki ahau mō te manaakitanga a te hunga tapu nui i te rohe ki tō rātou aroaro; i tino hiahia ahau kia kite i a rātou. I a au e kopikopiko ana i tētahi ahiahi pō, i mīharo ahau i te rongonga i tētahi reo i tawhiti e karanga ana i tōku ingoa. I haere tonu ahau i taku piki kaha ki runga i te Maunga Drongiri. I pā mai he āwangawanga iti ki ahau i te whakaaro kāore pea ahau e taea

te hoki ki muri i ōku hikoinga i mua i te pōuritanga o te ngahere."

"I tae atu ahau ki tētahi wāhi iti e kapi ana i ngā ana i ōna taha. I runga i tētahi o ngā pari toka e tū ana tētahi taitama e ataata ana, e totoro mai ana tōna ringa hei manaaki. I kite ahau me te miharo, i tua atu i ōna makawe parahi, he tino rite ia ki ahau."

"Rahiri, koe whai haere mai! Te tapu i arohia ahau me te aroha i roto Hīni. 'Okioki konei i roto tēnei ana Ia

i ahau ko wai i karangatia koe.

"Au i tomo he ma iti ana e kei roto ētahi huruhuru hipi paraikete me he torutoru *kamandulus* (te inoi ngā peihana).

"Rahiri, mahi koe mahara tērā nohoanga? Te yogi tohu ki he kua whakapikohia paraikete i roto kotahi kokonga

"Kāo, e te rangatira.' I te āhua pōuri i te rerekētanga o taku haerenga, ka tāpiri atu ahau, 'Me haere ahau ināianei, i mua i te pō. He mahi tāku i taku tari i te ata.'

"Ka whakahoki te tangata tapu ngaro i te reo Pākehā, 'I kawea mai te tari māu, ehara i te mea māu mō te tari.'"

"I miharo ahau kāore i te mea ko tēnei tangata noho ngahere anake te tangata e kōrero ana i te reo Pākehā, engari me whakamārama anō hoki i ngā kupu a te Karaiti." **34-3**

"Kei te kite ahau kua whai mana taku waea.' Kāore i mārama ki ahau te kōrero a te yogi; i pātai atu ahau ki a ia mō tōna tikanga.

"Au tirohia ki te waea tērā i karangatia koe ki ēnei motuhake ngā wāhanga. Ia i ahau ko wai i whakaaro puku atu ki te hinengaro o tō āpiha matua kia whakawhitia koe ki Ranikhet. Ina rongo te tangata i tōna kotahitanga ki te tangata, ka noho ngā hinengaro katoa hei teihana tuku kōrero hei mahi māna 'Ka.' Āta tāpiri atu ana ia, 'E Rāhiri, he pono kei te mōhio koe ki tēnei ana?'

"I a au e noho puku ana, ka whakatata mai te tangata tapu, ka papaki mārīe i ahau ki te rae. I tana pā aukume, ka pā mai he ia whakamiharo i roto i tōku roro, ka tukuna ngā maharatanga reka o tōku ao o mua.

"Kei te maumahara ahau!' I paku pāngia tōku reo e te aue harikoa. 'Ko koe taku guru, e Babaji, nōku tonu! Ka ara ake ngā tirohanga o mua i roto i tōku hinengaro; i konei i roto i tēnei ana i noho ai ahau mō ngā tau maha o tōku tinana whakamutunga!' I te wa i taupokina ai ahau e ngā maharatanga e kore e taea te kōrero, ka awhi ahau i ngā waewae o tōku ariki me te roimata.

"Neke atu i te toru tekau tau ahau e tatari ana ki a koe i konei—e tatari ana kia hoki mai koe ki ahau!' i tangi te reo o Babaji me te aroha o te rangi. 'I paheke atu koe, ā, ngaro atu ana ki roto i ngā ngaru ngangau o te te ora i tua atu i te mate. I pā te tokotoko makutu o tō karma ki a koe, ā, kua riro atu koe! Ahakoa i ngaro atu koe i ahau, kāore rawa ahau i ngaro atu i a koe! I whaia koe e ahau i runga i te moana whetu kanapa e rere ana ngā anahera whakahīhī. I roto i te pōuri, te tupuhi, te ngangau, me te māramatanga i aru ahau i a koe, pērā i te manu whaea e tiaki ana i

āna pi. I a koe e ora ana i tō wā tangata o te kōpū-ora, ā, ka puta mai he pēpi, I a koe tonu taku kanohi i te wā i hipokina ai e koe tō āhua iti i roto i te tūnga rōhi i raro i te onepū o Nadia i tō tamarikitanga, i reira tonu ahau! Mā te manawanui, i te marama i te marama, i te tau i te tau, kua tiaki ahau i a koe, e tatari ana mō tēnei rā tino pai. Inaianei kei ahau koe! Nā, anei tō ana, e arohaina ana e au i mua! Kua puritia e au kia ma tonu, kia rite hoki mōu. Anei tō *āsana tapu* - he paraikete, te wāhi i noho ai koe i ia rā ki te whakakī i tō ngākau e whānui ana ki te Atua! Nā, kei reira tō peihana, mai i reira He maha āu inu i te nekita i taka e au! Tirohia te āhua o taku pupuri i te kapu parahi kia kanapa te kanapa,

tērā koe pea inu anō mai i reira! Taku ake, mahi koe ināiane mārama?

"E taku guru, he aha tāku e kōrero ai?' i hamumu pōuri ahau. 'Nō hea te tangata i rongo ai i tēnei aroha mutunga kore?' I titiro roa ahau me te harikoa ki taku taonga mutunga kore, ki taku guru i te ora me te mate.

"E Lahiri, me pure koe. Inuhia te hinu i roto i tēnei peihana, ka takoto ki te taha o te awa.' Ko te whakaaro nui o Babaji, i whakaaroaro ahau me te ataata tere, whakamaumahara, i kitea tonutia."

"I whakarongo ahau ki āna tohutohu. Ahakoa te hekenga iho o te pō hukapapa o Himalaya, ka tīmata te pā mai o te mahana whakamarie, o te hihi o roto, ki roto i ngā pūtau katoa o tōku tinana. I miharo ahau. I whakakīia rānei te hinu ngaro ki te wera o te ao?"

"I roto i te pōuriuri ka pā mai ngā hau kaha ki ahau, me te karanga i tētahi wero nui. I pā mai ngā ngaru makariri o te awa o Gogash ki runga i tōku tinana i ētahi wā, e toro atu ana ki te pari toka. I aue ngā taika i te taha tata, engari i kore tōku ngākau e matakū; ko te kaha kanapa i puta hou mai i roto i ahau i kawē mai i tētahi whakapumautanga o te tiakitanga e kore e taea te whakahē. He maha ngā hāora i tere te pahemo; kua memeha haere ngā maharatanga." o tētahi atu ao kua whatu i a rātou anō ki roto i te tauira kanapa o nāiane o te huihuinga anō me taku guru atua.

"I haukotia aku whakaaroaro mokemoke e te haruru o ngā takahanga e whakatata mai ana. I roto i te pōuri, ka āwhina mārietia ahau e te ringa o te tangata ki te tū ake, ā, ka homai he kākahu maroke ki ahau."

"Haere mai, teina,' taku hoa i mea. 'Te rangatira e tatari ana koe.

"Nāna i ārahi te ara i roto i te ngahere. Kātahi ka whakamāramahia te pō pōuri e te tiahotanga pumau i tawhiti."

"Ka taea tērā kia te te whitinga o te rā? ahau i pātai atu. 'He pono te katoa pō kua kāore kua paahitia?

"Ko te hāora kua waenganui pō.' Ka kata mērie taku kaiārahi. 'Ko te māramatanga o reira he kanapa o tētahi whare kingi koura, i whakatinanahia i konei i tēnei pō e te Babaji korekore. I ngā rā o mua, i whakaatu koe i tō hiahia ki te pārekareka ki ngā ataahua o tētahi whare kingi. Kei te whakatutukihia e tō tātou rangatira tō hiahia, ā, kei te wetekina koe i ngā here o te karma.' **34-4** I tāpiri atu ia, 'Ko te whare rangatira te wāhi e whakaurua ai koe ki te *Kriya Yoga i tēnei pō* . Ka uru mai ō koutou teina katoa ki te waiata powhiri, me te harikoa i te mutunga o tō koutou noho roa i te whenua kē. Titiro mai!"

"I tū mai i mua i a mātou tētahi whare nui, he koura kanapa. He mea whakapaipai ki ngā kohatu utu nui, ā, i waenganui i ngā māra ataahua, he whakaaturanga whakamiharo o te nui whakaharahara. Ko ngā hunga tapu he kanohi anahera i tū ki te taha o ngā kūaha kanapa, he whereo-whereo i te kanapa o ngā rupi."
I whakatōkia ki roto i ngā āwhata whakapaipai he taimana, he pērara, he hapaira, me he emerara nunui, kanapa hoki.

"I aru ahau i taku hoa ki roto i tētahi whare whakanui whānui. I pupuhi te kakara o te whakakakara me te rōhi i te rangi; i whiti mai ngā rama ngoikore i te kanapa maha-tae. He rōpū iti o te hunga karakia, ko ētahi he mā, ko ētahi he kiri mangu, e waiata ana i te waiata, e noho ana rānei i roto i te tūnga whakaaroaro, e rumakina ana ki te rangimārie o roto. I horapa te harikoa oraora ki te āhuarangi."

"Kia harikoa ō kanohi; kia pārekareka ki te ataahua o tēnei whare rangatira, nā te mea i hangaia mōu anake.' Ātaata aroha mai ana taku kaiārahi i a au e whakapuaki ana i ētahi kupu miharo.

"E te tuakana,' ka mea atu ahau, 'e hira ake ana te ataahua o tēnei hanganga i ngā rohe o te whakaaro o te tangata. Tēnā koa, kōrero mai ki ahau te mea ngaro o tōna pūtake mai."

"Ka koa ahau ki te whakamārama i a koe.' I kanapa ngā kanohi pōuri o taku hoa i te whakaaro nui. 'Ko te mea pono, kāore he mea ngaro e pā ana ki tēnei whakakitenga. Ko te ao whānui he whakaaro whakakitenga o te Kaihanga. Ko tēnei poraka taumaha, whenua e mānu ana i te wāhi, he moemoeā nā te Atua. Nāna i hanga ngā mea katoa i roto i tōna hinengaro, pērā i te hinengaro o te tangata i roto i tana moemoeā e whakaputa uri ana, e whakaora ana i te mea hanga me āna mea hanga.

"I te tuatahi i hangaia e te Atua te whenua hei whakaaro. Kātahi ka whakatereterehia e ia; ka puta mai ngā ngota pūngao. I whakaritehia e ia ngā ngota ki roto i tēnei porowhita totoka. Ko ōna ngota katoa e puritia ana e te hiahia o te Atua. Ina tangohia e ia tana hiahia, ka memeha anō te whenua hei pūngao. Ka memeha te pūngao." ki te hinengaro; ka ngaro te ariā whenua i te koretake.

"Ko te mauri o te moemoeā kei roto i te whakatinanatanga e te whakaaro huna o te moemoeā. Ina tangohia taua whakaaro honohono i te wā e ara ana, ka memeha te moemoeā me ōna huānga. Ka katia e te tangata ōna kanohi, ka whakatūria he moemoeā, ā, i te oho ake, ka tangohia noatia e ia. Ka whai ia i te tauira atua. Waihoki, ina oho ake ia i roto i te hinengaro ao, ka tangohia noatia e ia ngā mānukanuka o te moemoeā ao."

"I te mea he kotahi ia ki te Hiahia mutunga kore, ka taea e Babaji te karanga i ngā ngota huānga kia whakakotahi, kia whakaatu hoki i a rātou anō i roto i tētahi āhua. He tūturu tēnei whare koura, i hangaia tonutia, pērā i te tūturutanga o tēnei whenua. Nā Babaji i hanga tēnei whare rangatira i roto i tōna hinengaro, ā, kei te pupuri ia i ōna ngota mā te mana o tōna hiahia, pērā i te Atua i hanga ai i tēnei whenua, ā, kei te pupuri tonu i a ia kia mau tonu.' I tāpiri atu ia, 'Ina tutuki i tēnei hanganga tōna kaupapa, ka whakakorea e Babaji tōna tinana.'

"I a au e noho puku ana i te miharo, ka tohu te kaiārahi i tētahi tohu whānui. 'Ko tēnei whare rangatira kanapa, he mea whakapaipai ki ngā kohatu utu nui, kāore i hangaia e te ringa tangata, e te koura me ngā kohatu utu nui rānei. E tū pakari ana, he wero nui ki te tangata. ' **34-5** Ko te tangata e mōhio ana ko ia te tama a te Atua, pērā i a Babaji, ka taea e ia te whakatutuki i tētahi whāinga mā roto i ngā mana mutunga kore e huna ana i roto i a ia. Ka maukati te kōhatu noa i roto i a ia anō te mea ngaro o te kaha atomika whakamiharo; **34-6** ahakoa rā, he mana atua tonu te

tangata.

"I tangohia ake e te tohunga i tētahi tēpu tata tētahi oko ataahua, he mea mura te kakau ki ngā taimana. 'Nā tō tātou tohunga nui tēnei whare rangatira i hanga mā te whakapūmau i ngā tini hihi o te ao tūroa,' ka haere tonu ia. 'Pa atu ki tēnei oko me ōna taimana; ka ea i a rātou ngā whakamātautau katoa o te wheako ā-tinana.'"

"Au i tiroirohia te te ipu, me kua paahitia taku ringa i runga te maeneene ngā pakitara rūma, matotoru me koura kanapa. Ko ia kohatu i marara noa atu, he mea tika mō te kohinga a te kingi. Hōhonu horapa te ngākau māhaki ki roto i tōku hinengaro. He hiahia hohonu, e huna ana i roto i tōku hinengaro huna mai i ngā oranga

ināianeī kua riro, te āhua nei i te wā kotahi whakaharikoā me tineia.

"Nā taku hoa rangatira ahau i ārahi mā roto i ngā kōhao me ngā ara whakanikoniko ki roto i tētahi rarangi rūma He mea whakapaipai rawa atu i te āhua o te whare kingi o te emepara. I tomo mātou ki tētahi whare nui whakaharahara. I waenganui ko tētahi torona koura, he mea whakakikorua ki ngā kohatu utu nui e whiti ana i te ranunga kanapa o ngā tae. I reira, i roto i te tūnga rōhi, e noho ana te Babaji tino rangatira. I tuturi ahau ki runga i te papa kanapa i ōna waewae.

"'E Lahiri, kei te kai tonu koe i ō moemoeā mō tētahi whare kingi koura?' I kanapa ngā kanohi o taku tohunga rite tāna ake ngā hapaira. 'E ara!' Katoa tōu whenua matewai kei mō ki kia 'ka tineia ake tonu atu.' I hamumu ia i ētahi kupu manaaki ngaro. 'E taku tama, whakatika. Kia whakaurua koe ki te rangatiratanga o te Atua mā te *Kriya Yoga* .'

"Ka totoro atu te ringa o Babaji; ka puta mai he ahi *homa* (patunga tapu), e karapotia ana e ngā hua me ngā putiputi. I whiwhi ahau i te tikanga yoga whakaora i mua i tēnei aata mura."

"I oti ngā kawa i te atatu. Kāore au i hiahia ki te moe i roto i tōku āhua harikoā, ā, i kopikopiko noa ahau i te whare kingi, kī tonu i ngā taha katoa i ngā taonga me *ngā mahi toi utu nui* ."

I ahau e heke iho ana ki ngā mārā ataahua, i kite ahau, e tata ana, i ngā ana me ngā pari maunga pakoko kāore nei i te taha o te whare kingi, o te taupee putiputi rānei inanahi.

"I taku hokinga atu ki te whare kingi, e kanapa ana i te rā makariri o Himalaya, ka rapu ahau i te aroaro o tōku ariki. Kei te noho tonu ia i runga i te torona, e karapotia ana e te tini o ngā ākonga marino."

"'Rahiri, koe kei hiakai. Pāpāji tāpirihia, 'Katia tōu ngā kanohi.

"I taku whakatuwheratanga anō, kua ngaro te whare rangatira me ōna mārā ataahua. Ko tōku tinana me ngā āhua o Babaji me te rōpū chelas kua noho katoa i runga i te whenua tahanga." whenua i te wāhi tonu o te whare kingi kua ngaro, kāore i tawhiti atu i ngā tomokanga o ngā ana kohatu e whiti ana i te rā. I mahara ahau ki te kōrero a taku kaiārahi ka whakakorea te whare kingi, ko ōna ngā ngota herehere i tukuna ki roto i te whakaaro-mauri i puta mai ai. Ahakoā i ohorere ahau, i titiro pono atu ahau ki taku guru. Kāore au i te mōhio he aha taku e tumanako atu ai i tēnei rā o ngā merekara.

"'Kua tutuki te kaupapa i hangaia ai te whare rangatira,' te whakamārama a Babaji. I hiki ake e ia tētahi oko oneone i te whenua. 'Whakatōhia tō ringa ki reira, ka whiwhi i te kai e hiahia ana koe.'"

"I taku pā atu ki te peihana whānui, kau, kī tonu i *ngā rūhi wera parai pata* , te kari, me ngā mīti reka onge. I āwhina ahau i a au anō, me te kite kua kī tonu te ipu. I te mutunga o taku kai, ka tiro tiro haere ahau mō te wai. I tohu taku tohunga ki te peihana i mua i ahau. Nana! kua ngaro atu ana; i tōna wāhi he wai, he mārama me te mea nō te awa o te maunga.

"He tokoiti noa iho ngā tāngata e mōhio ana kei roto i te rangatiratanga o te Atua te rangatiratanga o ngā whakatutukitanga o te ao,' te kitenga a Babaji. 'E horapa ana te ao atua ki te ao whenua, engari ko te ao tuarua, he mea tinihanga, kāore e taea te whakauru i te mauri o te ao tūturu.'"

"E te aroha tohunga, whakamutunga pō koe i whakaaturia mō ahau te hononga o ataahua i roto rangi me whenua! ahau

i menemene ki ngā maharatanga o te whare kingi kua ngaro; kāore rawa he yogi noa i whiwhi i te whakaurunga ki roto i ngā mea ngaro nui o te Wairua i waenganui i ngā taiao o te papai whakaharahara! i titiro marino ahau i te rerekētanga nui o te āhua o nāiane. Ko te whenua hiroki, ko te tuanui teitei, ko ngā ana e whakarato ana i te piringa tawhito - he āhua ataahua katoa ēnei mō ngā tāngata tapu seraphic i tōku taha.

"I noho ahau i taua ahiahi i runga i taku paraikete, i whakatapua e ngā hononga o ngā kitenga o mua. I whakatata mai taku tohunga atua, ā, i tukuna tōna ringa ki runga i tōku mahunga. I tomo ahau ki te āhua *nirbikalpa samadhi*, me te noho tonu i roto i tōna harikoa mō ngā rā e whitu. I te whiti i ngā paparanga o te mōhiotanga ki a au anō, I uru atu ahau ki ngā ao mutunga kore o te ao tūturu. I memeha haere ngā herenga tinihanga katoa; kua tino whakapumautia tōku wairua ki runga i te aata mutunga kore o te Wairua Ao. I te waru o ngā rā ka takoto ahau ki ngā waewae o taku guru, ka inoi ki a ia kia noho tonu ahau ki tōna taha i tēnei koraha tapu.

"E taku tama,' te kī a Babaji, me te awhi mai i ahau, 'me whakaari tō tūranga i roto i tēnei whakakikoruatanga i runga i te atamira o waho. I manaakitia koe i mua i te whānautanga e ngā orange maha o te whakaaroaro mokemoke, me whakauru koe ki te ao o te tangata."

"He kaupapa hohonu te pūtake o tō tūtakitanga ki ahau i tēnei wā tae noa ki tō marenatanga, me ngā kawenga pakihi iti. Me waiho e koe ō whakaaro ki te whakauru atu ki tā mātou tira ngaro i ngā Himalayas; kei roto tō orange i ngā toa hokohoko kī tonu i te tangata, hei tauira mō te rangatira whare yogi tino pai."

"Kāore i rangona ngā karanga a te tini o ngā tāne me ngā wāhine o te ao e pōhēhē ana i ngā taringa o ngā Mea Nui,' ka haere tonu ia. 'Kua whiriwhiria koe hei kawē mai i te whakamarie wairua mā te *Kriya Yoga* ki te tini o ngā kaiwhai pono. Ko ngā miriona e taumaha ana i ngā hononga whānau me ngā mahi taumaha o te ao ka riro mai i a koe he ngākau hou, he rangatira whare pērā i a rātou anō. Me ārahi rātou e koe kia kite kāore ngā whakatutukitanga yoga teitei e aukatia ana ki te tangata whānau. Ahakoa i te ao, ko te yogi e mahi pono ana i ana kawenga, me te kore he kaupapa whaiaro, he here rānei, ka takahi i te ara pono o te māramatanga."

"Kāore he take e akiaki i a koe ki te wehe atu i te ao, nā te mea kua motuhia e koe ōna here karma katoa i roto i a koe. Ehara i te mea nō tēnei ao, me noho tonu koe ki roto. He maha ngā tau e toe ana hei whakatutuki i ō mahi whānau, pakihi, mahi ā-iwi, me ngā mahi wairua. Ka uru te manawa hou reka o te tumanako atua ki roto i ngā ngākau maroke o ngā tāngata o te ao. Mai i tō orange taurite, ka mārāma rātou ko te whakaoranga e whakawhirinaki ana ki ngā whakarereanga o roto, kaua ki waho."

"Āe te tawhiti o tōku whānau, o te tari, o te ao, i ahau e whakarongo ana ki taku guru i roto i te mokemoke o te maunga teitei o Himalaya. Heoi, i tangi te pono

pakari i roto i āna kupu; i whakaae ahau me te ngākau māhaki ki te wehe atu i tēnei piringa manaaki o te rangimārie. Nā Babaji ahau i ako ki ngā ture tawhito pakari e whakahaere ana i te tuku i te toi yoga mai i te guru ki te ākonga."

"Hoatu te kī *Kriya* ki ngā chela whai tohu anake,' te kī a Babaji. 'Ko ia e oati ana ki te patu i ana mea katoa i roto i te rapunga o te Atua ko tau ki wetewete te whakamutunga ngā mea ngaro o ora mā roto te pūtaiao o whakaaroaro.

"E te tohunga anahera, i te mea kua atawhai kē koe i te tangata mā te whakaara anō i te toi *Kriya ngaro* , kāore ianei koe e whakanui ake i taua painga mā te whakangawari i ngā whakaritenga pakari mō te ākonga?' I titiro ahau

me te inoi ki a Babaji. 'Kei te inoi ahau kia tukua ahau e koe ki te whakapuaki *i te Kriya* ki ngā kaiwhai katoa, ahakoa i te tīmatanga kāore e taea e rātou te oati ki te whakarērea katoa i roto. Ko ngā tāne me ngā wāhine o te ao i whakamamaetia, i whaia e te mamae e toru, **34-7** me whai whakatenatena motuhake. E kore rawa rātou e whakamātau i te ara ki te herekoretanga mēnā ka āraia te whakaurunga ki *a Kriya i a rātou*.

"Kia pērā. Kua whakapuakina te hiahia atua mā roto i a koe.' Mā ēnei kupu māmā, ka peia e te guru aroha ngā parenga pakari i huna ai *a Kriya* i te ao mō ngā tau maha. 'Hoatu noa *a Kriya* ki te hunga katoa e tono āwhina ana me te ngākau mahaki.'

I muri i te wā whakangā, ka tāpiri atu a Babaji, 'Whakahuatia ki ia o ā koutou' ākonga tēnei kupu whakaari nui o te *Bhagavad Gita: "Swalpamasya Dharmasya, Trayata Mahato Bhoyat"* -"Ahakoa he iti noa te mahi i tēnei karakia ka whakaora i a koe i ngā wehi kino me ngā mamae nui.'" **34-8**

"I taku tuturi i te ata i muri mai ki ngā waewae o taku guru mō tana manaakitanga poroporoaki, ka kite ia i taku hiahia nui ki te wehe atu i a ia.

"Kāore he wehenga mō tāua, e taku tamaiti aroha.' I pā mai ia ki tōku pakihwi me te aroha. 'Ahakoa kei hea koe, ahakoa te wā e karanga mai ai koe ki ahau, ka noho tonu atu ahau ki a koe.'"

"I whakamarietia ahau e tana kupu whakaari whakamiharo, ā, i whai rawa hoki i te koura hou o te whakaaro nui o te Atua, ka heke iho ahau i te maunga. I te tari, i manaakihia ahau e ōku hoa mahi, i whakaaro rātou kua ngaro ahau i roto i ngā ngahere o Himalaya mō ngā rā tekau. Kāore i roa ka tae mai he reta mai i te tari matua."

"Me hoki a Lahiri ki te Danapur **34-9** tari,' e kī ana. 'Nā te hē i puta ai tana whakawhiti ki Ranikhet. Me tonu atu tētahi atu tangata ki te tango i ngā mahi a Ranikhet.'

"I menemene ahau, me te whakaaroaro ki ngā ia whakawhiti huna o ngā kaupapa i arahi i ahau ki tēnei wāhi tawhiti rawa atu o Īnia."

"I mua i taku hokinga ki Danapur, i noho ahau mō ētahi rā ki tētahi whānau Bengali i Moradabad. I huihui mai tētahi rōpū o ngā hoa tokoono ki te mihi mai ki ahau. I taku tahuritanga i te kōrero ki ngā kaupapa wairua, ka kite pōuri taku kaihautu:

"Āe, i roto ēnei ngā rā Īnia ko rawakore o hunga tapu!

"Pāpu,'" ahau i whakahē me te mahana, o akoranga i reira kei tonu nui ngā rangatira i

roto tēnei whenua!

"I roto i te wairua hihiko nui, i akiakihia ahau ki te kōrero i aku wheako whakamiharo i roto i ngā Himalaya. I tino whakaponokore te hunga iti nei."

"E Rāhiri,' te kī whakamarie a tētahi tangata, 'kei raro tō hinengaro i te taumahatanga i roto i aua hau maunga onge. He moemoeā tēnei kua kōrerotia e koe.'"

"Te tahunga me te hihiri o te pono, ahau kōrero kāore te utu whakaaro. 'Mēnā ahau waea ia, taku tohunga ka

puta matau i roto tēnei whare.

"I tiaho te hiahia i roto i ngā kanohi katoa; kāore i te miharo te hiahia o te rōpū ki te kite i tētahi tangata tapu e puta mai ana i roto i tētahi ara rerekē. Me te āwangawanga, ka tono ahau mō tētahi rūma marino me ētahi paraikete huruhuru hou e rua."

"Ka puta mai te rangatira i te ao,' ka mea atu ahau. 'Noho puku koe i waho o te tatau; ka karanga atu ahau ki a koe i te wā tata.'"

"I totohu ahau ki roto i te āhua whakaaroaro, me te karanga whakaiti i taku guru. Kāore i roa ka kī te rūma pōuriuri i te marama o te marama; ka puta mai te āhua kanapa o Babaji."

"E Rāhiri, he mea iti noa iho tāu e karanga mai nei ki ahau?' He pakari te titiro a te rangatira. 'Mō te hunga rapu pono te pono, ehara i te hunga hiahia noa. He ngāwari te whakapono ina kite; kāore he mea hei whakakahore.'"

"E tika ana te pono o te wairua, ā, e kitea ana e te hunga kua wikitoria i tō rātou whakahē ā-tinana." Ka tāpiri atu ia me te ngākau pouri, "Tukua ahau kia haere!"

"I takoto puku ahau ki ōna waewae. 'E te tohunga tapu, e mōhio ana ahau ki taku hapa nui; e tono whakaiti ana ahau kia murua. Hei waihanga i te whakapono ki roto i ēnei hinengaro kua matapohia te wairua, i maia ai ahau ki te karanga atu ki a koe. Nā te mea kua puta mai koe me te atawhai i taku inoi, kaua e haere atu me te kore e hoatu he manaakitanga ki ōku hoa. Ahakoa he hunga kore whakapono rātou, i pai tonu rātou ki te tiroiro i te pono o aku kōrero tauhou.'"

"Pai rawa; ka noho ahau mō tētahi wā. Kāore au e hiahia kia whakahēngia tāu kupu i mua i ō hoa.' Kua ngawari te mata o Babaji, engari ka tāpiri māriri ia, 'Mai i tēnei wā, e taku tama, ka haere atu ahau ina hiahia ahau e koe, ehara i te mea i ngā wā katoa ka karanga mai koe ki ahau. ' **34-10**

"I te whakatuwheratanga o te tatau, ka noho puku te rōpū iti. Me te mea nei kāore i te whakapono ki ō rātou kare ā-roto, ka titiro matatau aku hoa ki te āhua kanapa i runga i te nohoanga paraikete."

"He whakamoemiti papatipu tēnei!' Ka kata nui tetahi tangata. 'Kāore e taea e tetahi te tomo ki tēnei rūma me te kore mātou e mōhio!'"

"Ka haere whakamua a Babaji me te menemene, ka tohu atu ki ia tangata kia pā atu ki te kikokiko mahana, mārō o tōna tinana. Ka memeha haere ngā feaa, ka takoto ōku hoa ki runga i te papa me te ripeneta miharo."

"Let *halua* **34-11.html** 'Kia rite.' I tono a Babaji i tēnei, i mōhio ahau, kia whakaū ake ai i te rōpū ki tōna āhua tūturu. I te mea e koropupū ana te parāoa, ka kōrero māriri

te tohunga atua. He rawe te hurihanga o ēnei Tāmati ruarua ki ngā Hāto Paora karakia. I muri i tā mātou kai, ka manaaki a Babaji i a mātou katoa. I puta he uira ohorere; i kite mātou i te whakakorenga matū o ngā huānga hiko o te tinana o Babaji hei māramatanga kohu e horapa ana. Nā te mana o te rangatira i whakahāngaitia e te Atua i wetekina ai tōna hopu i ngā ngota etera e piri tahi ana hei tinana mōna; i taua wā tonu ka memeha haere ngā tiriona o ngā mura iti ora ki roto i te puna mutunga kore.

"Me taku ake ngā kanohi ahau whai i kitea te toa o te mate. Maita, 34-12 kotahi o te rōpū, kōrero

me te whakaute. I puta ke tōna mata i te harikoa o tōna oho ake i ngā rā tata nei. 'I takaro te guru tino nui ki te wā me te wāhi, pērā i te tamaiti e takaro ana ki ngā mirumiru. Kua kite ahau i tētahi me ngā kī o te rangi me te whenua.'

"I hoki wawe ahau ki Danapur. Nā te mau tonu o te Wairua, ka tangohia anō e au ngā mahi pakihi me ngā mahi whānau maha a te rangatira whare."

I kōrerotia anō hoki e Lahiri Mahasaya ki a Swami Kebalananda rāua ko Sri Yukteswar te kōrero mō tētahi atu hui ki a Babaji, i raro i ngā āhuatanga i rite ki te kupu whakaari a te guru: "Ka haere atu ahau i ngā wā katoa e hiahiatia ana ahau e koe."

"Ko te whakaaturanga he *Kumbha Mela* i Allahabad," te kōrero a Lahiri Mahasaya ki āna ākonga. "I haere ahau ki reira i tētahi hararei poto mai i aku mahi tari. I a au e kopikopiko ana i waenganui i te mano tini o ngā mōneka me ngā sadhu i haere mai i tawhiti ki te haere ki te hakari tapu, ka kite ahau i tētahi tangata whakahihi kua pania ki te pungarehu e pupuri ana i tētahi peihana tono kai. Ka puta ake te whakaaro i roto i tōku hinengaro he tangata tinihanga taua tangata, te mau te ki waho ngā tohu o whakarēreatanga kāore he e rite ana roto te aroha noa

"I taku haerenga atu i te taha o te tangata whakahihi, ka kite ahau i a Babaji, he kanohi miharo. I tuturi ia i mua i tētahi wahine he makawe pōturi tōna."

"'Guruji!' ahau i tere ki tāna taha 'E te Ariki, he aha kei koe te mahi konei?

"'Kei te horoi ahau i ngā waewae o tēnei tangata kua whakarērea, kātahi ka horoia e ahau āna taputapu tunu kai.'" Babaji I menemene mai ia ki ahau me te mea he tamaiti nohinohi; i mōhio ahau kei te whakaatu mai ia e hiahia ana ia kia kaua ahau e whakahe i tetahi, engari kia kite i te Ariki e noho ōrite ana i roto i ngā temepara tinana katoa, ahakoa he tangata rangatira, he tangata iti iho rānei. I tāpiri atu te guru nui, 'Mā te mahi ki ngā sadhus whakaaro nui me ngā sadhus kuware, kei te ako ahau i ngā āhuatanga nui rawa atu, e pai ai te Atua ki runga ake i ngā mea katoa - te ngākau mahaki.'"

34-1 : Inaianei he hōia hōhipera Nā 1861 te Piritana Kāwanatanga i a kua kua whakatūria tino ngā whakawhitiwhiti kōrero waea .

34-2 : Rāniketi, i roto te Āmora rohe o Kotahitanga Ngā Porowini, ko kei reira i te waewae o Nāna Devi, te teitei rawa Te tihi o Himalayan (25,661 putu) i te whenua o Īnia Piritana.

34-3 : "Te hapati i i hangaia mō tangata, me kāore tāne mō te hapati." - *Māka* 2:27.

34-4 : Te karmic ture e hiahiatia ana tērā ia tangata hiahia kimi tino mutunga te whakatutukitanga Hiahia ko nō reira te mekameka e here te tangata ki te wira whānautanga anō.

34-5 :

He aha ko he merekara? - 'Tis he"
whakahē, 'Tis he huna whakatoī i runga
".te tangata

. Eruera taitamariki, i roto *Pō Ngā whakaaro-*

34-6 : Te ariā o te ngota hanganga o mea i i whakamāramahia i roto te tawhito Īnia *Waihisika* me *Nyaya* ngā tuhinga.
"Kei reira kei whānui ngā ao katoa whakanohoia atu i roto te ngā poka o ia ngota, ngā momo hei te ngā mota i roto he
hihi o te rā." - *Yoga Vasishtha*.

34-7 : Te tinana, hinengaro, me wairua te mamae; i whakakitea, ia, i roto mate, i roto hinengaro ngā ngoikoretanga "ngā matatini" rānei, me te kore mōhio ki te wairua.

34-8 : Upoko II:40.

34-9 : He tāone tata Benares.

34-10 : I roto te ara ki te Mutunga kore, ahakoa whakamāramatia ngā rangatira rite Rāhiri Mahasaya mei mamae mai i he te nui rawa o te ngākau nui, me kia whai kaupapa ki te whakahaere i te ture. I roto te *Bhagavad Gita*, mātou pānui he tokomaha ngā kōrero kei hea te atua tohunga Krishna homai whiu ki te rangatira o ngā tāngata karakia, ki a Arjuna.

34-11 : He pāreti i hangaia o kirīmi o witi parai i roto pata, me kohuatia me miraka.

34-12 Ko te tangata, ko Maitra, e kōrerotia nei e Lahiri Mahasaya i konei, i muri iho ka tino matatau ia ki te mōhio ki a ia anō. ahau tūtaki Maitra i roto i ngā wā poto i muri taku whakawhiwhinga tohu mai i teitei kura; ia i toro atu te Mahamandal whare karakia i roto i a Benares ahau e noho ana i reira. I kōrero mai ia ki ahau i taua wā mō te whakakitenga mai o Babaji i mua i te rōpū i Moradabad. "Nā te merekara," i whakamārama mai a Maitra ki ahau, "i noho ahau hei ākonga mō Lahiri Mahasaya mō tōku oranga katoa."

Upoko: 35

Te He rite ki a te Karaiti Te ora o Rāhiri Mahasaya

"Ko te tikanga tēnei mā tāua kia whakarite i ngā mea tika katoa." **35-1** I roto i ēnei kupu ki a Hoani Kaiiriiri, me tana tono ki a Hoani kia iriiria ia, i whakaae a Ihu ki ngā mana atua o tana guru.

Mai i tētahi rangahau whakaute o te Paipera mai i te tirohanga a te Rawhiti, **35-2** ā, mai i te tirohanga ā-hinengaro, e whakapono ana ahau ko Hoani Kaiiriiri, i ngā oranga o mua, te tohunga o te Karaiti. He maha ngā kōrero i roto i te Paipera e kī ana ko Hoani rāua ko Ihu i roto i ō rāua tinana whakamutunga ko Iraia rāua ko tana akonga ko Eriha. (Koinei ngā tuhi i roto i te Kawenata Tawhito. I tuhia e ngā kaiwhakamāori Kariki ngā ingoa ko Iraia me Eriha; ka puta anō i roto i te Kawenata Hou i roto i ēnei āhua kua whakarerekētia.)

Ko te mutunga rawa o te Kawenata Tawhito he poropititanga mō te whānautanga mai o Iraia rāua ko Eriha: "Nana, ka tonoa atu e ahau a Iraia poropiti ki a koutou i mua i te taenga mai o te ra nui, whakamataku o Ihowa." **35-3** Nō reira, i whānau wawe atu a Hoani (Iraia), i tonoa mai "i mua i te taenga mai o te Ariki," hei karere mō te Karaiti. I puta mai tētahi anahera ki a Hakaraia te matua, hei whakaatu ko

tana tama a Hoani e haere mai ana ko Iraia (Iraia) anake.

"Engari te anahera i mea ki ia, Wehi kāore, Hakaraia: mō tōu inoi ko i rangona; me tōu wahine Irihāpeti

me pea koe he tama, me koe me waea tāna ingoa Hoani. Ā, he tokomaha o te tamariki o Ihairaira

ka tahuri ia ki te Ariki, ki tō rātou Atua. Ā, ka haere ia i mua i a ia **35-4** *i runga i te wairua me te mana o Iraia*, hei whakatahuri i ngā ngākau o ngā mātua ki ngā tamariki, i te hunga whakakeke ki te whakaaro nui o te hunga tika; hei whakarite i tētahi iwi kua rite mō te Ariki." **35-5** E rua ngā wā i kīia ai a Iraia (Iraia) ko Hoani: "Kua tae mai a Iraia, ā, kihai rātou i mōhio ki a ia.Kātahi ka haere ngā ākonga ki te

i matau ratou ko Hoani Kaiiriiri tana i korero ai ki a ratou." **35-6** E mea ana anō a te Karaiti: "I poropititia hoki e ngā poropiti katoa me te ture tae noa ki a Hoani. A ki te pai koutou ki te tango, ko Iraia tenei, i meinga nei kia haere mai." **35-7** Āhea Hoani whakakahoretia tērā ia i Iraia (Iraia), **35-8** ia te tikanga tērā i roto te whakaiti I roto i te kākahu o Hoani, kāore ia i haere mai i te whakateiteitanga o waho o Iraia te tohunga nui. I roto i tōna tinana o mua, i hoatu e ia te "kākahu" o tōna kororia me tōna taonga wairua ki tana akonga, ki a Eriha. "Ā, ka mea a Eriha, Tēnā koa, kia rua ngā wāhi o tō wairua ki ahau. Ā, ka mea ia, He mea uaua tāu i tono mai ai; ahakoa rā, ki te kite koe i ahau e tangohia atu ana i a koe, ka pena anō ki a koe." koe. . . . Na ka tangohia e ia te *koroka* o Iraia i marere iho i a ia." **35-9**

I huri ke ngā tūranga, nā te mea kāore a Iraia-Hoani i hiahiatia kia noho hei tohunga whakaari mō Iraia-Ihu, kua tino tika inaianei i roto i te mohiotanga atua.

I te whakaputanga ketanga o te Karaiti i runga i te maunga **35-10** Ko tana tohunga ko Iraia, rāua ko Mohi, i kite ia. I roto anō i tōna wā tino pōuri i runga i te ripeka, ka karanga a Ihu i te ingoa atua: " *Eri, e Iri, rama hapakatani?* ara, E toku Atua, e toku Atua, he aha koe i whakarere ai i ahau?" I te rongonga o ētahi o te hunga e tū ana i reira, ka mea, "E karanga ana tēnei tangata ki a Iraia. . .Kia kite tātou mēnā ko Iraia." ka haere mai ki tiaki ia." **35- 11**

I roto i a Babaji rāua ko Lahiri Mahasaya, i kitea anō hoki te hononga mutunga kore o te guru me te ākonga. Me te ngākau aroha, ka kauhoe te guru matekore i ngā wai Lethean i hurihuri i waenganui i ngā orange whakamutunga e rua o tana chela, ā, ka ārahi i ngā hikoinga i mahia e te tamaiti, ā, muri iho e te tangata a Lahiri Mahasaya. Tae noa ki te taenga o te ākonga ki tōna toru tekau mā toru tau, ka whakaaro a Babaji kua tae ki te wā tika hei whakatū anō i te hononga kāore anō kia motuhia. Kātahi, i muri i tā rāua hui poto i Ranikhet, ka peia e te rangatira ngākau aroha tana ākonga aroha i te rōpū maunga iti, ka tukuna ia ki tētahi misioni ao. "E taku tama, ka haere atu ahau i ngā wā katoa e hiahiatia ana ahau e koe." Ko wai te tangata aroha ka taea te tuku i taua kupu whakaari mutunga kore?

Kāore i te mōhiotia e te hāpori whānui, ka tīmata te rerenga mai o tētahi whakaoranga wairua nui mai i tētahi kokonga tawhiti o Benares. Pērā i te kakara o ngā putiputi e kore e taea te pehi, pērā anō a Lahiri Mahasaya, e noho mārire ana

hei rangatira whare pai, kāore i taea te huna i tōna kororia ā-roto. Mārire haere, mai i ngā wāhanga katoa o Īnia, ka rapu ngā pī karakia i te wai reka o te rangatira kua wetekina.

Ko te tumuaki tari Ingarihi tētahi o ngā tāngata tuatahi i kite i tētahi panonitanga nui whakaharahara o tana kaimahi, ā, i tapaina e ia me te aroha ko "Ecstatic Babu".

"E te rangatira, te āhua pouri nei koe. He aha te raruraru?" I pātai aroha a Lahiri Mahasaya ki tōna rangatira i tētahi ata.

"Tāku wahine i roto Ingarangi ko tino arotake māuiui ahau am haehae nā te manukanuka."

"Ka kōrero atu ahau ki a koe mōna." I puta atu a Lahiri Mahasaya i te rūma, ā, noho ana mō tētahi wā poto i tētahi wāhi motuhake. I tōna hokinga mai, ka menemene ia me te whakamarie.

"Kei te pai haere tō wahine; kei te tuhituhi reta ia ki a koe." I whakahua te yogi matau-katoa i ētahi wāhanga o te reta.

"E Pāpu harikoa, e mōhio ana ahau ehara koe i te tangata noa. Heoi, kāore au e whakapono ka taea e koe te whakakore i te wā me te wāhi i te wā e hiahia ana koe!"

I tae mai te reta i oaitia. Nā te miharo o te tumuaki, i kitea e ia ehara i te mea ko te rongo pai anake mō te oranga o tana wahine kei roto, engari ko ngā kupu anō hoki i whakahuatia e Lahiri Mahasaya i ngā wiki kua pahure ake nei.

I tae mai te wahine ki Īnia i ētahi marama i muri mai. I toro atu ia ki te tari, ā, i reira a Lahiri Mahasaya e noho puku ana i tana tēpu. I whakatata atu te wahine ki a ia me te whakaute.

"E te Ariki," ka mea ia, "ko tō āhua, i whitia ki te māramatanga kororia, i kitea e au i ngā marama kua pahure ake nei i te taha o taku moenga tūroro i Rānana. I taua wā tonu i ora katoa ahau! I muri tata mai, ka taea e au te haere i te haerenga roa ki Īnia."

I ia rā, i ia rā, ka inoi tetahi, e rua rānei ngā tāngata karakia ki te tohunga nui kia whakaurua ki *te Kriya*. Haunga ēnei mahi wairua, me ērā o tana mahi pakihi me tana oranga whānau, i aro nui te tohunga nui ki te mātauranga. He maha ngā rōpū ako i whakaritea e ia, ā, i whai wāhi nui ia ki te tipu o tētahi kura tuarua nui i te wāhanga Bengalitola o Benares. Ko āna kōrero auau mō ngā karaipiture i tapaina ko tana " Huihuinga *Gita* ," i tae atu te tini o te hunga rapu pono ki reira me te hihiri.

Mā ēnei mahi maha, i whai a Lahiri Mahasaya ki te whakautu i te wero noa: "I muri i te mahi i āna mahi pakihi me āna mahi pāpori, kei hea te wā mō te whakaaroaro karakia?" Ko te oranga taurite o te rangatira whare nui i noho hei whakaoho puku mō ngā mano tini o ngā ngākau pātai. I whiwhi noa i te utu iti, he penapena, he kore whakahihi, he wātea ki te katoa, i haere tonu te rangatira i te ara o te ao.

Ahakoia i noho a Lahiri Mahasaya i te nohoanga o te Runga Rawa, i whakaatu ia i te whakaute ki ngā tāngata katoa, ahakoia ō rātou tikanga rerekē. I te wā i mihi atu ai ōna hoa karakia ki a ia, ka piko ia ki a rātou.

Me te ngākau mahaki o te tamaiti, he maha ngā wā ka pā te rangatira ki ngā waewae o ētahi atu, engari kāore i te maha ngā wā ka tukua e rātou kia whakahonoretia ia e rātou anō, ahakoia he tikanga tawhito tēnei mō te hunga o te Rawhiti. tikanga

Ko tētahi āhuatanga nui o te oranga o Lahiri Mahasaya ko tana koha ki te whakauru

ki *a Kriya* ki te hunga katoa. whakapono. Ehara i te mea ko ngā Hinitū anake, engari ko ngā Mahometa me ngā Karaitiana anō hoki ētahi o ana akonga matua. Ko ngā Monis me ngā dualists, ko te hunga o ngā whakapono katoa, ko te hunga kāore anō kia whai whakapono, i whakaaetia, i whakaakona hoki e te guru whānui. Ko tētahi o ana chelas tino matatau ko Abdul Gufoor Khan, he He Mahometa. E whakaatu ana i te maia nui o Lahiri Mahasaya, ahakoa he Brahmin teitei ia, i whakapau kaha ia ki te whakakore i te whakahāwea i roto i te kāwai pakari o tōna wā. Ko te hunga nō ngā momo katoa o ora i kitea whare whakaruruhau i raro i te rangatira kei ngā wāhi katoa parirau. Pēnei i katoa I whakaaweawetia e te Atua ngā poropiti, Rāhiri

Mahasaya i hoatu hou tumanako ki te ngā tângata i waho o te kâhui me takahia o te hapori.

"Kia maumahara tonu kâore koe i te tangata, kâore hoki he tangata i a koe.

Whakaarohia tērā i tētahi rā "Ka whakarere ohorere koe i ngā mea katoa o tēnei ao - nō reira, kia mōhio koe ki te Atua ināiane," te kī a te tohunga nui ki āna ākonga.

"Whakapaia koe mō te haerenga wairua o te mate mā te eke i ia rā i roto i te poi hau o te tirohanga Atua. Mā te pohehe kei te kite koe i a koe anō he paihere kikokiko me te wheua, he kōhanga raruraru i te pai rawa atu. **35-12** Whakaarohia tonutia, kia kite wawe ai koe i a koe anō ko te Mauri Mutunga Kore, e wātea ana i ngā momo mamae katoa. Kati te noho hei herehere o te tinana; mā te whakamahi i te kī ngaro o *Kriya*, ako ki te mawhiti ki te Wairua."

I whakatenatena te tohunga nui i ana ākonga kia piri ki ngā tikanga tuku iho o tō rātou ake whakapono. I te whakanui i te āhua whānui o *Kriya* hei tikanga whaihua mō te whakaoranga, ka tukuna e Lahiri Mahasaya te mana ki ana chela ki te whakapuaki i ō rātou oranga i runga i te hanganga o te taiao me te whakatipu.

"Me mahi te Mahometa i tana *namaj* **35-13** "E whā ngā wā karakia i te rā," te kī a te rangatira. "E whā ngā wā i te rā me noho te Hinitū ki te whakaaroaro. E whā ngā wā i te rā me tuturi te Karaitiana ki raro, me te inoi ki te Atua, kātahi ka pānui i te Paipera."

Me te whakaaro nui, i ārahi te guru i ana akonga ki ngā ara o *te Bhakti* (whakatapua), *te Karma* (mahi), *te Jnana* (whakaaro nui), *te Raja* (*Yoga* kingi, oti rānei), e ai ki ngā āhua tūturu o ia tangata. Ko te rangatira, i puhoi ki te tuku whakaaetanga ki ngā tângata karakia e hiahia ana ki te tomo ki te ara ōkawa o te mōneka, i whakatūpato tonu i a rātou kia whakaaroaro pai ki ngā mahi uaua o te oranga mōneka.

I whakaako te tohunga nui i ana ākonga kia kaua e kōrero noa i ngā karaipiture. "Ko ia anake te tangata whakaaro nui." ko wai whakatapua ia anō ki te mohio, kâore pānui anake, te tawhito ngā whakakitenga," ia i mea. "Whakaotia ō raruraru katoa mā te whakaaroaro." **35-14** Whakawhitihia ngā whakaaro whakapono kore hua ki te whakapā atu ki te Atua. Whakakorea ō whakaaro i ngā paru whakapono whakapono; tukua kia uru mai te wairua hou, te wairua whakaora. ngā wai o te tirohanga tika. Whakahāngaihia koe ki te Arataki ā-roto kaha; kei te Reo Atua te whakautu ki ngā raruraru katoa o te ao. Ahakoa te ahua o te mohio o te tangata ki te whakauru i a ia ki roto i te raruraru kia mutunga kore, kâore te Tautoko Mutunga Kore i te iti iho i ngā pūkenga."



LAHIRI MAHAHAIA

Ākonga o Pāpāji

me Guru o Hīri Yukteswar

I whakaaturia te noho o te rangatira ki ngā wāhi katoa i tētahi rā i mua i tētahi rōpū ākonga e whakarongo ana ki tana whakamārama i te *Bhagavad Gita*. I a ia e whakamārama ana i te tikanga o *Kutastha Chaitanya*, arā, te Māramatanga o te Karaiti i roto i ngā mea hanga wiri katoa, ka ohorere a Lahiri Mahasaya, ka karanga:

"Au am toremitanga i roto te ngā tinana o he tokomaha ngā wairua whakaweto te takutai o Hapani!"

I te ata i muri mai ka pānuitia e ngā chela tētahi pūrongo nūpepa mō te matenga o te tini o ngā tāngata i totohu ō rātou kaipuke i te rā i mua atu e tata ana ki Hapani.

I te nuinga o te wā, i mōhiotia ngā ākonga tawhiti o Lahiri Mahasaya mō tōna aroaro e karapoti ana i a rātou. "Kei te taha tonu ahau o te hunga e mahi ana i a *Kriya*," tana kupu whakamarie ki ngā chela kāore i taea te noho tata ki a ia. "Māku koe e ārahi ki te Kāinga Ao mā roto i ō tirohanga whānui."

I kōrerotia ki a Swami Satyananda e tētahi tangata karakia, nā te mea kāore i taea e ia te haere ki Benares, i whiwhi tonu ia i te whakaurunga *Kriya tika* i roto i te moemoeā. I puta mai a Lahiri Mahasaya ki te whakaako i te chela hei whakautu ki āna inoi.

Ki te wareware tetahi akonga i ana kawenga o te ao, ka ata whakatikatika te rangatira i a ia, ka whiu hoki.

"He ngawari, he whakaora hoki ngā kupu a Lahiri Mahasaya, ahakoa i akiakihia ia kia kōrero whānui mō ngā hapa o tētahi chela," te kōrero a Sri Yukteswar ki ahau. I tāpiri atu ia me te pouri, "Kāore he ākonga i mawhiti i ngā kupu whakahihi a tō mātou rangatira." Kāore i taea e au te ārai i te kata, engari i whakamana pono ahau ki a Sri Yukteswar, ahakoa he koi, he

kāore, tāna ia kupu i puoro ki taku ngā taringa.

Kriya e Lahiri Mahasaya kia whā ngā whakaurunga whakamua. **35-15** I tukuna e ia ngā tikanga teitei e toru i muri i te kitenga o te tangata karakia i te ahunga whakamua wairua. I tētahi rā i whakapuaki tetahi chela i tana whakaaro kāore tōna uara i te arotakehia tikatia, te koretake

"E te Ariki," ia i mea, "tino ahau am kua rite ināianei mō te tuarua whakaurunga."

I tēnei wā tonu ka huaki te tatau hei whakauru atu i tētahi ākonga whakaiti, ko Brinda Bhagat tōna ingoa. He kaimahi mēra ia nō Benares .

"E Brinda, noho mai ki konei i tōku taha." Ka menemene te tohunga nui ki a ia me te aroha. "Kōrero mai, kua rite koe mō te tikanga tuarua o *Kriya* ?"

Ka piko te ringa o te kai-mēra iti ki te inoi. "Gurudeva," ka mea ia me te matakū, "kāore he whakaurunga anō, tēnā! Me pēhea taku ako i ngā whakaakoranga teitei ake? I haere mai ahau i tēnei rā ki te tono i ō manaakitanga, nā te mea kua whakakīia ahau e te *Kriya atua tuatahi* ki te haurangi nui, kāore e taea e au te tuku i aku reta!"

"Kei te kauhoe kē a Brinda i te moana o te Wairua." I te rongonga i ēnei kupu a Lahiri Mahasaya, ka piko te māhunga o tana akonga.

"E te Ariki," ia i mea, "Au kite ahau whai kua he rawakore kaimahi, te kimi hapa me taku ngā taputapu."

kore mātauranga o te kaimahi mēra, i whanake haere tōna māramatanga mā roto i a *Kriya*, ā, i ētahi wā ka rapua e ngā tohunga tana whakamārama mō ngā kōrero o te karaipiture. Ahakoa te harakore o te hara me te wetereo, i rongonui a Brinda i roto i te ao o ngā tohunga mātauranga.

Haunga ngā ākonga tini o Benares a Lahiri Mahasaya, e rau ngā tāngata i tae mai ki a ia mai i ngā wāhi tawhiti o Īnia. I haere ia ki Bengal i ētahi wā, ki te toro atu ki ngā kāinga o ngā hungawai o āna tama tokorua. Nā tōna aroaro i manaaki, ka kapi a Bengal i ngā rōpū *Kriya iti* . Ina koa i ngā rohe o Krishnagar me Bishnupur, he maha ngā tāngata karakia puku tae noa mai ki tēnei rā e pupuri tonu ana i te ia o te whakaaroaro wairua e kore e kitea.

I roto i te tini o ngā tāngata tapu i whiwhi i te *Kriya* mai i a Lahiri Mahasaya, ka taea te whakahua ko Swami Vhaskarananda Saraswati rongonui o Benares, me te wahine whakahihi o Deogarh, a Balananda Brahmachari. Mō tētahi wā, i mahi a Lahiri Mahasaya hei kaiako motuhake mā te tama a Maharaja Iswari Narayan Sinha Bahadur o Benares. I te mōhio ki te whakatutukitanga wairua o te rangatira, i rapu te maharaja me tana tama i te whakaurunga *Kriya* , pērā i te Maharaja Jotindra

Mohan Thakur.

He tokomaha ngā ākonga a Lahiri Mahasaya, he mana nui ō rātou i te ao, i hiahia ki te whakawhānui i te porowhita *Kriya* mā te rongonui. Kāore te guru i whakaae. I tīmata tētahi chela, te rata kingi a te Ariki o Benares, i tētahi mahi whakarite hei hora i te ingoa o te rangatira ko "Kashi Baba" (Te Mea Whakanuia o Benares). **35-16** I āraia anō e te guru.

अलङ्कारः वाचस्पति
वाचस्पतिः यः प्रो
पदे निवेष्ट उन्मेष
शास्त्रसिद्धा
उन्मेष लोपित
अर्थः शास्त्र निवेष्ट पदना
अर्थः शास्त्रसिद्धा निवेष्ट-
उन्मेषः

Kei runga ake nei te tuhituhinga me te waitohu a Lahiri Mahasaya, i roto i te tuhinga Bengali. Kei roto i tētahi reta ki tētahi chela ngā rārangi; e whakamārama ana te tohunga nui i tētahi whiti Sanskrit penei: "Ko ia kua eke ki he āhua marino e kore ai ōna kamo e kimo, kua tutuki i a ia *te Sambhabi Mudra* ."

"Hīri Hīma Charan Deva "Sharman" (kua hainatia)

Te Āria Misiona Whare i mahia te whakaputanga o he tokomaha o te te tohunga karaipiture

ngā whakamārama. Pērā i a Ihu me ētahi atu poropiti nui, kāore a Lahiri Mahasaya i tuhi pukapuka, engari ko ana whakamārama hohonu i tuhia, i whakaritea hoki e ngā ākonga. Ko ētahi o ēnei amanuenses tūao he nui ake te mōhio i ētahi atu ki te whakapuaki tika i te māramatanga hohonu o te guru; heoi, i te nuinga o te wā, i angitu ā rātou mahi. Nā tō rātou hihiri, kei te ao ngā whakamārama kāore i rite mō Lahiri Mahasaya mō ngā karaipiture tawhito e rua tekau mā ono.

Kua tuhia e Sri Ananda Mohan Lahiri, he mokopuna nā te rangatira, tētahi pukapuka whakamere mō *Kriya*. "Ko te tuhinga o te *Bhagavad Gita* he wāhanga o te pukapuka nui, te *Mahabharata*, he maha ngā pona (*vyas-kutas*) kei roto," te tuhituhi a Sri Ananda. "Kāore e pātaihia aua pona, ā, kāore he mea e kitea e tātou engari ko ngā kōrero pakiwaitara o tētahi momo rerekē, ngāwari hoki te mārama. Puritia aua mea." kāore i whakamāramahia ngā pūnga pona, ā, kua ngaro i a tātou te pūtaiao i tiakina e te Rawhiti me te manawanui nui rawa atu i muri i te rapunga o ngā mano tau o te whakamātautau. **35-20** Nā ngā whakamārama o Lahiri Mahasaya i whakamārama, i mārama ai, i ngā kōrero whakarite, te pūtaiao tonu o te whakapono i hunaia mā te mōhio i roto i te panga o ngā reta me ngā whakaahua o te karaipiture. Ehara i te mea he mahi whakakatakata noa iho o ngā kupu, kua whakamātauhia e te rangatira ngā tikanga kore tikanga o te karakia Vedic he mea nui ki te pūtaiao. . . .

"E mōhio ana tātou kāore te tangata e āwhina i te mana whakakeke o ngā hiahia kino, engari ka kore e taea e ēnei, ā, kāore he take e kitea e te tangata i roto i ō rātou ngākau aroha ina puta ake he māramatanga mō te harikoa nui me te pumau mā roto i a *Kriya*. I konei ka hono te tuku, te whakakore i ngā hiahia o raro ki te tango ake, te whakaū i te hari. Ki te kore he huarahi pēnei, ka kore e whai hua ki a tātou ngā rau o ngā whakataukī matatika e rere noa ana i roto i ngā mea kino."

"Mā tō tātou hiahia ki ngā mahi o te ao nei ka mate te wairua o te wehi wairua i roto i a tātou. Kāore e taea e tātou te mārama ki te Ora Nui i muri i ngā ingoa me ngā āhua katoa, nā te mea ka homai e te pūtaiao ki a tātou te huarahi e taea ai e tātou te mahi." whakamahia ngā mana o te taiao; kua whakatupu tēnei mōhiotanga i te whakahawea ki ana mea ngaro whakamutunga. Ko tō tātou whanaungatanga ki te taiao he whanaungatanga mahi. Ka whakato i tātou i a ia, me te kī, kia mōhio ai me pēhea ia e taea ai te whakamahi hei whakatutuki i ā tātou kaupapa; ka whakamahia e tātou ōna kaha, kāore anō kia mōhiotia tōna Pūtake. I roto i te pūtaiao, ko tō tātou whanaungatanga ki te taiao he whanaungatanga kei waenganui i te tangata me tana pononga, i roto rānei i te tikanga rapunga whakaaro he rite ia ki te herehere i roto i te pouaka kaiwhakaatu. Ka uiuia ia e tātou, ka werohia ia, ka paunatia hoki ōna taunakitanga ki ngā pauna tangata e kore e taea te ine i ōna uara huna. I tētahi atu taha, ina noho tahi te tangata me te mana teitei ake, ka whakarongo aunoa te taiao, me te kore he ahotea, he pēhanga rānei, ki te hiahia o te tangata. Ko tēnei whakahau ngāwari ki te taiao e kiia ana he 'merekara' e te hunga kore e mārama ki ngā mea o te ao.

"Nā te oranga o Lahiri Mahasaya i whakatakoto te tauira i whakarerekē i te

whakaaro hē he mahi ngaro te yoga. Ka kitea e ia tangata he ara mā roto i *a Kriya* kia mārama ai ia ki tōna whanaungatanga tika ki te taiao, kia rongo ai hoki i te whakaute wairua mō ngā āhuatanga katoa, ahakoa he mea ngaro, he mea o ia rā rānei, ahakoa te pono o te pūtaiao ā-tinana." **35-21** Me maumahara tātou ko te mea i ngaro i te mano tau ki muri kua kore e pērā i ēnei rā, ā, ko te mea ngaro i nāianei ka taea te mārama ā-ture i te rau tau e haere ake nei. Ko te Mutunga Kore, te Moana o te Mana, kei te te tuara o ngā whakaaturanga katoa.

"He ture pumau te ture o *Kriya Yoga* . He pono pērā i te pāngarau; pērā i ngā ture māmā o te tāpiri me te tango, te ture o *Kiria* kēne kāore rawa kia whakangaromia. Tahuna ki pungarehu katoa te ngā pukapuka i runga pāngarau,

"Ka kitea anōtia e te hunga whai whakaaro arorau aua pono; whakangaromia ngā pukapuka tapu katoa mō te yoga, ka puta mai ōna ture taketake ina puta mai he yogi pono e mau ana i roto i a ia te karakia parakore, ā, nō reira, te mātauranga parakore."

Pērā i a Babaji kei roto i ngā avatar nui rawa atu, he *Mahavatar*, ā, ko Sri Yukteswar he *Jnanavatar*, he Whakakikoruatanga rānei o te Whakaaro Nui, waihoki ka tika te kī ko Lahiri Mahasaya ko *Yogavatar*, ko te Whakakikoruatanga rānei o te Yoga. E ai ki ngā paerewa o te pai kounga me te pai rahi, i whakanuia e ia te taumata wairua o te haporī. I roto i tōna kaha ki te whakaara i ana akonga tata ki te tūnga rite ki a te Karaiti, me tana hora whānui i te pono ki waenga i te marea, kei roto a Lahiri Mahasaya i ngā kaiwhakaara o te tangata.

Ko tōna ahurei hei poropiti kei roto i tana aro nui ki tētahi tikanga tino tika, arā, ko *Kriya*, e whakatuwhera ana i ngā tatau o te herekoretanga yoga ki ngā tāngata katoa mō te wā tuatahi. Haunga ngā merekara o tōna ake oranga, he pono kua eke te *Yogavatar* ki te tihi o ngā mea whakamiharo katoa i te whakaiti i ngā uauatanga tawhito o te yoga ki he māmā noa iho, whai hua hoki, e kore e neke atu i te mea noa.

Mō ngā merekara, i kī pinepine a Lahiri Mahasaya, "Kaua e kōrerohia, e whakaputaina rānei te mahi a ngā ture ngaro kāore e mōhiotia ana e te iwi whānui, me te kore e whakahāweatia." Mena i roto i ēnei whārangi kua puta ahau ki te takahi i ana kupu whakatūpato, nā te mea kua homai e ia he whakamanawa ki ahau. Waihoki, i taku tuhi i ngā oranga o Babaji, o Lahiri Mahasaya, me Sri Yukteswar, i whakaaro ahau he mea tika kia waihotia ngā kōrero merekara pono, kāore e taea te whakauru atu me te kore e tuhia he pukapuka whakamārama o te rapunga whakaaro uaua.

Ka taea te whakakotahitanga atua," te karanga a te *Yogavatar*, "*mā te whakapau kaha*, me ko kāore whakawhirinaki i runga whakapono ngā whakapono rānei i runga te tūpono ka o he Ao tūroa "Kaiwhakahaere ture."

Mā te whakamahi i te kī *Kriya*, ko te hunga kāore e taea te whakapono ki te atuata o tētahi tangata ka kite i te atuata katoa o rātou anō.

35-1 : *Matiu* 3:15.

35-2 He maha ngā kōrero o te Paipera e whakaatu ana i te mārāma me te whakaae ki te ture o te whānautanga anō. He whakamārama whaitake ake ngā huringa whānautanga anō mō ngā āhua rerekē o te whanaketanga e kitea ai te tangata, i te ariā noa o te Hauāuru e whakaaro ana i puta mai tetahi mea (te hinengaro o te whakapehapeha) i te kore, i noho me ngā taumata rerekē. o hiahia nui mō toru tekau rānei iwa tekau ngā tau, me kātahi i whakahokia mai ki te taketake korekore Te kāore e taea te whakaaro taiao o pērā He raruraru te koretake hei whakahari i te ngākau o tētahi Kura o ngā Wā o te Ngahuru.

35-3 : *Maraki* 4:5.

35-4 : "I mua i ia," arā, "i mua i te te "E te

. *Matiu* 17:12-13 :35-6

. *Matiu* 11:13-14 :35-7

.*Hoani* 1:21 :35-8

. II *Ngā Kīngi* 2:9-14 :35-9

35-10 : *Matiu* 17:3.

35-11 : *Matiu* 27:46-49 .

35-12 : "Me pēhea he tokomaha momo o mate kei i roto tō mātou ngā tinana! Kāore he mea ko i roto engari "te mate." - *Martin Rūtera, i roto "Kōrero Tēpu."*

35-13 : Te rangatira inoi o te ngā Mahometa, te tikanga i tāruatia whā rānei rima ngā wā ia rā.

35-14 : "Rapua pono i roto whakaaroaro, kāore i roto pokepokea ai ngā pukapuka. Tirohia i roto te rangi ki kimi te marama, kāore i roto te roto." - Whakataukī *Pāhia* .

35-15 : Hei *Kiria Yoga* ko kaha o he tokomaha ngā wāhanga iti, Rāhiri Mahasaya whakaaro nui tātarihia i waho whā ngā hikoinga e ia kitea ara ko ērā i roto te hinu wheua matua, ā, he mea tino nui te uara i te mahi tūturu.

35-16 : Ētahi atu taitara i whakawhiwhia i runga Rāhiri Mahasaya nā tāna ngā ākonga i *Yogibar* (nui rawa atu o ngā yogi), *Yogiraj* (kingi o ngā yogi), me *Munibar* (te hunga tapu nui rawa atu), kua tāpirihia e au ki ēnei ko *Yogavatar* (te whakakikoruatanga o te yoga).

35-17 : Ia i a i hoatu, katoa, toru tekau mā rima tau o ratonga i roto kotahi tari o te te kāwanatanga.

35-18 Kei roto i ngā tuhinga Sanskrit onamata te mātauranga whānui mō ngā otaota. I whakamahia ngā otaota Himalayan hei rongoā whakaora i arohia ai te ao i te tau 1938 i te wā i whakamahia ai te tikanga ki a Pundit Madan Mohan Malaviya, 77 tau te pakeke Tumuaki Tuarua o Benares Hinitū Te Whare Wānanga. Ki he whakamiharo whānuitanga, te i tuhia tohunga kua whakahokia mai i roto i ngā rā e 45 ka ora, ka kaha, ka mahara, ka titiro pai; ka puta mai ngā tohu o te tuatoru o ngā niho, ā, ka ngaro katoa ngā kita. Te otaota maimoatanga, mōhiotia hei *Kaya Kalpa* ko kotahi o 80 whakaora ngā tikanga kua whakarārangihia i roto Hinitū *Ayurveda* te pūtaiao hauora rānei. I tukinotia a Pundit Malaviya e Sri Kalpacharya Swami Beshundasji, e kī ana ko te tau 1766 tōna tau whānau. Kei a ia ngā tuhinga e whakaatu ana kua neke atu i te 100 ōna tau; i kī ngā kairipoata o te *Associated Press* he āhua 40 ōna tau.

I wehea e ngā tuhinga tawhito a ngā Hinitū te pūtaiao hauora kia waru ngā peka: *te salya* (pokanga); *te salakya* (ngā mate kei runga ake i te kaki); *me te kayachikitsa*. (rongoā tika); *Bhutavidya* (hinengaro ngā mate); *kaumāra* (tiaki o te tamarikitanga); *tonu* (te paitini); *Rasayana* (roa o te ora); *Vagikarana* (rongoā whakapakari tinana). I whakamahia e ngā tākuta Vedic ngā taputapu pokanga ātaahua, i whakamahia te pokanga kirihou, i mārama hauora ngā tikanga ki ārai te ngā pānga o paitini hau, i mahia Te pokanga whakawhānau ngā wāhanga me roro ngā mahi tākuta, he pūkenga ki te whakahaere i ngā rongoā. Nā Hippocrates, te rata rongonui o te rautau 5 BC, i tango te nuinga o ana rauemi rongoā mai i .ngā puna Hindu

35-19 Te rākau margosa o Īnia ki te Rawhiti. Kua mōhiotia ōna uara rongoā i te Hauāuru, kei reira te *neem kawa* kiri ko whakamahia hei he toniki, me te hinu mai i ngā purapura me hua kua kua i kitea o tino uara i roto te maimoatanga o te repera me ētahi atu mate.

35-20 "He maha ngā hiri i keria tata nei mai i ngā wāhi keri whenua o te awaawa o Indus, e taea ana te tataui i ngā raraunga i te mano tau tuatoru." BC, whakaatu ngā tatauranga noho i roto whakaaroaro ngā tū ināiane whakamahia i roto te pūnaha o Yoga, me whakamana te whakatau ahakoa i taua wā kua mōhiotia kētia ētahi o ngā kaupapa matua o te Yoga. Kāore e taea e tātou te whakatau he koretake kua whakamahia te tiroiro ā-tinana me te āwhina o ngā tikanga kua akohia i Īnia mō ngā tau e rima mano. Īnia kua whakawhanakehia tino whai hua whakapono ngā waiaro o hinengaro me matatika ngā ariā e kei ahurei, i iti rawa

i roto i te whānui o tā rātou whakamahinga ki te ao. Ko tētahi o ēnei ko te manawanui ki ngā pātai o te whakapono hinengaro-whakaakoranga- he mea whakamiharo ki te Hauāuru, i reira mō ngā rautau maha he mea noa te hopu i te whakapono hē, me ngā pakanga toto i waenganui i ngā iwi mō whakapono ngā whakataetae i auau." - Ngā tangohanga mai i he tuhinga nā Ahorangi W. Nōmana Parauri i roto te Mei, 1939 take o te *Pānui* a te Kaunihera o Amerika mō ngā Rōpū Mātauranga, Washington, DC

35-21 : Ka whakaarohia i konei te kitenga a Carlyle i roto i a *Sartor Resartus*: "Ko te tangata kāore e taea te miharo, kāore e miharo (me te karakia), ko ia te perehitini o ngā Rōpū Ariki maha, ā, i kawēi te tauira matua o katoa

ngā taiwhanga me ngā whare tiroiro matawhenua, me tā rātou ngā hua, i roto tāna takitahi upoko,-ko engari he takirua
".o ngā mōhiti i muri e i reira ko kāore he kanohi

Upoko: 36

Pāpaji's Te hiahia I roto Te Te Hauāuru

"E te Kaiwhakaako, i mahi koe ake tonu atu tūtaki Pāpāji?"

He pō marino raumati i Serampore; i tiaho mai ngā whetū nunui o te rohe wera i runga ake i ō mātou mahunga i ahau e noho ana i te taha o Sri Yukteswar i te taupee o te papa tuarua o te whare karakia.

"Āe." Ka menemene te Ariki ki taku pātai tika; ka tiaho ōna kanohi i te whakaute. "E toru ngā wā kua manaakitia ahau e te kitenga i te guru matekore. Ko tā māua hui tuatahi i Allahabad i te *Kumbha Mela*."

Ko ngā whakaaturanga whakapono e tū ana i Īnia mai anō i ngā wā o mua e mōhiotia ana ko *Kumbha Melas*; kua mau tonu ngā whāinga wairua ki te aroaro o te mano tini. Ka huihui ngā Hindu whakapono i ngā miriona i ia ono tau ki te tūtaki ki ngā mano tini o ngā sadhu, yogi, swami, me ngā ascetics o ngā momo katoa. He tokomaha he moremit kāore e wehe atu i ō rātou wāhi noho motuhake engari ki te haere ki ngā *melas* me te tuku i ā rātou manaakitanga ki ngā tāne me ngā wāhine o te ao.

"Ehara ahau i te swami i taku tūtakitanga ki a Babaji," te haere tonu a Sri Yukteswar. "Engari kua whiwhi kē ahau i te whakaurunga *Kriya* mai i a Lahiri Mahasaya. Nāna ahau i akiaki kia haere ki te *mela* i tū i te marama o Hānuere, 1894 ki Allahabad. Ko taku wheako tuatahi tēnei ki te *kumbha*; i pōuri ahau i te ngangau me te ngangau o te mano. I roto i aku titiro tiroiro haere, kāore au i kite i te mata mārama o te rangatira. I taku haerenga atu i tētahi piriti i te taha o te awa o Ganges, ka kite ahau i tētahi hoa e tū tata ana, ko tana peihana tono e totoro mai ana.

"'Āe, he ngangau noa iho tēnei hakari, he pōrearea noa iho, he kai tono kai,' i whakaaro ahau me te pouri. 'E whakaaro ana ahau mēnā ko ngā kaipūtaiao o te Hauāuru, e manawanui ana ki te whakawhānui i ngā ao o te mātauranga hei pai mō te tangata, kāore i te nui ake te pai ki te Atua i ēnei mangere e kī ana he whakapono engari e aro nui ana ki te atawhai.'"

"I haukotia aku whakaaroaro mō te whakahoutanga o te hāpori e te reo o tētahi sannyasi roa i tū ki mua i ahau."

"E te Ariki,' ka mea ia, 'kei te

karanga atu tētahi tangata tapu ki

a koe.' ""Ko wai ia?""

"Haere mai me kite mō koe anō.

"Me te whakaroa e whai ake nei tēnei poto noa tohutohu, ahau wawe tonu i kitea ahau anō tata he rākau nā wai ngā manga i

e tiaki ana i tētahi guru me tētahi rōpū ākonga ātaahua. Ko te rangatira, he āhua kanapa, he āhua rerekē, me ngā kanohi pouri kanapa, i whakatika ake i taku whakatata atu, ā, i awhi mai i ahau.

"Nau mai, e Swamiji,' ka mea ia me te

aroa. "'E te Ariki,' ka whakahoki kaha

ahau, ' *ehara ahau* i te swami."

"Ko te hunga i whakahaua mai e te Atua kia whakawhiwhia ki ahau te taitara 'swami' kāore i whakakahoretia.' He ngāwari noa iho te kōrero a te tangata tapu ki ahau, engari i rangona te whakapono hohonu ki te pono i roto i āna kupu; i taupokina ahau e te ngaru o te manaakitanga wairua. I menemene ahau i taku pikinga ohorere ki te raupapa mōneka tawhito, **36-1** I piko ahau ki ngā waewae o te mea nui, anahera hoki i roto i te āhua tangata, nāna nei ahau i whakahonore.

"Nā Babaji - nā te mea ko ia tonu - ahau i tohu kia noho ki tōna taha i raro i te rākau. He kaha ia, he taitamariki, ā, he rite tōna āhua ki a Lahiri Mahasaya; heoi, kāore au i aro ki te āhua ōrite, ahakoa kua maha aku rongonga mō ngā āhua ōrite o te āhua o ngā rangatira e rua." Babaji He mana tōna e taea ai e ia te ārai i tētahi whakaaro motuhake kei puta ake i roto i te hinengaro o te tangata. I te mārāma, i hiahia te tohunga nui kia tino noho noa ahau i tōna aroaro, kaua e matakū i te mōhio ki tōna tuakiri.

? He aha mahi koe whakaaro o te *Kumbha Mera*?"

"I tino pouri ahau, e te rangatira.' Ka hohoro taku tāpiri atu, 'Tae noa ki te wā i tūtaki ai ahau ki a koe. Tērā pea kāore te hunga tapu me tēnei ngangau e tika ana kia noho tahi.'

"E tama,' te kī a te rangatira, ahakoa te āhua nei he tata rua taku pakeke i a ia, 'mō ngā hapa o te tini, kaua e whakahē i te katoa. He mea whakaranu ngā mea katoa o te ao, pērā i te ranunga o te onepu me te huka. Kia rite koe ki te pōpokorua whakaaro nui e hopu ana i te huka anake, ā, ka waiho te onepu kia kore e pā. Ahakoa he maha ngā sadhu i konei e kopikopiko tonu ana i roto i te pohehe, heoi ka manaakitia te *mela* e ētahi tāngata torutoru o te mōhiotanga ki te Atua.'

"I roto i tirohanga o taku ake hui me tēnei whakanuia rangatira, ahau tere i whakaaetia me tāna te mātakitaki

"E te Ariki,' i kī atu ahau, 'Kua whakaaro ahau ki ngā tāngata pūtaiao o te Hauāuru, he nui ake te mātauranga i te nuinga o te hunga e huihui mai ana ki konei, e noho ana i Ūropi me Amerika tawhiti, e whakaae ana ki ngā whakapono rerekē, ā, e kuware ana ki ngā uara tūturu o aua *mela* pērā i tēnei o nāiane. Ko rātou ngā he

tāne ka nui te painga mā te tūtaki ki ngā rangatira o Īnia. Ahakoa te teitei o ngā whakatutukitanga hinengaro, he tokomaha ngā tāngata o te Hauāuru e piri ana ki te whakarōpū i te hiahia ki ngā taonga. Ko ētahi, he rongonui i roto i te pūtaiao me te rapunga whakaaro, kāore e mōhio ki te kotahitanga nui o te whakapono. Ko ā rātou whakapono he arai e kore e taea te wikitoria e whakawehi ana ki te wehe i a rātou i a tātou ake ake.

"I kite ahau kei te hiahia koe ki te Hauāuru, me te Rawhiti anō hoki.' I whiti te mata o Babaji i te whakaae. 'I rongu ahau i ngā mamae o tō ngākau, he whānui mō ngā tāngata katoa, ahakoa nō te Rawhiti, nō te Uru rānei. Koia ahau i karanga atu ai i a koe ki konei.'

"Me whakatū e te Rawhiti me te Hauāuru tētahi ara waenga koura e honoa ana ki te mahi me te wairuatanga,' ka haere tonu ia. 'He nui ngā mea hei ako mā Īnia mai i te Hauāuru mō te whanaketanga rauemi; hei utu, ka taea e Īnia te whakaako i ngā tikanga whānui e taea ai e te Hauāuru te whakatakoto i ōna whakapono ki runga i ngā turanga pumau o te pūtaiao yoga.'"

"He wāhi tōu, e Swamiji, ki te whakawhitiwhiti whakaaro pai i waenganui i te Rawhiti me te Uru. I ētahi tau i mua ake nei ka tukuna atu e au he akonga māu hei whakangungu māu mō te hora i te yoga ki te Hauāuru. Ka tae mai ngā wiri o te tini o ngā wairua e rapu ana i te wairua ki ahau. Ka kite ahau i ngā hunga tapu pea i Amerika me Ūropi, e tatari ana kia ara ake.'"

I tēnei pūwāhi i roto tāna kōrero, Hīri Yukteswar tahuri tāna titiro tino i runga nāku.

"E taku tama," ka mea ia, me te ataata i te marama, "ko koe te ākonga i oati mai a Babaji ki te tuku mai i ahau i ngā tau kua pahure ake nei."

I harikoa ahau i te rongonga kua arahina ahau e Babaji ki a Sri Yukteswar, engari he uaua ki ahau te whakaaro i ahau anō kei te taha tōpito o te Hauāuru, kei tawhiti atu i taku guru e arohaina nei me te rangimārie ngawari o te whare karakia.

"Kātahi ka kōrero a Babaji mō te *Bhagavad Gita* ," ka haere tonu a Sri Yukteswar. "I miharo ahau, i tana whakahua mā roto i ētahi kupu whakamoemiti e mōhio ana ia kua tuhia e au he whakamaoritanga mō ngā upoko *Gita rerekē* ."

"I taku tonu, e Swamiji, tēnā koa tīmatahia tētahi atu mahi,' te kī a te rangatira nui. 'Kāore koe e tuhi i tētahi pukapuka poto mō te kotahitanga taketake i waenganui i ngā karaipiture Karaitiana me ngā karaipiture Hinitu? Whakaaturia mā ngā tohutoro ōrite kua kōrero ngā tama a te Atua i ngā pono kotahi, kua hunaia inaiane i ngā rerekētanga whakapono o te tangata.'"

"Maharaj," **36-2** ahau i whakautua me te māia, 'aha he whakahau! Me ahau kia āhei ki whakatutuki ia?

"Ka kata mērie a Babaji. 'E taku tama, he aha koe i ruarua ai?' ka mea ia me te whakamarie. 'Ina hoki, nā wai ēnei mahi katoa, ā, ko wai te Kaimahi o ngā mahi katoa? Ko ngā mea katoa i meinga e te Ariki kia kōrerotia e au, ka tutuki hei pono.'"

"I whakaaro ahau kua whakamanahia ahau e ngā manaakitanga a te tangata tapu, ā, i whakaae ahau ki te tuhituhi i te pukapuka. I te āwangawanga kua tae mai te haora wehenga, ka whakatika ake ahau i taku nohoanga rau."

"E mōhio ana koe ki a Lahiri?' **36-3** ka pātai te rangatira. 'He wairua nui ia, kāore? Kōrerotia ki a ia tā tāua hui.' Kātahi ka homai e ia he karere ki ahau mā Lahiri Mahasaya.

"I muri i taku piko me te whakaiti hei poroporoaki, ka menemene atawhai te tangata tapu. 'Ina oti tāu pukapuka, ka toro atu ahau ki a koe,' ka oati ia. 'Haere rā.'"

"I te aonga ake ka wehe atu ahau i Allahabad ka haere ki Benares. I taku taenga ki te kāinga o taku guru, ka ringihia e ahau te kōrero mō te tangata tapu whakamiharo i te *Kumbha Mela*."

"Āe, kāore koe i mōhio ki a ia?' I kanikani ngā kanohi o Lahiri Mahasaya i te kata. 'E kite ana ahau kāore koe i taea, nā te mea i ārai ia i a koe. Ko ia taku guru kore e taea te whakarite, te Babaji o te rangi!'"

"'Babaji!' i kī atu anō ahau me te miharo. 'Ko te Yogi-Christ Babaji! Ko te kaiwhakaora e kore e kitea, ko Babaji! Āe, mehemea Ka taea e au te maumahara ki ngā wā o mua, me te noho anō ki tōna aroaro, hei whakaatu i tōku aroha ki tana rēmana waewae!"

"'Kaua rawa hinengaro,' Rāhiri Mahasaya i mea whakamarie. 'Ia kua i oaitia ki kite koe anō."

"'E Gurudeva, i tono mai te rangatira atua kia tukuna atu e au he karere ki a koe. 'Mea atu ki a Lahiri,' ka mea ia, 'kua pau te mana kua rongoaia mō tēnei ao; kua tata mutu.'"

"I taku whakapuakitanga i ēnei kupu ngaro, ka wiri te tinana o Lahiri Mahasaya me te mea kua pāngia e te uira. I roto i tētahi wā poto ka wahangu katoa ngā mea i tōna taha; ka huri tōna mata ataata hei tino pakari. Pērā i te whakapakoko rakau, pouri, kore e nekeneke i tōna nohoanga, ko tōna tinana ka kore he tae. I ohorere ahau, ā, i pōhēhē. Kāore anō i roto i tōku ao kia kite ahau i tēnei wairua harikoa e whakaatu ana i te kaha whakamataku pēnei. I titiro maku ngā ākonga i reira."

"E toru hāora te roa i roto i te wā puku. Kātahi ka hoki anō a Lahiri Mahasaya ki tōna āhua tūturu, harikoa, ā, ka kōrero aroha ki ia o ngā chela. Ka whakapūha te katoa i te ngākau māhorahora."

"I te tauhohenga a tōku ariki, i mōhio ahau ko te karere a Babaji he tohu marama nā i marama a Lahiri Mahasaya ka kore e roa ka noho tōna tinana. Nā tōna wahangu whakamiharo i whakaatu kua whakahaere tonu taku guru i tōna orange, kua tapahia tana taura whakamutunga o te hononga ki te ao kikokiko, ā, kua rere ki tōna tuakiri ora tonu i roto i te Wairua. Ko te kōrero a Babaji tana huarahi ki te kī: 'Ka noho tonu ahau ki a koe.'"

"Ahakoa i mōhio katoa a Babaji rāua ko Lahiri Mahasaya, ā, kāore i hiahiatia kia kōrero tetahi ki tetahi māku, mā tētahi atu takawaenga rānei, he maha ngā wā ka whakaititia e ngā mea nunui te whai wāhi ki te whakaari tangata. I ētahi wā ka tukuna ā rātou poropititanga mā roto i ngā karere i roto i tētahi huarahi noa, kia taea ai e te whakatutukitanga whakamutunga o ā rātou kupu te whakatō i te whakapono atua nui ake ki roto i tētahi porowhita whānui o te tangata ka ako i te kōrero i muri mai."

"I tere tonu taku wehenga atu i Benares, ā, ka tīmata taku mahi i Serampore i runga i ngā tuinga karaipiture i tonoa mai e Babaji," te kōrero tonu a Sri Yukteswar. "I te tīmatanga o taku mahi, ka taea e au te tito i tētahi rotarota i

whakatapua ki te guru matekore. I rere mārīre mai ngā rārangi waiata i taku pene, ahakoa kāore anō kia whakamātau ahau i ngā rotarota Sanskrit i mua."

"I roto i te marino o pō ahau pukumahi ahau anō i runga he whakataurite o te Paipera me te ngā karaipiture o *Sanatan Dharma* . **36-4** I taku whakahua i ngā kupu a te Ariki, a Ihu, i whakakitea e au ko ana whakaakoranga he mea kotahi ki ngā whakakitenga o ngā *Veda* . I tino harikoa ahau, i te otinga o taku pukapuka i roto i te wā poto. wā poto; i kite ahau nā te aroha noa o taku *Param-Guru-Maharaj tēnei manaakitanga tere* . **36-5** I puta tuatahi mai ngā upoko i roto i te pukapuka a *Sadhusambad* ; nō muri mai ka tāia motuhaketia hei pukapuka e tētahi o aku ākonga o Kidderpore.

"I te ata i muri i taku whakaotinga i aku mahi tuhituhi," ka haere tonu te Kaiwhakaako, "i haere ahau ki te Whare Wānanga o Rai Kei konei a Ghat hei kaukau i te awa o Ganges. Kua takoto kau te ghat; i tū tonu ahau mō tētahi wā, e pārekareka ana ki te rangimārie o te rā. I muri i te kaukau i roto i ngā wai kanapa, ka tīmata ahau ki te hoki ki te kāinga. Ko te tangi anake i roto i te wā puku ko taku kakahu kua mākū ki te awa o Ganges, e horoia ana i ia hikoinga. I ahau e haere ana i tua atu i te wāhi o te rākau banyan nui e tata ana ki te pareparenga o te awa, ka akiakihia ahau e te hihiri kaha kia titiro whakamuri. I reira, i raro i te marumaru o te banyan, me te karapotihia e ētahi ākonga torutoru, e noho ana te Babaji nui!

"Ngā mihi, e Swamiji!" I tangi te reo ataahua o te rangatira hei whakamana i ahau kāore au i te moemoeā. 'Kua kite ahau kua oti pai i a koe tō pukapuka. E ai ki taku i oati ai, kei konei ahau ki te mihi ki a koe.'"

"Me te tere o te pao o tōku ngākau, ka takoto katoa ahau ki raro i ōna waewae. 'E Param-guruji,' ka mea atu ahau me te inoi, 'kāore ianei koe me ō hoa rangatira e whakahonore i tōku kāinga tata ki tō kōrua aroaro?'"

"Me te menemene, ka whakakahore te tohunga nui. 'Kāo, e tama,' ka mea ia, 'he hunga mātou e pai ana ki te piringa o ngā rākau; he tino whakamarie tēnei wāhi.'"

"Tena koa tatari mai, e te Ariki.' Ka titiro puku atu ahau ki a ia. 'Ka hoki tonu mai ahau me ētahi mīti reka motuhake.'"

"I taku hokinga mai i roto i ētahi meneti me tētahi rihi kai reka, kātahi ka mutu te tiaki a te tira o te rangi e te manu pania rangatira. I rapu ahau i te taha katoa o te ghat, engari i roto i tōku ngākau i mōhio ahau kua rere kē te tira iti nei i runga i ngā parirau ethereal."

"I tino mamae ahau. 'Ahakoa ka tūtaki anō māua, kāore au e pai ki te kōrero ki a ia,' i whakamanawa atu ahau ki a au anō. 'Kāore ia i te pai ki te whakarere i ahau i taua wā tonu.' He riri aroha tēnei, ko te tikanga, kāore he mea kē atu."

"I muri i ētahi marama, ka toro atu ahau ki Lahiri Mahasaya i Benares. I taku taenga atu ki tōna rūma noho iti, ka menemene mai taku tohunga hei mihi."

"Nau mai, e Yukteswar,' i mea ia. 'I tūtaki koe ki a Babaji i te paepae o tōku rūma?' "'Kāo,' i whakahoki ahau me te miharo.

"Haere mai.' Ka pā mārie mai a Lahiri Mahasaya ki tōku rae; i reira tonu ka kite ahau, e tata ana ki te tatau, i te āhua o Babaji, e puāwai ana me te mea he rōti tino ataahua.

"I mahara ahau ki tōku mamae tawhito, ā, kāore i piko. I titiro mai a Lahiri

Mahasaya ki ahau me te miharo. "I titiro mai te tohunga atua ki ahau me ngā

kanohi kore e taea te mārama. 'Kei te riri koe ki ahau.'"

"E te Ariki, he aha ahau te kore ai e pērā?' ka whakahoki ahau. 'I te rangi koe i haere mai ai me tō rōpū makutu, ā, ngaro atu ana koe ki te rangi angiangi.'"

"I kī atu ahau ka kite ahau i a koe, engari kāore i kī mai kia pēhea te roa e noho ai ahau.' I kata mārie a Babaji. 'Kī tonu koe i te harikoa. Ka oati ahau ki a koe i tino ngaro ahau i te hau o tō manukanuka.'

"I tino makona tonu ahau i tēnei whakamārama koretake. I tuturi ahau ki ōna waewae; i papaki atawhai mai te tohunga nui ki tōku pakihwi."

"'E tama, me whakaaroaro tonu koe,' ka mea ia. 'Kāore anō kia tino mā tō titiro - kāore koe e kite i ahau e huna ana i muri i te rā.' Me ēnei kupu i te reo o te putorino o te rangi, ka ngaro atu a Babaji ki roto i te kanapa ngaro.

"Ko tētahi tēnā o aku haerenga whakamutunga ki Benares kia kite i taku guru," te whakatau a Sri Yukteswar. "Ahakoa i poropititia e Babaji i te *Kumbha Mela*, kua tata te mutunga o te whakawhānaungatanga o Lahiri Mahasaya. I te raumati o te tau 1895, ka puta he whewhe iti ki tōna tuara, he tinana pakari. I whakahē ia ki te wero; i mahi ia i roto i tōna ake kikokiko i te karma kino o ētahi o āna ākonga. I te mutunga, ka kaha te tohe a ētahi chela; ka whakahoki te rangatira me te ahua ngaro:

"Te tinana kua ki kimi he take ki haere; ahau ka kia pai ki ahakoa he aha koe hiahia ki mahi.

"I muri tata mai, ka tukua e te tohunga whakamiharo tōna tinana ki Benares. Kāore he take e rapu ai ahau i a ia i roto i tōna rūma iti; kua manaakitia ia rā o tōku ao e tana arataki i ngā wāhi katoa."

I ngā tau i muri mai, mai i ngā ngutu o Swami Keshabananda, **36-6** He ākonga matatau ahau, ā, he maha ngā kōrero whakamiharo i rangona e au mō te matenga o Lahiri Mahasaya.

"I ētahi rā i mua i te tukunga a taku guru i tōna tinana," te kōrero a Keshabananda ki ahau, "i puta mai ia i mua i ahau e noho ana i taku whare karakia i Hardwar."

"Haere mai i kotahi ki Benares. Ki ēnei ngā kupu Rāhiri Mahasaya ngaro atu.

"I haere tonu ahau ki Benares. I te kāinga o taku guru i kitea e au he tokomaha ngā ākonga e huihui ana. Mō ngā hāora i taua rā **36-7** I whakamārama te rangatira i te *Gita*; kātahi ka kōrero māmā noa mai ia ki a mātou.

"Au am e haere ana kāinga.

"Aue o mamae pakaru i waho rite he kore e taea te ātete awaawa

"Kia whakamarietia; ka ara anō ahau.' I muri i tēnei kōrero, e toru ngā tahuritanga o Lahiri Mahasaya i tōna tinana i roto i te porowhita, e anga ana ki te raki i roto i tōna tūnga rōhi, ā, ka tomo whakahīhi ia ki te *maha-samadhi whakamutunga*. **36-8**

"Ko te tinana ataahua o Lahiri Mahasaya, he mea tino aroha ki ngā kaikarakia, i tahuna ki te ahi nui." "ngā karakia a te rangatira whare i Manikarnika Ghat i te taha o te awa tapu o Ganges," te kōrero tonu a Keshabananda. "I te aonga ake, i te tekau karaka i te ata, i ahau e noho tonu ana i Benares, i kapi taku rūma i te māramatanga nui. Nana, i mua i ahau e tū ana te kikokiko me te toto o Lahiri Mahasaya! He rite tonu tōna āhua ki tōna tinana tawhito, engari he āhua taitamariki ake, he kanapa ake. I kōrero mai taku tohunga atua ki ahau.

"'Keshabananda,' ka mea ia, 'ko au tēnei. Mai i ngā ngota pakaru o tōku tinana kua tahuna, kua whakaarahia e au tētahi āhua kua whakahoutia. Kua oti taku mahi rangatira whare i te ao; engari kāore au e whakarērea katoatia te whenua. Mai i tēnei wā ka noho tahi māua ko Babaji i ngā maunga o Himalaya, me Babaji hoki i te ao tūroa."

"I muri i ētahi kupu manaakitanga ki ahau, ka ngaro atu te rangatira nui. I whakakīia tōku ngākau e te hihiri whakamiharo; i ara ake ahau i roto i te Wairua, pērā i ngā ākonga a te Karaiti me Kabir 36-9. " i tā rātou titiro atu ki ō rātou tohunga ora i muri i te matenga tinana.

"I taku hokinga atu ki tōku whare karakia motuhake o Hardwar," ka haere tonu a Keshabananda, "i mauria e au ngā pungarehu tapu o taku guru. E mōhio ana ahau kua mawhiti ia i te whare herehere ā-wāhi me te ā-wā; kua tukuna te manu o te noho ki ngā wāhi katoa. Heoi, i whakamarie i tōku ngākau te pupuri i ōna toenga tapu."

Ko tētahi atu ākonga i manaakitia i te kitenga i tana guru kua ara ake ko te tangata tapu a Panchanon Bhattacharya, te kaiwhakaū o te Calcutta Arya Mission Institution. 36-10

I toro atu ahau ki a Panchanon i tōna kāinga i Calcutta, ā, i whakarongo ahau me te harikoa ki te kōrero mō āna tau maha ki te rangatira. Hei whakamutunga, i kōrero mai ia ki ahau mō te huihuinga whakamiharo rawa atu o tōna ao.

"I konei i Calcutta," te kī a Panchanon, "i te tekau karaka o te ata i muri i tōna tahunga, ka puta mai a Lahiri Mahasaya ki tōku aroaro i roto i te korōria ora."

I tukua mai anō e Swami Pranabananda, te "tangata tapu e rua ōna tinana," ngā taipitopito o tana ake wheako atua ki ahau.

"I ētahi rā i mua i te wehenga atu o Lahiri Mahasaya i tōna tinana," te kōrero a Pranabananda ki ahau i tana haerenga ki taku kura Ranchi, "i tae mai he reta i a ia, e tono ana kia haere tonu ahau ki Benares. Heoi, i whakaroa ahau, ā, kāore i taea e au te haere tonu. I a au e whakarite ana i aku haerenga, tata ki te tekau karaka i te ata, ka ohorere ahau i te harikoa i te kitenga i te āhua kanapa o taku guru."

"He aha hohoro ki "Ko Benares?" Rāhiri Mahasaya i mea, me te menemene. 'Koe me kimi ahau i reira kāore roa ake.

"I te māramatanga ake o te tikanga o ana kupu, ka tangi ahau me te ngākau maru, me te whakapono kei te kite noa ahau i a ia i roto i te moemoeā."

"I whakatata mai te rangatira ki ahau me te whakamarie. 'Anei, pā mai ki tōku kikokiko,' ka mea ia. 'Kei te ora tonu ahau, pērā i ngā wā katoa. Kaua e tangi; kāore

iane i ahau i a koe ake tonu atu?"

Mai i ngā ngutu o ēnei ākonga nunui tokotoru, kua puta mai tētahi kōrero pono whakamiharo: I te haora tekau o te ata, i te rā i muri i te tukunga o te tinana o Lahiri Mahasaya ki te mura, ka puta te rangatira kua ara ake, i roto i tētahi tinana tūturu engari kua puta ke tōna āhua, ki mua i ngā ākonga tokotoru, ia tangata i tētahi tāone rerekē.

"Nō reira āhea tēnei pirau me whai whakatakoto i runga te piraukore, me tēnei tangata me whai whakatakoto i runga

te matekore, ko reira ka tutuki ai te kupu i tuhituhia, Kua horomia te mate e te wikitoria. E te mate, kei hea tou wero? E te reinga, kei hea tou wikitoria?" **36-11**

36-1 : Hīri Yukteswar i ā muri ake nei mana i tīmatahia ki roto te Swami Tono nā te *Mahant* (whare mōneka upoko) o

Putā Gaya. 36-2: "Kīngi Nui" - he taitara whakaute.

36-3 : He tohunga te tikanga e pā ana ki tāna ake ākonga noa iho nā tāna ingoa, te wareware tetahi taitara Nō reira, Pāpāji i mea "Rāhiri," ehara i te "Lāhiri Mahasaya."

36-4 : Tikanga tūturu, "mutunga kore te whakapono," te ingoa i hoatu ki te tinana o Vedic ngā whakaakoranga. *Sanatana Dharma* kua haere mai ki kia e kiia nei ko *te Hinitū* mai i te wā o te Ngā Kariki ko wai kua tohua te ngā tāngata i runga te ngā peeke o te awa Īnia hei *Indoos* rānei *Ngā Hinitū* . Ko te kupu *Hinitū* , i te tika o te kōrero, e pā ana ki ngā akonga o *Sanatan Dharma* , o te Hinitū rānei. E pā ana te kupu *Īnia* ki ngā Hinitū me ngā Mahometa me ētahi atu *tāngata noho* o te whenua o Īnia (me te hē whenua pōhēhē hoki o Columbus ki ngā tāngata whenua Mongoloid o Amerika).

Ko te ingoa tawhito mō Īnia ko *Aryavarta* , arā, "te kāinga noho o ngā Aryan." Ko te pūtake Sanskrit o te *kupu arya* he "tika, tapu, rangatira." Nā te whakamahinga hē ā-iwi i muri mai o te *kupu Aryan* hei tohu i ngā āhuatanga tinana, ehara i te wairua, engari ko ngā āhuatanga wairua, i ārahi i te tohunga Rawhiti nui, Teitei Mūra, ki kī ātaahua: "Ki ahau he tohunga iwi ko wai kōrero o he Āriana iwi, Āriana toto, Āriana ngā kanohi me te makawe, he tangata hara nui ia, pērā i te
".tohunga reo e kōrero ana mō te papakupu dolichocephalic, te wetereo brachycephalic rānei

36-5 : *param-guru* ko tino "guru tino rangatira" rānei "guru kei tua atu," te tohu he rārangi rānei te whakarōpūtanga o ngā kaiako. Pāpāji, te

.tohunga o Rāhiri Mahasaya, i te *param-guru* o Hīri Yukteswar

36-6 : Taku toro ki Keshabananda's whare karakia ko whakaahuatanga i runga whārangi 405-408 .

36-7 : Mahuru 26, 1895 ko te rā i runga e Rāhiri Mahasaya mau i tāna tinana i roto he torutoru atu anō ngā rā ia e kua tae ki tōna huritau ono tekau mā waru.

36-8 Ko te anga atu ki te raki, me te hurihanga o te tinana kia toru ngā wā, he wāhanga ēnei o te kawa Vedic e whakamahia ana e ngā rangatira e mōhio ana i mua i te wā te whakamutunga haora ko mō ki patu mō te ā-tinana tinana Te whakamutunga whakaaroaro, i roto i e te rangatira hanumi ko ia anō i roto i te AUM o te Ao, e kiia ana ko te *maha* , ko te *samadhi nui rānei* .

36-9 He tangata tapu nui a Kabir nō te rautau tekau mā ono, ā, he nui ōna kaiwhaiwhai i roto i ngā Hinitū me ngā Muhama. I taua wā o tāna te mate, te ngā ākonga tautohe i runga te tikanga o te whakahaere te tangihanga ngā hui whakanui. Te riri rangatira rōhi mai i tāna whakamutunga moe, me i hoatu tāna ngā tohutohu. "Hawhe o taku toenga me kia tanumia nā te Muhirama ngā tikanga;" ia i mea, "kia tahuna te haurua ki te tapu Hinitū." Kātahi ia ka ngaro atu. I te whakatuwheratanga a ngā ākonga i te kāwhena i roto i tōna tinana, kāore he mea i kitea engari he rarangi putiputi champak koura kanapa. Ko te haurua o ēnei i tanumia mārire e ngā Mahometa, e whakanui ana i tōna wāhi tapu tae noa mai ki tēnei rā.

I roto tāna taitamarikitanga Kāpiri i whakatata atu nā e rua ngā ākonga ko wai i hiahiatia meneti hinengaro ārahi haere te
:mea ngaro ara i whakautu noa te rangatira

Ara e whakaaro ana tawhiti; Mena ia kia tata, kāore ara te mea e hiahiatia ana koe i katoa. He pono reira hanga ahau "
"!menemene Ki whakarongo o he ika i roto i te matewai wai

36-10 : Panchanon kua whakatūria, i roto he tekau mā whitu eka māra i Deogarh i roto Pihāra, he temepara kei roto he kōhatu whakapakoko o Rāhiri Mahasaya. Tētahi atu whakapakoko o te nui rangatira kua kua whakatakotoria nā ngā ākonga i roto te iti whare noho o tāna Benares kāinga.

36-11 : ahau *Koriniti* 15:54-55 .

Upoko: 37

ahau Haere Ki Amerika

"Amerika! He pono he Amerikana ēnei tāngata!" Koinei taku i whakaaro ai i te kitenga atu i tētahi tirohanga whānui o ngā kanohi o te Hauāuru i mua i taku tirohanga ā-roto.

I a au e whakaaroaro ana, e noho ana i muri i ētahi pouaka puehu i roto i te rūma rokiroki o te kura o Ranchi. He uaua ki te kimi i tētahi wāhi motuhake i aua tau pukumahi me ngā tamariki!

I haere tonu te kitenga; he mano tini, **37-1** me te titiro matatau mai ki ahau, me te mea he kaiwhakaari e horapa ana puta noa i te atamira o te hinengaro.

I tuwhera te tatau o te whare putunga; pērā i ngā wā katoa, kua kitea e tētahi o

ngā tama tāne taku wāhi huna. "Haere mai ki konei, e Bimal," ka karanga ahau

me te harikoa. "He rongo tāku māu: kei te karanga mai te Ariki ki ahau ki

Amerika!" "Ki Amerika?" I whakahoki mai te tama i aku kupu me te reo e kī ana

kua mea ahau "ki te marama."

"Āe! Kei te haere atu ahau ki te tūhura i a Amerika, pērā i a Columbus. I mahara ia kua kitea e ia a Īnia; he pono kei reira he hononga karma i waenganui i aua whenua e rua!"

I oma atu a Bimal; kāore i roa ka whakamōhiotia te kura katoa e te nūpepa waewae-rua.

37-2 I karanga ahau i ngā kaiako e pōhēhē ana, ā, i tukua te kura ki tā rātou tiaki.

"E mōhio ana ahau ka mau tonu i a koe ngā kaupapa yoga a Lahiri Mahasaya mō te mātauranga," ka mea atu ahau. "Ka tuhituhi pinepine atu ahau ki a koe; ki te pai te Atua, ka hoki mai anō ahau i tētahi rā."

I tū ngā roimata i roto i ōku kanohi i taku tirohanga whakamutunga ki ngā tamariki me ngā whenua paki o Ranchi. Kua kati te wā tino nui o tōku ao, i mōhio ahau; mai i tēnei wā ka noho ahau ki ngā whenua tawhiti. I haere ahau ki Calcutta i muri i ētahi haora i taku kitenga. I te rā i muri mai ka tae mai he pōwhiri ki ahau hei māngai mō Īnia ki tētahi Huihuinga ā-Ao o ngā Rīpera Whakapono i Amerika. I

whakaritea kia tū taua tau ki Boston, i raro i te maru o te American Unitarian Association.

Taku upoko i roto he hurihuri, ahau i rapua i waho Hīri Yukteswar i roto Herampore.

"E Guru, kua karangatia ahau kia kōrero ki tētahi huihuinga whakapono i

Amerika. Me haere ahau?" "Kei te tuwhera ngā tatau katoa mōu," te

whakautu māmā a te Kaiwhakaako. "Inaianei, kāore rānei."

"Engari, e te rangatira," ahau i mea i roto te matakū, "he aha mahi ahau mōhio mō tūmatanui e kōrero ana? Kāore i te maha whai ahau i hoatu he kauhau,

me kāore rawa i roto Ingarihi."

"Ingarihi rānei kāore Ingarihi, tōu ngā kupu i runga yoga me kia i rangona i roto te Te Hauāuru."

I kata ahau. "Āe, e te guruji, kāore au i te whakaaro ka ako te Amerikana i te reo Bengali! Tēnā koa manaakitia ahau ki te pana i ngā arai o te reo Ingarihi." **37-3**

I taku kōrerotanga i aku mahere ki a Pāpā, i tino ohorere ia. Ki a ia, he tino tawhiti rawa a Amerika; i wehi ia kei kore ia e kite anō i ahau.

"Me pēhea koe e haere ai?" ka pātai pūmau ia. "Mā wai koe e putea?" I te mea nāna i amo aroha ngā utu mō taku mātauranga me taku orange katoa, kāore i te kore i tumanako ia mā tana pātai e whakamutu taku kaupapa ki tētahi āhuatanga whakama.

"Tērā pea ka tautokona ahau e te Ariki." I a au e whakautu ana i tēnei, ka mahara ahau ki te whakautu ōrite i hoatu e au ki tōku tuakana, ki a Ananta i Agra i mua noa atu. Me te kore tinihanga, ka tāpiri atu ahau, "E Pā, tera pea ka whakaurua e te Atua ki roto i tō hinengaro kia āwhina i ahau."

"Kāo, kaua rawa!" Ia titiro atu i ahau me te aroha

Nō reira, i miharo ahau i te homaitanga mai e Pāpā i tētahi haki ki ahau i te aonga ake, he nui te moni i roto.

"Ka hoatu e ahau tēnei moni ki a koe," tana kī, "ehara i te mea he matua ahau, engari he ākonga pono nā Lahiri Mahasaya." Haere kātahi ki tērā tawhiti Te Hauāuru whenua; horapa i reira te kore whakapono ngā whakaakoranga o *Kiria Yoga*."

I tino pārekareka ahau ki te wairua atawhai a Pāpā i taea ai e ia te whakarērea wawe i ōna hiahia ake. I te pō i mua ake nei ka mōhio ia ehara i te hiahia noa ki te haere ki tāwāhi te mea e akiaki ana i taku haerenga.

"Tērā pea kāore tāua e tūtaki anō i tēnei ao." I kōrero pōuri a Pāpā, e ono tekau mā whitu ōna tau i taua wā.

He ngāwari te whakamahi whakatau i akiakihia ahau ki whakautu, "He pono te Ariki ka kawe mai mātou tahi kotahi atu anō."

I a au e whakarite ana ki te wehe atu i te Ariki me tōku whenua tupu ki ngā takutai ngaro o Amerika, kāore i paku matakū ahau. He maha ngā kōrero kua rongo ahau mō te āhuarangi o te Hauāuru, he rerekē rawa atu i te papamuri wairua o Īnia, e kapi ana i te aura rautau o te hunga tapu. "Ko te kaiako o te Rawhiti e maia ana ki ngā hau o te Hauāuru," i whakaaro ahau, "me kaha ia ki tua atu i ngā

whakamātautau o te makariri o te Himalaya!"

I tētahi ata pō, ka tīmata ahau ki te inoi, me te whakapau kaha kia haere tonu, kia mate hoki i te inoi, kia rongo rā anō ahau i te reo o te Atua. I hiahia ahau ki tāna manaakitanga me tana whakapumautanga kia kore ahau e ngaro i roto i ngā kohu o te whai huatanga o ēnei rā. I rite tōku ngākau ki te haere ki Amerika, engari i kaha ake te whakatau kia rongo i te whakamarie o te whakaaetanga a te Atua.

I inoi tonu ahau, i inoi tonu, me te whakapūmau i aku tangi. Kāore i tae mai he whakautu. I piki haere taku inoi puku, ā, tae noa ki te poutumarotanga, kua tae ahau ki te tihi; kāore e taea e taku roro te tu atu i te pēhanga o aku mamae. Me i tangi anō ahau me te hohonu haere o taku ngākau nui, I te āhua nei ka pakaru taku roro. I taua wā tonu ka pā mai he patoto i waho o te whare tomokanga e tata ana ki te rūma o Gurpar Road i noho ai ahau. I taku whakatuwheratanga i te tatau, ka kite ahau i tētahi taitama i roto i te kākahu iti o tētahi tangata whakarērea. I tomo mai ia, ka kati i te tatau i muri i a ia, ā, i tana whakakahore i taku tono kia noho, ka tohu mai me te tohu e hiahia ana ia ki te kōrero ki ahau i a ia e tū ana.

"Ko Babaji pea ia!" i whakaaro ahau, me te pōuri, nā te mea ko te āhua o te tangata i mua i ahau he rite ki tō Lahiri Mahasaya taitamariki.

I whakautua e ia taku whakaaro. "Āe, ko Babaji ahau." I kōrero ia me te reo Hindi me te rangimārie. "Kua rongo tō tātou Matua i te Rangi i tāu inoi. E whakahau ana ia kia kī atu ahau ki a koe: Whāia ngā whakahau a tō koutou guru, ka haere ki Amerika. Kaua e wehi; ka tiakina koe."

I muri i tētahi wā whakatā hihiri, ka kōrero mai anō a Babaji ki ahau. "Ko koe te tangata i whiriwhiria e au hei hora i te karere o *Kriya Yoga* ki te Hauāuru. I mua noa atu i tūtaki ahau ki tō guru a Yukteswar i tētahi *Kumbha Mela* ; i kī atu ahau ki a ia ka tonoa koe e ahau ki a ia mō te whakangungu."

Kāore i taea te kōrero, i pūhia ahau e te wehi nui ki tōna aroaro, ā, i tino pāngia ahau i te rongonga atu i ana kōrero ōna ngutu ake i ārahi i ahau ki a Sri Yukteswar. I takoto ahau ki mua i te guru matekore. Nāna ahau i hiki ake i te papa me te atawhai. I a ia e kōrero ana i ngā mea maha mō tōku ao, kātahi ka homai e ia ētahi tohutohu whaiaro ki ahau, ā, i whakapuaki i ētahi poropititanga ngaro.

" *Ko te Kriya Yoga* , te tikanga pūtaiao mō te mōhio ki te Atua," ka mea ia me te ngākau nui, "ka horapa ki ngā whenua katoa, ā, ka āwhina i te whakakotahi i ngā iwi mā te tirohanga whaiaro, whānui o te tangata ki te Matua Mutunga Kore."

Me te titiro mana nui, ka miharo ahau i te kitenga o tōna hinengaro ao. I roto i te wā poto, ka tīmata ia ki te anga atu ki te tatau.

"Kaua e ngana ki te whai i ahau," tana kī. "E kore e taea e

koe." "Tena koa, e Babaji, kaua e haere atu!" taku karanga

tonu. "Kawea ahau ki a koe!" I a ia e titiro whakamuri ana, ka

whakahoki ia, "Kaua ināiane. I tētahi atu wā."

I te kaha o te kare ā-roto, kāore au i aro ki tana whakatūpatō. I a au e whai ana i a

ia, ka kitea e au kua mau tonu ōku waewae ki te papa. Mai i te tatau, ka titiro aroha mai a Babaji ki ahau mō te wā whakamutunga. Ka ara ake tōna ringa hei manaaki, ā, ka hikoi atu, ko ōku kanohi e titiro tonu ana ki a ia me te hiahia nui.

I muri i ētahi meneti, ka wātea ōku waewae. Ka noho ahau, ka whakaaroaro hōhonu, me te whakawhetai tonu ki te Atua, ehara i te mea mō te whakautu mai i taku inoi anake, engari mō te manaakitanga mai i ahau mā te tūtaki ki a Babaji. Me te mea kua whakatapua tōku tinana katoa i te pā o te rangatira tawhito, taitamariki tonu. Kua roa nei tōku hiahia nui kia kite i a ia.

Tae noa mai ki tēnei wā, kāore anō kia kōrerotia e au ki tētahi te pūrākau o taku tūtakitanga ki a Babaji. E ai ki te kōrero, Ko te mea tino tapu o aku wheako tangata, kua huna e au i roto i tōku ngākau. Engari i puta ake te whakaaro ki ahau, tera pea ka nui ake te whakapono o ngā kaipānui o tēnei kōrero whaiaro ki te tūturutanga o Babaji me ōna hiahia o te ao mēnā ka kōrerotia e au i kite ahau i a ia ki ōku ake kanohi. Kua āwhina ahau i tētahi kaitoi ki te tuhi i tētahi pikitia pono o te Yogi-Karaiti nui o Īnia o ēnei rā; kei roto i tēnei pukapuka tēnei.

Te ahiahi o taku wehenga atu mō te Kotahitanga Ngā Whenua i kitea ahau i roto Hiri Yukteswar's tapu te aroaro

"Wareware i whānau mai koe hei Hinitū, kua hoki e noho hei Amerikana. Tangohia te mea pai rawa atu o rāua," te kī a te Kaiwhakaako me tōna whakaaro nui, he marino. "Kia pono koe, hei tamaiti nā te Atua. Rapua, whakaurua hoki ki roto i a koe ngā āhuatanga pai rawa atu o ō tuakana katoa, kua marara noa atu i te ao i roto i ngā iwi rerekē."

Kātahi ia ka manaaki i ahau: "Ko te hunga katoa e haere mai ana ki a koe me te whakapono, e rapu ana i te Atua, ka āwhinatia. I a koe e titiro atu ana ki a rātou, ka uru te ia wairua e puta mai ana i ō kanohi ki roto i ō rātou roro, ka huri i ā rātou tikanga kikokiko, ka nui ake ai tō rātou mōhio ki te Atua."

I haere tonu ia, "He tino pai tō wāhi ki te kukume i ngā wairua pono. Ahakoa ngā wāhi katoa e haere ana koe, ahakoa i te koraha, ka kitea e koe he hoa."

Kua tino whakamāramahia ana manaakitanga e rua. I haere mai ahau ko au anake ki Amerika, ki te koraha, kāhore he hoa kotahi, engari i reira ka kitea e au ngā mano tini kua rite ki te tango i ngā akoranga wairua kua whakamatautauria e te wā.

I wehe atu ahau i Īnia i te marama o Ākuhata, 1920, i runga i *Te Tāone o Sparta*, te poti pāhihi tuatahi i rere ki Amerika i muri i te mutunga o te Pakanga Tuatahi o te Ao. I taea e au te whakarite haerenga i muri i te tangohanga, i roto i ngā huarahi whakamiharo, o ngā uauatanga "ture" maha e pā ana ki te tuku i taku uruwhenua.

I roto i ngā marama e rua o te haerenga, ka kitea e tētahi atu pāhihi ko au te māngai mō ngā Īniana ki te runanga o Boston.

"Swami Yogananda," tana kī, me te tuatahi o ngā whakahuatanga maha i rongo ai ahau i tōku ingoa i muri mai e ngā Amerikana, "tēnā koa, me whai kōrero anō ngā pāhihi i muri mai." "Pō o te Taite. Ki taku whakaaro ka whai hua tātou katoa mā te kōrero mō 'Te Pakanga o te Ora me pēhea te Whawhai ki a Ia.'"

Āue! I te Wenerei, i kitea e au me whawhai ahau i te pakanga o tōku ake ao. I a au e ngana ana ki te whakarite i aku whakaaro hei kauhau i te reo Pākehā, ka mutu, ka

whakarērea e au ngā whakaritenga katoa; ko aku whakaaro, I rite ahau ki tētahi kuaao mohaoa e titiro ana ki tētahi nohoanga hoiho, kāore i whakaae kia mahi tahi me ngā ture o te wetereo Ingarihi. Heoi, i runga i te whakawhirinaki katoa ki ngā kupu whakapumau a te Kaiwhakaako i mua, ka puta ahau ki mua i taku hunga whakarongo i te Rāpare i roto i te rūma inu o te kaipuke. Kāore i puta he kōrero pai ki ōku ngutu; i tū ahau i mua i te whakaminenga me te kore kōrero. I muri i te whakataetae manawanui tekau meneti te roa, ka kite te hunga whakarongo i tōku āhuatanga, ā, ka tīmata ki te kata.



E tū ana ahau i runga i te papa i mua i tētahi o aku akomanga i Amerika. I tū tēnei akomanga o ngā ākonga yoga kotahi mano ki Washington, DC.

Kāore i te kata te āhua ki ahau i taua wā; me te riri, ka inoi puku ahau ki te Ariki.

"Ka *taea e koe* ! Kōrero!" I rangona tonutia tōna reo i roto i tōku hinengaro.

I tau tonu ōku whakaaro ki tētahi whanaungatanga hoahoa ki te reo Pākehā. E whā tekau mā rima meneti i muri mai, e aro tonu ana te hunga whakarongo. Nā te whaikōrero i riro mai ai i ahau ētahi pōwhiri ki te whaikōrero i mua i ngā rōpū rerekē o Amerika.

Kāore rawa i taea e au te maumahara i muri iho i tētahi kupu i kōrerotia e au. Nā te uiui puku i ako ahau i ētahi pāhihi: "He kauhau whakahihiri tāu i homai, he reo Pākehā whakaohoho, he reo Pākehā tika hoki." I tēnei rongo harikoa, ka mihi au ki taku tohunga mō tana āwhina i te wā tika, me te mōhio anō kei te mahi tonu ia. ki ahau, me te whakakore i ngā arai katoa o te wā me te wāhi.

I ētahi wā, i te toenga o te haerenga ki te moana, ka pā mai he āwangawanga ki ahau mō te whakamātautau o te kauhau reo Pākehā e haere ake nei ki te huihuinga o Boston.

"E te Ariki," ka inoi ahau, "tēnā koa tukua ahau kia waiho ko Koe hei whakaohoho mōku, kaua ko te kata a te hunga mātakitaki anō!"

te Tāone o Sparta ki Boston i te mutunga o Hepetema. I te ono o Oketopa i kōrero ahau te runanga me taku whaikōrero tuatahi ki Amerika. I tino manakohia; i whakapūha ahau i te ngākau māhorahora. I tuhituhi te hēkeretari atawhai o te American Unitarian Association i te kōrero e whai ake nei i roto i tētahi pūketē kua whakaputaina 37-4 o ngā mahi a te huihuinga:

"Nā Swami Yogananda, te māngai o te Brahmacharya Ashram o Ranchi, Īnia, i kawē mai ngā mihi a tana Rōpū ki te Runanga. I roto i te reo Pākehā matatau me te whakapuakitanga kaha, i tuku ia i tētahi whaikōrero whai whakaaro mō 'Te Pūtaiao o te Whakapono,' kua tāia nei hei pepa iti hei tohatoha whānui. E ai ki tāna, he ao whānui te whakapono, ā, kotahi tonu. Tātou

e kore e taea te whakakotahi i ngā tikanga me ngā whakapono motuhake, engari ko te āhuetanga noa o te whakapono ka taea te whakakotahi, ā, ka taea e tātou te tono ki te katoa kia whai me te whakarongo ki aua tikanga."

Nā te atawhai o Pāpā, i taea e au te noho ki Amerika i muri i te mutunga o te hui. E whā tau harikoa i pau i roto i ngā āhuetanga rawakore i Boston. I tuku kauhau tūmatanui ahau, i whakaako akomanga, ā, i tuhi pukapuka rotarota, ko *Songs Of The Soul* te ingoa, me te kupu whakataki nā Tākuta Frederick B. Robinson, te perehitini o te Kāreti o te Tāone o Niu Ioka. **37-5**

I te raumati o te tau 1924, i tīmata taku haerenga puta noa i ngā whenua, ā, i kōrero ahau i mua i ngā mano tini i roto i ngā tāone nui, ā, ka mutu taku haerenga ki te hauauru me tētahi hararei i te raki ataahua o Alaska.

Nā te āwhina a ngā ākonga ngākau nui, i te mutunga o te tau 1925 kua whakatūria e au tētahi tari matua o Amerika i te Mount Washington Estates i Los Angeles. Ko te whare tēnei i kitea e au i ngā tau kua pahure ake nei i roto i taku moemoeā ki Kashmir. I hohoro taku tuku atu i ngā whakaahua o ēnei mahi tawhiti a Amerika ki a Sri Yukteswar. I whakautu mai ia me tētahi kāri poutāpeta i te reo Bengali, e whakamaoritia ana e au i konei:

11 Ākuhata, 1926

Tamaiti o taku ngākau, Ā Yogananda!

I te kitenga i ngā whakaahua o tō kura me ngā ākonga, he nui te hari e puta mai ana i roto i tōku ao, kāore e taea te whakapuaki i roto i te reo. kupu. E rewa ana ahau i te harikoa ki te kite i āu ākonga yoga o ngā tāone rerekē. I te kitenga i āu tikanga i roto i ngā karakia whakaū, i ngā wiri whakaora, me ngā inoi whakaora atua, kāore e taea e au te kore e mihi atu ki a koe i roto i tōku ngākau. I te kitenga i te kūaha, i te ara pukepuke piki, me te ataahua o te tirohanga. e horahia ana i raro i ngā Whenua o Mount Washington, e hiahia ana ahau kia kite i ngā mea katoa ki ōku ake kanohi.

Kei te pai te haere o ngā mea katoa i konei. Nā te aroha noa o te Atua,

kia noho harikoa tonu koe. SRI YUKTESWAR GIRI

Ka tere haere ngā tau. I kauwhau ahau i ngā wāhi katoa o tōku whenua hou, ā, i kōrero hoki ki ngā rau karapu, kāreti, hāhi, me ngā rōpū o ia hāhi. Tekau mano ngā Amerikana i whakaurua ki te yoga. Ki a rātou katoa i whakatapua e ahau tētahi pukapuka hou o ngā whakaaro inoi i te tau 1929 - *Whispers From Te Ora Tonu*, me te kupu whakataki nā Amelita Galli-Curci. **37-6** Ka hoatu e au i konei, mai i te pukapuka, tētahi rotarota ko "Atua! Atua! Atua!" te taitara, i titoa i tētahi pō i a au e tū ana i runga i tētahi papa kauhau:

Mai i te ngā hohonutanga o te moe,
I a au e piki ana i te arawhata porowhita o te
araara, ka kōrero hāhā ahau:
Atua! Atua! Atua!
Ko koe te kai, ā, ina mutu taku nohopuku i
te wehenga atu i a Koe i te pō,
ahau reka Koe, me hinengaro kī atu:

Atua! Atua! Atua!

Ahakoā te wāhi e haere ai ahau, ko te rama o tōku
hinengaro e tahuri tonu ana ki a Koe;
Ā, i roto te pakanga haruru o mahi
Ko taku karanga pakanga puku tonu: Atua!
Atua! Atua! Ina tangi ngā awha nui o ngā
whakamātautau, Ā, ina aue mai ngā
manukanuka ki ahau,
ahau toremi tā rātou ngangau, nui te reo te karakia:
Atua! Atua! Atua!

Ina whatu ana tōku hinengaro
i ngā moemoeā me ngā miro o
ngā maharatanga,
Kātahi i runga tērā makutu kakahu ahau kimi whakairohia:
Atua! Atua! Atua!

Ia pō, i roto wā o hohonu rawa moe,
E moemoeā ana, e karanga ana taku
rangimārie, Harikoa! Harikoa! Harikoa! Ā,
ka waiata tonu taku hari:

Atua! Atua! Atua!
I te oho ake, i te kai, i te mahi, i te
moemoeā, i te moe, i te mahi, i te whakaaroaro,
i te karakia, i te aroha atua, E ngunguru tonu
ana tōku wairua, kāore e rangona:
Atua! Atua! Atua!

I ētahi wā—ko te nuinga o te wā i te tuatahi o te marama ina tae mai ngā pire mō te
tiaki i te Mount Washington me ētahi atu pokapū Self-Engagement Fellowship!—i
whakaaroaro nui ahau ki te rangimārie o Īnia. Engari i ia rā ka kite ahau i te
whānui haere o te māramatanga i waenganui i te Hauāuru me te Rawhiti; i harikoa
tōku wairua.

Kua kitea e au te ngākau nui o Amerika e whakaatuhia ana i roto i ngā rārangi
whakamiharo a Emma Lazarus, i whakairohia ki te take o te Whakapakoko o te
Herekoretanga, te "Whaea o ngā Tāwharau":

Mai i tana ringa tohu
He tiaho mai i te ao katoa; ko ōna kanohi māhaki
e ārahi ana i te whanga piriti hau e hangaia ana
e ngā tāone māhanga.
"Puritia, e ngā whenua tawhito, tō koutou whakahīhī

rongonui!" ka karanga ia me ngā ngutu puku. "Homai
ki ahau ō koutou ngenge, ō koutou rawakore, ō
koutou mano tini e hiahia ana ki te manawa noa,
Ngā para o tō takutai e pupū ana. Tukua mai
ēnei ki ahau, te hunga kāinga kore, te hunga
e pāngia ana e te awa, ka hikitia e ahau
taku rama ki te taha o te tatau koura.

37-1 : He tokomaha o ērā ngā mata ahau whai mai i i kitea i roto te Te Hauāuru, me tonu kua mōhioia..

37-2 : Swami Premananda, ināiane te rangatira o te Te Whakatutukitanga i a Ia Anō Hāhi o Katoa Ngā whakapono i roto Washington, DC, i kotahi o ngā ākonga i te kura o Ranchi i taku wehenga atu ki Amerika. (Ko Brahmachari Jotin ia i taua wā.)

37-3 : Hīri Yukteswar me ahau i te nuinga o te wā kōrero i roto Te reo Pānikara.

37-4 : *Hou Ngā Hāereere o Te Wairua* (Pōhihana: Rama Pāpāho, 1921).

37-5 : Tākuta me Whaea Rōpini i toro atu Īnia i roto 1939, me i whakahonoretia manuhiri i te Rāni kura.

37-6 : Mme. Kari-Kuri me tana tāne, Homer Hamuera, te kaiwhakatangi piano, whai kua Kiria Yoga ngā ākonga mō rua tekau tau. Ko te whakahihiko kōrero o te rongonui tuatahi tāne tau o puoro kua kua ināiane whakaputaina (*a Galli-Curci Te ora o (Waiata* , nā CE LeMassena, Paebur Co., New York, 1945).

Upoko: 38

Rūtera Burbank -- He Tapu I waenganui Te Ngā Rōhi

"Ko te mea ngaro o te whakatipu tipu pai ake, i tua atu i te mātauranga pūtaiao, ko te aroha." I whakapuaki a Luther Burbank i tēnei whakaaro nui i a au e hikoi ana i tōna taha i tana māra i Santa Rosa. I tū māua i te taha o tētahi moenga cacti e taea te kai.

"I a au e whakahaere ana i ngā whakamātautau hei hanga cacti 'kore tuaiwi'," ka haere tonu ia, "he maha aku kōrero ki ngā tipu hei hanga i te wiri o te aroha. 'Kāore he mea e wehi ai koutou,' ka mea atu ahau ki a rātou. 'Kaua e 'Me hiahia ō tataramoa tiaki. Māku koe e tiaki.' Mārire te puta mai o te tipu whai hua o te koraha he momo kāore he tataramoa."

I miharo ahau ki tēnei merekara. "Tena koa, e Luther e, homai he rau cacti ki ahau hei whakato ki taku māra i Maunga Washington."

He kaimahi tū tata tīmata ki rīpene whakaweto ētahi rau; Burbank āraia ia.

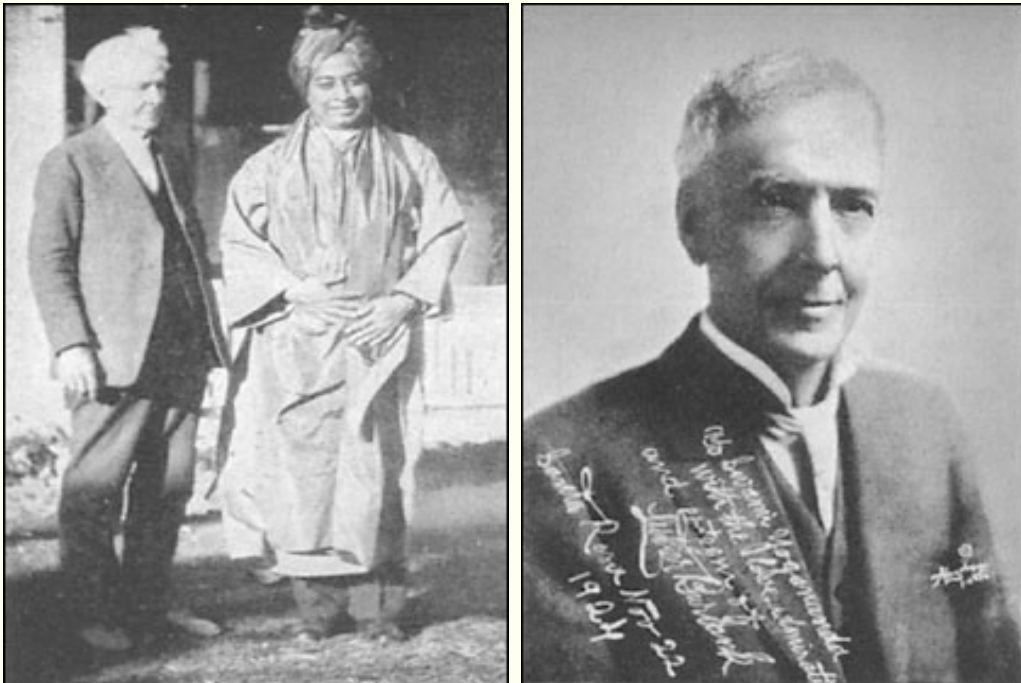
"Māku anō e kato mō te swami." I homai e ia ētahi rau e toru ki ahau, ā, i muri mai ka whakatōkia e au, me te harikoa i te tupu nui haere.

I kōrero mai te tohunga māra nui ki ahau ko tana wikitoria tuatahi ko te rīwai nui, e mōhiotia nei ko tōna ingoa. Me te kore e mutu te ngenge o te mohio, ka haere tonu ia ki te whakaatu i ngā rau o ngā mea ki te ao.

ngā whakapainga whakawhiti i runga i te taiao - ko āna momo Burbank hou o te tōmato, te kānga, te paukena, te cheri, te paramu, te nekitarini, te hua rākau, te pōpī, te rengarenga, me te rōhi.

I arotahi ahau ki taku kāmera i a Luther e ārahi ana i ahau ki mua i te rākau nati rongonui, arā te rākau nati i whakamārama ai ia ka taea te whakateretere i te whanaketanga taiao mā te karu tirotiro.

"I roto noa i ngā tau tekau mā ono," tana kī, "kua eke tēnei rākau nati ki tētahi taumata o te hua nati nui, ā, kua rua pea te wā i puta mai ai te rākau nā te mea kāore he āwhina a te taiao."



Rūtera Burbank, e arohaina ana hoa, ngā tū me ahau i roto tāna Hāta Rōha māra

Burbank's iti whāngai tamahine i tae mai takaro me tana kurī ki roto te māra

"Ko ia taku tipu tangata." Ka ruru aroha a Luther ki a ia. "E kite ana ahau i te tangata inaianei he tipu nui kotahi, e hiahia ana ki te aroha anake, ki ngā manaakitanga taiao o te taiao, me te whakawhiti me te whiriwhiri mohio. I roto i te roanga o tōku oranga kua kite ahau i te ahunga whakamua whakamiharo o te whanaketanga o ngā tipu, ā, e titiro whakamua ana ahau me te tumanako ki tētahi ao hauora, harikoa ina akona āna tamariki ki ngā mātāpono o te noho māmā me te whakaaro nui. Me hoki tātou ki te taiao me te Atua o te taiao."

"E Luther, ka tino koa koe ki taku kura o Ranchi, me ana akomanga o waho, me te āhuarangi harikoa me te ngāwari."

I pā aku kupu ki te wairua o te mātauranga ngākau-tamariki a Burbank. I pātai mai ia ki ahau, me te kanapa o te hiahia mai i ōna kanohi hohonu, marino.

"Swamiji," ka mea ia i te mutunga, "ko ngā kura pēnei i a koutou anake te tumanako mō te mano tau kei te heke mai. Kei te whakakeke ahau ki ngā pūnaha mātauranga o tō tātou wā, kua wehea mai i te taiao, ā, e pehi ana i ngā mea katoa."

te takitahi. ahau am me koe ngākau me wairua i roto tōu mahi ngā wawata o mātauranga."

I a au e poroporoaki ana ki te tangata whakaaro nui, ka hainatia e ia tētahi pukapuka iti, ā, ka homai ki ahau : ¹ "I konei ko taku pukapuka i runga *Te Whakangungu o Te Tangata " Te tipu ,* " **38-2** ia i mea. "Hou momo o he mea e hiahiatia ana te whakangungu - he whakamātautau kore wehi. I ētahi wā kua angitu ngā whakamātautau tino maia ki te whakaputa i te mea pai rawa atu i roto i ngā hua me ngā putiputi. Waihoki, me nui ake, me maia ake ngā mahi auaha mātauranga mō ngā tamariki."

I pānui ahau i tana pukapuka iti i taua pō me te tino hiahia. I a ia e matakitaki ana i tētahi heke mai whakahīhi mō te iwi, ka tuhituhi ia: "Ko te mea ora tino uaua ki te peka atu i tēnei ao, ko te mea tino uaua ki te peka atu, ko te tipu." kotahi kua whakaukia i roto tino ngā tikanga. Kia maumahara tērā tēnei tipu kua i tiakina tōna te takitahi katoa i roto i ngā tau; tera pea he mea ka taea te whai whakamuri i roto i ngā tau maha i roto i ngā toka tonu, kāore i tino rerekē i roto i ēnei wā nui katoa. Kei a koe Mehemea, i muri i ēnei tau katoa o te whakahounga, kāore te tipu e whai mana, ki te mea ka karanga koe i tēnā, he uaua rawa? He pono, kei reira ētahi tipu, pērā i ētahi o ngā nikau, he tino pakari, kāore anō kia taea e te mana tangata te whakarerekē i a rātou. He ngoikore te mana tangata i tua atu i te mana o te tipu. Engari tirohia te pakaru o te uaua o tēnei tipu katoa mā te whakaranu noa i tētahi ora hou ki a ia, mā te whakawhiti, i tētahi huringa tino kaha ki tōna ora. Kātahi ka te okioki haere mai, whakatika reira nā ēnei ngā whakatupuranga o tūroto te tiroto me kōwhiringa, me Ka tīmata te tipu hou i tōna ara hou, e kore e hoki anō ki te tawhito, ka whati tōna kaha, ā, ka rerekē i te mutunga.

"Ina tae ki tētahi mea tairongo, ngāwari hoki pērā i te āhua o te tamaiti, ka tino māmā ake te raruraru."

I te mea he mea kukume ahau ki tēnei Amerikana rongonui, ka toro atu ahau ki a ia i ngā wā katoa. I tētahi ata ka tae atu ahau i te wā kotahi me te kaimahi mēra, nāna i tuku mai ki te rūma mahi a Burbank, tata ki te kotahi mano reta. Ngā tohunga māra i tuhituhi ia mai i katoa ngā wāhanga o te ao.

"E Swamiji, ko tō aroaro te take e hiahiatia ana e au kia puta atu ki te māra," te kī harikoa a Luther. I whakatuwherahia e ia tētahi pouaka tēpu nui kei roto ngā rau o ngā kōpaki haere.

"Tirohia," tana kī, "koinei taku huarahi haere. He mea here e aku tipu me aku reta, ka ea taku hiahia ki ngā whenua ke mā te titiro noa ki ēnei whakaahua i ia wā, i ia wā."

I mua i tōna kēti taku motuka e tū ana; i taraiwa māua ko Luther i ngā tiriti o te

tāone iti, e kanapa ana ngā māra i āna ake momo rōhi o Santa Rosa, o Peachblow, me Burbank.

"E whakapono ana māua ko taku hoa a Henry Ford ki te ariā tawhito o te whānautanga anō," te kōrero a Luther ki ahau. "E whakamārama ana i ngā āhuatanga o te ao kāore e taea te whakamārama. Ehara te mahara i te whakamātautau i te pono; ahakoa kāore te tangata e mahara ki ōna oranga o mua, ehara i te mea kāore i a ia ēnei oranga. He takoto kau te mahara mō tōna oranga kōpū me tōna tamarikitanga; engari tērā pea i puta ia i roto i aua oranga!" Ka kata ia.

I whiwhi te kaipūtaiao nui i te whakaurunga *Kriya* i tētahi o aku haerenga o mua. "Kei te mahi pono ahau i te tikanga, e Swamiji," tana kī. Whai muri i ngā pātai whakaaro nui ki ahau mō ngā momo

ngā āhuatanga o yoga, Rūtera i kīia āta haere:

"He pono, he nui ngā taonga mātauranga kei te Rawhiti, kāore anō kia tīmata te tūhuratia e te Hauāuru."

Nā te whanaungatanga piripono ki te taiao, nāna nei i hura te maha o ngā mea ngaro i tiakina nuitia e te taiao, i hoatu ai ki a Burbank he whakaute wairua mutunga kore.

"I ētahi wā ka tino tata ahau ki te Mana Mutunga Kore," tana kī mārīre. Ka tiaho tōna mata aroha, ātaahua te tauira, i ōna maharatanga. "Nā reira kua taea e au te whakaora i ngā tāngata mate i tōku taha, tae atu ki ngā tipu maha e mate ana."

I kōrero mai ia ki ahau mō tōna whaea, he Karaitiana pono. "He maha ngā wā i muri i tōna matenga," te kī a Luther, "kua manaakitia ahau e tōna putanga mai i roto i ngā moemoeā; kua kōrero mai ia ki ahau."

Mātou taraiwa hoki me te kore e pai ki te taha tāna kāinga me ērā e tatari ana mano ngā reta.

"E Rūtera," taku kī, "i te marama e tū mai nei ka tīmata ahau i tētahi maheni hei whakaatu i ngā tuku pono o te Rawhiti me te Hauāuru. Tēnā koa āwhina mai ki te whiriwhiri i tētahi ingoa pai mō te hautaka."

I kōrero mātou mō ngā taitara mō tētahi wā, ā, i te mutunga ka whakaae mātou ki *te Rawhiti-Hauauru*. I muri i tō mātou hokinga atu ki tana rūma mahi, ka homai e Burbank tētahi tuhinga i tuhia e ia mō "Te Pūtaiao me te Ao Tūroa."

"Ko tēnei ka haere i roto te tuatahi take o *Te Rawhiti-Hauāuru*," ahau i mea me te whakawhetai.

I te hohonu haere o tō māua whakahoahoa, ka karanga ahau i a Burbank ko taku "tangata tapu o Amerika." "Titiro mai, he tangata," ka kī atu ahau, "kāore he tinihanga i roto i a ia!" He hohonu rawa tōna ngākau, kua roa e mōhio ana ki te ngākau mahaki, te manawanui, te patunga tapu. Ko tōna kāinga iti i waenganui i ngā rōhi he tino māmā noa iho; i mōhio ia ki te koretake o te oranga papai, te harikoa o te iti o ngā taonga. Ko te ngākau mahaki i mau ai ia i tōna rongonui pūtaiao i whakamahara tonu mai ki ahau ki ngā rākau e piko ana ki raro i te taumahatanga o ngā hua e maoa haere ana; koia tēnei te rākau pakoko e ara ake ana tōna mähunga i runga i te whakapehapeha kau.

I Niu Ioka ahau i te matenga o taku hoa aroha i te tau 1926. I roto i ngā roimata ka whakaaro ahau, "Āe, ka koa ahau ki te hiko mai i konei ki Santa Rosa kia kite anō ahau i a ia!" I te raka atu i ahau i ngā hēkeretari me ngā manuhiri, ka noho motuhake ahau mō ngā haora e rua tekau mā whā i muri mai.

I te rā i muri mai ka whakahaerehia e au tētahi kawa whakamaharatanga Vedic huri noa i tētahi pikitia nui o Luther. I waiatatia e tētahi rōpū o aku ākonga Amerikana, he kākahu Hinitū ō rātou, ngā himene tawhito i te wā e tukuna ana ngā putiputi, te wai, me te ahi hei whakahere – ngā tohu o ngā huānga tinana me tō rātou tukunga i roto i te Pūtake Mutunga Kore.

Ahakoia kei Santa Rosa te āhua o Burbank i raro i te hita o Repanona i whakatōkia e ia i ngā tau kua pahure ake nei i roto i tana māra, kua whakatōkia tōna wairua ki ahau i roto i ia putiputi kanohi whānui e puāwai ana i te taha o te ara. Kua wehea mō tētahi wā ki roto i te wairua whānui o te taiao, ehara ianei i te mea ko Luther tēnei e kōrero pōhewa ana i roto i ōna hau, e hikoi ana i ōna ata?

Kua riro tōna ingoa ki roto i te taonga tuku iho o te kōrero noa. I te whakarārangi i te kupumahi whakawhiti, ka whakamāramahia e te Webster's New International Dictionary: "Ki te whakawhiti, ki te tāpiri rānei (i tētahi tipu). Nō reira, i roto i te kupu whakarite, ki te whakapai ake (i tētahi mea, hei tukanga, hei whare rānei) mā te whiriwhiri i ngā āhuatanga pai me te whakakore i te kino, mā te tāpiri rānei i ngā āhuatanga pai."

"E Burbank aroha," ka tangi ahau i muri i taku panuitanga i te whakamāramatanga, "ko tō ingoa tonu he kupu whakarite mō te pai!"

LUTHER BURBANK

SANTA ROSA, CALIFORNIA

A handwritten signature in black ink, reading "Luther Burbank". The signature is written in a cursive, flowing style with a large, prominent 'L' and 'B'.

38-1 : Burbank hoki i hoatu ahau he hainatia pikitia o ia anō. ahau taonga reira ahakoa hei he Hinitū kaihokohoko kotahi taonga nui he pikitia o Lincoln. Ko te Hindu, i Amerika i ngā tau o te Pakanga Tūmatanui, i whakaaro i tēnei momo whakamoemiti mō Lincoln

kāore ia i pai ki te hoki ki Īnia kia whiwhi rā anō ia i tētahi whakaahua o te Kaiwhakaora Nui. I whakatō kaha ia i a ia anō i runga A Lincoln tatau tatau, te kaihokohoko i whakakahoretia ki haere tae noa ki te miharo Perehitini whakaaetia ia ki whakamahia ngā ratonga a Daniel Huntington, te kaitoi rongonui o Niu Ioka. I te otinga o te whakaahua, ka haria e .te Hinitū me te wikitoria ki Calcutta

38-2 : Hou Ioka: Rautau Kamupene, 1922.

Upoko: 39

Terese Neumana, Te Katorika Kaiwhakatūpato

"Hoki atu ki Īnia. Tekau mā rima tau ahau e tatari manawanui ana ki a koe. Kāore e roa ka kauhoe atu ahau i te tinana ki te Nohoanga Kanapa. E Yogananda, haere mai!"

I a au e noho ana i te tari matua o Maunga Washington e whakaaroaro ana, i tino miharo ahau ki te reo o Sri Yukteswar. I a ia e haere ana i ngā mano māero i roto i te kimo o te kanohi, ka uru mai tana karere ki roto i ahau, pērā i te uira e mura ana.

Tekau mā rima tau! Āe, i mōhio ahau, ko te tau 1935 tēnei; tekau mā rima tau ahau e hora ana i ngā whakaakoranga a taku tohunga ki Amerika. Ināianei ka mahara mai ia ki ahau.

I taua ahiahi ka kōrerotia e au taku wheako ki tētahi ākonga manuhiri. He tino mīharo tana whanaketanga wairua i raro i *a Kriya Yoga*, ā, he maha tonu taku karanga i a ia he "tangata tapu," me te mahara ki te poropititanga a Babaji e mea ana ka puta mai hoki i Amerika ngā tāne me ngā wāhine o te mōhiotanga atua mā te ara yoga tawhito .

Tenei ākonga me he tau o ētahi atu atawhai tohe tonu i runga te hanga he koha mō taku ngā haerenga. Nō te otinga o te raruraru pūtea, ka whakarite ahau kia rere mā Ūropi ki Īnia. He wiki pukumahi o ngā whakaritenga ki Maunga Washington! I te marama o Poutū-te-rangi, 1935, i whakatūria e au te Self-Engineering Fellowship i raro i ngā ture o te Kāwanatanga o California hei kamupene kore-moni. Ki tēnei whare mātauranga ngā koha katoa a te iwi me ngā moni whiwhi mai i te hokonga o aku pukapuka, maheni, akoranga tuhituhi, utu akomanga, me ngā puna moni katoa.

"Au me kia hoki," ahau i kōrerotia taku ngā ākonga. "Kaua rawa me ahau wareware

Amerika."

I tētahi hakari poroporoaki i whakaritea ki ahau i Los Angeles e ngā hoa aroha, i titiro roa ahau ki ō rātou mata, ā, i whakaaro ahau me te whakawhetai, "E te Ariki, ko ia e mahara ana ki a Koe hei Kaituku Anake, e kore rawa e hapa i te reka."

o te whakahoahoa i roto i ngā tāngata mate."

I rere atu ahau i Niu Ioka i te 9 o Hune, 1935 **39-1** i roto i te *Europa*. Tokorua ngā ākonga i haere tahi mai me ahau: ko taku hēkeretari, ko Mr. C. Richard Wright, me tētahi kuia nō Cincinnati, ko Miss Ettie Bletch. I pai ki a mātou ngā rā o te rangimārie o te moana, he rerekētanga pai ki ngā wiki ohorere o mua. He poto noa iho te wā wātea; he āhuatanga pouri anō hoki te tere o ngā poti hou!

Pērā i tētahi atu rōpū tūruhi hihiri, i hikoi haere mātou i te tāone nui, tawhito hoki o Rānana. I te rā i muri mai i karangatia ahau ki te whaikōrero i tētahi hui nui i Caxton Hall, ā, i reira i whakaurua ai ahau ki te hunga whakarongo o Rānana e Tā Francis Younghusband. I noho tō mātou rōpū i tētahi rā pai hei manuhiri mā Tā Harry Lauder i tōna whenua i Kōtirana. I tere tonu mātou te whiti i te Awa o Ingarangi ki te whenua nui, nā te mea i hiahia ahau ki te haere i tētahi haerenga motuhake ki Bavaria. Koinei anake taku haerenga i whai wāhi ahau ki te toro atu ki te tohunga matakite Katorika nui, ki a Therese Neumann o Konnersreuth.

I ngā tau kua pahure ake nei i pānui ahau i tētahi kōrero whakamiharo mō Therese. Ko ngā kōrero i roto i te tuhinga i penei:

(1)I whānau a Therese i te tau 1898, ā, i whara i tētahi aituā i te rua tekau o ōna tau; ka matapo ia, ka pararutiki.

(2)I te tau 1923 ka kite anō ia i te tirohanga mā roto i ngā inoi ki a Hato Teresa, "Te Putiputi Iti." Nō muri mai ka ora tonu ngā waewae o Therese Neumann.

(3)Mai i te tau 1923, kāore rawa a Therese i kai, i inu rānei, engari ko te horomi i ia rā i tētahi keke iti kua whakatapua.

(4)I puta mai ngā stigmata, arā, ngā patunga tapu o te Karaiti, i te tau 1926 i runga i te mähunga, i te uma, i ngā ringa, me ngā waewae o Therese. I te Paraire o ia wiki i muri mai, ka whiti ia i te mamae o te Karaiti, me te mamae i roto i tōna ake tinana i ōna mamae hītori katoa.

(5)I te mea ko te reo Tiamana māmā noa iho o tōna kāinga te mea e mōhiotia ana e Therese, i a ia e noho pōuri ana i te Paraire, ka whakapuakina e ia ngā kīanga e kiia ana e ngā tohunga he reo Āramaika tawhito. I ngā wā e tika ana i roto i tana moemoeā, ka kōrero ia i te reo Hiperu, i te reo Kariki rānei.

(6)Nā hāhi whakaaetanga, Terese kua ētahi ngā wā kua i raro i kati te mātakitaki pūtaiao. I haere a Tākuta Fritz Gerlick, te ētita o tētahi nūpepa Tiamana Porotetani, ki Konnersreuth ki te "whakaatu i te tinihanga Katorika," engari i mutu mā te tuhituhi whakaute i tana kōrero mō tōna orange. **39-2**

Pērā i ngā wā katoa, ahakoa i te Rawhiti, i te Hauāuru rānei, i hiahia nui ahau ki te

tūtaki ki tētahi tangata tapu. I harikoa ahau i te taenga mai o tā mātou rōpū iti, i te 16 o Hūrae, ki te kāinga ataahua o Konnersreuth. I whakaatu ngā tāngata whenua o Bavarian i te hiahia nui ki tā mātou motuka Ford (i mauria mai i Amerika) me tana rōpū rerekē - he taitama Amerikana, he kuia, me tētahi wahine Āhia he tae oriwa tōna makawe, he makawe roa kei raro i te kara o tōna koti.

Teresa iti whare iti, horoi me ma, me ngā geranium puāwai nā he taketake āe, i āe!

i kati puku. Kāore i taea e ngā hoa noho, tae atu ki te kaimahi mēra o te kāinga i haere atu, te tuku mai i ētahi kōrero. Ka tīmata te ua; i kī mai ōku hoa kia haere mātou.

"Kāo," ahau i mea pūmau, "Au ka noho konei tae noa ki ahau kimi ētahi tohu ārahi ki Terese."

E rua hāora i muri mai, kei te noho tonu māua i roto i tō māua motuka i waenganui i te ua nui. "E te Ariki," ka aue ahau me te amuamu, "he aha koe i ārahi mai ai i ahau ki konei mēnā kua ngaro atu ia?"

He reo Pākehā tāne kua mutu i te taha mātou, me te atawhai tuku tāna āwhina

"Kāore au i te tino mōhio kei hea a Therese," tana kī, "engari he maha ana haerenga ki te kāinga o Ahorangi Wurz, he kaiako whare wānanga o Eichstatt, e waru tekau maero te tawhiti atu i konei."

I te ata i muri mai ka haere tā mātou rōpū ki te kāinga marino o Eichstatt, he whaiti ngā tiriti kua whakairohia ki te kōhatu. I mihi mai a Tākuta Wurz ki a mātou i tōna kāinga; "Āe, kua tae mai a Therese." I tukuna atu e ia he karere mō ngā manuhiri. Kāore i roa ka puta mai he karere me tana whakautu.

"Ahakoa kua tonono mai te pīhopa kia kaua ahau e kite i tētahi tangata me te kore tana whakaaetanga, ka riro mai i ahau te tangata a te Atua i Īnia."

I tino pāngia ahau e ēnei kupu, ā, i aru ahau i a Tākuta Wurz ki runga ki te rūma noho. I tomo tonu mai a Therese, me te whiti mai o te rangimārie me te harikoa. He kākahu pango tōna, he kākahu ma, he mahunga kanapa. Ahakoa e toru tekau mā whitu ōna tau i tēnei wā, he āhua taitamariki ake ia, he hou, he ataahua hoki tōna, pērā i te tamariki. He hauora, he ātaahua te āhua, he whero ōna paparinga, he harikoa, koinei te tangata tapu e kore e kai!

I mihi mai a Therese me te rūrū ringa mārie. I ataata māua i roto i te kōrero puku, e mōhio ana tētahi ki tētahi he aroha ki te Atua.

I tuku atawhai mai a Tākuta Wurz kia mahi hei kaiwhakamāori. I a māua e noho ana, ka kite ahau i a Therese e titiro matatau mai ana ki ahau; e kitea ana he onge te hunga Hinitū i Bavaria.

"Kaua koe kai tetahi mea?" ahau i hiahiaatia ki whakarongo te

whakautu mai i tana ake ngutu. "Kāo, engari he parāoa paraoa

raihi kua whakatapua, kotahi i te ata i te ono karaka." "E hia te rahi

o te parāoa?"

"He angiangi pērā i te pepa, he rite te rahi ki tētahi moni iti." Ka tāpiri atu ia, "He mea tapu tēnei e tangohia ana e au; ki te kore e whakatapua, e kore e taea e au te horomi."

"Kāore rawa i taea e koe te noho i runga i tēnā, mō ngā tau

tekau mā rua katoa?" "Kei te ora ahau i raro i te

māramatanga o te Atua." He tino māmā tana whakautu, he

rite tonu ki a Einstein!

"Au kite koe mōhio tērā pūngao ngā rerenga ki tōu tinana mai i te etere, rā, me te hau."

He tere menemene pakaru i runga tana kanohi "Au am nā reira harikoa ki mōhio koe mārama pēhea ahau ora."

"Ko tō oranga tapu he whakaaturanga o ia rā i te pono i whakapuakina e te Karaiti: 'E kore te tangata e ora i te taro anake, engari i ngā kupu katoa e puta mai ana i te mangai o te Atua.'" **39-3**

I harikoa anō ia i taku whakamārama. "He pono. Ko tētahi o ngā take i konei ai ahau i te ao i tēnei rā, he whakamatau i te tangata ka taea te ora i te māramatanga e kore e kitea o te Atua, ehara i te kai anake."

"Ka taea koe whakaako ētahi atu pēhea ki ora kāore kai?"

Ia i puta mai he mea iti noa iho ohorere. "Au kāore e taea mahi tērā; Atua e mahi ana kāore hiahia ia."

I taku tirohanga atu ki ōna ringa kaha, ataahua, ka whakakitea mai e Therese tētahi patunga iti, tapawhā, kua ora hou i ia o ōna kapu ringa. I te tuara o ia ringa, ka tohu ia i tētahi marama iti ake, he marama- he patunga āhua, kua ora noa. I tika tonu ia patunga mā roto i te ringaringa. Nā te tirohanga i maumahara ahau ki ngā whao rino tapawhā nui me ngā pito he marama-marama, e whakamahia tonutia ana i te Rawhiti, engari kāore au i mahara kua kite ahau i taua mea i te Hauāuru.

I kōrero mai te tangata tapu ki ahau mō āna moe pōuri ia wiki. "Hei kaimātakitaki korekore, ka kite ahau i te mamae katoa o te Karaiti." I ia wiki, mai i te waenganui pō o te Taite tae noa ki te ahiahi o te Paraire i te kotahi karaka, ka tuwhera ōna patunga, ka toto; ka ngaro ia i te tekau pauna o tōna taumaha noa 121-pauna. I a ia e mamae nui ana i roto i tōna aroha aroha, kei te titiro whakamua tonu a Therese ki ēnei kitenga ia wiki o tōna Ariki.

I kite tonu ahau ko tōna oranga tauhou i hangaia e te Atua hei whakamanawa i ngā Karaitiana katoa ki te pono o te hītori o te oranga o Ihu me tōna ripekanga i tuhia ki roto i te Kawenata Hou, ā, hei whakaatu whakamiharo hoki i te hononga ora tonu i waenganui i te Kaiwhakaako o Kariri me āna tāngata karakia.

Ahorangi Wūrz e pā ana ētahi o tāna ngā wheako me te te hunga tapu

"He tokomaha o mātou, tae atu ki a Therese, e haereere ana mō ngā rā maha i runga i ngā haerenga tiro tiro puta noa i Tiamana," tana kī mai ki ahau. "He rerekētanga whakamiharo - ahakoa e toru ā mātou kai i te rā, kāore a Therese e kai i tetahi mea. Kei te noho hou tonu ia, pērā i te rōhi, kāore i pāngia e te ngenge e pā mai ana ki a mātou i ngā haerenga. I a mātou e hiakai ana, e rapu ana i ngā whare tira i te taha o te huarahi, ka kata ia me te harikoa."

I tāpirihia e te ahorangi ētahi kōrero whakamere mō te tinana: "Nā te kore kai a Therese, kua mimiti tōna puku. Kāore he putanga wai, engari e mahi ana ōna repe werawera; he ngawari, he mārō tonu tōna kiri."

I te wā o te wehenga, ahau i whakapuakina ki Terese taku hiahia ki kia te whakaatu i tana te whakaaroaro

"Āe, tēnā haere mai ki Konnersreuth i te Paraire e tū mai nei," tana kī māhaki. "Mā te pīhopa koe e hoatu he whakaaetanga. Nui atu tōku harikoa mō tō rapunga mai i ahau i Eichstatt."

I ruru ringa mārie a Therese, he maha ngā wā, ā, ka hiko tahi rāua ko tā mātou tira ki te kēti. I tahuri a Mr. Wright i te reo irirangi o te motuka; i tirotirohia e te tangata tapu me te kata iti me te harikoa. Nā te nui o te mano taitamariki i huihui mai, ā, ka hoki whakamuri a Therese ki roto i te whare. I kite mātou i a ia i te matapihi, ā, i reira ka titiro mai ia ki a mātou, he tamariki, e ruru ana i tōna ringa.

Mai i tētahi kōrero i te aonga ake me ngā teina tokorua o Therese, he tino atawhai, he atawhai hoki, i ako mātou he kotahi, he rua rānei hāora noa iho te moe o te tangata tapu i te pō. Ahakoa te maha o ngā patunga i roto i tōna tinana, he pukumahi ia, he ki tonu i te kaha. He aroha ki ngā manu, he tiaki i tētahi puna ika, ā, he maha āna mahi i tana māra. He nui āna reta; ka tuhituhi atu ngā tāngata karakia Katorika ki a ia mō ngā inoi me ngā manaakitanga whakaora. He maha ngā kaiwhai kua ora i ngā mate kino nā roto i a ia.

I whakamārama tōna tungāne, a Ferdinand, e rua tekau mā toru pea ōna tau, kei a Therese te mana, mā te inoi, ki te mahi i ngā mate o ētahi atu i roto i tōna ake tinana. Ko te kore kai a te tangata tapu i ahu mai i te wā i inoi ai ia kia whakawhitia te mate korokoro o tētahi taitama o tōna pariha, e whakarite ana ki te tomo ki ngā karakia tapu, ki tōna ake korokoro.

I te ahiahi o te Taite, ka peia e mātou te motuka ki te kāinga o te pīhopa, ā, ka titiro ohorere mai ia ki ōku makawe e rere ana. I tuhi wawe ia i te whakaaetanga e tika ana. Kāore he utu; ko te ture i hangaia e te Hāhi he tiaki noa i a Therese i te whakaekenga mai o ngā tūruhi noa, i ngā tau kua pahure ake nei, he mano tini te hunga i tae mai i ngā Paraire.

I tae mātou i te ata o te Paraire i te iwa me te toru tekau pea ki Konnersreuth. I kite ahau he wāhanga motuhake kei roto i te whare iti o Therese he tuanui karāhe hei whakarato i te nui o te māramatanga ki a ia. I harikoa mātou ki te kite Kāore i kati ngā tatau, engari kua tuwhera whānuitia i roto i te harikoa manaaki. E rua tekau pea ngā manuhiri i te rārangi, me ā rātou whakaaetanga. He tokomaha i haere mai i tawhiti ki te mātakitaki i te matakite ngaro.

I puta a Therese i taku whakamātautau tuatahi i te whare o te ahorangi nā runga i tōna mōhio ā-kanohi i hiahia ahau ki te kite i a ia mō ngā take wairua, kaua mō te whakamātau noa i tētahi hiahia noa iho.

Ko taku whakamātautau tuarua i hono atu ki te meka, i mua tata tonu i taku pikinga ki runga ki tōna rūma, i whakanohoia e au ahau ki roto i te āhua yoga trance kia kotahi ai ahau me ia i roto i te whanaungatanga telepathic me te pouaka whakaata. I tomo ahau ki roto i tōna rūma, kī tonu i ngā manuhiri; e takoto ana ia i roto i te kākahu ma i runga i te moenga. Me Mr.

I a Wright e aru tata ana i ahau, ka tū ahau i roto i te paepae, me te miharo ki tētahi whakaaturanga rerekē, tino whakamataku hoki.



THERESE NEUMANN

Rongonui Katorika Kaiwhakatūpato ko wai whakaaweawe taku 1935
haerenga tapu ki Konnersreuth, Pāwera

I rere mārire te toto, ā, he inihi te whānui, mai i ngā kamo o raro o Therese. I aro atu tōna titiro ki te kanohi wairua i roto i te rae o waenganui. I mākū te kakahu i takai i tōna māhunga i te toto mai i ngā patunga stigmata o te karauna tataramoa. I whero te kākahu mā i runga i tōna ngākau nā te patunga i tōna taha i te wāhi i mamae ai te tinana o te Karaiti, i ngā tau kua pahure ake nei, i te whakama whakamutunga o te werohanga tao a te hōia.

I totoro atu ngā ringa o Therese, he tohu whaea, he tono; he āhua mamae, he āhua atua hoki tōna mata. I ahua kikokore ia, i rerekē i roto i ngā āhuatanga ngawari me ngā āhuatanga o waho.

I a ia e kōmeme ana i te reo ke, e wiri ana ōna ngutu, e kōrero ana ki ngā tāngata e kitea ana e tōna mata.

I a au e taurite ana ki a ia, ka tīmata ahau ki te kite i ngā tirohanga o tana kitenga. I mātakitaki ia i a Ihu e amo ana i te ripeka i waenganui i te mano tini e tawai ana.

39-4 Kātahi ka ara ake tōna māhunga me te matakū: kua hinga te Ariki i raro i te taumaha kino. Kua ngaro te kitenga. I te ngenge o te aroha nui, ka takoto taumaha a Therese ki runga i tōna urunga.

I tēnei wā tonu ka rongu ahau i tētahi haruru nui i muri i ahau. I te tahuritanga o tōku mahunga mō tētahi hēkona, ka kite ahau i ētahi tāne tokorua e amo ana i tētahi tinana e takoto ana. Engari nā te mea i puta mai ahau i te āhua hohonu o te hinengaro, i kāore i kite tonu i te tangata kua hinga. I titiro anō ahau ki te mata o Therese, he kiri mā i raro i ngā awa toto, engari inaianei kua marino, e whiti ana i te

parakore me te tapu. I titiro whakamuri ahau i muri mai ka kite i a Mr. Wright e tū ana me tōna ringa e piri ana ki tōna paparinga, e puta mai ana te toto. e maturuturu ana

"Tiki," ahau i uiuia me te manukanuka, "i koe te kotahi ko wai hinga?"

"Āe, ahau hemo i te whakamataku whakaari."

"Āe," ahau i mea whakamarie, "koe kei toa ki whakahoki me titiro i runga i te tirohanga anō."

I a māua e mahara ana ki te rārangi tatari manawanui o ngā manene, ka poroporoaki puku māua ko Mr. Wright ki a Therese, ka wehe atu i tōna aroaro tapu.

39-5

I te aonga ake ka haere tō mātou rōpū iti ki te tonga, me te mihi ki a rātou kāore mātou i whakawhirinaki ki ngā tereina, engari ka taea e mātou te tū i te Ford ki hea noa i whiriwhiria e mātou puta noa i te whenua. I pai ki a mātou ia meneti o he haerenga mā roto Tiamana, Hōrana, Wīwī, me te Huiterangi Ngā Ārepa. I roto Itari mātou i hangaia he motuhake te haerenga ki Assisi hei whakahonore i te apotoro o te ngākau mahaki, a Hato Parani. I mutu te haerenga ki Ūropi ki Kariki, i reira mātou i mātakitaki ai i ngā temepara o Ātene, ā, i kite ai i te whare herehere i noho ai a Hōkerete ngākau mahaki **39-6** kua inumia e ia tana inu whakamate. Ka ki tonu te tangata i te miharo ki te toi a ngā Kariki i roto i te mahi alabasta.

I eke mātou ki runga i te moana paki o te Moana-nui-a-Kiwa, ka tau ki Pāretina. I a mātou e kopikopiko ana i ia rā, i ia rā, i runga i te Whenua Tapu, nui atu tōku whakapono ki te hiranga o te haerenga tapu. Ko te wairua o Kei te horapa a te Karaiti i roto i a ia i Pāretina; i haereere ahau me te whakaute i tōna taha i Peterehema, i Kehemane, i Kalavaria, i Maunga Oriwa tapu, i te taha o te awa o Horano me te Moana o Kariri.

I toro atu tā mātou rōpū iti ki te Whare Whānau, ki te whare kāmura o Hohepa, ki te urupā o Raharuhi, ki te whare o Māta rāua ko Meri, ki te whare o te Hākari Whakamutunga. I puta mai ngā mea onamata; i ia wāhanga, i ia wāhanga, i kite ahau i te whakaari atua i takarohia e te Karaiti mō ngā tau maha.

Ki Īhipa, me ōna whenua hou o Cairo me ngā piramita tawhito. Kātahi ka heke iho tētahi poti i te Moana Whero whaiti, i runga i te Moana Arapi whānui; nana, ko Īnia!

39-1 : Te whakamiharo whakaurunga konei o he oti rā ko te utu ki te meka tērā taku hēkeretari, Mr. Wright, puritia he rātaka haere .

39-2 : Ētahi atu ngā pukapuka i runga tana ora kei *Terese Neumann: He Kaiwhakatūpato o Tō mātou Rā* , me *Ā muri ake nei Ngā Kōrero o te Ao o Nā Therese Neumann* , e rua ngā mea nā Friedrich Ritter von Lama (Milwaukee: Bruce Pub. Co.).

39-3 : *Matīu* 4:4. Tāne tinana pākahiko ko kāore pumau nā whakariharia kai (taro) ko ia anake, engari nā te wiri ao whānui pūngao (kupu, AUM rānei). Ka rere te mana ngaro ki roto i te tinana tangata mā te kuaha o te medulla oblongata. Kei muri o te kaki tēnei pokapū tinana tuaono i te tihi o ngā *chakra tuaiwi e rima* (Sanskrit mō ngā "wira" ngā pokapū rānei o te kaha e whiti ana). Ko te medulla te tomokanga matua mō te tuku i te kaha ora whānui (AUM) ki te tinana, ā, e hono tika ana ki te mana o te tangata, e arohia ana ki te pokapū tuawhitu, arā, ko te pokapū o te Maramaramatanga o te Karaiti (*Kutastha*) i te kanohi tuatoru. i waenganui te ngā tukemata. Ao tūroa pūngao ko kātahi kua rongotia ake i roto te roro hei he puna wai o mutunga kore ngā pūmanawa, i roto i ngā *Veda e whakahuatia ana i*

roto i te rotarota ko te "rōti marama mano-puapua." E kī tonu ana te Paipera ko te AUM te "Wairua Tapu" te kaha ora e kore e kitea e tautoko ana i ngā mea hanga katoa. "E te aha? Kāore koutou i te mōhio ko tō koutou tinana te whare tapu o te Wairua Tapu i roto i a koutou, i homai nei e te Atua ki a koutou, ehara i te mea nō koutou ake koutou?" - 1 *Koriniti* 6:19.

39-4 : I roto i te ngā hāora i mua taku te taenga mai, Terese i a kua kua paahitia mā roto he tokomaha ngā kitenga o te te kati ngā rā i roto i a te Karaiti te ora. Tōna tomokanga te tikanga tīmata me ngā whakaaturanga o te ngā huihuinga e i whaihia te Whakamutunga Kai hakari. Tōna ngā kitenga ka mutu ki te matenga o Ihu i runga i te ripeka, i ētahi wā rānei, ki tōna tanumanga.

39-5 : Terese kua i ora te Nāti te whakatoi, me ko tonu te whakaatu i roto Konnersreuth, e ai ki ki 1945 Amerika ngā pūrongo mai i Tiamana.

39-6 : Kei roto i tētahi kōrero a Eusebius tētahi tūtakitanga whakamere i waenganui i a Hōkerete me tētahi tohunga Hindu. Ko te kōrero tēnei: "E kōrero ana a Aristoxenus, te kaiwaiata, i te kōrero e whai ake nei mō ngā Īniana. I tūtaki tētahi o ēnei tāngata ki a Hōkerete i Ātene, ā, i pātai atu ia he aha i te whānuitanga o tāna rapunga whakaaro. 'He uiuinga ki roto tangata ngā āhuetanga,' i whakautu Hōkerete. I tēnei te Pakū Īnia i waho e kata ana. 'Me pēhea kēne he tāne pātai ki roto tangata ngā āhuetanga,' ia i mea, 'inā ia ko kuware o atua ēnā?'" Ko Aristoxenus i whakahuatia i mua he ākonga nā Aristotle, he kaituhi rongonui hoki mō ngā harmonics. Ko tōna tau i te tau 330 BC.

Upoko: 40

ahau Whakahokia Ki Īnia

I te harikoa, i hongī au i te hau manaakitanga o Īnia. I tau tō mātou poti, *a Rajputana*, i te 22 o Ākuhata, 1935, ki te tauranga nui o Bombay. Ahakoa ko tēnei, ko tōku rā tuatahi i te kaupuke, he whakaaturanga o te tau kei mua - tekau mā rua marama o ngā mahi mutunga kore. Kua huihui mai ōku hoa ki te tauranga me ngā tauera me ngā mihi; kāore i roa, i tō mātou rūma noho i te Taj Mahal Hotel, he rerenga mai o ngā kairipoata me ngā kaiwhakaahua.

He tāone hou ki ahau a Bombay; i kite ahau he hou, he hihiri, he maha ngā mahi auaha mai i te Hauāuru. Kei ngā huarahi whānui ngā nikau; kei te whakataetae ngā hanganga kāwanatanga whakahihī ki ngā temepara tawhito mō te hiahia. Heoi, he iti noa te wā i hoatu ki te mātakitaki; i manawanui ahau, i hiahia nui ki te kite i taku guru aroha me ētahi atu o te hunga e arohaina ana e au. I te tukunga i te Ford ki tētahi waka tueke, ka tere tere atu tā mātou rōpū ki te rawhiti mā runga tereina ki Calcutta. **40-1**

I tō mātou taenga ki te Teihana o Howrah, i kitea e mātou he mano nui kua huihui mai ki te mihi mai ki a mātou, ā, mō tētahi wā, kāore i taea e mātou te heke i te tereina. Ko te Maharaja taitamariki o Kasimbazar rāua ko tōku teina, ko Bishnu, te kaiārahi o te komiti manaaki manuhiri; kāore au i rite mō te mahana me te nui o te manaakitanga.

I mua i te rārangi o ngā motuka me ngā motopaika, ā, i waenganui i te tangi harikoa o ngā pahu me ngā anga kōnihi, ka peia mārīre atu mātou ko Miss Bletch, ko Mr. Wright, me ahau, he mea whakapaipai ki ngā putiputi mai i te mahunga ki te waewae, ki te kāinga o tōku pāpā.

I awhi mai tōku mātua kaumātua i ahau me te mea he tangata e hoki mai ana i te mate; he roa tā māua titiro tetahi ki tetahi, kāore he kupu i te harikoa. Ko ngā teina me ngā tuāhine, ko ngā matua kēkē, ko ngā whaea kēkē, ko ngā whanaunga, ko ngā ākonga me ngā hoa o ngā tau kua pahure ake nei i huihui mai ki ahau, kāore he kanohi maroke i waenganui i a mātou. Kua pahemo inaianei ki roto i ngā pūranga o te mahara, ko te tirohanga o te huihuinga aroha e mau tonu ana, e kore e warewaretia i roto i tōku ngākau.

Hei mō taku hui me Hīri Yukteswar, ngā kupu rahua ahau; tukua te e whai ake nei whakaahuatanga mai i taku

hēkeretari rawaka.

"I tēnei rā, i te mea kua tino tumanakohia, ka peia e au a Yoganandaji mai i Calcutta ki Serampore," te tuhituhi a Mr. Wright i roto i tana rātaka haere. "I taha atu mātou i ngā toa hokohoko ataahua, ko tētahi o aua toa te wāhi kai tino pai a Yoganandaji i ōna rā i te kāreti, ā, i te mutunga ka tomo mātou ki tētahi ara whaiti, taiepa. I te hurihanga ohorere ki mauī, kei mua i a mātou te whare karakia e rua ngā papa, he māmā engari he whakahihiri, ko tōna taupee āhua Pāniora e tū mai ana i te papa o runga. Ko te whakaaro whānui ko te noho mokemoke marino. "

"I roto i te ngākau whakaiti nui, i haere ahau i muri i a Yoganandaji ki te marae i roto i ngā pakitara o te whare karakia. I te tere o te pao o ō mātou ngākau, ka piki mātou i ētahi arawhata sima tawhito, me te takahi, kāore e kore, i te aroaro o ngā mano tini o te hunga rapu pono. Ka piki haere te āwangawanga i a mātou e hikoi ana. I mua i a mātou, tata ki te pito o ngā arawhata, ka puta marie mai te Mea Nui, a Swami Sri Yukteswarji, e tū ana i roto i te tū rangatira o te tangata whakaaro nui."

"I pūngāwerewere, i pupuhi hoki tōku ngākau i a au e manaaki ana i ahau anō i te mana rangatira o te noho ki tōna aroaro whakahihī. I pōuri te tirohanga a Yoganandaji i te wā i tuturi ai ia, ā, me te mahunga piko, ka tuku i te whakawhetai me te mihi o tōna wairua, me te pā atu ki ngā waewae o tōna guru ki tōna ringa, kātahi, me te piko whakaiti, ki tōna ake mahunga. I whakatika ia i taua wā, ā, ka awhihia ia e Sri Yukteswarji i ngā taha e rua o tōna uma."

"Kāore he kupu i puta i te tīmatanga, engari ko te kare tino kaha i whakapuakina i roto i ngā kupu wahangu o te wairua. Te kanapa o ō rātou kanohi, me te mura o te mahana o te whakakotahitanga wairua hou! I pupuhi te wiri ngawari i roto i te taupee marino, ā, tae noa ki te rā i mawhiti i ngā kapua hei tāpiri i te mura ohorere o te kororia."

"I runga i te turi i piko ki mua i te rangatira, i hoatu e au taku aroha me taku mihi korekore, me te pā atu ki tana waewae, kua mārō i te wā me te mahi, me te whiwhi i tana manaakitanga. I tū ahau i taua wā, ka anga atu ki ngā kanohi e rua he kanohi ataahua, he hohonu, e mura ana i te whakaaroaro, engari e kanapa ana i te harikoa. I tomo mātou ki tōna rūma noho, ko tōna taha katoa e tuwhera ana ki te taupee o waho i kitea tuatahitia mai i te tiriti. I tautoko te rangatira i a ia ki tētahi moenga tawhito, e noho ana i runga i tētahi moenga kua hipokina i runga i te papa sima. I noho māua ko Yoganandaji i te taha o ngā waewae o te guru, me ngā urunga karaka hei okiokinga atu, hei whakamama i ō māua tūnga. i runga i te whāriki kakau witi.

"I ngana tonu ahau ki te whakauru i te kōrero Bengali i waenganui i ngā Swamiji e rua - nā te mea, i kitea e au, kāore he mana o te reo Pākehā ina noho tahi rāua, ahakoa ka taea e Swamiji Maharaj, te ingoa o te guru nui e ētahi atu ana, ā, he maha tonu āna kōrero. Engari i kite ahau i te tapu o te Mea Nui mā roto i tana

ataata mahana me ōna kanohi kanapa. Ko tētahi āhuetanga e kitea ngāwari ana i roto i tana kōrero harikoa, nui ko te pai o te kōrero - te tohu o te tangata whakaaro nui, e mōhio ana e mōhio ana ia, nā te mea e mōhio ana ia ki te Atua. Ko tōna whakaaro nui, tōna kaha o te kaupapa, me tōna whakatau e kitea ana i ngā huarahi katoa."

"I a au e ako ana i a ia me te whakaute i ētahi wā, ka kite ahau he nui ia, he pakari hoki, he pakeke nā ngā whakamātautau me ngā patunga tapu o te whakarēreatanga. He rangatira tōna tū. He rae piko, pērā i mēnā e rapu ana te ngā rangi, rangatira tāna atua kanohi Ia kua he engari nui me kāinga ihu,

e whakangahau ana ia i a ia anō i ngā wā mangere, e hurihuri ana, e whakakorikori ana i ōna maihao, pērā i te tamaiti. Ko ōna kanohi pouri kaha e karapotia ana e te mowhiti kikorangi ethereal. Ko ōna makawe, e wehea ana i waenganui, ka tīmata hei hiriwa, ka huri hei rārangi hiriwa-koura me te hiriwa-mangu, ka mutu ki ngā mowhiti iti i ōna pakihwi. He iti, he angiangi rānei tōna pahau me tōna ngutu, engari te āhua nei ka whakarei ake i ōna āhua, ā, pērā i tōna āhua, he hohonu, he māmā hoki i te wā kotahi.

"He kata harikoa, he kata whakahihiri tōna e puta mai ana i roto i tōna uma, e wiri ana, e wiri ana hoki tōna tinana katoa - he tino harikoa, he pono hoki. He mea whakamiharo te kaha o tōna mata me tōna tū, me ōna maihao uaua. He nekehanga rangatira tana, he tū tika hoki."

"He kākahu *dhoti noa iho* tōna, he tae kōwhai kanapa i taehia ki a rāua tokorua i mua, engari ināianei he karaka kua memeha.

"I taku tirotiro haere, ka kite ahau i tēnei rūma tawhito e tohu ana i te kore o te rangatira e piri ki ngā mea whakamarie o te ao. Ko ngā pakitara ma o te rūma roa kua poke i te huarere kua kapi ki te paraikete kikorangi kua memeha. I tetahi pito o te rūma i iri he pikitia o Lahiri Mahasaya, he mea whakapaipai ki te karakia noa. I reira anō hoki tētahi pikitia tawhito e whakaatu ana i a Yoganandaji i tana taenga tuatahi ki Boston, e tū tahi ana me ētahi atu māngai ki te Huihuinga o ngā Hāhi."

"I kite ahau i tētahi hononga ātaahua o te ao hou me te ao tawhito. He rama nui, he karāhe tapahi, he rama rama, kua kapi katoa i ngā tukutuku pungawerewere nā te mea kua kore e whakamahia, ā, i runga i te pakitara he maramataka kanapa, hou. I pupū ake te kakara o te rangimārie me te marino i te rūma katoa. I tua atu i te taupee ka kite ahau i ngā rākau kokonati e tū ana i runga ake i te whare karakia me te marumaru kore."

"He mea whakamere te kite i te mea me papaki noa te ringa o te rangatira, ā, i mua i te mutunga, ka mahi tahi, ka manaakihia rānei ia e tētahi ākonga iti. Heoi anō, he tino aro nui ahau ki tētahi o rātou - he tamaiti hiroki, ko Prafulla tōna ingoa, **40-2.**" me te makawe pango roa e tae ana ki ōna pakihwi, he takirua kanohi pango kanapa tino hohonu, me te ataata rangi; ka kanapa ōna kanohi, i te aranga ake o ngā kokonga o tōna mangai, pērā i ngā whetū me te marama iti e puta mai ana i te ahiahi.

"E kitea ana te nui o te harikoa o Swami Sri Yukteswarji i te hokinga mai o tana 'hua' (ā, te āhua nei kei te hiahia ia ki te mōhio mō te hua o te 'hua'). Heoi, ko te kaha o te whakaaro nui i roto i te āhua o te Mea Nui e aukati ana i tana whakaaturanga o waho o ngā kare ā-roto."

"I hoatu e Yoganandaji ētahi koha ki a ia, he tikanga tēnei ina hoki te ākonga ki tana guru. I muri mai ka noho mātou ki tētahi kai māmā engari he tino maoa. Ko

ngā rihi katoa he ranunga huawhenua me te raihi. I koa a Sri Yukteswarji ki taku whakamahi i ētahi tikanga Inia, pērā i te 'kai matimati'."

"Whai muri i ētahi haora o te rere i ngā kāinga Bengali me te whakawhitiwhiti ataata mahana me ngā titiro harikoa, ka piko mātou ki ōna waewae, ka poroporoaki me te *kupu whakataki*, **40-3.**" ā, ka haere atu ki Calcutta me te mahara tonu ki tētahi hui tapu me te mihi. Ahakoa e tuhituhi ana ahau mō aku whakaaro o waho mōna, i mōhio tonu ahau ki te pūtake pono o te tangata tapu - tōna kororia wairua. Ahau kua rongu i tōna mana, ā, ka mau i taua kare hei manaakitanga atua māku."

Mai i Amerika, i Ūropi, me Paratihana, he maha ngā koha i kawea mai e au mā Sri Yukteswar. I tangohia e ia me te menemene, engari kāore he kōrero. Mōku ake, i hokona e au i Tiamana tētahi tokotoko maru whakakotahi. I Īnia, i whakatau ahau ki te hoatu i te tokotoko ki te Kaiwhakaako.

"He tino maioha tēnei ki ahau!" I tahuri mai ngā kanohi o taku tohunga ki ahau me te aroha. i te māranga i a ia e kōrero ana i te kōrero tauhou. O ngā koha katoa, ko te tokotoko i whiriwhiria e ia hei whakaatu ki ngā manuhiri.

"E te Ariki, tēnā koa tukua ahau kia tiki i tētahi whāriki hou mō te rūma noho." I kite ahau kua whakatakotoria te kiri taika o Sri Yukteswar ki runga i tētahi whāriki kua haehaea.

"Me mahi mēnā e pai ana ki a koe." Kāore i te hihiko te reo o taku tohunga. "Tirohia, he ātaahua, he ma taku whāriki taika; he kingi ahau i roto i tōku ake rangatiratanga iti. Kei tua atu ko te ao whānui, e aro ana ki ngā āhuetanga o waho anake."

I a ia e kōrero ana i ēnei kupu, ka rongo ahau i te hokinga whakamuri o ngā tau; he akonga taitamariki anō ahau, kua purea i roto i ngā ahi o te whiu i ia rā, i ia rā!

I te wā tonu i taea ai e au te wehe atu i a Serampore me Calcutta, ka haere tahi māua ko Mr. Wright ki Ranchi. He manaakitanga nui tēnei, he tino whakanui! I tū ngā roimata i roto i ōku kanohi i a au e awhi ana i ngā kaiako aroha noa i pupuri i te haki o te kura i roto i aku tau tekau mā rima e ngaro ana. Ko ngā kanohi kanapa me ngā menemene harikoa o ngā ākonganga noho me ngā ākonganga o te rā he tohu nui ki te uara o tā rātou kura maha-taha me te whakangungu yoga.

Heoi, aue! i roto te whare wānanga o Ranchi i ngā raruraru pūtea nui. Kua mate a Tā Manindra Chandra Nundy, te Maharaja tawhito nāna nei te Whare Ariki o Kasimbazar i hurihia hei whare kura matua, ā, he maha ngā koha rangatira i tukuna e ia. He maha ngā āhuetanga atawhai, kore utu o te kura kua tino mōrearea nā te kore tautoko a te iwi whānui.

Kāore au i noho ki Amerika mō ngā tau maha me te kore e ako i ētahi o ōna whakaaro nui, tōna wairua pakari i mua i ngā arai. Mō te wiki kotahi i noho ahau ki Ranchi, e raru ana i ngā raruraru nui. Kātahi ka tae mai ngā uiuinga ki Calcutta me ngā kaiārahi rongonui me ngā kaiwhakaako, he kōrero roa ki te Maharaja taitamariki o Kasimbazar, he tono pūtea ki tōku matua, ā, titiro! ka tīmata te whakatikatika i ngā turanga wiri o Ranchi. He maha ngā koha tae atu ki tētahi haki nui i tae mai i te wā tika mai i aku ākonganga o Amerika.

I roto i ētahi marama i muri i taku taenga mai ki Īnia, i harikoa ahau ki te kite i te whakaurunga ture o te kura o Ranchi. I tutuki taku moemoeā mō tētahi pokapū mātauranga yoga pumau tonu. Nā taua moemoeā ahau i ārahi i ngā tīmatanga iti o

te tau 1917 me tētahi rōpū tama tokowhitu.

I roto i te tekau tau mai i te tau 1935, kua whānui ake te whānuitanga o Ranchi i tua atu i te kura tama. Inaianei kei te whakahaerehia ngā mahi atawhai tangata whānui i reira i te Mihana Shyama Charan Lahiri Mahasaya.

Ko te kura, ko te Yogoda Sat-Sanga Brahmacharya Vidyalaya rānei, e whakahaere ana i ngā akomanga o waho mō ngā kaupapa wetereo me ngā kaupapa kura tuarua. Ka whiwhi hoki ngā ākonga noho me ngā ākonga rā i ngā mahi toi.

he momo whakangungu. Ko ngā tama tonu e whakahaere ana i te nuinga o ā rātou mahi mā roto i ngā komiti motuhake. I te tīmatanga o taku mahi hei kaiako, i kitea e au ko ngā tama e harikoa ana ki te tinihanga i tētahi kaiako ka whakaae harikoa ki ngā ture whiu kua whakatakotoria e ō rātou hoa ākongā. Ehara ahau i te tauira tauira, engari i aroha tonu ahau ki ngā mahi tinihanga me ngā raruraru tamariki katoa.

E akiakihia ana ngā hākinakina me ngā kēmu; e haruru ana ngā papa tākaro i te whakaharatau hoki me te whutupaoro. He maha ngā wā ka toa ngā ākongā o Ranchi i te kapu i ngā huihuinga whakataetae. E mōhiotia whānuitia ana te whare takaro o waho. te whakakī anō mā roto ka mana ko te *Yogota* āhuetanga: hinengaro te ahunga o ora pūngao ki tētahi wāhanga o te tinana. Ka akona hoki ngā tama *ki ngā āsana* (tū), te tākaro hoari me *te lathi* (rākau), me te jujitsu. Te Yogota Hauora Ngā Whakaaturanga i te Rāni *Vidyalaya* whai kua i tae atu e ngā mano tini.

Kols, *Santals*, me *Mundas*, ngā iwi taketake o te kawanatanga, e whakaakona ana i ngā kaupapa tuatahi i roto i te reo Hindi. Kua whakaritea ngā akomanga mō ngā kōtiro anake i ngā kāinga tata.

Ko te āhuetanga ahurei o Ranchi ko te whakaurunga ki te *Kriya Yoga*. Ia rā, ka mahi ngā tama i ā rātou mahi wairua, ka whai wāhi ki te karakia *Gita*, ā, mā te ako me te tauira ka akohia rātou ki ngā painga o te ngāwari, te patunga tapu, te honore, me te pono. Ka tohuhia te kino ki ā rātou ko te mea e puta ai te mamae; ko te pai ko ngā mahi e hua ai te harikoa pono. Ka taea te whakarite i te kino ki te honi paitini, he mea whakamatautau engari he mea utaina ki te mate.

Nā te whakakorenga i te āwangawanga o te tinana me te hinengaro mā roto i ngā tikanga arotahi kua puta he hua whakamiharo: ehara i te mea hou ki Ranchi te kite i tētahi āhua iti ātaahua, e iwa, e tekau rānei ngā tau te pakeke, e noho ana. mō te haora, neke atu rānei, i roto i te tū pakari tonu, me te titiro kore e kimo ki te kanohi wairua. He maha ngā wā ka hoki mai te pikitia o ēnei ākongā Ranchi ki tōku hinengaro, i a au e mātakitaki ana i ngā ākongā o te ao katoa e kore nei e taea te noho marino i roto i te wā akomanga kotahi. **40-4**

Kei te 2000 putu i runga ake i te taumata o te moana a Ranchi; he marino, he marino hoki te āhuarangi. Kei roto i te whenua e rua tekau mā rima eka te rahi, i te taha o tētahi puna kaukau nui, tētahi o ngā mārā hua pai rawa atu o Īnia - e rima rau ngā rākau hua - he māngo, he kuawa, he rītihi, he nakahi, he tāte. Ka whakatipu ngā tama i ā rātou ake huawhenua, ka miro hoki i ā rātou *charkas*.

He whare manuhiri e tuwhera ana mō ngā manuhiri o te Hauāuru. Kei roto i te whare pukapuka o Ranchi he maha ngā maheni, me te tata ki te kotahi mano pukapuka i te reo Ingarihi me te reo Bengali, he koha mai i te Hauāuru me te Rawhiti. He kohinga o ngā karaipiture o te ao kei reira. Kei roto i te whare taonga

kua whakapaipaihia ngā whakaaturanga whaipara tangata, whenua, me te tangata; he tohu nui mō aku haerenga i runga i te whenua kanorau a te Ariki.

Kua oti kē te hōhipera aroha me te whare rongoā o te Mihana Lahiri Mahasaya te mahi minita ki te 150,000 o ngā rawakore o Īnia. Kua whakangungua ngā ākonga o Ranchi ki te āwhina tuatahi, ā, kua mahi whakamihi rātou ki tō rātou kawanatanga i ngā wā pōuri o te waipuke, o te matekai rānei.

Kei roto i te māra hua rākau he temepara o Shiva, me te whakapakoko o te rangatira tapu, o Lahiri Mahasaya. Kei te māra i raro i ngā rākau māngo ngā karakia me ngā akomanga karaipiture o ia rā.

Kua whakatuwheratia ngā kura tuarua peka, me ngā āhuetanga noho me te yoga o Ranchi, ā, kei te tupu haere tonu. Ko ēnei ko te Yogoda Sat-Sanga Vidyapith (Kura) mō ngā Tama, i Lakshmanpur. i Bihar; me te Kura Tuarua o Yogoda Sat-Sanga me te whare karakia i Ejmalichak i Midnapore.

I te tau 1939 i whakatapua he Yogoda Math rangatira ki Dakshineswar, i te taha tonu o te awa o Ganges. He torutoru noa ngā maero ki te raki o Calcutta, ka whakaratohia e te whare karakia hou he piringa rangimārie mō ngā tāngata o te tāone. Kei te wātea ngā wāhi noho e tika ana mō ngā manuhiri o te Hauāuru, inā koa mō te hunga rapu e tino whakatapua ana ō rātou orange ki te mōhiotanga wairua. Kei roto i ngā mahi a te Yogoda Math he mēra i ia rua wiki o ngā whakaakoranga o te Self-Engagement Fellowship ki ngā ākonga i ngā wāhi rerekē o Īnia.

Kāore e tika kia kīia ko ēnei mahi mātauranga me ngā mahi atawhai tangata katoa i hiahiatia ai te mahi whakahere me te ngākau pono o te tini o ngā kaiako me ngā kaimahi. Kāore au e whakarārangi i ō rātou ingoa i konei, nā te mea he tini rātou; engari i roto i tōku ngākau he wāhi kanapa tō ia tangata, tō ia tangata. Nā te hihiri o ngā wawata o Lahiri Mahasaya, kua whakarērea e ēnei kaiako ngā whāinga o te ao e whai hua ana ki te mahi me te ngākau mahaki, ki te hoatu nui.

He maha ngā hoahoa tere a Mr. Wright ki ngā tama tāne o Ranchi; i te mea he kākahu *dhoti noa iho tōna*, i noho ia i waenganui i a rātou mō tētahi wā. I Ranchi, Calcutta, Serampore, i ngā wāhi katoa i haere ai ia, ko taku hēkeretari, nāna nei he koha whakaahua oraora, i tangohia mai e ia tana rātaka haerenga hei tuhi i ana haerenga. I tētahi ahiahi i ahau i pātai atu ki a ia.

"Tiki, he aha ko tōu te whakaaro o Īnia?"

"Te rangimārie," ia i mea me te whakaaroaro. "Te iwi aura ko te rangimārie."

40-1 : Mātou pakaru tō mātou haerenga i roto Waenganui Ngā Porowini, waenganui puta noa te whenua, ki kite Mahatma Kānati i Wardha. Kei te upoko 44 te whakaahuetanga o aua rā .

40-2 : Prafulla i te tama ko wai i a kua te whakaatu me Kaiwhakaako āhea he kōpara whakatata atu (tirohia whārangi 116).

40-3 : Tikanga tūturu, "tapu ingoa," he kupu o mihi i roto i ngā Hinitū, i haere tahi me nā kua takai ki te nikau ngā ringaringa hikitia mai i te te ngākau ki te rae hei mihi. Ka whakakapia te mihi a te Hauāuru e te *pranam i Īnia mā te rūrū ringa*.

40-4 Nā te whakangungu hinengaro mā roto i ētahi tikanga arotahi kua puta he tāne mahara nui i roto i ia whakatipuranga Īnia. I roto i te *Hindustan Times*, i whakaahua a Tā T. Vijayaraghavachari i ngā whakamātautau i tukuna ki ngā "tāne mahara" ngaio o Madras. "Ko ēnei tāne," i tuhi ia, "he tino mōhio ki ngā tuinga Sanskrit. I a rātou e noho ana i waenganui i te hunga whakarongo nui, ka rite rātou ki ngā whakamātautau i tukuna e ētahi o te hunga whakarongo i te wā kotahi. Ko te whakamātautau penei: ka tīmata te tangata kotahi ki te tangi i te pere, me tatau te maha o ngā mowhiti e te 'tangata mahara.' Ka kōrero te tangata tuarua mai i tētahi pepa i tētahi mahi roa mō te pāngarau, tae atu ki te tāpiri, te tango, te whakareka, me te wehewehe. Ka haere tonu te tuatoru ki te kōrero mai i te *Ramayana*, i te *Mahabharata* rānei i tētahi raupapa roa. o ngā rotarota, e i a ki kia i tāruatia; he tuawhā e whakatakotoria ngā raruraru i roto whakamāoritanga e e hiahiatia ana te hanganga o ngā whiti i roto tika mita i runga he i hoatu kaupapa, ia rārangi ki mutunga i roto he kua tohua kupu, he tuarima tāne e kawhe i runga me he te tuaono he tautohetohe whakapono, ko te reo tika i whakahuatia i roto i te raupapa tika i whakahaerehia ai e ngā kaiwhakahē, ā, ko te tuawhitu o ngā tāngata i te

wā katoa e hurihuri ana i te wira, ko te maha o ngā hurihanga me tatau. Te mahara tohunga i a i te wā kotahi ki mahi katoa ēnei ngā mahi whakamiharo parakore nā hinengaro ngā tukanga, hei ia i whakaaetia kāore he pepa, kāore he pene. He tino taumaha te taumahatanga ki ngā pūkenga. Ko te tikanga, ko ngā tāne e hae ana, e kore e mōhiotia, ka heke te uara o ā rātou mahi. pērā ngā mahi nā e pā ana ki whakapono tērā rātou whakauru anake te whakakori tinana o te raro ngā mahi o te roro Heoi, ehara i te mea he pātai noa iho tēnei mō te mahara. Ko te mea nui ko te nui o te arotahi o te hinengaro."

Upoko: 41

He Idyl I roto Tonga Īnia

"Koe kei te tuatahi Te Hauāuru, Tiki, ake tonu atu ki tomo tērā wāhi tapu He tokomaha ētahi atu whai i whakamātauria i roto horihori."

I aku kupu, ka miharo a Mr. Wright, kātahi ka koa. Nō te wehenga atu i te Temepara ataahua o Chamundi i ngā pukepuke e titiro atu ana ki Mysore i te tonga o Īnia, ka piko mātou ki mua i te koura, ā, hiriwa ngā aata o te Atua wahine Chamundi, kaitautoko atua o te whānau o te e kingi ana maharaja

"Hei whakamaharatanga mō te honore ahurei," te kī a Mr. Wright, me te ata huna i ētahi rau rōhi kua manaakitia, "ka tiakina tonutia e au tēnei putiputi, kua tauhiuhia e te tohunga ki te wai rōhi."

Māua ko taku hoa **41-1** i noho hei manuhiri mā te Kāwanatanga o Mysore i te marama o Noema, 1935. Ko te Maharaja, ko HH Sri Krishnaraja Wadiyar IV, he tauira rangatira whai whakaaro nui ki tōna iwi. He Hindu karakia, kua whakamanahia e te Maharaja tētahi Mahometa, a Mirza Ismail, hei Pirimia māna. Ka whakawhiwhia te mana rongonui ki ngā tāngata e whitu miriona o Mysore i roto i te Runanga me te Kaunihera Ture.

Nā te uri o te Maharaja, a te HH te Yuvaraja, a Tā Sri Krishna Narasingharaj Wadiyar, i karanga māua ko taku hēkeretari kia toro atu ki tōna ao mārāma me te ao ahu whakamua. I roto i ngā wiki e rua kua taha ake nei, i kōrero ahau ki ngā mano tini o ngā tāngata whenua me ngā ākonga o Mysore, i te Whare Taone, i te Kāreti o Maharajah, i te Kura Hauora o te Whare Wānanga; me ngā huihuinga nui e toru i Bangalore, i te Kura Tuarua o te Motu, i te Kāreti Waenga, me te Whare Taone o Chetty, i reira neke atu i te toru mano tāngata i huihui mai. Kāore au i te mōhio mēnā i taea e ngā kaiwhakarongo hihiri te mihi ki te pikitia kanapa i tuhia e au mō Amerika; engari ko te papaki ringa te mea nui rawa atu i taku kōrero mō ngā painga tahi ka puta mai i te whakawhitiwhiti i ngā āhuatanga pai rawa atu o te Rawhiti me te Hauāuru.

I te rangimārie o te pārorū māua ko Mr. Wright, e whakangā ana māua. Kei roto i tana pukapuka haereere ngā kōrero e whai ake nei mō ōna whakaaro mō Mysore:

"Kei te take tiaki o ngā puke toka ngā mara raihi matomato kanapa, he maha ngā wāhi tō kua whakairohia ki ngā miro, e takoto ana i te take tiaki o ngā puke toka— ngā puke e kapi ana i te tirohanga emerara, pērā i ngā kōhatu pango—ā, ka whakarei ake te takaro o ngā tae i te ngaronga ohorere me te whakamiharo o te rā i a ia e rapu okiokinga ana i muri i ngā puke whakahīhī."

"He tokomaha harikoa ngā wā whai kua kua pau i roto te mātakitaki, tata ngaro- me te whakaaro nui, i te ake tonu atu

he kānawehi hurihuri a te Atua e horahia ana puta noa i te rangi, nā te mea ko tana pā anake ka taea te whakaputa tae e wiri ana me te hou o te ora. Ka ngaro taua taitamarikitanga o ngā tae ina ngana te tangata ki te whai i ngā tae anake, nā te mea ka whakamahi te Ariki i tētahi reo māmā ake, whai hua ake - ngā hinu ehara i te hinu, ehara hoki i te tae, engari he hihi mārāma noa iho. Ka whiua e ia he pata mārāma ki konei, ā, ka whakaata mai. whero; Ka poipoia anō e ia te paraihe, ā, ka whakaranua mārīre ki te karaka me te koura; kātahi ka werohia kia hohonu Ia wero te kapua me he rārangi o papura tērā rau he mowhiti rānei taniko o whero e turuturu ana i roto i te patunga i roto i ngā kapua; ā, nō reira, ka takaro tonu ia, i te pō me te ata, he rerekē tonu, he hou tonu, he hou tonu; kāore he tauira, kāore he tārua, kāore he tae he rite tonu. Ko te ataahua o te huringa Inia i te ao ki te pō, kāore e taea te whakarite ki tētahi atu wāhi; he maha ngā wā ka rite te rangi me te mea kua tangohia e te Atua ngā mea katoa ngā tae i roto i tāna kete, ā, ka whiua ki te rangi tētahi whiunga nui whakaharahara.

"Me kōrero e au te ataahua o te haerenga ki te awatea ki te Pā nui o Krishnaraja Sagar, 41-2." i hangaia tekau mā rua maero ki waho o Mysore. I eke māua ko Yoganandaji ki tētahi pahi iti, ā, me tētahi tamaiti iti hei kaiwhakakapi mana mō te waka rererangi, hei whakakapi rānei mō te pākahiko, ka tīmata mā runga i tētahi ara paru maeneene, i te whitinga mai o te rā. e takoto ana i te pae tawhiti, e kōpikopiko ana pērā i te tōmato kua pakari rawa.

"I ahu atu tā mātou haerenga i tua atu i ngā mara raihi tapawhā e kitea whānuitia ana, i roto i te rārangi o ngā rākau pania whakamarie." ngā rākau, i waenganui i te ngahere nikau teitei, me ngā otaota e tata ana ki te matotoru o te ngahere, ā, i te mutunga, i te whakatata atu ki te tihi o te puke, ka tūtaki mātou ki tētahi roto horihori nui, e whakaata ana te ngā whetu me taniko o ngā nikau me ētahi atu ngā rākau, karapotia nā ataahua papatahi ngā mārā me te rarangi rama hiko i te taha o te tāhuna—ā, i raro iho i tēnā, ka tūtaki ō mātou kanohi ki tētahi tirohanga whakamiharo o ngā hihi tae e takaro ana i runga i ngā puna waiariki, pērā i ngā awa waituhi kanapa e ringihia ana—ngā rerenga wai kikorangi ataahua, e ārai ana i ngā wai whero, ngā rehu kakariki me te kōwhai, ngā arewhana e pupuhi ana i te wai, he tauira iti o te Whakaaturanga Ao o Chicago, engari he mea whakamiharo i tēnei wā i roto i tēnei whenua tawhito o ngā mara raihi me ngā tāngata noa, kua tino manaaki mai i a mātou, ā, kua tino aroha ahau ki a rātou. E wehi ana ahau kei nui atu i tōku kaha hei whakahoki mai i a Yoganandaji ki Amerika.

"Tētahi atu painga onge - ko taku ekenga arewhana tuatahi. Inanahi, i karangahia mātou e te Yuvaraja ki tōna whare raumati kia eke ai mātou ki tētahi o āna arewhana, he kararehe nui whakaharahara. I eke ahau ki tētahi arawhata hei piki ki runga ki te *howdah*, ki te nohoanga rānei, he mea hipoki ki te hiraka, he rite ki te pouaka; kātahi ka hurihuri, ka ruku, ka neke, ka heke ki raro ki tētahi awaawa, he nui rawa te harikoa ki te manukanuka, ki te karanga rānei, engari me pupuri tonu ahau mō te ora tonu!"

Ko te tonga o Īnia, he whenua tino ataahua, engari he whenua e kore e taea te tautuhi. Ki te raki o Mysore ko te whenua taketake nui rawa atu o Īnia, ko Hyderabad, he papa whenua ataahua e tapahia ana e te awa nui o Godavari. He mania whānui momona, ko ngā Nilgiris ataahua, ko "Ngā Maunga Kahurangi" rānei, ētahi atu rohe me ngā pukepuke pāpaku o te kōhatu kōhatu, o te karāhe rānei. He kōrero roa, he kōrero kanapa te hītori o Hyderabad, e tīmata ana i te toru mano tau ki muri i raro i ngā kīngi o Andhra, ā, i haere tonu i raro i ngā whare rangatira Hindu tae noa ki te tau 1294 AD, i te wā i tukuna ai ki tētahi rārangi rangatira Mahometa i kingi ki tēnei rā.

Ko te whakaaturanga tino whakamiharo o te hoahoanga, te whakairo, me te peita puta noa i Inia kei Hyderabad i roto i ngā ana tawhito i whakairohia ki te toka o Ellora me Ajanta. Ko te Kailasa i Ellora, he temepara nui whakaharahara, kei roto ngā whakapakoko o ngā atua, o ngā tāngata, me ngā kararehe i roto i ngā āhua whakamiharo o Michelangelo. Kei Ajanta e rima ngā whare karakia nui me ngā whare mōneka e rua tekau mā rima,

he kerī toka katoa e tiakina ana e ngā pou whakairo nunui kua whakairohia ki ngā pakitara, ā, kua waiho hei taonga tuku iho mā ngā kaitoi me ngā kaiwhakairo ō rātou pūkenga.

Kei te whakapaipaihia a Hyderabad e te Whare Wānanga o Osmania me te Mosque whakahirahira o Mecca Masjid, te wāhi e huihui ai ngā mano tini o ngā Mahometa ki te inoi.

He whenua whakamiharo hoki a Mysore State, e toru mano putu i runga ake i te taumata o te moana, he nui ngā ngahere pārūrū matotoru, te kāinga o ngā arewhana mohoa, ngā paihana, ngā pea, ngā pānita, me ngā taika. He ma, he ātaahua hoki ōna tāone matua e rua, arā, a Bangalore me Mysore, me te maha o ngā pāka me ngā māra tūmatanui.

I tutuki i te hoahoanga me te whakairo Hinitū tō rātou tino pai ki Mysore i raro i te mana o ngā kīngi Hinitū mai i te rautau tekau mā tahi ki te rautau tekau mā rima. Ko te temepara i Belur, he mahi toi rangatira nō te rautau tekau mā tahi i oti i te wā o te kingitanga o Kingi Vishnuvardhana, kāore e taea te kite i te ao mō tōna ātaahua o ngā taipitopito me ōna whakaahua whakahirahira.

Ko ngā pou toka i kitea i te raki o Mysore i ahu mai i te rautau tuatoru BC, e whakamārama ana i te mahara o Kingi Asoka. I riro i a ia te torona o te whare rangatira o Maurya i taua wā; tata ki te katoa o Īnia o ēnei rā, o Afghanistan, me Baluchistan i roto i tana emepaea. Ko tēnei emepara rongonui, e whakaarohia ana e ngā kaituhi hītori o te Hauāuru he rangatira tino rangatira, kua waiho e ia te whakaaro nui e whai ake nei ki runga i tētahi whakamaharatanga toka:

Kua whaowhaohia tēnei tuhituhinga whakapono kia kore ai ā mātou tama, mokopuna hoki e whakaaro he mea tika kia puta he wikitoria hou; kia kore ai rātou e whakaaro he tika te wikitoria ki te hoari hei wikitoria; kia kore ai rātou e kite i tetahi mea engari ko te whakangaromanga me te tutu; kia kore ai rātou e whakaaro ki tetahi mea hei wikitoria pono engari ko te wikitoria o te whakapono. He uara aua wikitoria i tēnei ao, i te ao anō hoki e whai ake nei.



Taku hoa me ahau tū i mua i te "moemoeā i roto māpere," te Taj Mahal i Ākara.

He mokopuna a Asoka nā Chandragupta Maurya (e mōhiotia ana e ngā Kariki ko Sandrocottus), i tūtaki ki a Alexander the Great i tōna tamarikitanga. Nō muri mai ka whakangaromia e Chandragupta ngā hōia o Makeronia i mahue i Īnia, ka hinga i a ia te ope taua Kariki o Seleucus i Punjab, ā, i muri mai ka manaaki i a Megasthenes, te karere Kariki i tōna kooti i Patna.

Kua tuhia ngā kōrero tino whakamere e ngā kaituhi hītori Kariki me ētahi atu i haere tahi, i whai rānei i muri i a Arekānara i tana haerenga ki Īnia. Ko ngā kōrero a Arrian, Diodoros, Parataka, me Strabo te tohunga whenua whai kua whakamāoritia nā Tākuta J. W. M'Crindle **41-3** ki te maka i te hihi mārama ki runga i a Īnia onamata. Ko te āhuatanga tino whakamiharo o te whakaekenga a Alexander kāore i angitu ko te hiahia nui i whakaaturia e ia ki te rapunga whakaaro Hindu me ngā yogi me ngā tāngata tapu i tūtaki ia i ia wā, i ia wā, ā, i rapua e ia te haporī. I muri tata mai i te taenga mai o te toa Kariki ki Taxila i te raki o Īnia, ka tonoa e ia he karere, a Onesikritos, he ākonga nō te kura Kariki o Diogenes, ki te tiki i tētahi kaiako Īnia, a Dandamis, he sannyasi nui o Tākihiira.

"Ngā mihi ki a koe, e te kaiako o ngā Brahmins!" te kī a Onesikritos i muri i tana rapunga i a Dandamis i roto i tana piringa ngahere. "Ko te tama a te Atua kaha, a Zeus, ko Alexander te Ariki Matua o ngā tāngata katoa, e tono ana kia haere koe ki a ia, ā, ki te whakaae koe, ka utua koe e ia ki ngā taonga nui, engari ki te whakakahore koe, ka tapahia e ia tōu mahunga!"

I ata mārīe te yogi i tēnei pōwhiri, ā, "kāore i ara ake tōna māhunga i tōna moenga rau."

"He tama anō hoki ahau nā Zeus, mēnā ko Arekānara tēnei," tana kī. "Kāore au e hiahia ki tētahi mea nā Arekānara, nā te mea e makona ana ahau ki aku mea, i a au e kite ana e kopikopiko ana ia me āna tāngata i runga i te moana me te whenua, kāore he painga, ā, kāore e mutu tana kopikopiko."

"Haere ki te kōrero ki a Arehanara, ehara te Atua, te Kīngi Matua, i te Kaihanga o te hē whakahihi, engari Ko te Kaihanga o te māmamatanga, o te rangimārie, o te ora, o te wai, o te tinana o te tangata me ngā wairua; E manako ana ia ki ngā tāngata katoa ina whakawāteatia rātou e te mate, kāore ia e pāngia e te mate kino. Ko ia anake te Atua e whakamoemititia ana e au, e whakarihariha ana ki te patu, ā, kāore e whakaoho i ngā pakanga.

"Ehara a Arehanara i te atua, nā te mea me pāngia ia e te mate," te kōrero tonu a te tangata whakaaro nui me te whakahawe puku. "Me pēhea rā ia e noho ai hei rangatira mō te ao, i te mea kāore anō ia kia noho ki runga i te torona o roto mana o te ao whānui? Kāore anō ia kia tomo ora ki roto i te reinga, kāore hoki ia e mōhio ki te huarahi o te rā mā roto te pokapū ngā rohe o te whenua, i te wā te ngā iwi i runga tōna rohe whai kāre rawa i rongo i tōna ingoa!"

I muri i tēnei whiu, ko te whiu tino nanakia rawa atu i tukuna ki te whakaeke i ngā taringa o te "Ariki o te Ao," ka tāpiri te tohunga me te whakakatakata, "Ki te kore e ranea te whānuitanga o ngā mana o nāianeī o Alexander mō āna hiahia, tukua ia kia whiti i te awa o Ganges; ka kitea e ia he rohe e taea ai te tautoko i āna tāngata katoa, ki te mea he kuiti rawa te whenua o tēnei taha hei pupuri i a ia. **41-4**

"Engari kia mōhio koe ki tēnei, ko ngā mea e tukuna ana e Alexander me ngā koha e whakaaria mai ana e ia he mea korekore noa iho ki ahau; ko ngā mea e whakanuia ana e au, e kitea ana he tino whai hua, he tino uara hoki, ko ēnei rau e tukua ana e au."

whare, ēnei tipu puāwai e whakarato ana i te kai māku i ia rā, me te wai e inu ai ahau; ko ngā taonga katoa ia e kohia ana me te manukanuka ka whakangaro i ahau. te hunga e kohikohi ana i a rātou, ā, ko te mea anake e puta ai te pouri me te raruraru, e tino pāngia ana e te hunga rawakore katoa. Ko ahau ia, e takoto ana ahau i runga i ngā rau o te ngahere, ā, kāore he mea e tika ana kia tiakina, ka kati ōku kanohi i te moe marino; i te mea he mea hei tiaki māku, ka peia te moe. Mā te whenua ahau e whakarato i ngā mea katoa, pērā i te whaea e whāngai ana i tana tamaiti ki te waiū. Ka haere ahau ki ngā wāhi katoa e pai ai ahau, ā, kāore he āwangawanga e akiakihia ana ahau e whakararuraru i ahau anō.

"Mena ka tapahia e Alexander tōku mahunga, e kore e taea e ia te whakangaro i tōku wairua. Ko tōku mahunga anake, kātahi ka noho puku, ka noho tonu, ka waiho te tinana kia rite ki te kākahu haehae i runga i te whenua, i tangohia mai ai hoki. Ko ahau ia, e noho nei hei Wairua, ka piki ahau ki tōku Atua, nāna tātou katoa i takai ki te kikokiko, ā, i waiho mai i runga i te whenua hei whakamātautau mēnā, i konei i raro nei, ka ora tātou i te ngohengohe ki āna tikanga, ā, ko wai hoki ka e tono mai ana i a tātou katoa, ina haere atu tātou i konei ki Tōna aroaro, he kōrero mō ō tātou orange, nā te mea ko Ia te Kaiwhakawā o ngā mahi hē katoa; ko ngā aue hoki a te hunga e tukinotia ana hei whiu mō te kaitukino

"Kia whakamataku a Arehanara i te hunga e hiahia ana ki te taonga, me te hunga e wehi ana i te mate, nā te mea he rite tonu te kore mana o ēnei patu ki a tātou; kāore ngā Brahmin e aroha ki te koura, kāore hoki e wehi i te mate. Haere atu ki te kī atu ki a Arehanara: Kāore a Dandamis e hiahia ki tetahi mea āu, nō reira e kore ia e haere ki a koe, ā, ki te hiahia koe ki tetahi mea mai i a Dandamis, haere mai ki a ia."

Me te aro nui, i whiwhi a Alexander mā Onesikritos i te karere mai i te yogi, ā, "i rongo he hiahia nui atu i mua kia kite i a Dandamis, ahakoa kua koroheke, kua tahanga, ko ia anake te hoariri i tūtaki ai ia, te toa o ngā iwi maha, he nui atu i tana hoa whawhai."

I karanga a Arekānara ki Taxila i ētahi tohunga whakaponu Brahmin rongonui mō ō rātou pūkenga ki te whakautu i ngā pātai rapunga whakaaro me te whakaaro nui. Nā Plutarch i tuku te kōrero mō te pakanga ā-waha; nā Arekānara tonu i whakatakoto ngā pātai katoa.

"Ko wai te hunga e nui ake ana, ko te hunga ora,

ko te hunga mate rānei?" "Ko te hunga ora, kua

kore hoki te hunga mate."

"Ko tēhea te whānau o ngā kararehe nunui, ko te

moana, ko te whenua rānei?" "Ko te whenua, he

wāhanga noa iho hoki o te whenua te moana."

"Ko tēhea ko te tino mohio o ngā kararehe?"

"Ko taua mea kāore anō kia mōhiotia e te tangata." (E wehi ana te tangata i te mea ngaro.) "Ko tēhea i mua, ko te ao, ko te pō rānei?"

"Ko te rā i mua i te rā kotahi." Nā tēnei whakautu i miharo a Arekānara; ka tāpiri atu te Brahmin: "Ko ngā pātai e kore e taea me whakautu e kore e taea."

"Me pēhea pai rawa atu mei he tāne hanga ia anō e arohaina ana?"

"Ka arohaina te tangata mēnā he nui tōna mana, kāore tonu ia e wehingia." "Me pēhea te tangata e noho ai hei atua?" **41-5**

"Mā te mahi i te mea e kore e taea e te tangata te mahi." "Ko tēhea te mea kaha ake, te ora, te mate rānei?"

"Te ora, nā te mea reira pea nā reira he tokomaha ngā kino."

I angitu a Arekānara ki te tango i tētahi yogi pono mai i Īnia, hei kaiako māna. Ko Swami Sphines tēnei tangata, i karangatia e ngā Kariki ko "Kalanos" nā te mea ko te tangata tapu, he tangata karakia ki te Atua i roto i te āhua o Kali, i mihi ki te katoa mā te whakahua i tōna ingoa whakahīhī.

I haere tahi a Kalanos me Arekānara ki Pāhia. I tētahi rā kua whakaritea, i Huhana i Pāhia, ka tukua e Kalanos tōna tinana kua koroheke mā te tomo ki roto i te tahunga tupapaku i te aroaro o te ope taua katoa o Makeronia. E ai ki ngā kaituhi hītori tuhia te miharo o ngā hōia i kite i te kore wehi o te yogi i te mamae, i te mate rānei, ā, kāore rawa i neke atu i tōna tūranga i a ia e pau ana i te mura. I mua i te wehenga atu mō tōna tahunga, i awhi a Kalanos i ōna hoa tata katoa, engari i kore ia e poroporoaki ki a Alexander, i kī noa atu te tohunga Hindu ki a ia:

"Au me kite koe i roto i ngā wā poto i roto Papurona."

I wehe atu a Arehanara i Pāhia, ā, i te tau i muri mai ka mate ia i Papurona. Ko ngā kupu a tana tohunga Inia te huarahi i kī ai ia ka noho tahi ia me Arehanara i te ao me te mate.

He maha ngā whakaahua oraora, whakahihiri hoki kua waiho mai e ngā kaituhi hītori Kariki mō te hāpori Īnia. Ko te ture Hinitū, e ai ki a Arrian, e tiaki ana i te iwi, ā, "e whakahau ana kia kaua tetahi o rātou e noho hei pononga, ahakoa pēhea, engari, i te mea e pai ana ki a rātou te herekoretanga, me whakaute rātou i te tika ōrite e mau ana i te katoa. Mō te hunga, i whakaaro rātou, kua ako ki te kore e whakahaere, ki te kore hoki e piko ki ētahi atu, ka whiwhi rātou i te oranga e pai ana mō ngā huringa katoa o te ao." **41-6**

"Ko ngā Īniana," e kī ana tētahi atu tuhinga, "kāore e tuku moni hei moni

whakatupu, kāore hoki e mōhio ki te nama. He rerekē ki te tikanga kua whakatūria mō te Īniana te mahi, te mamae rānei i tētahi hē, nō reira kāore rātou e hanga kirimana, kāore hoki e hiahia ki ngā pūtāhui." E kīia ana ki a tātou, ko te whakaora he mea māmā noa iho, he mea taiao hoki. "Ko te whakahaere i te kai te huarahi e ora ai ngā tāngata, kaua ko te whakamahi i ngā rongoā. Ko ngā rongoā e tino whakanuia ana ko ngā hinu me ngā paraikete. Ko ētahi atu rongoā katoa e kīia ana he tino kino." Ko te whakauru ki te pakanga he mea here ki ngā *Kshatriya*, ki ngā toa rānei. "Kāore hoki he hoariri e tūtaki ana ki tētahi kaimahi whenua i tana mahi i runga i tana whenua, e whara i a ia, nā te mea ko ngā tāngata o tēnei "E kīia ana te karaehe he hunga atawhai tūmatanui, ā, ka tiakina rātou i ngā whara katoa. Nā reira, ko te whenua e noho korekore ana, ā, e hua nui ana ngā hua, ka whakarato i ngā kainoho ki ngā mea e hiahiatia ana hei orange harikoa." 41-7

I te tau 305 BC, i whakatau a Emepara Chandragupta, nāna i hinga a Seleucus, te hēnerara a Alexander, e whitu ngā whakataunga. tau ā muri ake nei ki ringa i runga te taura o A Īnia kāwanatanga ki tāna tama Te haereere ki I te tonga o Īnia, i noho a Chandragupta i ngā tau tekau mā rua whakamutunga o tōna oranga hei tangata whakahihi rawakore, e rapu ana i te whakatutukitanga o tōna ake whakaaro i roto i tētahi ana toka i Sravanabelagola, e whakanuia nei hei wāhi tapu i Mysore. Kei te taha tata e tū ana te whakapakoko nui rawa atu o te ao, i whakairohia mai i tētahi kohatu nui e ngā Jain i te tau 983 AD hei whakahonore i te tapu a Comateswara.

Ko ngā wāhi tapu whakaponu o Mysore e kitea whānuitia ana he whakamaharatanga tonu mō ngā tini tāngata tapu nui o te Tonga Īnia. Kotahi o ēnei ngā rangatira, Tāyūmanavar, kua maui mātou te e whai ake nei wero rotarota:

Koe kēne whakahaere he porangi arewhana;
Ka taea e koe te kati i te waha o te pea me te
taika; Ka taea e koe te eke i te raiona;
Koe kēne tākaro me te kōpara;
Mā te mahi matū ka taea e koe te whiwhi
oranga; Ka taea e koe te kopikopiko i te ao
whānui me te kore e kitea; Ka taea e koe te
noho hei pononga mā ngā atua;
Koe kēne kia ake tonu atu taitamariki;
Koe kēne hikoi i runga wai me ora i roto ahi;
Engari whakahaere o te hinengaro ko pai ake me atu anō uaua.

I roto i te Kāwanatanga ataahua, momona hoki o Travancore i te tonga rawa o Īnia, te wāhi e haria ai ngā waka i runga i ngā awa me ngā awaawa, ka tangohia e te Maharaja i ia tau te kawenga tuku iho ki te whakamarie i ngā hara i puta mai i ngā pakanga me te whakaurunga o ētahi whenua iti ki Travancore i ngā wā o mua. Mō ngā rā e rima tekau mā ono i ia tau, ka toro atu te Maharaja ki te temepara e toru ngā wā i te rā ki te whakarongo ki ngā himene me ngā whakahua Vedic; ka mutu te hui whakamarie ki te *lakshadipam*, arā, te whakamārama i te temepara e te rau mano rama.

Te kaihanganga ture nui a te hunga Hinitū, a Manu **41-8** kua whakarārangihia ngā mahi a te kīngi. "Me hoatu e ia ngā manaakitanga pērā i a Indra (te ariki o ngā atua); me kōhi mārīre, me te kore e kitea ngā takoha pērā i te rā e kōhi ana i te kohu mai i te wai; me tomo ki te oranga o ana tāngata pērā i te hau e rere ana ki ngā wāhi katoa; me whakatakoto te tika ki te katoa pērā i a Yama (te atua o te mate); me here ngā kaihara ki te taura pērā i a Varuna (te atua Vedic o te rangi me te hau); me manaaki i a koutou katoa pērā i te marama, me tahu ngā hoariri kino pērā i te atua o te ahi;

me tautoko i a koutou katoa pērā i te atua wahine o te whenua."

"I te pakanga, kaua te kīngi e whawhai me ngā patu paitini, ngā patu mura rānei, kaua hoki e patu i ngā hoariri ngoikore, kāore i rite, kāore he patu, i ngā tāngata e matakū ana, e inoi ana kia tiakina, e oma ana rānei. Me whakamahi noa i te pakanga hei huarahi whakamutunga. He ruarua tonu ngā hua i roto i te pakanga."

Kei te taha tonga-mā-rāwhiti o Īnia te Perehitinitanga o Madras, kei reira te tāone papatahi, whānui, me te taha moana o Madras, me Conjeeveram, te Tāone Koura, te tāone matua o te whānau Pallava i whakahaeretia e ngā kīngi.

i ngā rautau tōmua o te wā Karaitiana. I roto i te Perehitinitanga o Madras o ēnei rā, ko te hunga kore tutu Kua tino angitu ngā kaupapa matua a Mahatma Gandhi; e kitea ana ngā "pōtae Gandhi" mā e tohu ana i ngā "pōtae Gandhi" i ngā wāhi katoa. I te tonga, he maha ngā whakahoutanga nui o ngā temepara kua mahia e Mahatma mō te "hunga kāore e taea te pā atu" me ngā whakahoutanga o te pūnaha kāwai.

He mea whakamiharo te pūtake mai o te pūnaha kāwai, i titoa e te kaihanganga ture nui a Manu. I kite mārama ia e wehewehea ana ngā tāne e te whanaketanga taiao ki ngā akomanga nui e whā: ko te hunga e kaha ana ki te tuku ratonga ki te hāpori mā roto i ā rātou mahi tinana (*Sudras*); ko te hunga e mahi ana mā roto i te hinengaro, te pūkenga, te ahūwhenua, te hokohoko, te hokohoko, te oranga pakihi whānui (*Vaisyas*); te hunga he pūkenga whakahaere, he pūkenga whakahaere, he pūkenga tiaki me te toa (*Kshatriyas*); te hunga he āhua whakaaroaro, he wairua whakaaweawe me te whakahihiko (*Brahmins*). "E kore e taea e te whānautanga, e ngā karakia, e te ako, e te tūpuna rānei te whakatau mēnā ka whānau rua te tangata (arā, he *Brahmin*);" e kī ana te *Mahabharata* , "ko te āhua me te whanonga anake te whakatau." **41-9** I tohutohuhia a Manu te hāpori kia whakaatu i te whakaute ki ōna mema i runga i te mea kei a rātou te whakaaro nui, te ngākau pai, te pakeketanga, te whanaungatanga, te taonga rānei, i te mutunga. I whakahaweatia tonutia ngā taonga i roto i te Vedic Īnia mēnā i kohia, i kore rānei e wātea mō ngā kaupapa atawhai. Ko ngā tāngata kore atawhai, he nui te taonga, ka whakawhiwhia ki tētahi tūranga iti i roto i te hāpori.

I puta ake ngā kino nui i te wā i whakapakeketia ai te pūnaha kāwai i roto i ngā rautau, ā, i noho hei here tuku iho. Ko ngā kaiwhakahou pāpori pērā i a Gandhi me ngā mema o ngā hāpori maha o Īnia i ēnei rā kei te ahu whakamua puhoi engari tino pono ki te whakahoki mai i ngā uara tawhito o te kāwai, i runga i te āheinga taiao anake, kaua i te whānautanga. He karma motuhake kei ia iwi o te ao e whakaputa ana i te mamae hei whakatau me te tango atu; me Īnia anō hoki, me tōna wairua maha-whakaaro me te kaha ki te whakararu, ka whakaatu i a ia anō he kaha ki te mahi whakahou kāwai.

Nā te tino ataahua o te tonga o Īnia, i hiahia māua ko Mr. Wright ki te whakaroa i tā māua noho i te kāinga. Engari, i roto i tōna āhua kino, kāore i roa te wā i whakaroa mai i a māua. I whakaritea ahau kia kōrero ki te wāhanga whakamutunga o te Indian Philosophical Congress i te Whare Wānanga o Calcutta. I te mutunga o te haerenga ki Mysore, i pai ki ahau te kōrero ki a Sir CV Raman, te perehitini o te Indian Academy of Ngā Pūtaiao. I whakawhiwhia tēnei tohunga ahupūngao Hindu ki te Tohu Nobel i te tau 1930 mō tana kitenga nui i te horapa o te māramatanga - te "Pānga Raman" e mōhiotia ana e ngā tamariki kura katoa.

I te poroporoaki āwangawanga ki te mano o ngā ākonga me ngā hoa o Madras, ka haere māua ko Mr. Wright ki te raki. I a māua e haere ana, ka tū māua ki mua i tētahi wāhi tapu iti hei whakamaharatanga ki a Sadasiva Brahman, **41-10** I roto i

tana kōrero orange o te rautau tekau mā waru, ka pupū mai ngā merekara. Ko tētahi wāhi tapu nui ake o Sadasiva i Nerur, i hangaia e te Raja o Pudukkottai, he wāhi haerenga tapu kua kite i ngā whakaora atua maha.

He maha ngā kōrero whakamīharo mō Sadasiva, he rangatira aroha, he rangatira mārama, kei te rongonui tonu i waenga i ngā tāngata o te kāinga o Īnia ki te Tonga. I tētahi rā i a ia e rumakina ana i roto i *te samadhi* i te taha o te awa o Kaveri, ka kitea a Sadasiva e kahakina ana e te waipuke ohorere. I muri i ngā wiki, ka kitea ia e tanumia ana i raro i te pukepuke oneone. I te wā i whiua ai e ngā koko a ngā tāngata o te kāinga tōna tinana, ka whakatika te tangata tapu, ka hikoi tere atu.

Kāore a Sadasiva i kōrero, kāore hoki i mau i tētahi kākahu. I tētahi ata, ka tomo noa te yogi tahanga ki te tēneti o tētahi rangatira Mahometa. Ka hamama ana wāhine i te matakū; ka tukinotia e te toa te tangata nanakia. hoari pana i Hātasiwa, nā wai ringa i motuhia. Te rangatira kua wehe atu me te kore e aro.

I te pōuri, ka tangohia ake e te Muhamarata te ringa i te papa, ā, ka aru i a Sadasiva. Ka ata kuhua e te yogi tōna ringa ki roto i te pūtake e toto ana. I te tono mārire a te toa mō ētahi tohutohu wairua, ka tuhituhi a Sadasiva ki tōna maihao ki runga i te onepū:

"Me mahi kāore mahi he aha koe hiahia, me kātahi koe mei mahi he aha koe pērā i."

I ara ake te hinengaro o te hunga Mahometa ki tētahi taumata teitei, ā, i mārāma ia ko ngā tohutohu rerekē a te tangata tapu he aratohu ki te herekoretanga o te wairua mā te whakahaere i te ego.

I te aroaro o Sadasiva, i whakapuaki ngā tamariki o te kāinga i tō rātou hiahia kia kite i te hakari whakapono o Madura, 150 maero te tawhiti. I tohu te yogi ki ngā tamariki nohinohi kia pā atu rātou ki tōna tinana. Nā, i haria tonutia te rōpū katoa ki Madura. I haereere harikoa ngā tamariki i roto i ngā mano tini o ngā manene. I roto i ētahi haora, ka kawea mai e te yogi āna tamariki iti ki te kāinga mā tana mahi māmā. te momo kawē waka. I te rongonga o ngā mātua miharo i ngā kōrero oraora o te tira whakapakoko, ka kite rātou he maha ngā tamariki e mau ana i ngā putea reka Madura.

I tawai tetahi taitama whakaponokore ki te tangata tapu me te kōrero. I te ata i muri mai ka whakatata atu ia ki a Sadasiva.

"E te Kaiwhakaako," ka mea ia me te whakahawe, "he aha koe te kawē ai i ahau ki te hakari, pērā i tāu i mahi ai inanahi mō ngā tamariki?"

Ka whakaae a Sadasiva; ka kitea tonutia e te tamaiti ia i roto i te mano o te tāone tawhiti. Āue! kei hea te tangata tapu i te wā i hiahia ai te taitama ki te haere? I tae te tamaiti ngenge ki tōna kāinga mā te tikanga tawhito me te tikanga noa o te neke waewae.

41-1 : Kuini Pāreti, kāore e taea ki pupuri te kaha tere whakatakotoria nā Mr. Wright me ahau anō, i noho tonu harikoa me taku ngā whanaunga i Calcutta.

41-2 Ko tēnei tāhuna, he pūnaha hiko wai nui, e whakamārama ana i te Tāone o Mysore, ā, e tuku hiko ana ki ngā wheketere mō ngā hiraka, ngā hopi, me te hinu rākau tāne. He kakara reka ngā taonga maumahara rākau tāne mai i Mysore, e kore e pau i te wā; he iti noa te kakara. werohanga whakaora te kakara. Mysore whakamanamana ētahi o te nui rawa paionia ahumahi ngā umanga i roto Īnia, tae atu ki ngā Maina Koura o Kolar, te Wheketere Huka o Mysore, te whare hanga rino me te maitai nui i Bhadravati, me te Rerewē Kāwanatanga o Mysore iti te utu, whai hua hoki e kapi ana i te nuinga o ngā maero tapawha e 30,000 o te kawanatanga.

Te Maharāja me Yuvaraja ko wai i taku ngā kaihautū i roto Mysore i roto 1935 whai e rua ināiane i mate. Te tama o te Yuvaraja, he rangatira hinonga nui te Maharaja o nāiane, ā, kua tāpirihia e ia ki ngā ahumahi o Mysore tētahi wheketere .rererangi nui

41-3 : Ono ngā rahinga i runga *Tawhito Īnia* (Karaka, 1879).

Kāore hoki Ārehanara kāore hoki tetahi o tāna ngā hēnerara ake tonu atu whiti te Ngā Ganges. Te kimi :**41-5**
whakatau ātete i roto te raki mā uru, te Makerōnia ope taua i whakakahoretia ki uru tawhiti atu; Ārehanara i ākiaki ki
.haere Īnia me rapu āna wikitoria i Pāhia

41-5 : Mai i tēnei pātai mātou mei whakapae tērā te "E tama o "Hūtia" i a he i ētahi wā ruarua tērā ia i a kua i tutuki i
te tino pai.

41-6 : Katoa Kariki ngā kaimātakitaki kōrero i runga te te korenga o pononga i roto Īnia, he āhuatanga i oti rerekētanga
me te hanganga o te haporī Hellenic.

41-7 : *Auaha Īnia* nā Ahorangi Benoi Kumar Sākar homai he whānui pikitia o A Īnia tawhito me hou

ngā whakatutukitanga me motuhake ngā uara i roto ōhanga, tōrangapū pūtaiao, ngā tuhinga, toi, me pāpori rapunga whakaaro. (Rāhore: Motilal Banarsi Dass, Publishers, 1937, 714 p., \$5.00.)

Tētahi atu i tūtohutia rōrahi ko *Īnia Ahurea Mā roto i Te Ngā tau*, nā S. V. Venateshvara (Hou loka: Ngā Rongoma, .Kakariki & Kamupene, \$5.00)

41-8 : Manu ko te ao whānui kaiwhakatakoto ture; kāore ko ia anake mō Hinitū te hapori, engari mō te ao. Katoa ngā pūnaha o whakaaro nui pāpori ngā ture me ngā ahakoa te tika kei tauira i muri Manu. Nietzsche kua kua utua te e whai ake nei te mihi: "Au mōhio o kāore pukapuka i roto e nā reira he maha ngā mea ātaahua me atawhai ngā mea kei i mea ki wahine hei i roto te *Pukapuka Ture o Manu* ; ērā tawhito ngā pahau hina me hunga tapu whai he te āhua o te maia ki ngā wāhine, e kore nei e taea te eke ki runga ake... he mahi hinengaro tino pai, he mahi tino hira... kī tonu i ngā uara rangatira, kī tonu i te kare o te tino pai, me te kī āe ki te ora, me te wairua wikitoria o te orange mōna ake me te ora; e whiti ana te rā ki runga i te pukapuka katoa."

41-9 : "Whakaurunga i roto kotahi o ēnei whā ngā iwi i te tīmatanga i whakawhirinaki kāore i runga he tāne whānautanga engari i runga tāna taiao ngā āheinga e ai ki te whakaaturanga nā te whāinga i roto ora ia i pōtitia ki whakatutuki," he tuhinga i roto *Te Rawhiti-Hauāuru* mō Hānuere, 1935, kōrero mātou. "Ko tēnei whāinga pea kia (1) *kāma* hiahia, mahi o te ora o te ngā mātakitaki (*Hūra* atamira), (2) *āta* , whiwhi, whakakī engari whakahaere ngā hiahia (te wāhanga *Vaisya*), (3) *dharma* , te whakahaere i a koe anō, te orange o te kawenga me te mahi tika (te wāhanga *Kshatriya*), (4) *moksha* , te whakaoranga, te ora o wairuatanga me whakapono te whakaako (*Brahmin* atamira). ēnei whā ngā iwi tuku ratonga ki te tangata mā te (1) tinana, (2) hinengaro, (3) te kaha o te hiahia, (4) te wairua.

He rite tonu te hononga o ēnei taumata e whā ki ngā *guna mutunga kore* , ki ngā āhuatanga rānei o te taiao, arā, *ngā tama* , *ngā raja* , me *te sattva* : te aukati, mahi, me te whakawhānui; rānei, papatipu, pūngao, me te mātauranga. Te whā taiao ngā iwi kei kua tohua nā te *gunas* as (1) *ngā tama* (te kuware), (2) *tamas ngā rīā* (ranunga o te kuware me mahi), (3) *rajas-sattva* (ranunga o matau ngā mahi me te māmaramatanga), (4) *sattva* (māmaramatanga). Nō reira kua taiao kua tohua ia tāne me tāna iwi, nā te te mana nui i roto i a ia anō o tētahi, o te ranunga rānei o ngā *guna e rua* . He pono, he rerekē ngā ōwehenga o ia tangata i *ngā guna e toru* . Ka taea e te guru te whakatau tika i te kāwai, i te tūnga .whanaketanga rānei o te tangata

Ki he tino whānuitanga, katoa ngā reihi me ngā iwi mātakitaki i roto mahi, mēnā kāore i roto ariā, te ngā āhuatanga o " kāwai Kei hea i reira ko raihana nui rānei te mea e kiia nei te herekoretanga, inā koa i roto te marenatanga i waenga i ngā iwi i waenganui ngā tino nui i roto te taiao ngā iwi, te iwi ka mimiti ka ngaro, ka ngaro. E whakarite ana te *Purana Samhita* i ngā uri o aua hononga ki ngā momo kākano korekore, pērā i te muera kāore e taea te whakatipu i ōna ake momo. Ka mutu, ka whakangaromia ngā momo horihori. He nui ngā taunakitanga kei roto i te hītori. o tini nui ngā reihi e kāore roa ake whai tetahi te noho ngā māngai. Te kāwai pūnaha o Īnia ko whakawhiwhinga nā ia te nuinga hōhonu ngā kaupūkenga whakaaro me te noho te tiroiro rānei ārai ki raihana e kua i tiakina te parakore o te iwi, ā, i kawea mai e ".rātou i roto i ngā mano tau o ngā huringa, i te mea kua ngaro haere ētahi atu iwi

41-10 : Ko tana taitara katoa ko Sri Sadasivendra Saraswati Swami. Ko te kaiwhakakapi rongonui i te raina Shankara ōkawa, ko Jagadguru Hiri Shankaracharya o Hīngeri Pāngarau, i tuhituhi he whakahihiko *Ode* whakatapua ki Hātasiwa. *Te Rawhiti-Hauāuru* mō Hūrae, I te tau 1942, i whakaputaina he tuhinga mō te orange o Sadasiva.

Upoko: 42

Whakamutunga Ngā Rā Ki Taku Guru

"E Guruji, e koa ana ahau ki te kite i a koe anake i tēnei ata." I tae atu ahau ki te whare karakia o Serampore, me te pikau i tētahi pikaunga kakara o ngā hua me ngā rōhi. I titiro mārie mai a Sri Yukteswar ki ahau.

"He aha ko tōu pātai?" Kaiwhakaako titiro mō te rūma hei ahakoa ia i e rapu ana mawhiti

"E Guruji, i haere mai ahau ki a koe i ahau e tamariki ana i te kura tuarua; inaianei kua pakeke ahau, ahakoa he hina ōku makawe, he rua. Ahakoa kua ringihia mai e koe te aroha puku ki ahau mai i te haora tuatahi tae noa mai ki tēnei wā, e mōhio ana koe kotahi anake, i runga te rā o hui, whai koe ake tonu atu i mea, 'Au aroha koe?' ahau titiro i ia me te inoi.

Ka whakaiti te titiro a te Ariki. "E Yogananda, me whakaputa e au ki ngā ao matao o te kōrero ngā kare ā-roto mahana e tiakina pai ana e te ngākau kore kupu?"

"Guruji, ahau mōhio koe aroha ahau, engari taku tangata taringa mamae ki whakarongo koe kī nō reira."

"Kia rite ki tāu e hiahia ai. I roto i tōku oranga marena, he maha ngā wā i hiahia ahau ki tētahi tama, hei whakangungu i te ara yoga. Engari i tō taenga mai ki roto i tōku ao, i makona ahau; i roto i a koe kua kitea e au taku tama." E rua ngā pata roimata mārāma. i tū ki ngā kanohi o Sri Yukteswar. "E Yogananda, e aroha tonu ana ahau ki a koe."

"Ko tāu whakautu taku uruwhenua ki te rangi." I rongo ahau i te taumaha i tangohia mai i tōku ngākau, i memeha haere tonu i ana kupu. He maha ngā wā i miharo ai ahau ki tana wahangu. I te mōhio kāore ia i te kare ā-roto, ā, i a ia anō- i roto i a ia, engari i ētahi wā i wehi ahau kāore i tino makona ia. He āhua rerekē tōna, e kore e tino mōhiotia; he āhua hohonu, he marino, e kore e taea te rapu e te ao o waho, ā, kua roa e hipa ana i a ia ōna uara.

I muri i ētahi rā, i taku kōrero i mua i te hunga whakarongo nui i Albert Hall i Calcutta, ka whakaae a Sri Yukteswar ki te noho i tōku taha i runga i te papaaho, me te Maharaja o Santosh me te Mea o Calcutta. Ahakoa kāore te Kaiwhakaako i kōrero mai ki ahau, i titiro atu ahau ki a ia i ia wā i ia wā i taku whaikōrero, ā, i mahara ahau kua kite ahau i te kanapa harikoa i roto i ōna kanohi.

Kātahi ka puta he kōrero ki mua i ngā tauira tawhito o te Kāreti o Serampore. I a au e titiro atu ana ki ōku hoa akomanga tawhito, me rātou e titiro atu ana ki tā rātou ake "Mōneka Pōrangi," ka puta mai ngā roimata o te harikoa me te kore whakama. I haere mai taku ahorangi rapunga whakaaro hiriwa, a Tākuta Ghoshal, ki te mihi mai ki ahau, kua whakakorea katoatia ō mātou māramatanga o mua e te Wā o te tohunga matū.

I te mutunga o Tīhema i te whare karakia o Serampore i whakanuia te Hakari o te Rā o te Takurua. Pērā i ngā wā katoa, i huihui mai ngā ākonga a Sri Yukteswar i tawhiti, i tata hoki. Ngā *sankirtan karakia*, ngā waiata takitahi i roto i te reo reka o Kristo-da, he hakari i mahia e ngā ākonga taitamariki, te whaikōrero whakakorikori

hohonu a te Kaiwhakaako i raro i ngā whetū i te marae kapi o te ashram - ngā maharatanga, ngā maharatanga! Ngā hakari harikoa o ngā tau kua pahure! Heoi, i tēnei pō, ka puta he āhuetanga hou.

"E Yogananda, tēnā koa kōrero ki te whakaminenga - i te reo Pākehā." I kanapa ngā kanohi o te Kaiwhakaako i a ia e tono ana i tēnei tono rerekē; i whakaaro rānei ia ki te āhuetanga o runga kaipuke i mua i taku kauhau tuatahi i te reo Pākehā? I kōrerotia e au te kōrero ki te hunga whakarongo o aku tuakana, me te mutunga me te mihi nui ki tō mātou kaiako.

"I noho tahi mai ia me ahau i ngā wā katoa, ehara i te mea ko au anake i runga i te kaipuke," taku whakatau, "engari i ia rā, i ia rā, puta noa i aku tau tekau mā rima i te whenua whānui, manaaki hoki o Amerika."

I muri i te wehenga atu o ngā manuhiri, ka karangahia ahau e Sri Yukteswar ki te rūma moe kotahi - i mua noa iho, i muri i te hakari o ōku tau tōmua - i whakaaetia ahau kia moe i runga i tōna moenga rakau. I tēnei pō, e noho puku ana taku guru i reira, he haurua porowhita o ngā ākonga i ōna waewae. Ka menemene ia i ahau e tomo wawe ana ki te rūma.

"E Yogananda, kei te haere koe ki Calcutta inaianei? Tēnā hoki mai ki konei āpōpō. He mea anō tāku hei kōrero atu ki a koe."

I te ahiahi i muri mai, me ētahi kupu manaaki ngāwari, ka homai e Sri Yukteswar ki ahau te taitara mōneka anō ko *Paramhansa* . **42-1**

"Kua mana te whakakapi i tō taitara *swami o mua* ," tana kī i a au e tuturi ana ki mua i a ia. Me te kata puku, i whakaaro ahau ki te pakanga ka pā ki aku ākonga Amerikana mō te whakahua i te *Paramhansaji* . **42-2**

"Kua oti taku mahi i runga i te whenua; me haere tonu koe." I kōrero mārīre te Ariki, he marino, he ngawari hoki ōna kanohi. I te matakū, i tere te pakū o tōku ngākau.

"Tena koa tonoa mai tētahi hei whakahaere i tā mātou ashram i Puri," te kōrero tonu a Sri Yukteswar. "Ka waiho e au ngā mea katoa ki roto i ō ringaringa. Ka taea e koe te whakatere angitu i te poti o tō oranga me te poti o te whakahaere ki ngā takutai atua."

I roto ngā roimata, ahau i awhi tāna waewae; ia rōhi me manaakitia ahau me te aroha nui.

I te aonga ake ka karangatia e au tētahi ākonga i Ranchi, a Swami Sebananda, ā, ka tonoa ia ki Puri ki te mahi i ngā mahi o te whare karakia. **42-3** I muri mai ka kōrero mai taku tohunga ki ahau mō ngā taipitopito ture mō te whakatau i tana whenua; i hiahia ia kia kore e taea e ngā whanaunga te tautohetohe, i muri i tōna matenga, mō te pupuri i ana whare karakia e rua me ētahi atu whenua, i hiahia ia kia tukuna noatia ki a rātou anake. mō ngā kaupapa atawhai.

"I whakaritea tata nei kia toro atu te Kaiwhakaako ki Kidderpore, **42-4** "engari kāore ia i haere." I kōrero mai a Amulaya Babu, he akonga tuakana, i tēnei kōrero ki ahau i tētahi ahiahi; i pā mai he ngaru makariri o te matapae ki ahau. I aku pātai nui, ka whakahoki noa a Sri Yukteswar, "Kāore au e haere ki Kidderpore." Mō tētahi wā poto, ka wiri te Kaiwhakaako pērā i te tamaiti matakū.

("Te piri ki te nohoanga tinana, e pupū ake ana i tōna ake āhua [arā, e puta mai ana i ngā pūtake tawhito, ngā wheako o mua o te mate]," i tuhituhi a Patanjali, **42-5** "he iti noa te kitea ahakoa i roto i ngā hunga tapu nunui." I roto i ētahi o āna kōrero mō te mate, i kī taku tohunga: "Pērā i te manu kua roa te whare herehere e whakaroa ana

ki te wehe atu i tōna kāinga ina whakatuwheratia te tatau.")

"Guruji," ahau i inoi ia me he tangi, "kaua kī tērā! Kaua rawa tino ērā ngā kupu ki ahau!"

I marino te mata o Sri Yukteswar me te ataata marino. Ahakoa kua tata ia ki tōna huritau waru tekau mā tahi, he pai tōna āhua, he kaha hoki.

I a au e kaukau ana i ia rā, i ia rā i raro i te rā o te aroha o taku tohunga, kāore i te kōrerotia engari i te tino kitea, ka peia atu e au i roto i tōku hinengaro ngā tohu maha i homai e ia mō tōna matenga e tata mai ana.

"E te Ariki, kei te tū te *Kumbha Mela* i tēnei marama ki Allahabad." I whakakitea e au ki te Kaiwhakaako ngā rā *mela i roto i* he pukapuka ā-rangi Bengali. **42-6**

"Me mahi koe tino hiahia ki haere?"

Kāore au i te mōhio ki te āwangawanga o Sri Yukteswar kia whakarērea ia e au, ka haere tonu ahau, "I kite koe i te tirohanga manaakitanga o Babaji i te *kumbha i Allahabad*. Tērā pea i tēnei wā ka waimarie ahau ki te kite i a ia."

"Kāore au i te whakaaro ka tūtaki koe ki a ia i reira." Kātahi ka noho puku taku tohunga, kāore hoki i hiahia ki te aukati i aku mahere.

I taku haerenga atu ki Allahabad i te aonga ake me tētahi rōpū iti, ka manaaki puku mai te Ariki i ahau i tana tikanga noa. Te āhua nei kāore au i te mōhio ki ngā whakaaro o Sri Yukteswar nā te mea i hiahia te Ariki kia kore ahau e pāngia e te wheako o te akiaki, te kore āwhina, ki te mātakitaki i te matenga o taku guru. He mea tupu tonu i roto i tōku ao, i te matenga o te hunga e arohaina ana e au, kua whakaritea e te Atua me te aroha kia matara atu ahau i te wāhi. **42-7**

I tae atu tā mātou rōpū ki te *Kumbha Mela* i te 23 o Hānuere, 1936. Ko te mano e piki haere ana, tata ki te rua He tirohanga whakamiharo te miriona tāngata, he tirohanga whakamiharo anō hoki. Ko te pūkenga motuhake o te iwi Īnia ko te whakaute i roto i te tangata whenua iti rawa mō te uara o te Wairua, me ngā mōneka me ngā sadhu kua whakarērea ngā hononga o te ao ki te rapu hononga ki te tohunga matakite. He pono kei reira ngā tāngata tinihanga me ngā tāngata tinihanga, engari e whakaute ana a Īnia i te katoa mō te hunga torutoru e whakamārama ana i te whenua katoa ki ngā manaakitanga atua. I whai wāhi motuhake ngā tāngata o te Hauāuru i mātakitaki i te whakaaturanga nui ki te rongo i te manawa o te whenua, te hihiri wairua e tika ana kia tineia e Īnia tōna kaha i mua i te pānga o te wā.



Te wahine yogi, Shankari Mai Jiew, anake te noho ākonga o te nui Tiriranga Swami.

Ko te tangata he potae tōna e noho ana i tōna taha ko Swami Benoyananda, he kaiwhakahaere o tā mātou kura yoga Ranchi mō ngā tama tāne i Bihar. I tangohia te pikitia i te Hardwar *Kumbha Mela* i te tau 1938; 112 tau te pakeke o te wahine tapu i taua wā.



Krishnananda, i te 1936 Ālapāta *Kumbha Mera* , me tāna whakangāwari kaiwhenua raiona uwaha



Te papa kai i te papa tuarua o te whare karakia o Sri Yukteswar i Serampore.
Kei waenganui ahau e noho ana i ngā waewae o
taku tohunga.

I pau te rā tuatahi i a mātou e titiro pūmau ana. I konei te tini o ngā tāngata kaukau,

e ruku ana ki te awa tapu hei murunga hara; i reira ka kite mātou i ngā tikanga
karakia tapu; i reira ko ngā whakahere karakia e whakatakotoria ana ki ngā waewae
puehu o te hunga tapu; he tahuritanga o ō mātou mahunga, me te rārangi arewhana,
ngā hōiho kua mau i te kākahu me ngā kāmera Rajputana e haere puhoi ana, he
parade whakapono ataahua rānei o

tahanga ngā sadhu, e poipoi ana ngā hepeta o koura me hiriwa, rānei ngā haki me ngā rīpene whakaata o hiraka weriweri

Ko ngā tāngata noho puku, he hunga mau whitiki anake, e noho puku ana i roto i ngā rōpū iti, kua pania ō rātou tinana ki ngā pungarehu hei tiaki i a rātou i te wera me te makariri. Ko te kanohi wairua i whakaaturia māramatia i runga i ō rātou rae e te ira kotahi o te whakapiri rakau tārara. I puta mai ngā swami he mahunga heu i roto i ngā mano tini, he kākahu kōkō, e mau ana i ā rātou tokotoko pāpaka me te peihana tonu. I kanapa ō rātou mata i te te whakarērea rangimārie hei rātou i haereere mō rānei puritia whakaaro nui ngā kōrero me ngā ākonga.

I konei, i reira i raro i ngā rākau, i te taha o ngā puranga nui o ngā rākau e mura ana, he ātaahua ngā sadhu, **42-8** ko ō rātou makawe he mea whiri, he mea whakaemi ki runga i ō rātou mahunga. Ko ētahi he pahau e hia putu te roa, he mea miro, he mea here ki te pona. I ata whakaaroaro rātou, i totoro rānei ō rātou ringa hei manaaki ki te mano tini e haereere ana—ngā kai tonu moni, ngā maharaja i runga i ngā arewhana, ngā wāhine i roto i *ngā sari maha-tae* —e tangi ana ō rātou poroporo me ngā waewae, *ngā fakir* me ngā ringa kikokore e puritia ana i runga i te āhua whakarihariha, *ngā brahmachari* e mau ana i ngā taputapu whakaaroaro, ngā tohunga whakaaro nui whakaiti, ā, ko ō rātou kororia e huna ana i te harikoa o roto. I runga ake i te haruru, i rongo mātou i te karanga tonu o ngā pere o te temepara.

I tō mātou rā tuarua o te *karakia*, ka tomo mātou ko ōku hoa ki ngā whare karakia me ngā whare rangitahi, ka tuku *karakia* ki ngā tāngata tapu. I whiwhi mātou i te manaakitanga a te rangatira o te peka *Giri* o te Swami Order - he mōneka kikokore, he wahine whakahihi, he kanohi ataata. I tō mātou haerenga i muri mai ka haria mātou ki tētahi whare karakia, ā, kua iwa tau te roa o te wā e pupuri ana te tohunga i ngā kupu taurangi o te wahangu me te kai hua tino pakari. I runga i te tūāpapa waenga o te whare karakia, i noho tētahi sadhu matapo, a Pragla Chakshu, he tangata mātau ki ngā *shastra*, ā, he tino whakautehia e ngā karakia katoa.

I muri i taku whaikōrero poto i te reo Hindi mō *Vedanta*, ka wehe atu tā mātou rōpū i te whare karakia marino ki te mihi ki tētahi swami e tata ana, ki a Krishnananda, he mōneka ātaahua, he paparinga whero, he pakihiwi whakamiharo. I takoto tata atu ki a ia tētahi raiona wahine ngāwari. I te hinganga o te mōneka ki te ātaahua wairua - ehara i te mea, e tino mōhio ana ahau, ki tōna tinana kaha! - ka whakakahore te kararehe ngahere i ngā mīti katoa hei utu mō te raihi me te miraka. Kua whakaakona e te swami te kararehe huruhuru parauri ki te kī " *Aum* " i roto i te ngunguru hohonu, ātaahua - he tangata karakia ki ngā ngeru!

Ko tā mātou tūtakitanga e whai ake nei, he uiuinga ki tētahi sadhu taitamariki mātau, kua whakaahuatia pai i roto i te rātaka haereere kanapa a Mr. Wright.

"I eke mātou i te Ford i te awa iti rawa o Ganges i runga i te piriti pontoon e haruru ana, e ngokingoki ana i roto i te mano, e whiti ana i ngā ara whaiti, piko ana, e

whiti ana i te wāhi i te taha o te awa i tohua mai e Yoganandaji ki ahau hei wāhi tūtakitanga o Babaji rāua ko Sri Yukteswarji."

I te hekenga iho i te motuka i muri tata mai, ka hikoi mātou i tawhiti i roto i te paoa matotoru o ngā ahi a ngā sadhu, me te whiti i ngā onepū pahekeheke kia tae atu ki tētahi rōpū whare iti, he tino ātaahua, he paru, he kakau witi. Ka tū mātou i mua i tētahi o ēnei whare noho rangitahi iti, me tētahi tomokanga kore tatau iti, te piringa o Kara Patri, he sadhu taitamariki e kopikopiko ana, e mōhiotia ana mō tōna mohiotanga tino pai. I reira ia e noho ana, e whiti ana ōna waewae i runga i tētahi puranga kakau witi, ko tana hipoki anake - ā, ko tana taonga anake - he kakahu parauri i runga i ōna pokohiwi.

"He pono i ataata mai tētahi kanohi atua ki a mātou i muri i tō mātou ngokingoki ki roto i te whare, me te *karanga* i ngā waewae o tēnei wairua mārama, i te mea e kimo haere ana te rama hinu i te tomokanga, he rerekē te āhua,

ngā atarangi e kanikani ana i runga i ngā pakitara raupo. Ko tōna mata, inā koa ko ōna kanohi me ōna niho tino pai, i kanapa, i tiaho. Ahakoa i pōhēhē ahau ki te reo Hīni, he tino whakakitenga ōna āhua; ki tonu ia i te hihiri, i te aroha, i te kororia wairua. Kāore e taea te pohehe i tōna nui.

"Whakaarohia te orange harikoa o te tangata kāore e piri ki te ao kikokiko; kāore he raruraru kākahu; kāore he hiahia kai, kāore e tono kai, kāore e pā ki te kai kua tunua engari i ngā rā rerekē, kāore rawa e mau ana i te peihana tono mea; kāore he raruraru moni, kāore e pā ki te moni, kāore e rongoa i ngā mea, e whakawhirinaki tonu ana ki te Atua; kāore he āwangawanga mō te kawē waka, kāore e eke waka, engari e hikoi tonu ana i te taha o ngā awa tapu; kāore e noho ki te wāhi kotahi mō te roa atu i te wiki hei karo i te tipu o te here.

"He wairua whakaiti! he tangata tino mātau ki ngā *Veda*, ā, he tohu MA tōna, me te taitara *shastri* (rangatira o ngā karaipiture) mai i Te Whare Wānanga o Benares. I pā mai he kare-ā-roto whakahirahira ki ahau i a au e noho ana i ōna waewae; te āhua nei he whakautu katoa ki taku hiahia kia kite i te Īnia tūturu, te Īnia tawhito, nā te mea he māngai pono ia mō tēnei whenua o ngā tangata nunui wairua."

I pātai atu ahau ki a Kara Patri mō tōna orange kopikopiko. "Kāore he kākahu tāpiri āu mō te hotoke?" "Kāo, he nui noa iho tēnei."

"Me mahi koe kawē tetahi ngā pukapuka?"

"Kāo, ka whakaako au i te hunga e hiahia ana ki te whakarongo ki ahau." "He aha atu tāu mahi?"

"Au kopikopiko nā te Ngā Ganges."

I te rongonga i ēnei kupu mārīe, ka hinga ahau i te hiahia nui ki te māmā o tōna orange. Ka mahara ahau ki Amerika, me ngā kawenga katoa i runga i ōku pakihiwi.

"Kāo, e Yogananda," i whakaaro ahau, me te pouri mō tētahi wā poto, "i tēnei ao, ehara te kopikopiko i te taha o te awa o Ganges i te mea māu."

I muri i te kōrero mai a te sadhu i ētahi o ana kitenga wairua, ka pātai

ohorere ahau. "Kei te kōrerotia e koe ēnei whakaahuatanga mai i ngā kōrero

tuku iho o te karaipiture, i ngā wheako o roto rānei?"

"Hawhe mai i pukapuka te ako," ia i whakautua me he tika menemene, "me haurua mai i wheako."

I noho harikoa mātou mō tētahi wā poto i roto i te wā puku whakaaroaro. I muri i tō mātou wehenga atu i tōna aroaro tapu, ka mea atu ahau ki a Mr. Wright, "He kīngi ia e noho ana i runga i te torona kakau koura."

I kai mātou i tā mātou tina i taua pō i runga i te papa *mela* i raro i ngā whetū, me te kai i ngā pereti rau i whakapirihia ki ngā rākau. Kua whakaitihia te horoi rihi i Īnia!

E rua atu ngā rā o te *kumbha whakamīharo* ; kātahi ka anga atu ki te raki mā uru i ngā pareparenga o Jumna ki Agra. I titiro anō ahau ki te Taj Mahal; i roto i te mahara i tū a Jitendra i tōku taha, miharo ana ki te moemoeā i roto i te māpere. Kātahi ka haere ki te ashram Brindaban o Swami Keshabananda.

Ko tāku whāinga i te rapu i a Keshabananda he mea hono ki tēnei pukapuka. Kāore rawa i warewarehia e au te tono a Sri Yukteswar kia tuhia e au te orange o Lahiri Mahasaya. I a au e noho ana i Īnia, i whai wāhi ahau ki te whakapā atu ki ngā ākonga tika me ngā whanaunga o te Yogavatar. I tuhia ā rātou kōrero ki roto i ngā tuhipoka nunui, i manatokohia e au ngā meka me ngā rā, ā, i kohia e au ngā whakaahua, ngā reta tawhito, me ngā tuhinga. I tīmata te pupuhi o taku putea Lahiri Mahasaya; i kite ahau me te pouri kei mua i ahau ngā mahi uaua o te kaituhi. I inoi ahau kia rite ahau ki taku tūranga hei kaituhi koiora mō te guru nui. He maha āna ākonga i wehi kei whakaititia, kei hē rānei te whakamaoritanga o tō rātou rangatira i roto i tētahi kōrero tuhituhi.

"E kore e taea te whakamārama tika i te orange o tētahi tinana atua mā te whakamahi i ngā kupu matao," te kī a Panchanon Bhattacharya ki ahau.

I rite anō te ngākau o ētahi atu akonga tata ki te huna i te Yogavatar i roto i ō rātou ngākau hei kaiako matekore. Heoi anō, i te mahara ki te matapae a Lahiri Mahasaya mō tōna orange, i whakapau kaha ahau ki te whakaū me te tautoko i ngā kōrero pono mō tōna orange o waho.

I manaaki a Swami Keshabananda i tā mātou rōpū i Brindaban i roto i tana Katayani Peith Ashram, he whare pereki whakahirahira me ngā pou pango nunui, e tū ana i roto i tētahi mārā ataahua. Nāna mātou i arahi ki kotahi ki roto i tētahi rūma noho kua whakapaipaihia ki te whakanui i te pikitia o Lahiri Mahasaya. Ko te swami E tata ana ia ki te iwa tekau tau te pakeke, engari i kitea te kaha me te hauora o tōna tinana uaua. He roa ōna makawe me te pahau mā, me ngā kanohi e kanapa ana i te harikoa, he tino whakaaturanga ia nō te tāne me te wahine. I kī atu ahau ki a ia e hiahia ana ahau ki te whakahua i tōna ingoa i roto i taku pukapuka mō ngā rangatira o Īnia.

"Tena koa, kōrero mai ki ahau mō tō orange o mua." Ka menemene ahau me te inoi; he maha ngā wā kāore e pai te kōrero a ngā yogi rongonui.

I whakaatu a Keshabananda i te ngākau mahaki. "He iti noa iho ngā āhuetanga o waho. Tata ki te pau katoa o tōku ao i roto i te mokemoke o te Himalaya, e haereere ana i runga i te waewae mai i tētahi ana marino ki tētahi atu. Mō tētahi wā, i pupuri ahau i tētahi ashram iti i waho o Hardwar, e karapotia ana e tētahi ngahere rākau teitei i ngā taha katoa. He wāhi marino kāore i tino torohia e te hunga haereere, nā te mea he maha ngā kōpara." Ka kata a Keshabananda. "Nō muri mai ka horoia e te waipuke Ganges te whare karakia me ngā kōpara. I āwhina mai aku ākonga ki ahau ki te hanga i tēnei ashram Brindaban."

I pātai tētahi o tā mātou rōpū ki te swami me pēhea tana tiaki i a ia anō i ngā taika o te Himalayan • 9

I ruru a Keshabananda i tōna māhunga. "I aua wāhi wairua teitei," tana kī, "kāore i te maha ngā kararehe mohao e whakatoi i ngā yogi. I taku taenga ki te ngahere, ka tūtaki ahau ki tētahi taika, he kanohi ki te kanohi. I taku putanga ohorere mai, ka mau tonu te kararehe me te mea kua huri hei kōhatu." Ka kata anō te swami ki ōna maharatanga.

"I ētahi wā ahau maui taku te noho motuhake ki toro taku tohunga i roto Benares. Ia whakamahia ki katakata me ahau i runga taku

mutunga kore ngā haerenga i roto te Himalayan koraha

"Kei tō waewae te tohu o te hiahia haereere,' i mea mai ia ki ahau i tētahi wā. 'E koa ana ahau he whānui ngā maunga tapu o Himalayas hei kukume i a koe.'"

"He maha ngā wā," ka haere tonu a Keshabananda, "i mua atu, ā, i muri hoki i tōna matenga, kua puta tinana mai a Lahiri Mahasaya ki tōku aroaro. Kāore he teitei o te Himalaya e kore e taea e ia te eke!"

E rua hāora i muri mai, ka arahina mātou e ia ki tētahi taupee kai. Ka aue puku ahau me te pouri. Tētahi atu kai tekau mā rima ngā akoranga! Kāore i tae ki te tau o te manaakitanga Inia, ā, kua piki ake taku taumaha e rima tekau pauna! Heoi, kua kiia ko te tino whanoke te whakakore i tētahi o ngā rihi, i whakaritea pai mō ngā hakari mutunga kore hei whakahonore i ahau. I Inia (kāore i hea atu, aue!) he tirohanga ataahua te swami kua kapi pai. **42-10**



Mr. Wright, ahau anō, Kuini Bletch -- i roto Īhipa



Rāpindranath Tākore, whakaaweawe kaitito o Bengal, me Nobel
Kaiwhakawhiwhi Tohu i roto tuhinga



Kei te tū tahi māua ko Mr. Wright me te rangatira rongonui a Swami
Keshabananda me tētahi ākonga i te whare karakia
nui i Brindaban.

I muri kai tina, Keshabananda arahina ahau ki he motuhake kokonga

"Tōu taenga mai ko kāore kāore i te tumanakohia," ia i mea.

"Au whai he karere mō koe." I miharo ahau; kāore tetahi i

mōhio ki taku mahere ki te toro atu ki a Keshabananda.

"I a au e kopikopiko ana i te tau kua hipa i te raki o ngā Himalayas e tata ana ki
Badrinarayan," ka haere tonu te swami, "i ngaro taku ara. I puta mai he piringa i
roto i tētahi ana whānui, he mea takoto kau, ahakoa i mura te mura o te ahi i roto i
tētahi kōhao i te papa toka. I a au e whakaaro ana ki te tangata e noho ana i tēnei
wāhi mokemoke, ka noho ahau i te taha o te ahi, me taku titiro tonu ki te tomokanga
o te ana e whiti ana te rā.

"E Keshabananda, e koa ana ahau kei konei koe.' I puta mai ēnei kupu i muri i ahau.
I tahuri ahau, i ohore, ā, i miharo ki te kitenga i a Babaji! Kua puta mai te guru nui
i roto i te kōhao o te ana. I te harikoa nui ki te kite anō i a ia i muri i ngā tau maha,
ka takoto ahau ki ōna waewae tapu.

"Nāku koe i karanga ki konei,' ka haere tonu a Babaji. 'Koia koe i ngaro ai, i arahina ai
koe ki tōku kāinga rangitahi i roto i tēnei ana. Kua roa te wā mai i tā tāua hui
whakamutunga; e harikoa ana ahau ki te mihi atu ki a koe anō.'"

"I manaaki te rangatira matekore i ahau ki ētahi kupu āwhina wairua, kātahi ka tāpiri atu: 'He karere tēnei mā Yogananda. Ka toro atu ia ki a koe ina hoki mai ia ki Īnia. He maha ngā take e pā ana ki tana guru me ngā ākonga o Lahiri e ora tonu ana ka noho pukumahi tonu a Yogananda. Me kī atu ki a ia, kāore ahau e kite i a ia i tēnei wā, e tino hiahia ana ia; engari ka kite ahau i a ia i tētahi atu wā.'"

ahau i hōhonu pāngia ki whiwhi mai i Keshabananda's ngutu tēnei whakamarie kupu whakaari mai i Pāpāji. He

Kua ngaro te mamae o tōku ngākau; kāore au i pouri anō, ahakoa te tohu a Sri Yukteswar, kāore a Babaji i puta mai ki te *Kumbha Mela*.

Te whakapaunga kotahi pō hei manuhiri o te whare karakia, tō mātou pāti whakatakotoria i waho te e whai ake nei ahiahi mō Calcutta. I a mātou e eke ana i runga i te piriti o te awa o Jumna, i kite mātou i te tirohanga whakamiharo o te rangi o Brindaban i te wā tonu e tō ana te rā ki te rangi - he oumu pono o te tae o Vulcan, e whakaata ana i raro i a mātou i roto i ngā wai marino.

E whakatapua ana te takutai o Jumna e ngā maharatanga o te tamaiti a Sri Krishna. I konei ia e mahi tahi ana me te reka harakore i roto i ana *lilas* (takaro) me ngā *gopis* (kōtiro), e whakaatu ana i te aroha nui e ake tonu atu kei te noho i waenganui he atua whakatinanatanga me tāna hunga whakapono. Te ora o Ariki Krishna kua hē te whakamārama a te tini o ngā kaikōrero o te Hauāuru. He mea whakapoauau ngā kupu whakarite o te Karaipiture ki ngā hinengaro tūturu. Mā tētahi hapa whakakatakata a tētahi kaiwhakamāori e whakamārama tēnei kōrero. E pā ana te kōrero ki tētahi tangata tapu whakaaweawe o te wā waenga, te kaihōpara a Ravidas, i waiata i roto i ngā kupu ngāwari o tana ake mahi toi mō te kororia wairua e huna ana i roto i te tangata katoa:

I raro i te whānui whare pupuri taonga o kikorangi
Ngā oranga te atuata kakahuria i roto huna

Ka tahuri te tangata ki tahaki hei huna i te menemene ina rongō i te whakamaoritanga a te kaituhi o te Hauāuru ki te rotarota a Ravidas:

"I muri iho ka hanga e ia tētahi whare iti, ka whakatūria he whakapakoko ki roto, he mea hanga ki te hiako, ā, ka whakapau kaha ia ki te karakia ki taua mea."

He teina akonga a Ravidas nō te Kabir nui. Ko tētahi o ngā chela whakahihī a Ravidas ko te Rani o Chitor. He tini ngā Brahmin i karangahia e ia ki tētahi hakari hei whakanui i tana kaiako, engari i whakakahore rātou ki te kai tahi me tētahi kaimahi kākahu iti. I a rātou e noho ana me te tūpato ki te kai i tā rātou ake he kai kore poke, nana, i kitea e ia Brahmin te āhua o Ravidas i tōna taha. Nā tēnei tirohanga nui i whakatutuki te whakaoranga wairua whānui i Chitor.

I roto i ētahi rā torutoru, ka tae atu tā mātou rōpū iti ki Calcutta. I te hiahia nui ki te kite i a Sri Yukteswar, i pouri ahau i te rongonga kua wehe atu ia i Serampore, ā, kei Puri ia ināiane, tata ki te toru rau maero ki te tonga.

"Haere mai ki te ashram o Puri i tēnei wā tonu." I tukuna tēnei waea i te 8 o Poutū-

te-rangi e tētahi akonga tuakana ki a Atul Chandra. Roi Chowdhry, kotahi o Te Tohunga chelas i roto Calcutta. Ngā Pūrongo o te karere tae atu ōku taringa; mamae i tōna ngā pānga, ahau i taka ki taku turi me i inoi Atua tērā taku te tohunga kia ora. I ahau e wehe atu ana i te kāinga o Pāpā mō te tereina, ka kōrero mai tētahi reo atua i roto.

"Me mahi kāore haere ki Pūri i tēnei pō. Tōu inoi kāore e taea ia kua whakaaetia."

"E te Ariki," ka mea atu ahau me te pouri, "kāore koe e hiahia ki te whakauru mai ki ahau i tētahi 'tō pakanga' i Puri, me whakakahore e koe aku inoi tonu mō te ora o te Ariki. Me haere atu ia ki ngā mahi teitei ake i runga i tāu tonono?"

I runga i te ngohengohe ki te whakahau a roto, kāore au i haere ki Puri i taua pō. I te ahiahi i muri mai ka haere ahau haere atu ki te tereina; i a rātou e haere ana, i te whitu karaka, ka taupokina te rangi e te kapua whetū pango. **42- 11** I muri mai, i te tere haere o te tereina ki Puri, ka puta mai he kitenga o Sri Yukteswar ki tōku aroaro. E noho ana ia, he kanohi pouri, he rama kei ia taha.

"Kua mutu katoa?" I ara ake ōku ringa

me te inoi. I pōkaikaha ia, kātahi ka

memeha haere.

I a au e tū ana i runga i te tūāpapa tereina o Puri i te ata i muri mai, me te tumanako tonu ahakoa te kore e tino tumanako, ka whakatata mai tetahi tangata kāore au i te mōhio ki ahau.

"Kua rongo koe kua riro tō Ariki?" Kātahi ia ka mahue i ahau, kāhore he kupu anō; kāhore ahau i mōhio ko wai ia, kāhore hoki i mōhio me pēhea ia i mōhio ai ki hea ahau e kitea ai.

I te ohorere, ka rūrū ahau ki te pakitara o te papaaho, me te mōhio kei te ngana taku tohunga ki te kawē mai i te rongo kino ki ahau i roto i ngā huarahi rerekē. I te riri nui, i rite tōku wairua ki te puia. I taku taenga ki te whare karakia o Puri, kua tata ahau ki te hinga. I te ata noho, ka hokihoki te reo o roto: "Kia ora. Kia marino."

I tomo ahau ki te rūma ashram i reira te tinana o te Kaiwhakaako, he āhua ora tonu, e noho ana i roto i te tūnga lotus - he pikitia o te hauora me te ataahua. I mua tata atu i tōna matenga, i pāngia taku tohunga e te kirika, engari i mua i te rā o tōna kakenga ki te Mutunga Kore, kua tino ora tōna tinana. Ahakoa te maha o aku tirohanga ki tōna āhua aroha, kāore au i te mōhio kua riro atu tōna ora. He maeneene, he ngawari tōna kiri; i roto i tōna mata he whakaaturanga harikoa o te marino. I tukua e ia tōna tinana i te wā o te karangatanga ngaro.

"Te Raiona o Pēnerara ko kua riro!" ahau i tangi i roto he pōuriuri

Nāku i whakahaere te karakia nui i te 10 o Poutū-te-rangi. I tanumia a Sri Yukteswar **42-12** me ngā kawa tawhito a ngā swami i te māra o tana ashram Puri. I muri mai ka tae mai āna ākongā i tawhiti, i tata hoki ki te whakahonore i tā rātou guru i tētahi hui whakamaharatanga mō te equinox o te tau. I whakaputaina e te *Amrita Bazar Patrika*, te nūpepa matua o Calcutta, tana pikitia me te pūrongo e whai ake nei:

I tū te kawa Bhandara mō te matenga o Srimat Swami Sri Yukteswar Giri Maharaj, 81 tau te pakeke, ki Puri i te 21 o Poutū-te-rangi. He tokomaha ngā ākonga i haere mai ki Puri mō ngā kawa.

tētahi o ngā kaiwhakamārama nui o te *Bhagavad Gita* , he ākonga nui ia nā Yogiraj Sri Shyama Charan Lahiri Mahasaya o Benares. Ko Swami Maharaj te kaiwhakaū o ētahi pokapū Yogoda Sat-Sanga (Whare Whakatutuki-i-a-Iho) i Inia, ā, ko ia te pūtake nui o te kaupapa yoga i kawea ki te Hauāuru e Swami Yogananda, tana ...

ākonga matua. Nā ngā mana poropiti me te mōhiotanga hohonu o Sri Yukteswarji i whakaoho i a Swami Yogananda ki te whiti i ngā moana me te hora i te karere a ngā rangatira o Īnia ki Amerika.

Ko āna whakamārama i te *Bhagavad Gita* me ētahi atu karaipiture e whakaatu ana i te hohonutanga o te mātauranga o Sri Yukteswarji ki te rapunga whakaaro, o te Rawhiti me te Hauāuru, ā, e mau tonu ana hei whakatuwhera i te kanohi mō te kotahitanga i waenga i te Rawhiti me te Hauāuru. I a ia e whakapono ana ki te kotahitanga o ngā whakapono katoa, i whakatūria e Sri Yukteswar Maharaj *te Sadhu Sabha* (Te Rōpū o ngā Hunga Tapu) me te mahi tahi a ngā kaiārahi o ngā momo karakia me ngā whakapono, hei whakatō i te wairua pūtaiao ki roto i te whakapono. I te wā i mate ai ia, i whakatūria e ia a Swami Yogananda hei whakakapi mōna hei perehitini mō *Sadhu Sabha*.

Kua tino rawakore rawa atu a Īnia i tēnei rā nā te matenga o tētahi tangata nui. Kia ora tātou katoa kua tae mai ki a ia, kia whakatōkia ki roto i a rātou anō te wairua pono o te ahurea me *te sadhana o Īnia*, i whakaahuatia nei i roto i a ia.

I hoki ahau ki Calcutta. Nā te mea kāore anō kia whakawhirinaki ahau ki te haere ki te whare karakia o Serampore me ōna maharatanga tapu, ka karanga ahau i a Prafulla, te ākonga iti a Sri Yukteswar i Serampore, ā, ka whakarite kia tomo ia ki te kura o Ranchi.

"I te ata i wehe atu ai koe ki te *mela i Allahabad*," ta Prafulla ki ahau, "i tino hinga te Ariki ki te tāone nui. "

"Kua riro a Yogananda!" ka karanga ia. 'Kua riro a Yogananda!' Ka tāpiri atu ia me te ngākau ngaro, 'Me kōrero atu ahau ki a ia i tētahi atu ara.' I noho puku ia mō ngā hāora."

Kī tonu ōku rā i ngā kauhau, i ngā akomanga, i ngā uiuinga, me ngā huihuinga ki ngā hoa tawhito. I raro i te ataata kau me te orange o te mahi tonu, i whakapokea e te awa pouri te awa o roto o te harikoa i roto i ngā tau maha kua kopikopiko i raro i te onepu o aku tirohanga katoa.

"Kei hea te tangata whakaaro nui atua kua riro?" I tangi puku ahau i te

hohonutanga o te wairua e mamae ana. Kāore he whakautu i tae mai.

"He mea pai rawa atu kua oti i te Kaiwhakaako tana hononga ki te Ao Aroha," te whakamanawa mai a tōku hinengaro ki ahau. "Kei te kanapa tonu ia i roto i te mana o te kore mate."

"Kāore rawa koe e kite anō i a ia i te whare rangatira tawhito o Serampore," te tangi a tōku ngākau. "Kāore rawa koe e kawē mai i ō hoa ki te whakatau i a ia,

kāore hoki e kī whakahīhī: 'Titiro mai, kei reira *a Jnanavatar o Īnia e noho ana !*'"

Nā Mr. Wright i whakarite kia rere tō mātou tira mai i Bombay ki te Hauāuru i te tīmatanga o Hune. I muri i ngā wiki e rua o Mei o ngā hakari poroporoaki me ngā whaikōrero i Calcutta, ka wehe atu māua ko Miss Bletch, ko Mr. Wright, i runga i te Ford ki Bombay. I tō mātou taenga atu, ka tono mai ngā mana whakahaere kaipuke kia whakakorehia tā mātou haerenga, nā te mea kāore he wāhi i kitea mō te Ford, e hiahiatia ana anō e mātou i Ūropi.

"Kaua rawa hinengaro," ahau i mea pōuriuri ki Mr. Wright. "Au hiahia ki whakahoki kotahi atu anō ki Pūri." ahau puku

tāpirihia, "Tukua taku roimata kotahi anō wai te urupā o taku te tohunga."

42-1 Ko te tikanga tūturu, *param*, teitei rawa; *hansa*, manu kōnihi. E whakaatuhia ana te *hansa* i roto i ngā kōrero tuku iho o te karaipiture hei waka mō Brahma, te Tino Kaha Rawa. Wairua; hei te tohu o te whakahāwea, te mā *hansa* manu kōnihi ko whakaaro o hei āhei ki wehe te pono he wai reka *soma* mai i te ranunga o te miraka me te wai. Ko *Ham-sa* (e kīia ana ko *hong-sau*) he kupu karakia Sanskrit tapu e rua e hono ana ki te manawa e haere mai ana, e puta atu ana hoki. Ko te tikanga o *Aham-Sa* ko "Ko au ia."

42-2 : rātou whai i te nuinga o te wā i karohia te uauatanga nā te aro atu ahau hei *e te rangatira*.

42-3 : I te Pūri whare karakia, Swami Sebananda ko tonu te whakahaere he iti, e puāwai ana yoga kura mō ngā tama, me ngā rōpū whakaaroaro mō ngā pakeke. Ka tū ngā hui a te hunga tapu me ngā tohunga ki reira i ia wā, i ia wā.

42-4 : He wāhanga o

Calcutta. 42-5: *Ngā*

Whakataukī: II:9.

42-6 : Whakapono *mela* kei kua whakahuatia i roto te tawhito *Mahabharata*. Te Hainamana kaihaerere Hīen Tsiang kua maui he He kōrero mō tētahi *Kumbha Mela nui* i tū i te tau 644 AD i Allahabad. Ko te *mela nui rawa atu* ka tū i ia tekau mā rua o ngā tau; ko te *Kumbha nui rawa atu* (*Ardha*, haurua rānei) ka tū i ia ono o ngā tau. Ka tū *ngā mela iti i ia toru o ngā tau, ā, ka kukume mai i te miriona tāngata karakia. Ko ngā tāone mela* tapu e whā ko Allahabad, Hardwar, Nasik, me Ujjain.

He maha ngā whakaahua whakamiharo o te haporī Īnia kua waiho mai e ngā kaihaerere Hainamana o mua. Nā te tohunga Hainamana, nā Fa-Hsien, i tuhi tētahi kōrero o tāna tekau mā tahi tau i roto Īnia i roto i te rangatiratanga o Chandragupta II (i te wā tuatahi tuawhā rautau). Te Hainamana kaituhi e kī ana: "I te motu katoa, kāore he tangata e Kāore rātou e tiaki poaka, kāore hoki he..... patu ana i tetahi mea ora, kāore hoki e inu waina. manu; kāore he

ngā mahi hokohoko i roto kau, kāore ngā kaipatu mīti ngā toa hokohoko rānei ngā whare hanga waipiro. Ngā Rūma me ngā moenga me ngā moenga, kai me ngā kākahu, kei i whakaratohia mō ngā tohunga noho me ngā tohunga haereere, ā, he rite tonu tēnei ki ngā wāhi katoa. Ka whakapau kaha ngā tohunga ki ngā mahi atawhai ngā minitanga me te karakia ngā karakia; rānei rātou noho i roto te whakaaroaro." Fa-Hsien kōrero mātou te Īnia ngā tāngata i harikoa, i .pono; kāore i mōhiotia te whiu mate

42-7 : ahau i kāore te whakaatu i te ngā matenga o taku whaea, kaumātua teina Ānata, mātāmua tuahine Rōma, E te Kaiwhakaako, Matua, rānei o ētahi ākongā tata.

(.Matua kua paahitia i runga i Calcutta i roto 1942, i te tau o waru tekau mā iwa)

42-8 Ko ngā rau mano o ngā sadhu Īnia e whakahaerehia ana e tētahi komiti whakahaere o ngā kaiārahi e whitu, e tohu ana i whitu nui ngā wāhanga o Īnia. Te te whakaatu *Mahamandaleswar* rānei perehitini ko Joyendra Puri. Tenei tapu He tino āta noho te tangata, ā, e toru noa ngā kupu e kōrerotia ana e ia - te Pono, te Aroha, me te Mahi. Heoi anō, he kōrero noa iho!

42-9 He maha ngā tikanga, te āhua nei, hei tinihanga i te taika. Kua kōrero tētahi kaihōpara o Ahitereiria, a Francis Birtles, i kitea e ia he "kanorau, he ataahua, he haumarua hoki" ngā ngahere o Īnia. Ko tana taonga haumarua he pepa rere. "I ia pō ka horahia e au he nui o ngā rau huri noa taku puni me i kāore rawa whakararuraru," ia i whakamāramahia. "Te take ko hinengaro. Te taika ko he kararehe whai mana nui. Ka kopikopiko haere ia, ka wero i te tangata kia tae rā anō ki te pepa namu; kātahi ka oma atu ia. Kāore he taika whai mana e maia ki te tū atu ki te tangata i muri i tana noho ki runga i te pepa namu piri!"

42-10 : I muri ahau i whakahokia mai ki Amerika ahau i tango whakaweto ono tekau mā rima pauna

42-11 : Hīri Yukteswar kua paahitia i tēnei haora-7:00 Pirimia, Maehe 9, 1936.

42-12 Ko ngā tikanga tangihanga i Īnia e hiahia ana kia tahuna ngā tāngata o te whare; kāore ngā swami me ngā mōneka o ētahi atu karakia e tahuna. engari tanumia. (Kei reira kei i ētahi wā ngā okotahi.) Te ngā tinana o ngā

mōneka kei tohu whakaarohia ki kua tahuna ki te ahi o te whakaaro nui i te wā i oati ai rātou ki te mōneka.

Upoko: 43

Te Aranga o Hīri Yukteswar

"E te Ariki, e Krishna!" I puta mai te āhua kororia o te avatar i roto i te mura kanapa i a au e noho ana i roto i tōku rūma i te Regent Hotel i Bombay. I a au e tiaho ana i runga i te tuanui o tētahi whare teitei i tērā taha o te huarahi, ka puta whakarere mai te tirohanga whakamiharo i a au e titiro atu ana i waho o taku matapihi roa e tuwhera ana i te papa tuatoru.

I tawhiri mai te atua ki ahau, me te menemene me te pōkaikaha hei mihi. I te korenga o taku māranga ki te karere tuturu a te Ariki Krishna, ka haere atu ia me te tohu manaaki. I tino harikoa ahau, ā, i kite ahau kua tohuhia tetahi huihuinga wairua.

I whakakorengia taku haerenga ki te Hauāuru i tēnei wā. I whakaritea kia maha aku whaikōrero ki te iwi whānui i Bombay i mua i taku haerenga atu ki Bengal mō tētahi haerenga anō.

I a au e noho ana i runga i taku moenga i te hōtēra Bombay i te toru karaka i te ahiahi o te 19 o Hune, 1936 - kotahi wiki i muri i te kitenga o Krishna - i whakaarahia ahau i taku whakaaroaro e te māramatanga ataahua. I mua i taku whakatuwheratanga me ngā kanohi miharo, i hurihia te rūma katoa hei ao tauhou, i puta te hihi o te rā hei kororia o te rangi.

I taupokina ahau e ngā ngaru o te harikoa i taku kitenga i te kikokiko me

te toto o Sri Yukteswar! "E taku tama!" te kupu mārie a te Ariki, me te

ataata whakamiharo a te anahera i tōna mata.

Mō te wā tuatahi i roto i tōku ao, kāore au i tuturi ki ōna waewae hei mihi, engari i tere tonu taku whakatata atu ki te awhi i a ia ki roto i ōku ringa. He wā poto, he wā poto! Ko te mamae o ngā marama kua pahure ake nei i tino taumaha ki ahau i te taha o te harikoa nui e heke iho nei.

"E tōku ariki, e te aroha o tōku ngākau, he aha koe i whakarērea ai ahau?" I pōhēhē ahau i te nui o te hari. "He aha i mahi koe tukua ahau haere ki te *Kumbha Mere* ? Me pēhea kawa whai ahau whakapaetia ahau anō mō te wehenga atu koe!"



"mā B. K. Mitara i roto "Kalyana- Kalpatur-

KIRIHINA, TAWHITO Poropiti O ĪNIA

He ariā a te kaitoi o ēnei rā mō te kaiako atua, ko āna tohutohu wairua i roto i te *Bhagavad Gita* kua riro hei Paipera Hinitu. E whakaatuhia ana a Krishna i roto i ngā mahi toi Hinitu me te huruhuru pūkoko i roto i ōna makawe (he tohu mō te *lila a te Ariki* , he takaro, he hākinakina auaha rānei), me te mau i te putorino, ko āna oro whakahihiri e whakaara ana i ngā kaikarakia, takitahi, mai i tā rātou moe o *te maya* , i te pohehe ao rānei.

"Kāore au i hiahia ki te whakararuraru i tō hiahia harikoa ki te kite i te wāhi haerenga tuatahi i reira I tūtaki ahau ki a Babaji. I mahue noa koe i ahau mō tētahi wā poto; kāore ianei ahau i a koe anō?"

"Engari ko *koe rānei* , e te Rangatira, te Raiona o te Atua? He rite tō tinana ki tāku i tanumia ki raro i te onepū nanakia o Puri?"

"Āe, e taku tamaiti, ko au tonu. He tinana kikokiko, he toto tēnei. Ahakoa e kite ana ahau he mea ora, ki tāu titiro he tinana tūturu. Mai i ngā ngota o te ao i hangaia e au he tinana hou, he rite tonu ki taua tinana moemoeā o te ao i whakatakotoria e koe i raro i te onepū moemoeā i Puri i tō ao moemoeā. Kua ara ake ahau - ehara i te mea i runga i te whenua engari i runga i te ao whetū. He pai ake te kaha o ōna tāngata i te tangata whenua ki te whakatutuki i aku paerewa teitei. I reira koe me ō hoa aroha whakahīhi ka tae mai ki ahau i tētahi rā."

"Kore mate tohunga, kōrero ahau atu anō!"

Ka kata tere te Ariki, ka kata harikoa. "Tena koa, e te ipo," ka mea ia, "kāore koe e

pai kia whakangāwari i tō awhi ?"

"He iti noa iho!" I awhi ahau i a ia me te pupuri a te heke. I taea e au te rongo i te kakara ngawari, kakara, taiao i kitea i tōna tinana i mua. Ko te pā whakahihiri o tana

Kei te mau tonu te kikokiko atua i ngā taha o roto o ōku ringa me ōku kapu ringa i a au e mahara ana ki aua hāora kororia.

"I te mea kua tonoa mai ngā poropiti ki te whenua hei āwhina i te tangata ki te whakatau i ō rātou karma tinana, kua tohutohungia hoki ahau e Atua ki mahi i runga he wheturangi aorangi hei he kaiwhakaora," Hīri Yukteswar i whakamāramahia. "Koia ko e kiia nei ko *Hiranyaloka*, ko 'Te Aorangi Whetu Whakamārama' rānei. Kei reira ahau e āwhina ana i ngā mea matatau ki te whakakore i te karma whetu, kia whiwhi ai i te whakaoranga mai i ngā whānautanga whetu. He tino whanaketanga wairua ngā kainoho o *Hiranyaloka*; kua whiwhi katoa rātou, i roto i tō rātou whakawhānauanga whenua whakamutunga, i te mana whakaaroaro i homai ki a rātou, ki te wehe atu i ō rātou tinana tinana i te matenga. Kāore e taea e tetahi te tomo ki *Hiranyaloka* mēnā kāore ia i whiti atu i te whenua ki tua atu i te āhua o *te sabikalpa samadhi* ki te āhua teitei ake o te *nirbikalpa samadhi*. **43-1**

"Kua whiti kē ngā tāngata o *Hiranyaloka* i ngā ao whetu noa, te wāhi e haere ai te nuinga o ngā mea ora o te whenua i te matenga; i reira rātou i mahi ai i ngā purapura maha o ā rātou mahi o mua i ngā ao whetu. Ko ngā mea ora matatau anake ka taea te mahi i aua mahi whakaora i roto i ngā ao whetu. Kātahi, kia wetekina ai ō rātou wairua i te kōkō o ngā tohu karma e mau ana i roto i ō rātou tinana whetu, i kumea ēnei mea ora teitei e te ture ao kia whānau hou me ngā tinana whetu hou ki *Hiranyaloka*, te rā whetu, te rangi rānei, kua ara ake ahau ki te āwhina i a rātou. Kei reira anō hoki ngā mea ora matatau i *Hiranyaloka* i ahu mai i te ao teitei, ngawari, take."

I tino ōrite taku hinengaro ki ngā whakaaro o taku tohunga, ā, i tukuna mai e ia āna kupu whakaahua ki ahau, he wāhanga mā te kōrero, he wāhanga mā te whakawhiti whakaaro. Nō reira, i tere tonu taku whiwhi i ana niupepa whakaaro.

"Kua pānui koe i roto i ngā karaipiture," ka haere tonu te Kaiwhakaako, "i whakakīia e te Atua te wairua tangata ki roto i ngā tinana e toru - te tinana whakaaro, te tinana take rānei; te tinana wairua ngaro, te nohoanga o te hinengaro me te tinana o te tangata." ngā āhua kare ā-roto; me te tinana kikokiko matotoru. I runga i te whenua, kua rite te tangata ki ōna kare ā-tinana. Ka mahi te tangata wairua me tōna hinengaro me ōna kare ā-roto, ā, he tinana i hangaia mai i ngā mea ora.

43-2 "Ka noho tonu te mea ora, he tinana pūtake, ki te ao harikoa o ngā whakaaro. Ko taku mahi he taha i aua mea ora whetū e takatu ana ki te tomo ki te ao pūtake."

"E te Ariki ataahua, tēnā koa kōrero mai ki ahau mō te ao tūroa." Ahakoa kua whakangāwari ake taku awhi i te tono a Sri Yukteswar, kei te awhi tonu ōku ringa i a ia. He taonga nui atu i ngā mea katoa. ngā taonga, taku tohunga i kata ki te mate kia tae mai ki ahau!

"He maha ngā aorangi whetū, e kī ana i ngā mea ora whetū," te tīmatanga a te

Kaiwhakaako. "Ka whakamahia e ngā tāngata whenua ngā aorangi whetū, arā, ngā puranga mārama, hei haere mai i tētahi aorangi ki tētahi atu, he tere ake i te hiko me ngā pūngao irahiko."

"Ko te ao tūroa, he mea hanga mai i ngā wiri ngawari o te mārama me te tae, he rau ngā wā nui atu i te ao tūroa. Ko te hanganga tinana katoa e iri ana pērā i te kete iti totoka i raro i te poi hau nui kanapa o te porowhita tūroa. Pērā i te maha o ngā rā me ngā whetū tinana e kopikopiko ana i te wāhi, waihoki he maha ngā pūnaha rā me ngā whetū tūroa. He ataahua ake ngā rā me ngā marama tūroa o ō rātou aorangi i ngā mea tūturu. He rite ngā rama tūroa ki te aurora."

borealis - he kanapa ake te aurora whetū paki i te aurora marama ngawari. He roa ake te ao me te pō whetū i ō te whenua.

"He tino ataahua, he ma, he parakore, he ātaahua te ao whetu. Kāore he aorangi mate, he whenua pakoko rānei. Kāore ngā koha whenua - ngā taru, ngā huakita, ngā pepeke, ngā nakahi. Kāore i rite ki ngā āhuarangi me ngā wā rerekē o te ao, ka mau tonu te pāmahana ōrite o te puna mutunga kore o ngā aorangi whetu, me te hukarere mā kanapa me te ua o ngā rama maha-tae i ētahi wā. He nui ngā aorangi whetu i roto i ngā roto Ōpara me ngā moana kanapa me ngā awa āniwaniwa."

"Ko te ao whetu noa—ehara i te rangi whetu huna o Hiranyaloka—kua kapi i te miriona o ngā mea ora whetū kua puta mai i te whenua, tata nei, me ngā tini patupaiarehe, ngā wahine kairau, ngā ika, ngā kararehe, ngā korokoro, ngā kūao, ngā tipua atua me ngā wairua, e noho ana i ngā aorangi whetū rerekē e ai ki ngā tohu karma. He maha ngā whare porowhita, ngā rohe wiri rānei e whakaratohia ana mō ngā wairua pai me ngā wairua kino. Ka taea e ngā mea pai te haereere noa, engari ko ngā wairua kino e herea ana ki ngā rohe iti. Pērā i te noho o te tangata i runga i te mata o te whenua, ngā kutukutu i roto i te oneone, ngā ika i roto i te wai, me ngā manu i te rangi, waihoki ka tohaina ngā mea ora whetū o ngā taumata rerekē ki ngā wāhi wiri e tika ana.

"I roto i ngā anahera pōuri kua hinga i peia atu i ētahi atu ao, ka puta te waku me te pakanga me ngā poma ora, *te mantra hinengaro rānei* **43-3.**" ngā hihi wiri. E noho ana ēnei mea i ngā rohe pōuriuri o te ao whetu o raro, e mahi ana i ā rātou karma kino.

"I roto i ngā ao whānui i runga ake i te whare herehere pōuriuri o te ao tūroa, e tiaho ana, e ataahua ana hoki. Ko te ao tūroa he mea ātaahua ake i te whenua ki te hiahia atua me te mahere tino pai. Ko ia mea tūroa e whakaatuhia ana e te hiahia o te Atua, ā, ko tētahi wāhanga e te hiahia o ngā mea tūroa. Kei a rātou te mana ki te whakarerekē, ki te whakarei ake rānei i te ataahua me te āhua o tētahi mea kua hangaia e." te Ariki. Kua hoatu e Ia ki āna tamariki astral te herekoretanga me te mana ki te whakarerekē, ki te whakapai ake rānei i te ao astral i runga i tā rātou e pai ai. I runga i te whenua, me huri te totoka ki te wai, ki tētahi atu āhua rānei mā roto i ngā tukanga taiao, matū rānei, engari ko ngā totoka astral ka hurihia ki ngā wai, ki ngā hau, ki te pūngao rānei astral mā te hiahia o ngā tāngata whenua anake, ā, tere tonu.

"Kua pōuri te whenua i te pakanga me te kohuru i te moana, i te whenua, i te rangi," ka haere tonu taku tohunga, "engari ko te ao tūroa ngā ao mōhio he harikoa te rangimārie me te ōritetanga. Whetu ngā mea ora whakakorengia rānei ka whakaputa i ō rātou āhua i ngā wā e pai ai. Ka taea e ngā putiputi, ngā ika, ngā kararehe rānei te huri i a rātou anō, mō tētahi wā, hei ngā tāngata whetu. E wātea ana ngā mea whetu katoa ki te tango i tētahi āhua, ā, ka taea te kōrero tahi. Kāore

he ture tūturu, pumau, e here ana i a rātou - hei tauira, ka taea te angitu o tētahi rākau whetu. ka tonoa kia whakaputa mai i tētahi māngo whetu, i tētahi atu hua rānei e hiahiatia ana, i tētahi atu putiputi rānei, i tētahi atu mea rānei.

Kei reira ētahi here karma, engari kāore he rerekētanga i te ao whetū mō te hiahia o ngā momo āhua. He kanapa ngā mea katoa i te māramatanga auaha a te Atua.

"Kāore he tangata i whānau mai i te wahine; ka whakawhaiarohia ngā uri e ngā mea wairua mā te āwhina o ō rātou hiahia ao ki roto i ngā āhua kua whakaritea, kua whakapotohia ki te wairua. Ka tae mai te mea kua wehea te tinana i roto i te whānau wairua mā te pōwhiri, e kumea ana e ngā iahiko hinengaro me te wairua ōrite."

"Kāore te tinana whetu e pāngia e te makariri, te wera rānei, me ētahi atu āhuetanga taiao. Kei roto i te hanganga he roro whetu, he putiputi mārama mano rau rānei, me ngā pokapū e ono kua ara ake i roto i te *te sushumna*, te tuaka roro-tuarā rānei o te ao tūroa. Ka kukume te ngākau i te pūngao o te ao me te mārama mai i te roro o te ao tūroa, ka panaia ki ngā io o te ao tūroa me ngā pūtau tinana, arā, ki ngā lifetron. Ka taea e ngā mea o te ao tūroa te pā ki ō rātou tinana mā te kaha lifetron, mā ngā wiri *mantric rānei* .

"He rite tonu te tinana wairua ki te āhua tinana whakamutunga. Kei te mau tonu te āhua o ngā wairua wairua i tō rātou taitamarikitanga i tō rātou haerenga ki te ao o mua; i ētahi wā ka whiriwhiri te wairua wairua, pērā i ahau, kia mau tonu tōna āhua koroheketanga." Ka kata harikoa te Ariki, e whakaatu ana i te mauri o te taitamarikitanga.

"He rerekē i te ao tūroa ā-wāhi, ā-toru-ahu e mōhiotia ana e ngā mātakitaki e rima anake, ka kitea ngā ao whetu e te mātakitaki tuaono o ngā mātakitaki," te kōrero tonu a Sri Yukteswar. "Mā te mātakitaki ā-hinengaro, ka kite, ka rongo, ka hongiri, ka reka, ka pā hoki ngā mea whetu katoa. E toru ō rātou kanohi, e rua kua kati te wāhanga. Ko te tuatoru me te kanohi whetu matua, e whakanohoia poutū ana ki te rae, koia tēnei." tuwhera. Kei ngā mea wairua ngā whekau rongo o waho katoa - taringa, kanohi, ihu, arero, me te kiri - engari ka whakamahia e rātou te kare ā-roto hei wheako i ngā kare ā-roto mā roto i tētahi wāhanga o te tinana; ka taea e rātou te kite mā roto i te taringa, i te ihu rānei, i te kiri rānei. Ka taea e rātou te whakarongo mā roto i ngā kanohi, i te arero rānei, ā, ka taea te reka mā roto i ngā taringa, i te kiri rānei, me ērā atu mea. **43-4**

"E tūpono ana te tinana o te tangata ki ngā tūponotanga maha, ā, e ngāwari ana te whara, te whara rānei; i ētahi wā ka tapahia, ka maru rānei te tinana wairua engari ka ora tonu mā te hiahia noa."

"Gurudeva, kei katoa wheturangi ngā tāngata ataahua?"

"E mōhiotia ana te ataahua o te ao wairua he āhuetanga wairua, ehara i te āhua o waho," te whakautu a Sri Yukteswar. "Nō reira, kāore ngā mea wairua e aro nui ana ki ngā āhuetanga o te kanohi. Heoi, he mana tō rātou ki te whakakakahu i a rātou anō ki ngā tinana hou, kanapa, kua whakakikoruatia ki te ao wairua i ngā wā e pai ai rātou. Pērā i ngā tāne o te ao e mau ana i ngā kākahu hou mō ngā huihuinga nui, waihoki ka kitea e ngā mea wairua he wā hei whakapaipai i a rātou anō ki ngā āhua kua hangaia motuhake."

"Ka tū ngā hakari whetū harikoa i runga i ngā aorangi whetū teitei ake pērā i a Hiranyaloka ina wetekina te tangata i te ao whetū mā te whanaketanga wairua, ā, kua rite ki te tomo ki te rangi o te ao pūtake. I ēnei wā, ka whakawhaiaro te Matua i

te Rangi e Kore e Kitea, me ngā hunga tapu kua hanumi ki roto i a Ia, ki roto i ngā tinana i whiriwhiria e rātou, ā, ka uru atu ki te whakanui whetū. Hei whakamanawareka i tana tangata karakia e arohaina ana, ka tangohia e te Ariki tetahi āhua e hiahiatia ana. Mena he tangata karakia e karakiatia ana mā te karakia, e kite ana ia i te Atua hei Whaea Atua. Ki a Ihu, ko te āhua Matua o te Mutunga Kore he mea ātaahua atu i tua atu i ētahi atu whakaaro. Ko te takitahi i whakawhiwhia e te Kaihanga ki ia o āna mea hanga ka taea te whakaaro, ka kore e taea te whakaaro. "Tērā pea he maha ngā āhuetanga o te Ariki!" I kata tahi māua ko taku kaiako me te harikoa.

"Ka ngāwari te mōhio o ngā hoa o ētahi atu ao tetahi ki tetahi i te ao wairua," te kōrero tonu a Sri Yukteswar me tōna reo ataahua, rite tonu ki te putorino. "E harikoa ana rātou ki te mutunga kore o te whakahoahoa, ka kite rātou i te kore e taea te whakangaro i te aroha, he mea ruarua i te wā o ngā wehenga pouri, tinihanga o te ao."

"Te pūmanawa o wheturangi ngā mea ora werohia mā roto te ārai me e mātakitaki ana tangata ngā mahi i runga whenua, engari kāore e taea e te tangata te kite i te ao whetu ki te kore tōna tikanga tuaono e whanake. He mano tini ngā tāngata whenua kua kite i tētahi mea whetu, i tētahi ao whetu rānei mō tētahi wā poto.

"Ko ngā mea matatau o Hiranyaloka e noho mataara tonu ana i roto i te harikoa i te ao me te pō roa o te ao tūroa, e āwhina ana ki te whakaoti rapanga uaua o te kāwanatanga o te ao me te whakaoranga o ngā tama ngaro, ngā wairua e noho ana i te whenua. Ina moe ngā mea Hiranyaloka, ka kite rātou i ētahi kitenga moemoea, pērā i te ao tūroa. Ko ō rātou hinengaro he mea e uru ana ki te āhua mohio o te harikoa *nirbikalpa teitei rawa atu*."

"Kei te pāngia tonu ngā tāngata o ngā wāhi katoa o te ao whetu e ngā mamae hinengaro. Ka mamae nui ngā hinengaro tairongo o ngā mea teitei ake i ngā aorangi pērā i a Hiranyaloka mēnā ka hē te whanonga, te tirohanga rānei ki te pono. Ka whai ēnei mea matatau ki te whakataurite i ā rātou mahi me ā rātou whakaaro ki te tino tika o te ture wairua."

"Ko te whakawhitiwhiti kōrero i waenga i ngā tāngata o te ao tūroa e puritia katoatia ana e te whakawhitiwhiti kōrero a te ao tūroa me te pouaka whakaata; kāore he whakapoauau me te kore māramatanga o te kupu tuhituhi me te kupu kōrero e tika ana kia manawanuihia e ngā tāngata o te whenua. Pērā i ngā tāngata i runga i te mata kiriata e ahua neke ana, e mahi ana i roto i te raupapa o ngā pikitia mārama, ā, kāore e manawa ana, waihoki ko ngā mea ora o te ao tūroa e hiko ana, e mahi ana hei whakaahua mārama kua arahina me te whakaritehia, me te kore e hiahiatia te tango mana mai i te hāora. Ka whakawhirinaki te tangata ki ngā mea totoka, ngā wai, ngā hau, me te pūngao hei orange; ko te nuinga o ngā mea ora o te ao tūroa e ora ai rātou mā te mārama o te ao."

"E te Ariki, he kai tetahi mea a ngā mea wairua?" I inu ahau i ana whakamārama whakamiharo me te aro o ōku pūkenga katoa - te hinengaro, te ngākau, te wairua. He tūturu tonu ngā tirohanga ā-iwi ki te pono, ā, kāore e rerekē, ko ngā wheako me ngā kare ā-roto poto noa iho he mea mō te wā poto, he mea pono noa iho, ā, ka ngaro wawe i roto i te mahara ō rātou māramatanga katoa. Nā te hohonu o te tānga o ngā kupu a taku tohunga ki runga i te pepa o tōku ao, i ngā wā katoa, mā te whakawhiti i tōku hinengaro ki te āhua ā-iwi, ka taea e au te ora anō i te wheako atua.

"Marama rite ki te hihi huawhenua nui i roto te wheturangi ngā oneone," ia i whakautua. "Te wheturangi Ka kai ngā mea ora i ngā huawhenua, ka inu i te nekita e rere ana mai i ngā puna mārama whakahihī, mai i ngā awaawa me ngā awa o te ao tūroa. Pērā i ngā whakaahua kore e kitea o te tangata i runga i te whenua ka taea te keria mai i te ao tūroa, ka kitea mā te pouaka whakaata, ā, muri iho ka tukuna anō ki te wāhi, waihoki ko ngā mahere ao tūroa i hangaia e te Atua, kāore e kitea, o ngā huawhenua me ngā tipu e rere ana i roto i te ao tūroa, ka puta ake i runga i tētahi ao

tūroa. nā te ka o tōna ngā kainoho I roto te ōrite ara, mai i te tino mohao
āhuahanga o ēnei ngā mea ora, ka whakatinanahia ngā māra katoa o ngā putiputi
kakara, ka hoki anō ā muri ake nei ki te kore e kitea i te ao tūroa.

Ahako kua tata kore e hiahiatia te kai e ngā kainoho o ngā aorangi pēnei i a
Hiranyaloka, he nui ake te noho kore here o ngā wairua kua tino wātea i te ao
tūroa, e kai ana i tetahi mea engari ko te mana o te harikoa anake.

"Ka tūtaki te tangata wairua kua wetekina e te whenua ki te tini o ngā whanaunga,
ngā matua tāne, ngā whaea, ngā wāhine, ngā tāne, me ngā hoa, i riro mai i ngā wā
rerekē o te ao tūroa, 43-5 e puta mai ana i ētahi wā i ngā wāhi rerekē o ngā ao
whetu. Nō reira, kāore ia i te mōhio ko wai te mea nui hei aroha; ka ako ia i tēnei
ara ki te hoatu i te aroha atua, ōrite ki te katoa, hei tamariki, hei

ngā whakaaturanga takitahi a te Atua. Ahakoa kua rerekē te āhua o waho o ngā whanaunga, i runga anō i te whanaketanga o ngā āhuatanga hou i roto i te oranga hou o tētahi wairua, ka whakamahia e te wairua wairua tōna pūmanawa tūturu ki te mōhio ki te hunga katoa i arohaina e ia i mua i ētahi atu ao o te ao, me te manaaki i a rātou ki tō rātou kāinga wairua hou. Nā te mea kua whakakiia ia ngota i roto i te hanganga ki te takitahi, **43-6** Ka kitea te hoa whetu ahakoa te kākahu e mau ana ia, pērā i te ao nei ka kitea te tuakiri o te kaiwhakaari mā te mātakitaki tata ahakoa te āhua huna.

"He roa ake te roa o te oranga i te ao whetu i tō te ao nei. He ao whetu matatau noa Ko te roanga o te oranga o te tangata i waenga i te rima rau ki te kotahi mano tau, e inehia ana i runga i ngā paerewa o te ao. Pērā i te roanga o te ora o ētahi rākau redwood i te nuinga o ngā rākau mō ngā mano tau, pērā i te ora o ētahi yogi mō ngā rau tau ahakoa ka mate te nuinga o ngā tāne i mua i te ono tekau tau te pakeke, waihoki ko ētahi mea wairua ka roa ake te ora i te roanga o te oranga wairua. Ka noho ngā manuhiri ki te ao wairua ki reira mō te wā roa, poto rānei, i runga anō i te taumaha o ō rātou karma tinana, e kukume ana i a rātou ki te whenua i roto i tētahi wā kua whakaritea.

"Kāore te tangata wairua e hiahia ki te whawhai mamae ki te mate i te wā e whakarerea ana tōna tinana kanapa. Heoi, he maha o ēnei tangata e matakū ana i te whakaaro ki te whakarērea i tō rātou āhua wairua ki te āhua pūtake huna. Kua watea te ao wairua i te mate kore e hiahiatia, te mate, me te koroheketanga. Ko ēnei wehi e toru ko te kanga o te whenua, i te wā i tukua ai e te tangata tōna hinengaro." ki tautuhi ake tata katoa me he ngoikore ā-tinana tinana e hiahia ana pumau āwhina mai i hau, te kai, me te moe kia ora ai.

"Ka haere tahi te mate tinana me te ngaronga o te manawa me te pakaru o ngā pūtau kikokiko. Ko te mate wairua ko te marara o ngā lifetron, arā, ngā wae pūngao e kitea ana e hanga ana i te ora o ngā mea wairua. I te matenga tinana ka ngaro te mōhiotanga o te tangata ki te kikokiko, ā, ka mōhio ki tōna tinana ngawari i te ao wairua. Mā te wheako i te mate wairua i te wā tika, he Nō reira, ka neke te tangata mai i te hinengaro o te whānautanga me te mate whetū ki te whānautanga me te mate tinana. Ko ēnei huringa auau o te noho whetū me te tinana te mutunga kore e taea te karo mō ngā mea katoa kāore i te mārāma. Ko ngā whakamāramatanga o te Karaipiture mō te rangi me te reinga i ētahi wā ka whakaoho i te hinengaro hohonu o te tangata. ngā maharatanga o tāna roa raupapa o ngā wheako i roto te ngākau harikoa wheturangi me ngā ao whenua e whakapōuri ana."

"E te Ariki aroha," ka pātai atu ahau, "tēnā koa whakamāramahia mai te rerekētanga i waenganui i te whānautanga anō ki te whenua me te ao wairua me te ao tūroa?"

"Ko te tangata hei wairua takitahi, he tinana pūtake," te whakamārama a taku tohunga. "He tinana whāiti taua tinana." o te toru tekau mā rima *ngā whakaaro e*

hiahiatia ana nā Atua hei te taketake rānei take whakaaro ngā ope taua mai i ā, i muri mai ka hangaia e Ia te tinana wairua ngawari o ngā huānga tekau mā iwa me te tinana kikokiko matotoru o ngā huānga tekau mā ono.

"Ko ngā huānga tekau mā iwa o te tinana wairua he hinengaro, he kare ā-roto, ā-ora hoki. Ko ngā huānga tekau mā iwa ko te mātauranga; te ego; te kare ā-roto; te hinengaro (te māramatanga-ā-hinengaro); e rima ngā taputapu *mātauranga* , ngā hoa ngawari o ngā kare ā-roto o te tirohanga, te whakarongo, te hongī, te reka, te pā; e rima ngā taputapu *mahi* , te hononga hinengaro mō ngā āheinga whakahaere ki te whakaputa uri, ki te whakaputa uri,

kōrero, hikoi, me te whakakorikori i ngā pūkenga ā-ringa; me ngā taputapu e rima o *te mauri ora*, arā, ko ēnei kua whakamanahia hei mahi i ngā mahi whakatio, whakakorikori, whakakore, whakapūngao, me te tohatoha o te tinana. Ko tēnei takai whetu ngawari o ngā huānga tekau mā iwa ka ora tonu i te matenga o te tinana tinana, he mea hanga mai i ngā huānga konganuku me ngā huānga kore-konganuku tekau mā ono.

"I whakaarohia e te Atua ngā whakaaro rerekē i roto i a Ia anō, ā, i whakaaturia ki roto i ngā moemoeā. Nō reira i puta mai ai te Moemoeā o te Ao Wahine, he mea whakapaipai ki ana whakapaipai mutunga kore katoa o te whanaungatanga."

"I roto i ngā wāhanga whakaaro e toru tekau mā rima o te tinana pūtake, i whakamāramahia e te Atua ngā uauatanga katoa o te tekau mā iwa o te tangata." wheturangi me tekau mā ono ā-tinana ngā hoa mahi. Nā te whakapūhautanga o wiri ngā ope, I te tuatahi he mea ngawari, kātahi ka mea whakarihariha, i hangaia e Ia te tinana astral o te tangata, ā, i te mutunga ko tōna āhua tinana. E ai ki te ture whanaungatanga, nā reira i noho ai te Māmātanga Matua hei momo whakapoauau, he rerekē te ao tūroa me te tinana tūroa i te ao astral me te tinana astral; he rerekē anō hoki te ao tūroa me te tinana tinana ki ngā momo hanganga kē atu.

"Ko te tinana kikokiko he mea hanga mai i ngā moemoeā pumau, āhua-āhua o te Kaihanga. Kei te noho tonu ngā āhuatanga takirua ki runga i te whenua: te mate me te hauora, te mamae me te harikoa, te mate me te whiwhi. Ka kitea e te tangata te herenga me te ātete i roto i te mea toru-ahu. Ina tino wiri te hiahia o te tangata ki te ora e te mate, e ētahi atu take rānei, ka tae mai te mate; ka tukuna te hipoki taumaha o te kikokiko mō te wā poto. Heoi, ka noho tonu te wairua ki roto i ngā tinana astral me ngā tinana take. "[43-7](#) Ko te kaha piri e herea ai ngā tinana e toru ko te hiahia. Ko te mana o ngā hiahia kāore anō kia tutuki te pūtake o te herekore o te tangata.

"Ko ngā hiahia tinana e ahu mai ana i te whakapehapeha me ngā ahuaireka o ngā kare ā-roto. Ko te akiaki, ko te whakamatautauranga rānei o ngā wheako kare ā-roto he kaha ake i te kaha o te hiahia e pā ana ki ngā hononga whetū, ki ngā tirohanga take rānei."

"Ko ngā hiahia whetū e aro ana ki te harikoa i runga i te wiri. Ka pārekareka ngā mea whetū ki te puoro ethereal o ngā ao, ā, ka miharo rātou ki te tirohanga atu ki ngā mea hanga katoa hei whakaaturanga mutunga kore o te mārāma e huri haere ana. Ka hongī, ka reka, ka pā atu hoki ngā mea whetū ki te mārāma. Nō reira, ka honoa ngā hiahia whetū ki te mana o te mea whetū ki te whakaputa i ngā mea me ngā wheako katoa hei āhua mārāma, hei whakaaro whakapoto, hei moemoeā rānei."

"Pūtake" ngā hiahia kei kua tutuki nā te tirohanga anake. Te tata kore utu ngā mea ora ko wai kei kua takai anake i roto i te tinana take, ka kite rātou i te ao whānui

hei whakatutukitanga o ngā moemoeā a te Atua; ka taea e rātou te whakatinana i ngā mea katoa i roto i te whakaaro noa. Nō reira, ka whakaarohia e ngā mea take te pārekareka ki ngā kare ā-tinana, ngā ahuareka astral rānei he mea whakarihariha, he mea whakamomori hoki ki ngā kare ā-roto pai o te wairua. Ka whakatutukihia e ngā mea take ō rātou hiahia mā te whakatinana tonu i aua hiahia. **43-8** Ko te hunga e kitea ana e hipokina ana e te arai angiangi o te tinana pūtake, ka taea e rātou te whakaatu i ngā ao whānui, pērā i te Kaihanga. Nā te mea he mea hanga ngā mea hanga katoa i te kakano moemoeā o te ao, he whānui te mana o te wairua kua whakakakahuhia ki te pūtake.

"Ko te wairua, he mea e kore e kitea e te taiao, ka taea anake te wehewehe mā te noho mai o tōna tinana, o ōna tinana rānei." noa iho aroaro o he tinana te tikanga tērā tōna orange ko i hangaia taea nā kāore i tutuki ngā hiahia. **43-**

"I te mea kei roto tonu te wairua o te tangata i te ipu tinana kotahi, e rua, e toru rānei, kua hiritia ki ngā kōkō o te kuware me ngā hiahia, e kore e taea e ia te hanumi ki te moana o te Wairua. Ina tae te mea whakariharia ki roto i te tinana." ka whakangaromia te ipu tinana e te hama o te mate, ko ngā taupoki e rua atu - te ao tūroa me te ao wairua kei te noho tonu te take-ā-ira hei aukati i te wairua kia uru atu ki te Ao o Ngā Wāhi Katoa. Ina tutuki te kore hiahia mā te whakaaro nui, ka pakaruhia e tōna mana ngā oko e rua e toe ana. Ka puta te wairua tangata iti, kua herekore i te mutunga; kua kotahi ki te Whānui Kore-Ine."

ahau i pātaihia taku atua tohunga ki whare pupuri taonga atu anō mārama i runga te teitei me ngaro take ao.

"He tino mārō te ao pūtake," tana whakautu. "Kia mārama ai, me kia mau ki ngā mana nui o te arotahi kia taea ai e ia te kati i ōna kanohi me te whakaaro ki te ao tūroa me te ao tūroa i roto i tōna whānui katoa - te poiha kanapa me te kete totoka - he mea kei roto i ngā whakaaro anake. Mena mā tēnei arotahi tangata ka angitu te tangata ki te huri, ki te whakatau te e rua ao whānui me katoa tā rātou ngā uauatanga ki roto mātotoru ngā whakaaro, ia e kātahi tae atu ki te ao pūtake, ā, tū ana i te rohe o te hanumitanga o te hinengaro me te ao tūroa. I reira ka kitea ngā mea katoa i hangaia - ngā mea totoka, ngā wai, ngā hau, te hiko, te pūngao, ngā mea ora katoa, ngā atua, ngā tāngata, ngā kararehe, ngā tipu, ngā huakita - hei momo hinengaro, pērā i te tangata e katia ana ōna kanohi, e mōhio ana kei te ora ia, ahakoa kāore tōna tinana e kitea e ōna kanohi tūturu, ā, he whakaaro noa iho tōna aroaro.

"Ko ngā mea katoa ka taea e te tangata te mahi i roto i te whakaaro auaha, ka taea e te mea hanga te mahi i roto i te ao tūturu. Ko te hinengaro tangata tino nui rawa atu ka taea, i roto i te hinengaro anake, te rere mai i tetahi pito o te whakaaro ki tetahi atu, te pekepeke hinengaro mai i te aorangi ki te aorangi, te taka ranei ki raro i te poka o te mutunga kore, te rere ranei ano he rōkete ki roto i te tuanui o te tupua, te kanapa ano he rama rapu i runga i ngā ara miraka me ngā wāhi whetu. Engari he nui ake te herekore o ngā mea ora i roto i te ao hanga, ā, ka taea e rātou te whakaatu ngāwari i ō rātou whakaaro ki te tirohanga tonu, me te kore he aukati rauemi, he arai whetu, he herenga karma rānei."

"E mōhio ana ngā mea ora taketake kāore te ao tūroa i hangaia tuatahitia e ngā irahiko, kāore hoki Ko te ao tūroa he mea tito mai i ngā lifetron—i te ao tūturu, he mea hanga ēnei mea e rua mai i ngā matūriki iti rawa o te whakaaro Atua—he mea tapatapahi, he mea wehewehe e *te maya*, te ture whanaungatanga e wawao ana hei wehewehe i te Noumenon mai i āna āhutatanga.

"E mōhio ana ngā wairua o te ao pūtake tetahi ki tetahi he pūwāhi takitahi o te Wairua harikoa; ko ō rātou whakaaro anake ngā mea e karapoti ana i a rātou. E

kite ana ngā mea pūtake i te rerekētanga i waenga i ō rātou tinana me ngā whakaaro he whakaaro noa iho. Pērā i te tangata e katia ana ōna kanohi, ka taea te whakaaro i tētahi mārama mā kanapa, i tētahi kohu kikorangi ngoikore rānei, waihoki mā te whakaaro anake ka taea e ngā mea pūtake te kite, te rongo, te rongo, te reka, me te pā; ka hangaia e rātou tētahi mea, ka whakarewaina rānei, mā te mana o te hinengaro ao."

"Kei roto i te hinengaro te mate me te whānautanga anō i te ao pūtake. Ko ngā mea hanga-pūtake ka kai noa i runga i te ambrosia o te mātauranga hou tonu. E inu ana rātou i ngā puna o te rangimārie, e kopikopiko ana i runga i te oneone kore ara o ngā tirohanga, e kaukau ana i te moana - te mutunga kore o te harikoa. Ina! tirohia ō rātou tinana whakaaro kanapa e tere haere ana i tua atu i ngā tiriona o ngā aorangi i hangaia e te Wairua, ngā mirumiru hou o ngā ao whānui, ngā whetu whakaaro nui, ngā moemoeā ā-pūangi o ngā nebulae koura, puta noa i te uma kikorangi o te Mutunga Kore!

"He maha ngā mea ora e noho ana mō ngā mano tau i roto i te ao tūroa. Mā roto i ngā harikoa hohonu ake, ka wehe atu te wairua kua wetekina i a ia anō i te tinana iti o te ao tūroa, ka whakakakahu ki te whānuitanga o te ao tūroa. Ko ngā ngaru motuhake katoa o ngā whakaaro, ngā ngaru motuhake o te mana, te aroha, te hiahia, te harikoa, te rangimārie, te māramatanga, te marino, te whakahaere i a ia anō, me te arotahi ka rewa ki roto i te Moana Harikoa e harikoa tonu ana. Kāore e hiahiatia ana e te wairua kia wheako i tōna harikoa hei ngaru takitahi o te hinengaro, engari ka hanumi ki roto i te Moana Kotahi o te Ao, me ōna ngaru katoa - te kata mutunga kore, te whakahihiri, te ngau."

"Ina puta te wairua i te kōkō o ngā tinana e toru, ka mawhiti atu ia i te ture o te whanaungatanga ā ake ake, ā, ka noho hei Atua Ora Tonu e kore e taea te kōrero."

43-10 "Tirohia te pūrerehua o te aroaro o ngā wāhi katoa, ko ōna parirau kua whakairohia ki ngā whetū, ki ngā marama me ngā rā! Ko te wairua kua whānui ki roto ki te Wairua, ka noho mokemoke ia i te rohe o te māramatanga kore, te pōuriuri kore, te whakaaro kore whakaaro, kua haurangi i tōna harikoa o te moemoeā a te Atua mō te hanganga o te ao."

"He kore utu wairua!" ahau i puta te wai i roto wehi

"Ina puta te wairua i roto i ngā ipu e toru o ngā maminga tinana," ka haere tonu te Kaiwhakaako, "ka kotahi ki te Mutunga Kore, me te kore e ngaro te takitahi. Kua riro i a te Karaiti tēnei herekoretanga whakamutunga i mua i tōna whānautanga hei Ihu. I roto i ngā wāhanga e toru o tōna hītori, e tohuhia ana i roto i tōna oranga whenua hei ngā rā e toru o tōna wheako i te mate me te aranga mai, kua eke ia ki te mana ki te ara ake i roto i te Wairua."

"Me pāngia te tangata kāore anō kia whanake e te tini o ngā whakawhānaungatanga o te whenua, o te ao tūroa, me te take, kia puta ai i roto i ōna tinana e toru. Ka taea e te rangatira e whiwhi ana i tēnei herekoretanga whakamutunga te whiriwhiri ki te hoki ki te whenua hei poropiti hei whakahoki mai i ētahi atu tangata ki te Atua, ki te noho rānei ki te ao tūroa, pērā i ahau. I reira ka tangohia e te kaiwhakaora ētahi o ngā kawenga o te karma o ngā tāngata whenua **43-11.**" ā, mā tēnei ka āwhina i a rātou ki te whakamutu i tā rātou huringa o te whānautanga anō ki te ao tūroa, ka haere tonu ki ngā ao pūtake. Mēnā rānei, ka taea e te wairua kua wetekina te tomo ki te ao pūtake hei āwhina i ōna mea kia whakapoto i tō rātou roanga i roto i te tinana pūtake, ā, kia eke ki te Herekoretanga Tuturu."

"E te Tangata kua Aranga Mai, e hiahia ana ahau ki te mōhio atu mō te karma e akiaki ana i ngā wairua ki te hoki ki ngā ao e toru." Ka taea e au te whakarongo tonu, i whakaaro ahau, ki taku Ariki Matatau Katoa. Kāore anō i roto i tōna ao i taea e au te whakauru i te nuinga o ana whakaaro nui. Ināianei, mō te wā tuatahi, ka whiwhi ahau i tētahi tirohanga mārama, tino mārama ki ngā wāhi ngaro i runga i te

papa reti o te ora me te mate.

"Me whakaoti katoatia te karma tinana, ngā hiahia rānei o te tangata i mua i te taea o tōna noho tuturu ki ngā ao wairua," te whakamārama a taku tohunga me tōna reo whakahihiri. "E rua ngā momo mea ora e ora ana i roto te wheturangi ngā porowhita Ko ērā ko wai tonu whai whenua karma ki tuku o me ko wai nō reira me noho anō ki roto i te tinana kikokiko hei utu i ā rātou nama karma, ā, i muri i te matenga tinana, ka taea te whakarōpū he manuhiri rangitahi ki te ao wairua, kaua ki te noho tuturu.

"Kāore e whakaaetia ngā tāngata kāore anō kia whiwhi i te karma whenua i muri i te matenga wairua ki te haere ki te ao tūroa o ngā whakaaro o te ao, engari me haereere noa i ngā ao tūroa me te ao wairua, me te mōhio ki ō rātou tinana tinana o ngā huānga matua tekau mā ono, me ō rātou tinana wairua o ngā huānga ngawari tekau mā iwa. Heoi, i muri i ia ngaronga o tō rātou tinana tinana, ka puta he tangata kāore anō kia whanake."

nō te whenua ia, ka noho tonu ia i roto i te moe hohonu o te mate, ā, kāore e tino mōhio ki te ao tūroa ataahua. I muri i te okiokinga tūroa, ka hoki taua tangata ki te ao tūroa mō ētahi atu akoranga, me te āta whakamātau haere i a ia anō, mā roto i ngā haerenga maha, ki te ao tūroa. ngā ao o te kakano whetu ngawari.

"Ko te hunga noho noa, te hunga noho roa rānei o te ao whetu, ko rātou kua wetekina ake tonu atu i ngā hiahia katoa o te ao, kāore e hiahiatia kia hoki atu ki ngā wiri o te whenua." Ko te karma astral me te karma take anake hei whakatau i aua mea. I te matenga astral ka huri ēnei mea ki te ao pūtake tino pai, tino ātaahua hoki. I te mutunga o tētahi wā, i whakatauhia e te ture ao whānui, ka hoki ēnei mea matatau ki Hiranyaloka, ki tētahi aorangi whetu teitei rite rānei, ka whānau anō ki tētahi tinana whetu hou hei mahi i tā rātou karma whetu kāore anō kia whakaorangia.

"E taku tama, ka mārāma ake koe inaiane kua ara ake ahau i runga i te ture a te Atua," ka haere tonu a Sri Yukteswar, "hei kaiwhakaora mō ngā wairua e hoki mai ana i te ao tūroa, kua ki ngā wairua e puta ake ana i te ao tūroa e puta ake ana i te whenua. Ko te hunga nō te whenua, ki te mau tonu ō rātou toenga o te karma rauemi, kāore e piki ki ngā aorangi whetu teitei rawa pērā i a Hiranyaloka."

"Pērā i te nuinga o te tangata o te ao kāore anō kia ako mā te whakaaroaro - mā te tirohanga kua riro mai - ki te maioha ki te pai ake ngā harikoa me ngā painga o wheturangi ora me nō reira, i muri te mate, hiahia ki whakahoki ki Nā te iti o ngā ahuareka o te whenua, he maha ngā mea ora o te ao tūroa, i te wā e memeha haere ana ō rātou tinana ora, kāore e taea te whakaaro ki te āhua o te harikoa wairua i te ao pūtake, ā, i te noho tonu ki ngā whakaaro o te harikoa ora nui, whakahirahira hoki, ka hiahia rātou ki te hoki anō ki te pararaiha ora. Me utu e ēnei mea te karma ora taumaha i mua i te taea e rātou te whakatutuki i muri mai. Ko te mate wairua he noho tuturu ki te ao whakaaro take, he mea tino wehe ke mai i te Kaihanga.

"Ina kore he hiahia anō o te tangata ki ngā wheako i roto i te ao tūroa e ahuareka ana ki te kanohi, ā, kāore e taea te whakamatautauria kia hoki ki reira, ka noho tonu ia ki te ao pūtake. I te whakaoti i te mahi whakaora i ngā karma pūtake katoa, i ngā purapura rānei o ngā hiahia o mua, ka panaia e te wairua kua herea te whakamutunga o ngā kōhao e toru o te kuware, ā, ka puta mai i te ipu whakamutunga o te tinana pūtake, ka hanumi ki te Mutunga Kore."

"Inaiane mahi koe mārāma?" Kaiwhakaako menemene nā reira tino mīharo!

"Āe, mā roto tōu te aroha noa ahau am kāhore he kupu me harikoa me te whakawhetai."

Kāore anō kia whiwhi ahau i tētahi mātauranga whakahihiri pēnei i roto i te waiata, i te kōrero rānei. Ahakoa e kōrero ana ngā karaipiture Hinitu mō ngā ao pūtake me ngā ao whetū me ngā tinana e toru o te tangata, he tino tawhiti, he koretake hoki

aua whārangi ki te whakataurite ki te pono mahana o tōku Ariki kua ara ake! Ki a ia, kāore rawa he "whenua kāore anō kia kitea, kāore he tangata haereere e hoki mai ana"!

"Ko te urunga tahi o ngā tinana e toru o te tangata e whakaatuhia ana i roto i ngā huarahi maha mā roto i tōna āhua toru," taku nui tohunga i haere i runga. "I roto i te mataara kāwanatanga i runga whenua he tangata te noho ko mōhio neke atu, iti iho rānei i ana waka e toru. Ina hiahia nui ia ki te whakamātau, ki te hongī, ki te pā, ki te whakarongo,

mā te kite rānei, e mahi ana ia mā roto i tōna tinana tinana. Mā te whakaaro, mā te hiahia rānei, e mahi ana ia mā roto i tōna tinana wairua. Ka kitea tōna reo pūtake ina whakaaro te tangata, ina ruku hohonu rānei ki te whakaaroaro, ki te whakaaroaro rānei; ka tae mai ngā whakaaro ao o te tangata mohio ki te tangata e whakapā atu ana ki tōna tinana pūtake. I roto i tēnei tikanga, ka taea te whakarōpū whānui i te tangata hei 'tangata rauemi,' 'tangata hihiko,' 'tangata hinengaro rānei.'

"E ono hāora te roa o te tangata e hono ana i a ia anō ki tana waka tinana i ia rā. Kātahi ka moe ia; ki te moemoeā ia, ka noho tonu ia i roto i tōna tinana whetu, me te hanga ngāwari i tētahi mea, pērā i ngā mea whetu. Ki te hōhonu, kāore he moemoeā o te tangata, mō ētahi hāora ka taea e ia te whakawhiti i tōna hinengaro, i tōna whakaaro rānei ki te I-kotahi, ki te tinana pūtake; he whakaoraora taua moe. Kei te whakapā atu te tangata moemoeā ki tōna tinana whetu, ehara i te tinana pūtake; kāore tana moe i te tino whakahauora."

ahau i a kua aroha te mātakitaki Hīri Yukteswar i te wā ia i hoatu tāna whakamiharo whakaaturanga

"E te tohunga āngera," ka mea atu ahau, "ko tō tinana he rite tonu ki tōna āhua i taku tangi whakamutunga mōna i te ashram o Puri."

"Āe, he tino tauira taku tinana hou o te tinana tawhito. Ka whakawhānau, ka tango rānei ahau i tēnei āhua i ngā wā katoa e pai ai ahau, he maha atu i taku i te ao nei. Mā te tango tere i te āhua, ka tere haere ahau ināianei mā te māramatanga mai i tētahi aorangi ki tētahi aorangi, mai i te ao tūroa ki te ao tūroa, ki te ao tūroa rānei." Ka menemene taku tohunga atua. "Ahakoa tō tere haere i ēnei rā, kāore he uaua ki ahau te kimi i a koe i Bombay!"

"Āe E te Kaiwhakaako, ahau i e pouri ana nā reira hōhonu mō tōu te mate!"

"Ā, i hea ahau i mate ai? Kāore ianei he whakahē?" I kanapa ngā kanohi o Sri Yukteswar i te aroha me te ngahau.

"I moemoeā noa koe i runga i te whenua; i runga i taua whenua i kite koe i taku tinana moemoeā," ka haere tonu ia. "I muri mai i tanumia e koe taua ahua moemoeā. Inaianei kua ara ake taku tinana kikokiko pai ake - e kite nei koe, ā, e awhi tata ana koe i tēnei wā! - ki tētahi atu ao moemoeā pai ake o te Atua. I tētahi rā ka Ka memeha haere te tinana moemoeā pai ake me te ao moemoeā pai ake; kāore hoki rāua e noho tonu. Me pakaru ngā mirumiru moemoeā katoa i te wā e oho ake ana. Wehewehea, e taku tama, e Yogananda, ngā moemoeā me te Tūturu!"

Ko tēnei whakaaro o te *Vedantic* **43-12** I miharo ahau ki te aranga mai. I whakama ahau i taku aroha ki te Ariki i taku kitenga i tōna tinana mate i Puri. I te mutunga ka mārāma ahau kua ara tonu taku guru i roto i te Atua, e kite ana i tōna ake oranga me tōna matenga i te whenua, me tōna aranga mai i nāianei, he mea noa iho

i ngā whanaungatanga o ngā whakaaro atua i roto i te moemoeā o te ao.

"Kua kōrerotia atu e au ki a koe, e Yogananda, ngā pono o tōku ao, o tōku matenga, me tōku aranga mai. Kaua e pouri mōku; engari, whakapāhotia ki ngā wāhi katoa te kōrero o tōku aranga mai i te whenua moemoeā-a-Atua o te tangata ki tētahi atu aorangi moemoeā-a-Atua o ngā wairua kua whakakakahuhia ki te ao tūroa! Ka whakatōkia he tumanako hou ki roto i ngā ngākau o te hunga moemoeā-pouri, wehi-mate o te ao."

"Āe, E te Ariki!" Me pēhea i runga i te ngākau aroha e ahau tohatoha me ētahi atu taku harikoa i tāna te aranga mai!

"I runga i te whenua, he tino teitei rawa aku paerewa, kāore i rite ki te āhua o te nuinga o te tangata. He maha aku riri i a koe, nui atu i taku i tika ai. I angitu koe i taku whakamātautau; i whiti tō aroha i roto i ngā kapua o ngā riri katoa." Ka tāpiri mārie ia, "I haere mai hoki ahau i tēnei rā ki te kī atu ki a koe: Kāore au e mau anō i te titiro pakari o te riri. Kāore au e riri anō i a koe."

Āe, te nui o taku ngaro i ngā whiu a taku tohunga nui! He anahera tiaki ia tangata, ia tangata.

"E te aroha E te rangatira! Ripeneta ahau he miriona ngā wā-mahi riria ahau inaianei!"

"Kāore au e riri atu i a koe." He reo nui tōna, engari he kata kei roto. "Ka menemene tahi tāua, kia rerekē ai ō tāua āhua e rua i roto i te moemoeā a te Atua, a *Maya*. Hei whakamutunga ka hanumi tāua hei kotahi i roto i te Ao Aroha; ko ā tāua menemene ka waiho hei menemene Nāna, ko tā tāua waiata harikoa kotahi e wiri ana i te ao mutunga kore hei whakapāho ki ngā wairua kua aro ki te Atua!"

I homai e Sri Yukteswar he māramatanga ki ahau mō ētahi take kāore e taea e au te whakaatu i konei. I roto i ngā haora e rua i noho tahi ai māua i te rūma hōtēra o Bombay, i whakautua e ia aku pātai katoa. He maha ngā poropititanga o te ao i whakapuakina e ia i taua rā o Hune i te tau 1936 kua tutuki kē.

"Ka mahue atu koe i ahau, e te hoa aroha!" I te rongonga i ēnei kupu, ka memeha haere te Ariki i roto i ōku ringa e awhi ana.

"E taku tamaiti," i tangi tōna reo, e wiri ana ki roto i tōku wairua, "inā tomo koe ki te tatau o te *nirbikalpa samadhi* ka karanga mai ki ahau, ka haere atu ahau ki a koe i roto i te kikokiko me te toto, pērā i tēnei rā."

Nā tēnei kupu whakaari rangi i ngaro atu a Sri Yukteswar i taku tirohanga. I kōrero anō te reo kapua me te whatitiri waiata: "Kōrerotia ki te katoa! Mā te mohiotanga *nirbikalpa*, ko tō whenua he moemoeā nā te Atua, ka taea e ia te haere mai ki te aorangi ataahua o Hiranyaloka, ā, ka kitea ahau e ara ake ana i roto i te tinana rite tonu ki tōku whenua. E Yogananda, kōrerotia ki te katoa!"

Kua ngaro te pouri o te wehenga. Ko te aroha me te pōuri mō tōna matenga, te kaipahua roa o tōku rangimārie, kua rere atu i te whakama nui. I ringihia te harikoa pērā i te puna i roto i ngā pūwero wairua mutunga kore, kua tuwhera hou. I mua i kapi i te kore whakamahinga, inaianei kua whānui ake te parakore i te waipuke o te harikoa.

Ka marere ngā paru karma o ōku whakaaro me ōku kare ā-roto o mua, ā, ka whakahoutia anō i te haerenga mai o te atua a Sri Yukteswar.

I tēnei upoko o taku kōrero whaiaro, kua whakarongo ahau ki te whakahau a taku tohunga, ā, kua horahia e au te rongo pai, ahakoa ka whakapoauau anō i tētahi whakatupuranga kāore i te mōhio. E mōhio ana te tangata ki te whakatōtō; he onge te noho pōuri; heoi he whanoke ēnei, ehara i te mea nō te tangata tūturu. I te rā e pai ai ia, kua whakatakotoria ia ki te ara ki te herekoretanga. Kua roa rawa ia e whakarongo ana ki te pouri pōuri o ana kaiwhakatakoto whakaaro "koe te puehu", kāore e aro ki te wairua e kore e taea te hinga.

ahau i kāore te anake kotahi rangatira ki tirohia te Kua ara ake Guru.

Ko tētahi o ngā chela a Sri Yukteswar he kuia, e mōhiotia whānuitia ana ko *Ma* (Whaea), ko tōna kāinga e tata ana ki te whare karakia o Puri. He maha ngā wā i tū ai te Ariki ki te kōrero ki a ia i a ia e hikoi ana i te ata. I te ahiahi o te 16 o Poutū-te-rangi, 1936, ka tae atu a Ma ki te ashram, ā, ka tono kia kite i tana guru.

"Āe, i mate te Ariki i te wiki kua taha ake nei!" Ka titiro pouri a Swami Sebananda, te kaiwhakahaere o te whare karakia o Puri, ki a ia.

"Kāore e taea!" Ātaata ana ia. "Kei te ngana noa pea koe ki te tiaki i te guru mai i ngā manuhiri tohe tonu?"

"Kāo." I kōrerotia e Sebananda ngā taipitopito o te tanumanga. "Haere mai," tana kī, "Māku koe e kawe ki te māra o mua ki te urupā o Sri Yukteswarji."

Ka ruru a Māmā i tōna mähunga. "Kāore he urupā mōna! I tēnei ata i te tekau karaka, i haere atu ia i tana ara noa i mua i tōku tatau! I kōrero ahau ki a ia mō ētahi meneti i te waho kanapa."

"Haere mai tēnei ahiahi ki te whare karakia, ia i mea.

"Kei konei ahau! Ringihia ngā manaakitanga ki runga i tēnei mahunga hina! I hiahia te tohunga matekore kia mārāma ahau i roto i te tinana whakahirahira i toro mai ai ia ki ahau i tēnei ata!"

Te miharo Sebananda tuturi i mua i ia.

"Māmā," ia i mea, "he aha he taumaha o pouri koe hiki mai i taku ngākau! Ia ko kua ara!"

43-1 : I roto *sabikalpa samadhi* te tangata karakia kua wairua kua ahu whakamua ki he kāwanatanga o roto atua te uniana, engari kāore e taea pupuri i tana ao whānui hinengaro engari i roto te kore e nekeneke āhua-pōuri. Nā tonu whakaaroaro, ia ngā tae te pai ake kāwanatanga o te *nirbikalpa samadhi* , te wāhi e nekeneke noa ai ia i te ao, e mahi ana i ana mahi o waho, me te kore e ngaro te mōhio ki te Atua.

43-2 : Hīri Yukteswar whakamahia te kupu *prana* ahau whai whakamāoritia reira hei ngā lifetron. Te Hinitū ngā karaipiture tirohia kāore anake ki te *anu* , "atom," me ki te *Paramanu* "i tua atu te "ātomo," pai ake hiko ngā pūngao; engari hoki ki *prana* "auaha te ora-rorohiko "kaha." Ngā ngota me ngā irahiko kei matapo ngā ope taua; *prana* ko ā-roto mātau Te pranīc ngā lifetron i roto te parāoa me hua manu hei tauira, ārahi i te whanaketanga o te kukune i runga i te hoahoa karmic.

43-3 : Kupu āhua o te *mantra* , he oro purapura e waiatatia ana e tukuna ana e te pū hinengaro o te arotahi. Ko ngā *Puranas* (*ngā shastra* tawhito rānei ngā tuhinga) whakaahua ēnei *māntrī* ngā pakanga i waenganui *ngā atua* me *ngā asura* (atua me ngā rewera). He *asura* kotahi i whakamātauria ki te patu i te *atua* ki te karakia kaha. Engari nā te hē o te whakahua, ka mahi te poma hinengaro hei pūmerang, ā, ka mate te rewera.

43-4 : Ngā tauira o pērā ngā mana kei kāore hiahia ahakoa i runga whenua, hei i roto te kēhi o Hērena Keller me ētahi atu onge ngā mea ora.

43-5 : Ariki Buddha i kotahi i pātaihia he aha ai he tāne me aroha katoa ngā tāngata ōrite. "Nā te mea," te nui kaiako i whakautu, "i roto i te tino tini me kanorau ngā roanga o te ora o ia tangata, ia ētahi atu te noho kua i kotahi wā rānei tētahi atu kua e te aroha ki ia."

43-6 : Te waru huānga ngā āhuatanga e tomo ki roto katoa i hangaia te ora, mai i ngota ki tangata, kei whenua, wai, ahi, hau, te ātea, te nekehanga, te hinengaro, me te takitahi. (*Bhagavad Gita* : VII:4.)

43-7 : Tinana te tikanga tetahi te ārai wairua, mēnā rānei whakarihariha rānei mārire Te toru ngā tinana kei ngā whare herehere mō te Manu o Pararaiha.

43-8 : Ahakoa hei Pāpāji i āwhina Rāhiri Mahasaya ki whakakore ia anō o he hinengaro kore hiahia mai i ētahi ngā rā o mua ora mō he te whare kingi, e ai ki te whakamārama i te upoko 34.

43-9 "Ka mea ia ki a rātou, Ko te wāhi i takoto ai te tupapaku, ko reira huihui ai ngā ēkara." - *Ruka* 17:37. te wairua ko kua takai i roto te ā-tinana tinana rānei i roto te wheturangi tinana rānei i roto te take tinana, i reira te ngā ēkara o Ko ngā hiahia - e hopu ana i ngā ngoikore o ngā mānukanuka tangata, i ngā hononga wairua me ngā hononga take - ka huihui hoki hei herehere i te wairua .

43-10 "Ko ia te wikitoria, māku ia e mea hei pou i roto i te whare tapu o tōku Atua, ā, e kore ia e haere ki waho a muri ake nei (arā, ka whānau hou mai anō kāore atu anō). Ki ia tērā wikitoria ka ahau tuku moni ki noho me ahau i roto taku torona, ahakoa hei ahau hoki i hinga, me

.am whakatakotoria iho me taku Matua i roto tāna torona." - *Whakakitenga* 3:12, 21

43-11 I te tohu a Sri Yukteswar, ahakoa i roto i tōna tinana whenua, i ētahi wā ka mau ia i te taumaha o te mate ki whakamārama tāna ngā ākonga karma, nā reira i roto te wheturangi ao tāna misioni hei he kaiwhakaora whakahohea ia ki tango i runga tino te karma whetū o ngā kainoho o Hiranyaloka, ā, nā reira ka tere ai tō rātou whanaketanga ki te ao take teitei ake.

43-12 : Te ora me mate hei ngā whanaungatanga o whakaaro anake. *Wetana* ngā tohu i waho tērā Atua ko te anake Te mooni; katoa te hanganga wehe rānei oranga ko *māia* rānei mānukanuka Tenei rapunga whakaaro o monihitanga i whiwhi tōna teitei rawa te whakapuakitanga i roto te Ngā whakamārama *Upanishad* mō Shankara.

Upoko: 44

Ki Mahatma Kānati I Wardha

"Nau mai ki Wardha!" I mihi atu a Mahadev Desai, te hēkeretari a Mahatma Gandhi, ki a Miss Bletch, ki a Mr. Wright, me ahau anō me ēnei kupu atawhai me te koha o ngā karauna *khaddar* (miro whatu kāinga). Nō te atatu o Ākuhata, kua heke iho tā mātou rōpū iti i te teihana o Wardha, me te harikoa ki te wehe atu i te puehu me te wera o te tereina. I te tukunga i ā mātou tueke ki tētahi kāreti kau, ka tomo mātou ki tētahi motuka tuwhera me Mr. Desai me ōna hoa, a Babasaheb Deshmukh rāua ko Tākuta Pingale. He poto noa te haerenga i runga i ngā rori paru whenua i tae atu ai mātou ki *Maganvadi* , te ashram o te tapu tōrangapū o Īnia.

I arahina tonu mātou e Mr. Desai ki te rūma tuhituhi, ā, i reira a Mahatma Gandhi e noho ana, e whiti ana ōna waewae. He pene kei te ringa kotahi, he pepa kei te ringa kē, ā, he ataata nui, he ataata toa, he ataata mahana kei tōna mata!

"Nau mai haere mai!" ia tuhituhi i roto Hīni; reira i he Mane, tāna ia wiki rā o te wā puku.

Ahakoā ko tā māua hui tuatahi tēnei, i ataata aroha māua tetahi ki tetahi. I te tau 1925 i whakanuia e Mahatma Gandhi te kura o Ranchi mā te toro atu, ā, i tuhia e ia tētahi mihi aroha ki roto i tana pukapuka manuhiri .

I tiaho te tapu iti nei, 100-pauna te taumaha, ā, i kitea tōna hauora tinana, hinengaro, me te wairua. I tiaho ōna kanohi parauri ngawari ki te mohio, ki te pono, me te wehewehe; kua rite te hinengaro o tēnei rangatira whenua, ā, kua puta ko ia te toa i roto i ngā mano pakanga ture, pāpori, me te tōrangapū. Kāore he atu rangatira o te ao kua eke ki te wāhi pumau i roto i ngā ngākau o tōna iwi e nohoia ana e Gandhi mō Īnia. miriona kore mātauranga. Ko tā rātou whakanui ohorere ko tōna taitara rongonui - *Mahatma* , "wairua nui." **44-1** Mō rātou anake, ka herea e Gandhi tōna kākahu ki te whitiki kua kapi katoa i ngā pakiwaituhi, he tohu mō tōna kotahitanga me te hunga e tukinotia ana, kāore nei e taea te utu.



Mahatma Kānati

I te marama o Ākuhata, 1935, ka kai mārie ahau me te tangata tapu tōrangapū o Īnia i tōna whare karakia i Wardha .

"Kei te wātea katoa ngā tāngata noho o te ashram ki a koutou; tēnā koa waea atu ki a rātou mō tetahi mahi." Me te ngākau atawhai, ka homai e te Mahatma tēnei reta i tuhia wawetia ki ahau, i a Mr. Desai e ārahi ana i tā mātou rōpū mai i te rūma tuhituhi ki te whare manuhiri.

I arahina mātou e tō mātou kaiārahi i roto i ngā mārā hua rākau me ngā mara putiputi ki tētahi whare he tuanui tāera me ngā matapihi whakarara. I whakamahia he puna i mua o te mārā, e rua tekau mā rima putu te whānui, e ai ki a Mr. Desai, hei whakamakuku i ngā kararehe; i tata atu he wira sima hurihuri hei patu witi i te raihi. Ko ia o tō mātou rūma moe iti i kitea ko te iti rawa o te mea kāore e taea te whakaiti - he moenga, he mea hanga ki te taura. Ko te kīhini kua pania ki te mā i

whakamanamana i tētahi pūwero i tētahi kokonga, me tētahi poka ahi mō te tunu kai i tētahi atu. I tae mai ngā oro ngawari o te ao Arcadian ki ō mātou taringa—te tangi a ngā manu kākāriki me ngā manu iti, te tangi a ngā kau, me te haruru o ngā whao e whakamahia ana hei wawahi i ngā kōhatu.

Te mātakitaki Mr. A Wright haere rātaka, Mr. Desai i whakatuwheratia he whārangi me i tuhituhi i runga reira he rārangi o *Satyagraha*

"Kore-tūkino; Pono; Kore-Tae; Noho Takakau; Kore-Pupuri; Mahi-Tino; Whakahaere i te Reo; Kore-Maia; Whakaute ōrite mō ngā whakaponu katoa; *Swadeshi* (te whakamahi i ngā mea hanga kāinga); Te herekore mai i te kore-pā. Me pupuri ēnei tekau mā tahi hei oati i roto i te wairua whakaiti."

(Kāni ia anō hainatia tēnei whārangi i runga te e whai ake nei rā, hoatu te rā hoki-
Ākuhata 27, 1935.)

E rua hāora i muri i tō mātou taenga mai, ka karangatia mātou ko ōku hoa ki te tina. Kua noho kē te Mahatma i raro i te arawhata o te whakamahau o te ashram, i tērā taha o te marae mai i tana rūma ako. Tata ki te rua tekau mā rima *ngā satyagrahis kāhore* he hu i noho ki mua i ngā kapu me ngā pereti parahi. He waiata inoi ā-iwi; kātahi ka tukuna he kai mai i ngā kohua parahi nui kei roto ko *ngā chapati* (taro witi katoa kāore i rewenatia) kua tauhiuhia ki te *ghee* ; *talsari* (huawhenua kohuatia me te tapatapahi), me te tiamu rēmana.

I kai te Mahatma i *ngā chapati* , i ngā pīti kohuatia, i ētahi huawhenua mata, me ngā karaka. I te taha o tana pereti he puranga nui o ngā rau *neem tino kawa* , he mea horoi toto rongonui. Ki tana pūnu ka wehea e ia tētahi wāhanga ka whakatakotoria ki runga i taku rihi. I ringihia e au ki te wai, me te mahara ki ngā rā o taku tamarikitanga i akiaki ai a Māmā i ahau kia horomia te horopeta kino. Heoi, i kai a Gandhi i te whakapiri *neem* me te reka, me te mea he mīti reka.

I roto i tēnei mahi iti noa iho, i kite ahau i te kaha o te Mahatma ki te wehe i tōna hinengaro mai i ngā kare ā-roto i a ia e hiahia ana. I mahara ahau ki te tangohanga o te apeni rongonui i mahia ki a ia i ētahi tau kua pahure. I te whakakorenga i ngā rongoā whakamoe, i kōrero harikoa te tangata tapu ki āna ākongā i te roanga o te pokanga, me tana ataata hopuhopu e whakaatu ana i tōna kore mōhio ki te mamae.

I te ahiahi ka whai wāhi ki te kōrero ki te akonga rongonui a Gandhi, te tamāhine a te āmirara Ingarihi, a Miss Madeleine Slade, e kiia nei ko Mirabai. 44-3 Ka tiaho tōna mata māia, marino hoki i te hihiri i a ia e kōrero mai ana ki ahau mō āna mahi o ia rā, i te reo Hindi tino tika.

"He mahi whai hua te mahi whakahou i te taiwhenua! Ka haere tētahi rōpū o mātou i ia ata i te rima karaka ki te mahi ki ngā tāngata o te kāinga tata, ki te whakaako i a rātou ki ngā tikanga akuaku māmā noa iho. Ka whakapau kaha mātou ki te horoi i ā rātou wharepaku me ō rātou whare paru. Kāore i te mōhio te hunga o te kāinga ki te pānui me te tuhituhi; kāore e taea te ako i a rātou mēnā ehara i te tauira!" Ka kata ia me te harikoa.

I titiro atu ahau me te miharo ki tēnei wahine rangatira o Ingarangi, nā tōna ngākau

mahaki Karaitiana pono i āhei ai ia ki te mahi i te mahi kōhi moni e mahia ana e te hunga "kore e taea te pāngia".

"I tae mai ahau ki Īnia i te tau 1925," tana kī mai ki ahau. "I tēnei whenua, e whakaaro ana ahau kua 'hoki mai ahau ki te kāinga.' Inaianei, kāore rawa ahau e pai ki te hoki ki tōku ao tawhito me ōku hiahia tawhito."

I kōrero mātou mō Amerika mō tētahi wā. "E harikoa ana ahau, e miharo ana hoki," tana kī, "ki te kite i te hiahia nui o te tini o ngā Amerikana e toro atu ana ki Īnia ki ngā kaupapa wairua." **44-4**

Kāore i roa ka pukumahi a Mirabai ki te mahi i te *charka* (te wira hurihuri), e kitea ana i ngā rūma ashram katoa, ā, nā te Mahatma, e kitea ana puta noa i ngā taiwhenua o Īnia.

He take ōhanga me te ahurea pakari ā Gandhi hei whakatenatena i te whakaoranga o ngā whare iti ngā ahumahi, engari kāore ia e tohutohu ana kia whakakahoretia rawatia ngā ahunga whakamua katoa o ēnei rā. He mea nui ngā mahi a ngā mīhini, ngā tereina, ngā motuka, me te waea tere i roto i tōna ake oranga nui! E rima tekau tau o te mahi tūmatanui, i roto i te whare herehere, i waho hoki, e tohe ana i ia rā ki ngā taipitopito mahi me ngā āhuatanga uaua o te ao tōrangapū, kua piki ake tōna taurite, tōna hinengaro tuwhera, tōna hinengaro pai, me tōna maioha ki te whakaaturanga tangata ataahua.

I kai tahi mātou tokotoru i te tina ono karaka hei manuhiri mā Babasaheb Deshmukh. Ko te inoi i te 7:00 i te ahiahi I te haora i tae atu mātou ki te ashram o *Maganvadi*, e piki ana ki te tuanui kei reira e toru tekau *ngā satyagrahi* i huihui mai. i roto he haurua porowhita huri noa Kānati. Ia i noho pōturi i runga he kakau witi whāriki, he tawhito i te aroaro o ia te wati pōke. I whiti te rā e memeha haere ana i te hihi whakamutunga ki runga i ngā nikau me ngā rākau pania; kua tīmata te haruru o te pō me ngā kirikiti. He marino te āhuarangi; i tino miharo ahau.

He karakia whakahirahira nā Mr. Desai i ārahi, me ngā whakautu a te rōpū; kātahi ka pānuitia te *Gita*. I tohu mai te Mahatma ki ahau kia hoatu te karakia whakamutunga. He whakakotahitanga atua o te whakaaro me te wawata! He maharatanga ake ake: te whakaaroaro Wardha i runga i te tuanui i raro i ngā whetu o te ata.

I te waru karaka i te wā tika, ka mutu te kōrero puku a Gandhi. Nā ngā mahi uaua o tōna ao i hiahia ia kia wehewehea tōna wā i ia wā, i ia wā.

"Nau mai, e Swamiji!" Kāore te mihi a te Mahatma i tēnei wā i ahu mai i te pepa. I heke iho mātou i te tuanui ki tōna rūma tuhituhi, he whāriki tapawhā noa iho ngā mea kua whakapaipaihia (kāore he tūru), he tēpu iti kei roto ngā pukapuka, ngā pepa, me he torutoru noa ngā pene (kāore puna wai ngā pene); he kāore i te whakaahuatua karaka kua tohua i roto he kokonga. He āhua rangimārie me te ngākau pono e horapa ana. I te menemene a Gandhi, he nui, me te mea kāore he niho.

"I ngā tau kua pahure ake nei," tana whakamārama, "i tīmata taku pupuri i te rā o te noho puku i ia wiki hei huarahi mō te whai wā ki te tiro tiro i aku reta. Engari ināianei kua riro aua haora e rua tekau mā whā hei matea wairua nui. Ko te whakatau i ia wā mō te noho puku ehara i te whakamamae engari he manaakitanga."

I whakaae katoa ahau. **44-5** I pātai mai te Mahatma ki ahau mō Amerika me Ūropi; i kōrero māua mō Īnia me ngā āhuatanga o te ao.

"E Mahadev," te kī a Gandhi i te taenga mai o Mr. Desai ki te rūma, "tēnā koa

whakaritea ki te Whare Kaunihera kia kōrero a Swamiji mō te yoga āpōpō."

I a au e poroporoaki ana ki te Mahatma, ka homai e ia he pounamu hinu citronella ki ahau me te atawhai. "Kāore ngā waeroa Wardha e mōhio ki tetahi mea mō *te ahimsa* , 44-6." Swamiji!" ka mea ia, me te kata.

I te ata i muri mai, i parakuihi wawe tā mātou rōpū iti i te parāoa witi reka me te molasses me te miraka. I te tekau me te toru tekau ka karangatia mātou ki te whakamahau o te ashram mō te tina me Gandhi me ngā *satyagrahi* . I roto i te tahua i tēnei rā ko te raihi parauri, he kōwhiringa huawhenua hou, me ngā purapura kātamati.

I te poutumarotanga ka kitea ahau e hikoi haere ana i te whenua o te ashram, ki te whenua whāngai kau torutoru, kāore i te māharahara. Ko te tiaki i ngā kau te mea nui ki a Gandhi.

"Ki ahau nei, ko te kau te ao katoa e horapa ana ki tua atu i tōna ake momo," te whakamārama a te Mahatma. "Mā te kau ka whakahaua te tangata kia mōhio ki tōna tuakiri." me ngā mea ora katoa. He mārāma ki ahau te take i whiriwhiria ai e ngā rishis o mua te kau mō te whakanuinga. Ko te Ko te kau i Inia te whakataurite pai rawa atu; ko ia te kaiwhakawhiwhi i te nui. Ehara i te mea ko te miraka anake i homai e ia, engari i taea ai hoki e ia te ahuhenua. He rotarota aroha te kau; ka kitea te aroha i roto i te kararehe ngawari. Ko ia te whaea tuarua o te miriona o te tangata. Ko te tiaki i te kau he tiaki i te hanganga wahangu katoa a te Atua. Ko te karanga a te raupapa o raro o te hanganga he kaha ake nā te mea kāore e taea te kōrero.

E toru ngā tikanga o ia rā e whakahaua ana e te hunga Hinitū tikanga. Ko tētahi ko te *Bhuta Yajna*, he whakahere kai ki te kararehe rangatiratanga. Tenei hui tohu tāne te whakatutukitanga o tāna ngā herenga ki ngā momo hanganga kāore i tino whanake, e herea ana ki ngā tuakiri tinana e waikura ana hoki i te tangata te ora, engari kāore i roto i taua kouniga o te whakaaro whakaora e motuhake ana ki te tangata. *Bhuta Yajna* nā reira ka whakakaha ake i te hiahia o te tangata ki te āwhina i te hunga ngoikore, i te mea ka whakamarietia ia e ngā manaakitanga maha o ngā mea teitei e kore e kitea. Kei raro hoki te tangata i te here mō ngā taonga whakaora o te taiao, te mea ngaro i te whenua, i te moana, i te rangi. Nō reira, ka hinga te arai whanaketanga o te kore whakawhiwhiti kōrero i waenga i te taiao, i ngā kararehe, i te tangata, me ngā anahera whetū i ngā tari o te aroha puku.

yajna o ia rā e rua ko te *Pitri* me te *Nri*. Ko te *Pitri Yajna* he whakahere ki ngā tūpuna, hei tohu mō te whakaae a te tangata ki tana nama ki ngā rā o mua, ko te mauri o tōna whakaaro nui e whakamārama ana i te tangata o ēnei rā. Ko *Nri Yajna* he whakahere kai ki ngā manene, ki te hunga rawakore rānei, he tohu mō ngā kawenga o nāianei o te tangata, me āna mahi ki ōna hoa o taua wā.

I te tīmatanga o te ahiahi, i whakatutukihia e au tētahi *Nri Yajna noho tata mā te toro atu ki te ashram a Gandhi mō ngā kōtiro nohinohi. I haere tahi māua ko Mr. Wright i te taraiwa tekau meneti te roa. He kanohi putiputi iti, he rite ki te putiputi, kei runga i ngā sari tae roa ! I te mutunga o tētahi kōrero poto i te reo Hindi 44-7 I a au e tuku ana i waho, ka ua nui te rangi. I a māua ko Mr. Wright e kata ana, ka piki māua ko au ki runga i te motuka ka hoki tere atu ki *Maganvadi* i waenganui i ngā rau hiriwa e tere ana. He kaha rawa te ua me te wai pārūrū!*

I taku hokinga atu ki te whare manuhiri, i miharo anō ahau ki te māmā noa me ngā tohu o te patunga tapu e kitea ana i ngā wāhi katoa. I puta te oati a Gandhi mō te kore pupuri taonga i te tīmatanga o tōna oranges marena. I te whakarērea e ia tētahi

mahi ture whānui e hua ake ana i a ia he moni whiwhi ā-tau neke atu i te \$20,000, ka tohatohahia e te Mahatma ana taonga katoa ki te hunga rawakore.

Hīri Yukteswar whakamahia ki wero ngawari ngahau i te i te nuinga o te wā kāore i te rawaka ngā ariā o te whakarēreatanga

"Kāore e taea e te tangata tonono te whakarērea te taonga," te kī a te Ariki. "Ki te tangi tetahi tangata: 'Kua kore taku pakihi 'i rahua; kua whakarērea ahau e taku wahine; ka whakarērea e ahau ngā mea katoa, ka tomo ki tētahi whare mōneka,' ko tēhea patunga tapu o te ao e kōrero ana ia? Kāore ia i whakarērea te taonga me te aroha; i whakarērea ia e rātou!"

Ko ngā hunga tapu pērā i a Gandhi, i tētahi atu taha, ehara i te mea ko ngā patunga tapu ā-tinana anake kua mahia e rātou, engari ko te whakarērea uaua ake o te hiahia whaiaro me te whāinga whaiaro, me te whakakotahi i ō rātou wairua hohonu ki roto.

te awa o te tangata hei he katoa

Kāore a Kasturabai, te wahine whakamiharo a Mahatma, i whakahē i tana korenga i wehe i tētahi wāhanga o ana taonga hei whakamahi māna ake me ā rāua tamariki. I te wā o te taitamarikitanga, i moe a Gandhi rāua ko tana wahine, ā, i muri i te whānautanga o ā rāua tama, ka oati rāua kia noho takakau. **44-8** He toa wahine marino i roto i te kaha te whakaari i noho tahi ai rāua, kua aru a Kasturabai i tana tāne ki te whare herehere, kua toru wiki te roa o tana noho tahi ngā nohopuku, me tino whānau tana tohatoha o tāna mutunga kore ngā kawenga. Ia kua kua utua Nā Gandhi tēnei whakanui e whai ake nei:

Ka mihi atu ahau ki a koe mō te whai wāhi ki te noho hei hoa rangatira, hei hoa āwhina mōu mō te wā katoa. Ka mihi atu ahau ki a koe mō te marena tino pai o te ao, i runga i *te brahmacharya* (te whakahaere i a koe anō) ehara i te moepuku. Ka mihi atu ahau ki a koe mō tō whakaaro mai he rite ahau ki a koe i roto i tō oranga, e mahi ana mō Īnia. Ka mihi atu ahau ki a koe mō te kore e noho hei hoa o aua tāne e whakapau ana i ō rātou wā ki te petipeti, ki te reihi hoiho, ki ngā wāhine, ki te waina, me te waiata, e hoha ana ki ā rātou wāhine me ā rātou tamariki, pērā i te tamaiti e hoha wawe ana ki āna taonga takaro o te tamarikitanga. He nui tōku mihi kāore koe i noho hei hoa o aua tāne e whakapau ana i ō rātou wā ki te whai rawa i runga i te whakamahi i te mahi a ētahi atu.

He nui tōku whakawhetai mōu i whakatakoto ai i te Atua me te whenua ki mua i ngā utu whakapati, mōu i maia ai ki ō whakaaro me te whakapono pono ki te Atua. He nui tōku whakawhetai mō tētahi tāne i whakatakoto i te Atua me tōna whenua ki mua i ahau. He nui tōku whakawhetai ki a koe mō tō manawanui ki ahau me ōku ngoikoretanga o te taitamarikitanga, i a au e amuamu ana, e whakakeke ana ki te huringa i mahia e koe ki roto i tō mātou āhua noho, mai i te nui ki te iti.

I ahau e tamariki ana, i noho ahau i te kāinga o ō mātua; he wahine nui, he wahine pai tō whaea; nāna ahau i whakangungu, i ako ki te noho hei wahine toa, hei wahine toa, me te pupuri i te aroha me te whakaute o tana tama, taku tāne ā muri ake nei. I te pahemotanga o ngā tau, ā, i riro koe hei rangatira tino arohaina o Īnia, kua... kāore o te ngā wehi tērā pāngia te wahine ko wai mei kia maka taha āhea tana tāne kua i piki i te arawhata o te angitu, pērā i te mea e tupu pinepine ana i ētahi atu whenua. I mōhio ahau ka kitea tonu māua e te mate, e te tāne me te wahine.

Mō ngā tau maha, i mahi a Kasturabai i ngā mahi a te kaitiaki pūtea o ngā moni tūmatanui ka taea e te Mahatma e whakanuia ana te kōhi miriona. He maha ngā kōrero whakakatakata i roto i ngā kāinga Īnia hei te pānga o te matakū o ngā tāne kei mau whakapaipai ā rātou wāhine ki tētahi hui a Gandhi; ko te arero makutu a te Mahatma, e inoi ana mō te hunga e tukinotia ana, e whakawai ana i ngā poroporo koura me ngā hei taimana mai i ngā ringa me ngā kaki o te hunga whai rawa ki roto i te kete kohinga!

I tētahi rā, kāore i taea e te kaitiaki pūtea a te iwi, a Kasturabai, te whakamārama i te utunga o te whā rūpī. I whakaputaina e Gandhi tētahi arotake i roto i tana whakaaturanga i te rerekētanga o te whā rūpī a tana wahine.

He maha aku kōrero i tēnei pūrākau i mua i ngā akomanga o aku ākonga Amerikana. I tētahi ahiahi, ka puta he manawa riri nui i roto i te whare.

"E Mahatma, e kore rānei, e Mahatma," tana karanga, "me i ko ia taku tāne, kua whakapōuritia ia e au mō tētahi kupu whakatoī koretake i te aroaro o te iwi!"

I muri i ētahi kōrero whakakatakata i waenganui i a māua mō te kaupapa o ngā wāhine Amerikana me ngā wāhine Hinitū, ka haere tonu ahau ki tētahi whakamārama whānui atu.

"E whakaaro ana a Mrs. Gandhi ehara i te mea ko tana tāne te Mahatma, engari ko tana guru, he tangata whai mana." "kia whiua ia mō ngā hapa iti noa iho," i kī atu ahau. "I muri i te riria o Kasturabai i te aroaro o te marea, ka whiua a Gandhi ki te whare herehere mō tētahi whakapae tōrangapū. I a ia e poroporoaki māriri ana ki tana wahine, ka hinga ia ki ōna waewae. 'E te Ariki,' ka mea ia me te whakaiti, 'mēnā kua hara ahau ki a koe, tēnā murua mai ahau.'" **44-9**

I te toru karaka o taua ahiahi i Wardha, ka haere ahau, nā te whakaritenga o mua, ki te rūma tuhituhi o te tangata tapu nāna i hanga he ākonga pakari mai i tana wahine - he merekara onge! Ka titiro ake a Gandhi me tana ataata e kore e warewaretia.

"E Mahatmaji," ka mea atu ahau i a au e noho pōturi ana i tōna taha i runga i te whāriki kāore i te hipokina, "tēnā koa, whakamārama mai ki ahau tō whakamāramatanga o *te ahimsa*."

"Te karo o kino ki tetahi te noho mea hanga i roto whakaaro rānei mahi."

"He whakaaro ataahua! Engari ka pātai tonu te ao: Kāore e tika kia patua he neke hei tiaki i te tamaiti, i a ia anō rānei?"

"Kāore e taea e au te patu i te kōpara me te kore e takahi i aku kupu taurangi e rua - te kore wehi, me te kore patu. He pai ake ki ahau te whakamātau i roto i ahau ki te whakamarie i te nakahi mā roto i ngā wiri o te aroha. Kāore e taea e au te whakaiti i aku paerewa kia rite ki ōku āhuatanga." Me tōna pono whakamiharo, ka tāpiri atu a Gandhi, "Me whakaae ahau kāore e taea e au te whakahaere i tēnei kōrero mena ka tūtaki ahau ki te kōpara!"

ahau i kīia i runga ētahi tino tata nei Te Hauāuru ngā pukapuka i runga kai e takoto i runga tāna tēpu

"Āe, he mea nui te kai i roto i te kaupapa *Satyagraha* - pērā i ngā wāhi katoa," ka mea ia me te kata. "Nā te mea e tautoko ana ahau i te aukati katoa mō *ngā satyagrahi*, kei te ngana tonu ahau ki te kimi i te kai pai mō te hunga takakau. Me wikitoria te waha i mua i te whakahaere i te hiahia whānau. Ehara i te otinga te kai-pōkai-haurua, te kai kore taurite rānei. I muri i te wikitoria i te *hiahia* kai o roto, me whai tonu te *satyagrahi* i te kai huawhenua whakaaro nui me ngā huaora, ngā kohuke, ngā kaora, me ērā atu mea e tika ana. Mā te whakaaro nui o roto, o waho hoki mō te kai, ka ngāwari te huri i te wai moepuku o te SATYAGRAHI hei pūngao ora mō te tinana katoa."

I whakataurite māua ko te Mahatma i ō māua mōhiotanga mō ngā kai pai hei whakakapi mīti. "He tino reka te āwōkātō," taku kī. "He maha ngā mōra āwōkātō e tata ana ki tōku pokapū i California."

Ka tiaho te mata o Gandhi i te hiahia. "Mehemea ka tipu rātou ki Wardha? Ka maioha ngā *satyagrahis ki tētahi kai hou.*"

"Ka tino tukuna atu e au ētahi tipu āwōkātō mai i Los Angeles ki Wardha." **44-10** I tāpiri atu ahau, "He kai nui te pūmua i ngā hua manu; kāore e whakaaetia kia kai i *ngā satyagrahis*?"

"Ehara i te hua manu kāore i whakatōkia." Ka kata te Mahatma me te whakamahara. "Mō ngā tau maha kāore au i whakaae ki te whakamahi i ēnei hua; tae noa ki tēnei wā kāore au e kai ana i ēnei hua. I mate tētahi o aku hunaonga i te kore kai; i tohe tana tākuta kia whiwhi hua manu. Kāore au i whakaae, ā, i tohutohu atu ahau kia hoatu ki a ia ētahi." whakakapinga hua manu.

"Kānihi," te tākuta i mea, 'kāore i whakatōkia hua manu pupuri kāore ora parāoa; kāore te patu ko whai wāhi.

"Kātahi ka koa ahau ki te tuku i taku hunaonga kia kai i ngā hua manu; kāore i roa ka ora anō ia ."

I te pō o mua i whakapuaki a Gandhi i tana hiahia kia whiwhi i te *Kriya Yoga* o Lahiri Mahasaya. I pāngia ahau e te tuwhera o te hinengaro me te wairua uiui a te Mahatma. He rite ia ki te tamaiti i roto i tana rapunga atua, e whakaatu ana i te manaakitanga parakore i whakanuia e Ihu i roto i ngā tamariki, "...no ēnei te rangatiratanga o te rangi."

Kua tae mai te hāora mō aku akoranga i whakaaria mai; kua tomo mai ētahi *satyagrahis* ki te rūma - a Mr. Desai, a Tākuta Pingale, me ētahi atu i hiahia ki te tikanga *Kriya* .

I whakaako tuatahi ahau i te akomanga iti ki ngā mahi whakakori tinana *Yogoda* . Ka whakaatuhia te tinana kia rua tekau ngā wāhanga; ka tukuna e te hiahia te kaha ki ia wāhanga. Kāore i roa ka wiri te katoa i mua i ahau, pērā i te motuka tangata. He ngāwari ki te kite i te pānga ripiripiri ki ngā wāhanga tinana e rua tekau o Gandhi, e kitea ana i ngā wā katoa! Ahakoa he tino kikokore, ehara ia i te mea kino; he maeneene te kiri o tōna tinana, kāore he kita.

Ā muri ake nei ahau i tīmatahia te rōpū ki roto te te whakaora tikanga o *Kiria Yoga* .

Kua akohia e te Mahatma ngā whakapono katoa o te ao me te whakaute. Ko ngā karaipiture Jain, ko te Kawenata Hou o te Paipera, me ngā tuhinga pāpori a Tolstoy **44-11** koia ngā pūtake matua e toru o ngā whakapono tutu a Gandhi. Kua whakapuakina e ia tana whakapono penei:

E whakapono ana ahau ki te Paipera, ki te *Koran* , me te *Zend-Avesta* **44-12** kia rite te whakaaweawe a te Atua ki ngā *Veda* . E whakapono ana ahau ki te whakatūnga o ngā Guru, engari i tēnei wā, e miriona te hunga me noho kore Guru, nā te mea he mea onge mea ki kimi he whakakotahitanga o tino tika parakore me tino tika te ako. Engari kotahi hiahia kāore te ngakaukore o te mōhio ki te pono o te whakapono o te tangata, nā te mea ko ngā kaupapa matua o te Hinitū i ia rā, i ia rā kāore e taea te whakarerekē i ngā whakapono nui, ā, he ngāwari ki te mārāma.

ahau whakapono rite ia Hinitū i roto Atua me Tōna kotahitanga, i roto whānautanga

anō me whakaoranga.Ahau kēne kāore
atu anō

He nui ake ngā kare ā-roto mō te Hinitū i tōku ake wahine. E kore ahau e tino
pārekareka ki a ia, kāore he wahine kē atu o te ao e taea te whakaahua. Ehara i te
mea kāore he hapa ōna; e kī ana ahau he maha atu āna hapa i taku e kite nei i ahau
anō. Engari kei reira te kare ā-roto o te here e kore e taea te wetewete. Ahakoa rā, e
aroha ana ahau ki te Hinitū me ōna hapa me ōna herenga katoa. Kāore he mea e tino
pai ake ana ki ahau i te waiata o te *Gita*, i te *Ramayana rānei* nā Tulsidas. I taku
whakaaro kua tata ahau ki te tango i taku manawa whakamutunga, ko te *Gita* taku
whakamarie.

Ehara te Hinitū i te karakia motuhake. Kei roto i tēnei karakia he wāhi mō te karakia ki
ngā poropiti katoa o te ao. **44-13** Ehara i te karakia mihinare i te tikanga noa o te kupu.
Kāore he ruarua

i mimitihia e ia ngā iwi maha ki roto i tana kahui, engari ko tēnei mimititanga he āhua whanaketanga, kāore e kitea. E mea ana te Hinitū ki ia tangata kia karakia ki te Atua i runga i tōna ake whakapono, i tōna ake *dharma rānei*, **44-14** ā, ka noho rangimārie ia me ngā whakapono katoa.

Mō te Karaiti, i tuhituhi a Gandhi: "E tino mōhio ana ahau mehemea kei te noho ia i konei i waenganui i te tangata, ka manaakitia e ia te orange o te tini o te hunga kāore pea i rongō i tōna ingoa . . . pērā i te mea i tuhituhia: 'Ehara i te mea ko te hunga katoa e mea mai ana ki ahau, E te Ariki, e te Ariki . . . engari ko te tangata e mea ana i ta toku Matua e pai ai.' **44-15** I roto i te akoranga o Tōna ake orange, i homai e Ihu ki te tangata te kaupapa nui me te whāinga kotahi e tika ana kia tutukihia e tātou katoa. E whakapono ana ahau ehara ia i te mea nō te Karaitianatanga anake, engari nō te ao katoa, nō ngā whenua me ngā iwi katoa."

I taku pō whakamutunga i Wardha, i whaikōrero ahau ki te hui i karangatia e Mr. Desai i te Whare Kaunihera. Kī tonu te rūma ki ngā matapihi, ā, tata ki te 400 tāngata i huihui mai ki te whakarongo ki te kōrero mō te yoga. I kōrero tuatahi ahau i te reo Hindi, kātahi i te reo Ingarihi. I hoki mai tā mātou rōpū iti ki te ashram i te wā tika mō te tirohanga atu ki a Gandhi i te pō, me te rangimārie me te tuhituhi reta.

Kei te roa tonu te pō i taku aranga ake i te 5:00 i te ata, kua tīmata kē te ora o te kāinga; tuatahi he kāreti kau i te taha o ngā kūaha o te ashram, kātahi ka noho he tangata whenua me tana kawenga nui e taurite ana i runga i tōna mātanga. I muri i te parakuihi, ka rapu mātou tokotoru i a Gandhi mō *ngā karakia poroporoaki*. Ka ara ake te tangata tapu i te whā karaka mō tana inoi ata.

"Mahatmaji, haere rā!" ahau tuturi ki pā tāna waewae "Īnia ko haumarua i roto tōu te pupuri!"

Kua huri ngā tau mai i te wā i noho ai te iwi o Wardha; kua pōuri te whenua, ngā moana, me ngā rangi i te ao e pakanga ana. Ko Gandhi anake i roto i ngā kaiārahi nui, kua tuku ia i tētahi huarahi whai hua, kore-tutu, hei whakakapi i te mana patu. Hei whakatika i ngā amuamu me te tango i ngā hē, kua whakamahia e te Mahatma ngā tikanga tutu kore, kua whakamātauhia tonutia tōna whai hua tangata. E kī ana ia i tana kaupapa i roto i ēnei kupu:

Kua kitea e au kei waenganui tonu te ora i te whakangaromanga. Nō reira, me whai ture teitei ake i tērā o te whakangaromanga. I raro i taua ture anake ka mārāma ai te hāpori kua whakaritea pai, ā, ka whai hua te ora.

Mena koinei te ture o te ao, me mahi tātou i roto i te orange o ia rā. Ahakoa he pakanga, ahakoa he hoariri, kia wikitoria mā te aroha. Kua kitea e au ko te ture pono o te aroha i whakautua mai i roto i tōku ake ao, kāore i rite ki tā te ture o te whakangaromanga i whakautua.

I Īnia, kua kitea whānuitia te whakamahinga o tēnei ture. Kāore au e kī ana kua uru te kore-tūkino ki roto i te 360,000,000 tāngata o Īnia, engari e kī ana au kua hohonu ake tōna uru atu i tētahi atu whakaakoranga i roto i te wā poto rawa.

He akoranga whakangungu uaua rawa atu hei whakatutuki i te āhua hinengaro kore-tūkino. He oranga whakahaere, pērā i te oranga o te hōia. Ka tutuki te āhua tino pai ina mahi tahi te hinengaro, te tinana, me te kōrero. Ka taea te whakaoti i ia raruraru mēnā ka whakatau tātou ki te hanga i te ture o te pono me te kore-tūkino hei ture o te ora.

Pērā i te mahi whakamiharo a te kaipūtaiao i ngā whakamahinga maha o ngā ture o te taiao, ka taea e te tangata e whakamahi ana i ngā ture o te aroha me te tika o te pūtaiao te mahi merekara nui atu. Ko te kore-tūkino he mea whakamiharo rawa atu, he mea ngaro atu i ngā kaha o te taiao pērā i te hiko. He pūtaiao nui atu te ture o te aroha i ngā pūtaiao hou katoa.

Mā te tiro tiro i te hītori, ka taea te kī he tika te kī kāore ngā raruraru o te tangata i whakatauhia mā te whakamahi i te kaha nanakia. Nā te Pakanga Tuatahi o te Ao i puta ai he pōro hukarere whakamataku o te karma pakanga i pupū ake hei Pakanga Tuarua o te Ao. Ko te mahana o te tuakana te mea ka taea te whakarewa i te pōro hukarere nui o te karma pakanga o nāianeī, e tipu ake nei hei Pakanga Tuatoru o te Ao. Mā tēnei tokotoru tapu kore e whakakore ake te tūponotanga o te Pakanga Tuawhā o te Ao mā te mutunga o ngā poma atomika. Mā te whakamahi i ngā whakaaro ngahere hei utu mō te whakaaro tangata i roto i te whakatau tautohe ka whakahokia te whenua ki te ngahere. Ki te kore he tuakana i te ora, he tuakana i roto i te mate tutu.

Kāore e ea te pakanga me te hara. Ko ngā piriona tāra i pau i roto i te paoa o te korenga e pupuhi ana, kua ranea hei hanga i tētahi ao hou, he ao kāore he mate urutā, he ao rawakore rawa atu. Ehara i te whenua o te wehi, o te ngangau, o te hemokai, o te mate urutā, o te *kanikani whakamataku*, engari he whenua whānui o te rangimārie, o te whai rawa, me te whānui haere o te mātauranga.

E karanga ana te reo tutu o Gandhi ki te hinengaro teitei o te tangata. Kaua e hono ngā iwi ki te mate, engari ki te ora; kaua ki te whakangaromanga, engari ki te hanganga; kaua ki te Kaiwhakangaro, engari ki te Kaihanga.

"Me muru hara te tangata, ahakoa he aha te whara," te kī a te *Mahabharata*. "E kīia ana ko te haere tonu o ngā momo tangata nā te muru hara a te tangata. Ko te muru hara te tapu; mā te muru hara ka honoa te ao. Ko te muru hara te kaha o te hunga kaha; ko te muru hara te patunga tapu; ko te muru hara te marino o te hinengaro. Ko te muru hara me te ngākau māhaki ngā āhuatanga o te hunga whai whakaaro ki a ia anō." rātou tohu mutunga kore te ngākau pono."

Ko te kore-tūkino te hua tūturu o te ture murunga hara me te aroha. "Ki te mea ka hiahia te mate i roto i te pakanga tika," te karanga a Gandhi, "me rite te tangata ki a Ihu, ki te whakaheke i ōna ake toto, kaua ki te toto o ētahi atu. Ā tōna wā ka iti ake te toto e maringi ana ki te ao."

Tērā pea ka tuhia he pakiwaitara mō ngā *satyagrahi Īnia* i tu atu ki te mauahara me te aroha, ki te tutu me te kore tutu, i tukua kia patua noatia rātou, kaua ki te rapu utu. Ko te mutunga iho i runga tino hītori ngā wā i tērā te mau pū ngā hoa whawhai i whiua iho tā rātou ngā pū ā, rere ana, whakama, rūrūtia ki tā rātou ngā

hohonutanga nā te tirohanga o ngā tāne ko wai uara te ora o tētahi atu i runga ake i a rātou ake.

"Mēnā e tika ana, ka tatari ahau mō ngā tau maha," te kī a Gandhi, "kaua e rapu i te herekoretanga o tōku whenua mā roto i ngā tikanga toto." Kāore rawa te Mahatma e wareware ki te whakatūpato rangatira: "Ko te hunga katoa e mau ana i te hoari ka mate i te hoari." **44-16** Nā Gandhi i tuhituhi:

E kī ana ahau he iwi ā-motu ahau, engari he whānui tōku iwi ā-motu, pērā i te ao whānui. Kei roto i tōna whānuitanga ngā mea katoa te ngā iwi o te whenua. **44-17** Taku te iwi whānui kei roto te oranga o te katoa ao. ahau mahi

Kāore au e hiahia kia ara ake taku Īnia i runga i ngā pungarehu o ētahi atu iwi. Kāore au e hiahia kia whakamahia e Īnia tētahi tangata kotahi. E hiahia ana au kia kaha a Īnia kia taea ai e ia te whakapoke i ngā iwi kē atu ki tōna kaha. Kāore e pērā ki tētahi iwi kotahi i Ūropi i ēnei rā; kāore rātou e hoatu kaha ki ētahi atu.

I whakahua a Perehitini Wilson i ana kōrero ataahua tekau mā whā, engari i mea ia: "Ki te kore e angitu tēnei mahi a tātou kia tae ki te rangimārie, me whakamahi anō ā tātou patu." E hiahia ana ahau ki te huri i taua tūnga, ā, e mea ana ahau: "Kua kore e angitu ā tātou patu. Kia rapu tātou i tētahi mea hou; kia whakamātau tātou i te kaha o te aroha me te Atua, arā, te pono." Ina whiwhi tātou i tēnā, kāore he mea e hiahiatia ana e tātou.

Mā te whakangungu a te Mahatma i ngā mano tini o *ngā satyagrahi pono* (te hunga kua oati i ngā kupu taurangi pakari tekau mā tahi kua whakahuatia i te wāhanga tuatahi o tēnei upoko), nā rātou anō i hora te karere; mā te ako manawanui i te marea o Īnia kia mārāma ki te wairua, ā, i te mutunga ki te rauemi ngā painga o te kore tutu; mā te whakawhiwhi i tōna iwi ki ngā patu kore tutu - te kore mahi tahi me te hē, te hiahia ki te whakamanawanui i ngā whakaiti, te whare herehere, te mate tonu, kua ki te whakamahi i ngā patu; mā te kukume i te aroha o te ao mā roto i ngā tauira maha o te mātātoa toa i waenga i *ngā satyagrahi*, kua whakaatu whakamiharo a Gandhi i te āhua mahi o te kore tutu, tōna mana nui ki te whakatau i ngā tautohe me te kore pakanga.

Kua riro kē i a Gandhi mā te kore tutu he maha atu o ngā whakaaetanga tōrangapū mō tōna whenua i ngā mea kua riro i tētahi atu rangatira o tētahi whenua engari mā te whakamahi i ngā matā. Ko ngā tikanga kore tutu mō te whakakore i ngā hē me ngā kino katoa kua tino whakamahia, ehara i te mea i roto anake i te ao whānui. te ao tōrangapū engari i roto i te mara uaua me te uaua o te whakahoutanga pāpori Īnia. Kua whakakorea e Gandhi me ana akonga he maha nga pakanga roa i waenga i nga Hindu me nga Mahometa; rau mano o nga Mahometa e titiro ana ki te Mahatma hei kaiārahi mo ratou. Kua kitea e te hunga kore e taea te pa ki roto ko ia tō rātou toa toa, toa hoki. "Mēnā he whānautanga anō kei te tatari mōku," i tuhituhi a Gandhi, "Au hiahia ki kia whānau he pāria i roto te waenganui o ngā paria, nā te mea nā reira ahau e kia āhei ki kia pai ake ai te ratonga ki a rātou."

He "wairua nui" a Mahatma, engari he miriona kore-pānui i whai whakaaro nui ki te whakawhiwhi i te taitara. E whakahonoretia ana tēnei poropiti ngākau māhaki i roto i tōna ake whenua. Kua taea e te tangata whenua iti te tū atu ki te wero nui a Gandhi. E whakapono ana te Mahatma ki te rangatiratanga o te tangata. Kāore i whakapōrearea ia e ngā hinganga e kore e taea te karo. "Ahakoa te takaro a te hoa whawhai ki a ia "e rua tekau ngā wā teka," e tuhituhi ana ia, "kua rite te *satyagrahi* ki te whakawhirinaki ki a ia i te rua tekau mā tahi o ngā wā, nā te mea ko te whakawhirinakitanga huna ki te āhua tangata te tino kaupapa o te whakapono." **44-**

"E Mahatmaji, he tangata tino pai koe. Kaua e tumanako ka mahi te ao pēnei i a koe." I kōrero tētahi kairīti i tēnei i tētahi wā.

"He mea whakamīharo te āhua o tā tātou tinihanga i a tātou anō, me te whakaaro ka taea te whakapai ake i te tinana, engari kāore e taea te whakaoho i ngā mana huna o te wairua," te whakahoki a Gandhi. "Kei te ngana ahau ki te whakaatu mēnā kei a au tētahi o aua mana, he ngoikore ahau, he tangata mate pērā i a tātou katoa, ā, kāore anō kia kitea he mea whakamiharo i roto i ahau, kāore anō hoki i ahau i nāianeī. He tangata noa ahau e hē ana pērā i tētahi atu tangata mate. Heoi, e whakaae ana ahau he nui tōku ngākau mahaki ki te whaki i aku hapa me te hoki whakamuri ki ōku hikoinga. E whakaae ana ahau he whakapono pumau tōku ki te Atua me Tōna pai, ā, he

te ngākau nui e kore e memeha mō te pono me te aroha. Engari ehara i te mea koinei te mea huna i roto i te tangata? Ki te hiahia tātou ki te ahu whakamua, kaua e tāruatia te hītori engari me hanga he hītori hou. Me tāpiri atu ki te taonga tuku iho i mahue iho i ō tātou tūpuna. Ki te taea e tātou te hanga i ngā kitenga hou me ngā mea hou i roto i te ao whakamiharo, me kī tātou kua kore tātou e whai hua i roto i te ao wairua? Kāore e taea te whakanui i ngā tūponotanga kia waiho hei ture? Me noho tonu te tangata hei tangata ki mua, ā, ko te tangata hei muri, mēnā he mea?" **44-19**

Tērā pea ka maumahara ngā Amerikana me te whakapehapeha ki te whakamātautau angitu a William Penn i te whakatūnga o tana koroni i Pennsylvania i te rautau 17. Kāore he "pā, kāore he hōia, kāore he ope taua, kāore hoki he patu." I waenganui i ngā pakanga rohe nanakia me ngā patunga i waenganui i ngā tāngata hou me ngā Īniana Whero, ko ngā Quaker o Pennsylvania anake i noho kāore i tukinotia. "Ko ētahi i patua; ko ētahi i patua nuitia; engari i ora rātou. Kāore he wahine Quaker i tukinotia; kāore "I patua he tamaiti Quaker, kāore he tangata Quaker i whakamamaetia." I te wā i akiakihia ai ngā Quaker ki te whakarērea te kāwanatanga o te kawanatanga, "ka pakaru te pakanga, ā, i mate ētahi o ngā tāngata o Pennsylvania. Engari tokotoru noa iho ngā Quaker i mate, tokotoru kua taka rawa atu i tō rātou whakapono ki te mau patu tiaki."

"Kāore i taea te whakamahi i te kaha i te Pakanga Tuatahi o te Ao ki te kawe mai i te rangimārie," te kī a Franklin D. Roosevelt. "He rite tonu te koretake o te wikitoria me te hinganga. Koia te akoranga i tika kia akohia e te ao."

"Ka nui ake ngā patu tutu, ka nui ake te mamae mō te tangata," te whakaako a Lao-tzu. "Ka mutu te wikitoria o te tutu i roto i te hakari tangihanga."

"Kei te whawhai ahau mō te rangimārie o te ao," te kī a Gandhi. "Mēnā ka angitu te kaupapa Īnia i runga i te kaupapa *Satyagraha kore tutu*, ka hoatu he tikanga hou ki te aroha whenua, ā, ki te taea e au te kī atu me te ngākau mahaki, ki te ora tonu."

I mua i te whakahē a te Hauāuru i te kaupapa a Gandhi me te mea he moemoeā koretake, me whakaaroaro tuatahi ki te whakamāramatanga o *te Satyagraha* nā te Ariki o Kariri:

"Kua rongo koutou i korerotia, He kanohi mo te kanohi, he niho mo te niho: ko taku kupu ia tenei ki a koutou, Kaua e whakakeke ki te kino: **44-20** engari ki te pakia e tetahi tōu paparinga matau, whakaangahia atu hoki tōu paparinga ki a ia."

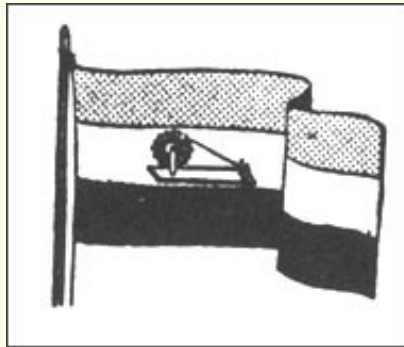
Kua roa te wā o Gandhi, me te ataahua o te wā o te ao, ki tētahi rautau kua ururuatia, kua whakangaromia hoki e ngā Pakanga o te Ao e rua. Ka puta he tuhituhinga atua ki te pakitara kōhatu o tōna orange: he whakatūpato mō te whakaheke toto i waenga i ngā tuakana.

इस संस्था की मैं समझता हूँ उन्नति या इस संस्था
का मेरे मन पर अच्छा पड़ा है. चारों ओर की प्रवृत्ति में मैं आता हूँ।
गान्धी और आत्मा की आशा रखता हूँ।
आ. ५६ २० मोहनदासजी

I toro atu a Mahatma Gandhi ki taku kura tuarua me te whakangungu yoga i Ranchi. Nāna i tuhi ngā rārangi o runga ake nei ki te pukapuka manuhiri o Ranchi. Ko te whakamāoritanga: "Kua tino miharo taku hinengaro ki tēnei whare wānanga. E tino tumanako ana ahau ka akiakihia e tēnei kura te whakamahinga mahi tonu o te wira hurihuri."

MOHANDAS KĀNITI (*Waitohu*)

Mahuru 17, 1925



I hangaia he haki ā-motu mō Īnia i te tau 1921 e Gandhi. He parauri, he mā, he kakariki ngā rārangi; he kikorangi pouri te *charka* (wira hurihuri) i waenganui. "Ko te *charka* te tohu o te pūngao," tana i tuhituhi ai, "ā, whakamahara mātou tērā i roto i te ngā rā o mua ngā wā o te whai rawa i roto A Īnia hītori, ringa hurihuri ā, he mea nui anō hoki ētahi atu mahi toi ā-whare."

44-1 : Tōna whānau ingoa ko Ngā Mōhanā Karamchand Kānati. Ia kāore rawa e pā ana ki ia anō hei "Mahatma."

44-2 : Te tūturu whakamāoritanga mai i Sanskrit ko "pupuri ki te pono." *Satyagraha* ko te rongonui kore-tūkino nekehanga arahina nā Gandhi.

44-3 : Hē me āe! kino ngā pūrongo i ināiane i horahia tērā Kuini Slade kua motuhia katoa tana here me Kānati ā, i whakarērea ana kupu taurangi. I tukuna e Miss Slade, te akonga *Satyagraha* a Mahatma mō ngā tau e rua tekau, he kōrero kua hainatia ki te *United Pāpāho*, kua rā Hakihea 29, 1945, i roto e ia whakamārama tērā he raupapa o koretake ngā kōrero pakiwaitara i ara ake i muri ia i a i wehe atu, me ngā manaakitanga a Gandhi, ki tētahi wāhi iti i te raki-mā-rāwhiti o Īnia e tata ana ki ngā Himalayas, hei whakatū i tana whenua e tupu nui ana i reira. *Kisana Āhirama* (pokapū mō hauora me ahuwhehua āwhina ki kaiahuwhenua ngā kaimahi pāmū). Mahatma Kānati ngā mahere ki haere ki te ashram hou i te tau 1946.

44-4 : Kuini Slade whakamaharatia ahau o tētahi atu rongonui Te Hauāuru wahine, Kuini Mākareta Woodrow Wilson, mātāmua tamahine a A Amerika nui te perehitini ahau tūtaki tana i roto Hou Ioka; ia i tino kaha hiahia i roto Īnia. Ā muri ake nei ia i haere ki I Pondicherry, te wāhi i noho ai ia i ngā tau e rima whakamutunga o tōna oranga, e whai harikoa ana i te ara o te ako i raro i ngā waewae o Sri Aurobindo Ghosh.

.Tenei tohunga kāore rawa e kōrero ana; ia puku mihi tāna ngā ākonga i runga toru ā-tau ngā wā anake

44-5 : Mō tau i roto Amerika ahau i a kua te mātakitaki ngā wā o te wahangu, ki te āwangawanga o ngā kaikaranga me ngā hēkeretari.

44-6 : Te korekore o te kino; te kore tutu; te turanga toka o Ā Gandhi whakapono la i whānau ki roto he whānau o tino pakari Ngā Hāina, e whakanui ana i *te ahimsa* hei pūtake-tikanga. Ko te Jainism, he rōpū whakapono o te Hinitū, i whakatūria i te rautau 6 BC e Mahavira, he

!o nāiane i o Puta. Mahawira tikanga "nui toa"; mei ia titiro iho te ngā rautau i runga tāna toa tama Kānati

44-7 : Hīni ko te reo franca mō te katoa o Īnia. He Indo- Āriana reo e hangai ana te nuinga i runga Sanskrit pakiaka, Hīni Ko te reo matua o te raki o Īnia. Ko Hindustani te reo matua o te reo Hindi o te Hauāuru, he reo *Devanagari* (Sanskrit) me te reo Ārapi. Ko tōna reo iti, ko Urdu, e kōrerohia ana e ngā Mahometa.

44-8 : Kānati kua whakaahuatua tāna ora me he whakangaro pono i roto *Te Kōrero o Taku Ngā whakamātautau Ki Te pono* (Ahmedabad: Navajivan Pāpāho, 1927- 29, 2 pukapuka) Tenei kōrero whaiaro kua kua whakarāpopototanga i roto *Mahatma Kānati, Tōna Ake Kōrero* , i whakatikahia e CF Andrews, me te kupu whakataki a John Haynes Holmes (New York: Macmillan Co., 1930).

He tokomaha ngā kōrero whaiaro kī tonu me rongonui ngā ingoa me kanapa ngā huihuinga kei tata tino wahangu i runga tetahi wāhanga o tātaritanga ā-roto rānei whanaketanga. Kotahi takoto ana iho ia o ēnei ngā pukapuka me he tino te koretake o te ngākau, hei ahakoa e kī ana: "I konei ko he tangata i mōhio ki te tini o ngā tāngata rongonui, engari kāore i mōhio ki a ia anō." Kāore e taea tēnei tauhohenga i roto i te pukapuka whaiaro a Gandhi; e hurahia ana e ia ōna hapa me āna mahi tinihanga me te aroha kore whaiaro ki te pono, he mea onge i roto i ngā pukapuka o mua o .tētahi reanga

44-9 I mate a Kasturabai Gandhi i roto i te whare herehere i Poona i te 22 o Pēpuere, 1944. I tangi puku a Gandhi, he tangata kāore i te tino kare ā-roto. I roto i ngā wā poto i muri tana ngā kaiwhaiwhai i a i whakaarohia he Whakamaharatanga Pūtea i roto tana honore, 125 ngā rēki o rūpī (tata tonu whā miriona tāra) ringihia i roto mai i katoa i runga Īnia. Kānati kua whakaritea tērā te pūtea kia whakamahia mō kāinga oranga mahi i roto i ngā wāhine me ngā tamariki. E whakaatu ana ia i ana mahi i roto i tana niupepa reo Pākehā, arā, *ko Harijan* .

44-10 : ahau i tukuna he tuku ki Wardha, wawe tonu i muri taku whakahoki ki Amerika. Te ngā tipu, āe! kua mate i runga te ara, kāore e taea kia tu atu ai i ngā uauatanga o te kawae waka roa i te moana.

44-11 : Thoreau, Rūkini, me Mazzini kei toru ētahi atu Te Hauāuru ngā kaituhi nā wai pāpori ngā tirohanga Kānati kua i akohia marietia.

44-12 : Te tapu karaipiture i hoatu ki Pāhia mō 1000 BC nā Zoroaster.

44-13 : Te ahurei āhuatanga o Hinitū i roto i te ao ngā whakapono ko tērā reira te whakaputa kāore mai i he takitahi nui kaiwhakaū engari mai i te kore-whaiaro Vedic ngā karaipiture. Hinitū nō reira homai whānuitanga mō karakia whakaurunga ki roto tōna whakapiko o ngā poropiti o ngā mea katoa ngā tau me katoa whenua. Te Vedic ngā karaipiture whakahaere kāore anake karakia ngā mahi engari katoa mea nui pāpori tikanga, i roto he ngana ki te whakakotahi i ngā mahi katoa a te tangata ki te ture a te Atua.

44-14 He kupu whānui i te reo Sanskrit mō te ture; te ū ki te ture, te tika tūturu rānei; te kawenga e pā ana ki ngā āhuatanga i roto e he tāne ngā mea i kitea ia anō i tetahi i hoatu wā. Te ngā karaipiture tautuhi *dharma* hei "te taiao ngā ture ā-ao whānui, ā, mā te pupuri i ēnei ture ka taea e te tangata te whakaora i a ia anō i te whakaiti me te mamae."

44-15 : *Matiu* 7:21.

44-16 : *Matiu* 26:52.

44-17 : "Tukua kāore he tāne kororia i roto tēnei, tērā ia aroha tāna whenua; Tukua ia engari kororia i roto tēnei, tērā ia aroha tāna atawhai." - *Whakataukī Pāhia*

44-18 "Katahi ka haere a Pita ki a ia, ka mea, E te Ariki, kia hia ngā haranga o tōku teina ki ahau, me taku murunga hara i a ia? Kia whitu rānei ngā hara? Ihu e kī ana ki ia, ahau kī kāore ki koe, Kia tae rā anō ki whitu ngā wā: engari, Kia tae rā anō ki whitu tekau ngā wā whitu." - *Matiu* 18:21-22 .

44-19 I pātaihia a Charles P. Steinmetz, te miihini hiko nui, e Mr. Roger W. Babson: "Ko tēhea huarahi rangahau ka kitea te whanaketanga nui rawa atu i roto i ngā tau rima tekau e whai ake nei?" "Ki taku whakaaro ko te kitenga nui rawa atu ka puta i te taha o wairua ngā rārangi," Steinmetz i whakautu. "I konei ko he kaha e hītori mārama e whakaako ana kua kua te nui rawa mana i roto te whanaketanga o te tangata. Heoi, he takaro noa iho tā tātou ki tēnei mea, kāore anō kia tino akohia e tātou, nā te mea kei a tātou te tinana ngā ope taua. I tētahi rā ngā tāngata ka ako tērā rauemi ngā mea mahi kāore kawae mai harikoa me kei o iti whakamahi i roto te hanga he tāne, he wāhine auaha, he kaha hoki. Kātahi ka hurihia e ngā kaupūtaiao o te ao ā rātou taiwhanga ki te ako i te Atua, ki te inoi, me ngā mana wairua kāore anō kia kitea.

Ina tae mai tēnei rā, ka kite te ao i te ahunga whakamua nui atu i roto i te whakatipuranga kotahi i tērā i kitea i roto i ngā tau e whā kua pahure ake nei."

44-20 : Koirā ko, ātete kāore kino me kino. (*Matiu* 5:38-39)

Upoko: 45

Te Bengali "E Pupū Ana te Harikoa" whaea

"E te Ariki, kaua e wehe atu i Īnia me te kore e kite i a Nirmala Devi. He tino tapu tōna; e mōhiotia whānuitia ana ia ko Ananda Moyi Ma (Whaea e Puta ana i te Harikoa)." I titiro matatau mai taku irāmutu, a Amiyo Bose, ki ahau.

"Ae rā! E hiahia nui ana ahau ki te kite i te wahine tapu." Ka tāpiri atu ahau, "Kua pānui ahau i tana whanaketanga o te mōhiotanga ki te Atua. I puta mai tētahi tuhinga iti mōna i ngā tau kua pahure ake nei i *te Rawhiti-Hauauru*."

"Kua tūtaki ahau ki a ia," ka haere tonu a Amiyo. "I toro atu ia ki taku ake tāone iti o Jamshedpur i ēnei rā tata nei. Nā te inoi a tētahi ākonga, ka haere a Ananda Moyi Ma ki te kāinga o tētahi tangata e tata mate ana. I tū ia i te taha o tōna moenga; i te pā o tōna ringa ki tōna rae, ka mutu tana haruru mate. I memeha tonu te mate; ki te miharo o te tangata, kua ora ia."

I muri i ētahi rā, ka rongo ahau kei te noho te Whaea Harikoa ki te kāinga o tētahi ākonga i te rohe o Bhowanipur o Calcutta. I haere tonu māua ko Mr. Wright i te kāinga o tōku pāpā i Calcutta. I te tata atu o te Ford ki te whare o Bhowanipur, ka kite māua ko taku hoa i tētahi āhua rerekē o te tiriti.

I tū a Ananda Moyi Ma i roto i tētahi motuka tuwhera, e manaaki ana i tētahi mano tini o te kotahi rau ngā ākonga. I te āhua nei kua tata ia ki te wehenga atu. I tū te Ford a Mr. Wright i tawhiti, ā, i haere tahi māua i runga i te waewae ki te huihuinga mārie. I titiro mai te wahine tapu ki a mātou; i heke iho ia i tana motuka, ā, ka hikoi mai ki a mātou.

"E Pāpā, kua tae mai koe!" Me ēnei kupu hihiri, ka awhi ia i tōku kaki, me tōna māhunga ki tōku pakihiwi. Ko Mr. Wright, i kī atu ahau ki a ia kāore au i te mōhio ki te tangata tapu, i tino pārekareka ki tēnei whakaaturanga manaaki whakamiharo. I titiro matatau atu hoki ngā kanohi o ngā rau chela ki te pikitia aroha me te miharo.

I kite tonu ahau kei roto te tangata tapu i te taumata teitei o *te samadhi*. Ahakoa tōna kākahu o waho hei wahine, i mōhio ia ko ia te wairua kore e rerekē; mai i taua taumata i mihi harikoa ia ki tētahi atu tangata karakia ki te Atua. I ārahi ia i ahau mā

te ringa ki roto i tana motuka.

"Ānata Moi Māmā, ahau am whakaroa tōu te haerenga!" ahau i whakahē.

"E Pāpā, koinei taku tūtakitanga tuatahi ki a koe i tēnei ao, whai muri i ngā tau maha!" tana kī. "Kaua e haere atu ."

I noho tahi mātou i ngā nohoanga o muri o te motuka. Kāore i roa ka uru te Whaea Harikoa ki te āhua harikoa kore e nekeneke. Ka titiro ōna kanohi ataahua ki te rangi, ā, i te mea kua puare te haurua, ka noho puku, ka titiro ki roto i te Elysium o roto tata tonu. Ka waiata mārie ngā ākonga: "Te Wikitōria ki te Whaea Atua!"

He tokomaha ngā tāne o te mōhiotanga ki te Atua i kitea e au i Inia, engari kāore anō kia tūtaki ahau ki tētahi wahine tapu pēnei te rangatira. I kanapa tōna mata ngawari i te harikoa nui i tapaina ai ia ko te Whaea Harikoa. I takoto noa ngā makawe pango roa i muri i tōna mahunga kāore i hipokina. He ira whero o te whakapiri rākau sandalwood i tōna rae hei tohu mō te kanohi wairua, e tuwhera tonu ana i roto i a ia. He mata iti, he ringa iti, ngā waewae ririki—he rerekētanga ki tōna kaha wairua!

ahau whakatakoto ētahi ngā pātai ki he tata wahine chela i te wā Ānata Moi Mā i noho tonu whakamīharo

"E haereere whānuitia ana a Te Whaea Harikoa puta noa i Īnia; he maha ngā wāhi e rau ana āna ākonga," te kōrero a te chela ki ahau. "Nā āna mahi toa kua maha ngā whakarerekētanga pāpori e hiahia ana i hua mai ai."

Ahakoia he Brahmin ia, kāore te tangata tapu e mōhio ki ngā momo kāwai. **45-1** He rōpū tonu tā mātou e haere tahi ana me ia, e tiaki ana i ana whakamarie. Me mātua tiaki ia e mātou; kāore ia e aro ki tōna tinana. Ki te kore tetahi e hoatu he kai māna, e kore ia e kai, e kore hoki e uiui. Ahakoia ka whakatakotoria he kai ki mua i a ia, kāore ia e pā ki aua kai. Hei ārai i a ia e ngaro atu ana i tēnei ao, ka whāngaihia ia e mātou, e ngā ākonga, ki ō mātou ake ringaringa. Mō ngā rā maha, he maha tonu tana noho i roto i te wairua tapu, kāore e manawa, kāore ōna kanohi e kimo. Ko tētahi o āna ākonga matua ko tana tāne. He maha ngā tau ki muri, i muri tata mai i tā rāua marena, ka oati ia kia noho puku."

I tohu te chela ki tētahi tangata pakihwi whānui, āhua ataahua, he makawe roa, he pahau hina. I tū puku ia i waenganui o te huihuinga, ko ōna ringa e piko ana he rite ki te ākonga e whakaute ana .

I te mea kua ora ake ia i tana ruku ki te Mutunga Kore, kua aro kē a Ananda Moyi Ma ki te ao kikokiko.

"E Pāpā, tēnā koa, kōrero mai ki ahau te wāhi e noho ana koe." He

mārama, he rangimārie tōna reo. "I tēnei wā, kei Calcutta, kei

Ranchi rānei; engari ka hoki wawe ahau ki Amerika." "Amerika?"

"Āe. Ka tino maiohahia te wahine tapu Īnia ki reira e ngā kaiwhai wairua. Kei te hiahia koe ki te haere?"

"Mēnā Matua kēne tango ahau, ahau ka haere."

Tenei whakautu i meinga tana tata ngā ākonga ki tīmata i roto whakaoho

"E rua tekau, neke atu rānei o mātou e haere tahi ana me te Whaea Harikoa," te kī pūmau a tētahi o rātou ki ahau. "Kāore e taea e mātou te ora me te kore ia. Ahakoa te wāhi e haere ai ia, me haere tonu mātou."

I whakarērea e au te mahere me te kore e pai, nā te mea he āhuatanga koretake tōna o te whakanui noa!

"Tena koa haere mai ki Ranchi, me āu ākonga," ka mea atu ahau i taku poroporoaki atu ki te tangata tapu. "Hei tamaiti atua koe, ka koa koe ki ngā tamariki nohinohi o taku kura."

"I ngā wā katoa Matua e tango ana ahau, ahau ka harikoa haere."

I muri tata mai, kua rite te Ranchi *Vidyalaya* mō te haerenga mai o te tangata tapu i oatitia. I tino hiahia ngā tamariki ki tētahi rā whakanui - kāore he akoranga, kāore he haora waiata, engari he hakari mō te mutunga!

"Wikitōria! Ananda Moyi Ma, ki jai!" I karangahia te tira o te hunga tapu e te tini o ngā korokoro hihiko nei i te taenga mai o te kura. He ua nui o ngā putiputi marigold, he tangi o ngā himipora, he pupuhi kaha o ngā angaanga kōnihi, me te patu o te pahu *mridanga* ! I haereere te Whaea Harikoa me te ataata i runga i te whenua paki o *Vidyalaya* , me te mau tonu i te pararaiha kawē i roto i a ia.

"He tino ataahua tēnei wāhi," te kupu atawhai a Ananda Moyi Ma i taku ārahi i a ia ki roto i te whare matua. I noho ia me te ataata tamariki i tōku taha. Ko ia te hoa tata rawa atu, ā, i meinga e ia te tangata kia rongō, engari i mau tonu te āhua o te tawhiti i tōna taha - te mokemoke ohore o te noho ki ngā wāhi katoa.

"Tena koa kōrero ahau tetahi mea o tōu te ora."

"E mōhio ana a Pāpā ki ngā mea katoa; he aha ai i whakahuatia anō ai?" I kite ia kāore i te tino mōhiotia te hītori pono o tētahi tinana poto.

ahau kata ana, āta te tukurua taku pātai.

"E Pāpā, he iti noa iho ngā mea hei kōrero." Ka totoro atu ōna ringa ataahua me te tohu whakaiti. "Kāore anō tōku hinengaro kia hono atu ki tēnei tinana rangitahi. I mua i taku taenga mai ki tēnei ao, e Pāpā, 'ko au anō.' I a au e tamariki ana, 'ko au anō.' I tipu ake ahau hei wahine, engari 'ko au anō tonu.' I te wā i whakaritea ai e te whānau i whānau ai ahau kia moea tēnei tinana, 'ko au anō.' Ā, i te taenga mai o taku tāne ki ahau, i te haurangi o te hiahia, ka hameme i ngā kupu aroha, me te pā mārīe ki tōku tinana, ka pāngia ia e te ohore nui, me te mea kua pāngia e te uira, i taua wā tonu 'ko au anō.'

"Tāku tāne tuturi i mua i ahau, kua whakapikohia tāna ngā ringaringa, me i inoi taku murunga hara.

"E Whaea,' ka mea ia, 'nā te mea kua whakapokea e au tōu temepara tinana mā te pā atu ki reira me te whakaaro o te hiahia - kāore au i te mōhio kei roto ehara taku wahine engari ko te Whaea Tapu - ka oati ahau: Ka noho ahau hei ākonga māu, hei akonga takakau, e tiaki puku ana i a koe hei pononga, e kore rawa e kōrero ki tetahi i ahau e ora ana. Kia murua e ahau te hara i mahia e au i tēnei rā.

ki koe, taku guru.

"Ahakoa i ata whakaae ahau ki tēnei tono a taku tāne, 'I pērā anō ahau.' Ā, e Pāpā, i roto i kei mua i a koe ināiane, 'Ko au tonu.' I muri mai, ahakoa te hurihanga o te kanikani o te hanganga i tōku taha i te whare o te mutunga kore, 'Ka rite tonu ahau.'"

I totohu a Ananda Moyi Ma ki roto i tētahi āhua whakaaroaro hōhonu. Ko tōna āhua he āhua whakapakoko; kua rere ia ki tōna rangatiratanga e karanga tonu ana. Ko ngā puna pōuri o ōna kanohi i puta mai he kore ora, he karāhe. He maha ngā wā ka kitea tēnei āhua ina tangohia e te hunga tapu ō rātou hinengaro mai i te tinana, kātahi ka he iti noa iho i te mea he kongakonga paru kore wairua. I noho tahi māua mō te haora i roto i te wairua harikoa. I hoki mai ia ki tēnei ao me te kata iti harikoa.

"Tena koa, e Ananda Moyi Ma," ka mea atu ahau, "haere mai tāua ki te māra. Mā Mr. Wright ētahi whakaahua e tango."

"Ae rā, e Pā. Ko tāu e pai ai, ko tāku hoki e pai ai." I mau tonu te kanapa atua o ōna kanohi kororia i a ia e tū ana mō ngā whakaahua maha.

Kua tae ki te wā mō te hakari! I noho a Ananda Moyi Ma ki runga i tōna tūru paraikete, me te akonga i tōna tuke hei whāngai i a ia. Pērā i te pēpi, ka horomia e te tangata tapu te kai i muri i te kawē mai a te chela ki ōna ngutu. I mārāma noa kāore te Whaea Harikoa i kite i te rerekētanga i waenga i ngā kari me ngā mīti reka!

I te taenga mai o te ahiahi, ka haere te tangata tapu me tana tira i waenganui i te ua o ngā rau rōhi, me ōna ringa e ara ake ana hei manaaki i ngā tama. Ka tiaho ō rātou mata i te aroha i whakaarahia e ia me te kore he uaua.

"Kia aroha koe ki te Ariki, ki tou Atua, me tou ngākau katoa, me tou wairua katoa, me tou hinengaro katoa, me tou kaha katoa:" kua karanga a te Karaiti, "ko te ture tuatahi tēnei." **45-2**

I te maka atu i ngā herenga iti katoa, ka tuku a Ananda Moyi Ma i tana pono ki te Ariki anake. Ehara i te mea nā ngā wehewehenga o ngā tohunga engari nā te whakaaro pono o te whakapono, kua whakatauhia e te tama tapu te raruraru kotahi o te oranga tangata - te whakatūnga o te kotahitanga ki te Atua. Kua wareware te tangata ki tēnei ngāwari nui, kua pōurihia e te miriona take. I te whakakore i te aroha ki te Atua, ka huna e ngā iwi tō rātou kore whakapono mā te whakaute nui ki mua i ngā wāhi tapu o waho o te aroha.

ēnei atawhai tangata ngā tohu kei ngākau pono, nā te mea mō he wā poto rātou tahuri ke tāne te aro mai i a ia anō, engari kāore e wetekina ana ia i tana kawenga kotahi i te ao, e kīia nei e Ihu ko te ture tuatahi. Ko te herenga whakahīhi ki te aroha ki te Atua ka riro i te manawa tuatahi o te tangata o te hau i homai noa mai e tōna

Kaihautū kotahi.

I tētahi atu wā i muri i tana haerenga ki Ranchi, i whai wāhi ahau ki te kite i a Ananda Moyi Ma. I tū ia i waenganui i ana ākonga i runga i te papa o te teihana o Serampore i ētahi marama i muri mai, e tatari ana mō te tereina.

"E Pāpā, kei te haere ahau ki ngā maunga o Himalaya," tana kī mai ki ahau.

"Nā ngā ākonga atawhai i hanga he whare mōku ki Dehra Dun."

I a ia e eke ana ki te tereina, i miharo ahau ki te kite ahakoa i waenganui i te mano, i runga i te tereina, i te hakari, i te noho puku rānei, kāore ōna kanohi i tahuri ke atu i te Atua. I roto i ahau e rongo tonu ana ahau i tōna reo, he haruru o te reka mutunga kore:

"Titiro mai, ināianei me i ngā wā katoa kotahi me te Mutungakore, 'Au am ake tonu atu te taua anō.'"

.....
45-1 : Ka kitea e au ētahi atu kōrero mō te oranga o Ananda Moyi Ma, i tāia ki *te Rawhiti-Hauauru* . I whānau te tangata tapu i te tau 1893 ki Dacca i waenganui o Bengal. Kāore i te mōhio ki te pānui me te tuhituhi, ia kua engari anō ohore te ngā tohunga hinengaro nā tana te whakaaro nui. Tōna ngā whiti i roto Sanskrit whai kī tonu ngā tohunga me te miharo. Kua whakamarie ia i te hunga e pouri ana, ā, kua mahia e ia ngā whakaora merekara, nā tōna aroaro noa iho.

45-2 : *Māka* 12:30.

Upoko: 46

Te Wahine Yogi Ko wai Kaua rawa Kai

"E te Ariki, ko tēhea te wāhi e haere ana tātou i tēnei ata?" Ko Mr. Wright te taraiwa i te Ford; ka tahuri atu ōna kanohi i te huarahi kia roa ai tana titiro mai ki ahau me te pīataata pātai. I ia rā, i ia rā, kāore ia i te mōhio ko tēhea wāhanga o Bengal ka kitea e ia i muri mai.

"Mēnā ka pai te Atua," ka whakahoki atu ahau me te ngākau pono, "kei te haere mātou ki te kite i te tuawaru o ngā mea whakamiharo o te ao - he wahine tapu e kai ana i te hau mātotoru!"

"He whakahokinga mai o ngā mea whakamiharo - i muri i a Therese Neumann." Engari i kata tonu a Mr. Wright; i tere ake anō hoki ia i te tere o te motuka. He kai tino pai rawa atu mō tana rātaka haere! Ehara i te mea he tūruhi noa iho!

Kua mahue iho te kura o Ranchi i muri i a mātou; kua ara ake mātou i mua i te whitinga o te rā. Haunga ahau me taku hēkeretari, tokotoru ngā hoa Bengali i roto i te pāti. I inu mātou i te hau whakahihi, te waina tūturu o te ata. I ārahi tupato tā mātou taraiwa i te motuka i waenganui i ngā tāngata whenua o mua me ngā kāreti wira-rua, e tōia māriri ana e ngā kau he piko ngā pakihwi, e anga ana ki te whawhai i te huarahi me te tangata e tangi ana te haona.

"E te Ariki, mātou e rite ki mōhio atu anō o te nohopuku tapu."

"Tāna ingoa ko Kiri Pāra," ahau whakamōhiohia taku ngā hoa. "Au tuatahi i rangona mō tana tau kua hipa mai i he

he rangatira mātau, a Sthiti Lal Nundy. He maha ana haerenga mai ki te kāinga o Gurpar Road ki te whakaako i tōku teina, a Bishnu."

"E mōhio ana ahau ki a Giri Bala,' te kī a Sthiti Babu ki ahau. 'E whakamahi ana ia i tētahi tikanga yoga e āhei ai ia ki te ora me te kore kai. Ko ahau tōna hoa tata i Nawabganj e tata ana ki Ichapur. **46-1** I tino āta tiro tiro ahau i a ia; kāore rawa i kitea e au he tohu e kai ana, e inu ana rānei ia. Nā te nui haere o taku hiahia, ka whakatata atu ahau ki te Maharaja o Burdwan **46-2.** ā, ka tono atu ki a ia kia whakahaere i tētahi rangahau. I miharo ia ki te kōrero, ka karanga ia i a ia ki tōna whare kingi. I whakaae ia ki tētahi whakamātautau, ā, e rua marama te roa o tōna noho i roto i tētahi wāhanga iti o tōna whare. I muri mai ka hoki mai ia mō tētahi haerenga ki te whare kingi mō ngā rā e rua tekau; ā, i muri mai mō tētahi whakamātautau tuatoru mō ngā rā tekau mā rima. Nā te Maharaja tonu i kōrero mai ki ahau nā ēnei tiro tiro pakari e toru i tino whakapono ia ki tōna āhua kore kai.

"Kua mau tonu tēnei kōrero mō Sthiti Babu i roto i tōku hinengaro mō ngā tau e rua tekau mā rima," taku whakatau. "I ētahi wā i Amerika ka whakaaro ahau mehemea kāore te awa o te wā e horomia te *yogini* **46-3.**" i mua i taku tūtakitanga ki a ia. Kua tino kaumātua ia inaianei. Kāore au i te mōhio kei hea ia e noho ana, mēnā rānei. Engari i roto i ētahi haora ka tae mātou ki Purulia; he kāinga tō tōna tungāne i reira."

Nā tekau me te toru tekau tō mātou iti rōpū i kōrero me te teina, Rāmapara Dey, he rōia o Purulia.

"Āe, kei te noho taku tuahine. I ētahi wā ka noho ia ki konei ki ahau, engari i tēnei wā kei tō mātou kāinga whānau i Biur ia." Ka titiro ruarua a Lambadar Babu ki te Ford. "Kāore au i te whakaaro, e Swamiji, kua uru atu tētahi motuka ki roto ki Biur. He pai ake pea mēnā ka tukua e koutou katoa te wiri tawhito o te kāreti kau!"

Hei kotahi reo tō mātou pāti i oatitia pono ki te Te whakahihī o Teitōria.

"Nō Amerika te Ford," taku kī atu ki te rōia. "He mea whakamā ki te kore e whai wāhi ki te mōhio ki te ngākau o Bengal!"

"Mei Ganesh **46-4** "Haere tahi tāua!" te kī a Lambadar Babu me te kata. Āpiti atu ana ia me te ngākau māhaki, "Ki te tae atu koe ki reira, e tino mōhio ana ahau ka koa a Giri Bala ki te kite i a koe. Kua tata ia ki te whitu tekau tau, engari kei te ora pai tonu ia."

"Tena koa, kōrero mai ki ahau, e te rangatira, mēnā he pono rawa kāore ia e kai i tetahi mea?" I titiro tika atu ahau ki roto i ōna kanohi, ko aua matapihi tohu o te hinengaro.



KIRI PARA

Kāore tēnei wahine nui, he yogi, i kai, i inu rānei mai i te tau 1880. Kei te whakaahuahia ahau me ia, i te tau 1936, i tōna kāinga i te kāinga motuhake o Biur i Bengal. Kua tiro tirohia tōna āhua kore kai e te Maharaja o Burdwan. Ka whakamahia e ia tētahi tikanga yoga hei whakahou i tōna tinana ki te kaha o te ao mai i te ether, te rā, me te hau.

"He pono." He tuwhera, he whakaute hoki ōna titiro. "Neke atu i te rima tekau tau, kāore anō ahau kia kite i a ia e kai ana i tētahi wahi iti. Mēnā ka mutu ohorere te ao, kāore he mea e miharo ake ai ahau i te kitenga atu i taku tuahine e tango kai ana!"

Mātou kata tahi i runga te te kore tūponotanga o ēnei e rua ao whānui ngā huihuinga.

"Kāore a Giri Bala i rapu i tētahi wāhi mokemoke e kore e taea te uru atu mō āna mahi yoga," te kōrero tonu a Lambadar Babu. "Kua noho ia i tōna orange katoa e karapotia ana e tōna whānau me ōna hoa. Kua taunga katoa rātou inaianei ki tōna āhua rerekē. Kāore tetahi o rātou e kore e ohorere mēnā ka whakatau ohorere a Giri Bala ki te kai i tētahi mea! Kei te reti a Sister, e tika ana mō tētahi pouaru Hindu, engari e mōhio ana tō mātou porowhita iti i Purulia me Biur he wahine 'tino pai' ia."

I kitea te ngākau pono o te tuakana. I mihi nui tā mātou rōpū iti ki a ia, ā, ka anga atu ki Biur. I tū mātou ki tētahi toa hokohoko kari me *ngā rūhi i te tiriti*, ā, ka kukume mai i tētahi rōpū kōtiro i huihui mai ki te mātakitaki i a Mr. Wright e kai ana me ōna maihao i roto i te tikanga Hinitū ngāwari. ⁴⁶⁻⁵ Nā te hiakai nui i whakapakari mātou i a mātou anō mō tētahi ahiahi, kāore i te mōhioia i taua wā, e tino uaua ana rānei.

I ahu atu tō mātou ara ki te rawhiti mā roto i ngā mara raihi kua wera i te rā ki te wāhanga o Burdwan o Bengal. I roto i ngā rori kua kapi i ngā otaota matotoru; ka rere mai ngā waiata a ngā *mayna me ngā pūngāwerewere* i ngā rākau he nui ngā manga, he rite ki te maru. He kāreti kau i ētahi wā, ko te *rini, rini, mǎnju, mǎnju* tioro o tōna toki me he rino te hu rakau ngā wira rerekētanga koi

i roto hinengaro me te *pupuhi*, *pupuhi* o motuka ngā potae i runga te rangatira uku o te ngā tāone.

"E Tiki, kati!" Nā taku tonono ohorere i puta ai te whakahē ohorere mai i te Ford. "Kei te karanga pōhiri taua rākau māngo taumaha rawa!"

I oma tere mātou tokorima pērā i ngā tamariki ki te oneone kapi i te māngo; i maringi mai ngā hua o te rākau i te pakari haere.

"He tini ngā māngo e whānau mai ana hei takoto kau noa iho," ka kī atu ahau, "ka maumauria tōna reka ki te whenua kōhatu."

"Kāore he mea pēnei i Amerika, e Swamiji, āe?" i kata a Sailesh Mazumdar, tētahi o aku ākonga Bengali.

"Kāo," ka whakaae ahau, kapi tonu i te wai māngo me te ngākau māhaki. "Aue, kua ngaro ahau i tēnei hua i te Hauāuru! Kāore e taea te whakaaro ki te rangi o te tangata Hinitū me te kore he māngo!"

ahau i whiriwhiria ake he toka me hinga he whakahīhī ataahua huna i runga te teitei rawa peka

"E Dick," i pātai atu ahau i waenganui i ngā ngaunga o te ambrosia, i te mahana o te rā toropika, "kei roto katoa ngā kāmera i te motuka?"

"Āe, e te rangatira; i roto te tueke wāhanga."

"Ki te kitea he tino tapu a Giri Bala, e hiahia ana ahau ki te tuhituhi mōna i te Hauāuru. Kaua te *yogini Hinitū whai mana whakahihiko pēnei e ora, e mate pōhēhētia - pērā i te nuinga o ēnei māngo.*"

Haurua he haora ā muri ake nei ahau i tonu te hikoi haere i roto te sylvan te rangimārie.

"E te Ariki," te kī a Mr. Wright, "me tae tātou ki Giri Bala i mua i te torengitanga o te rā, kia nui ai te māramatanga mō ngā whakaahua." Ka tāpiri atu ia me te menemene, "He hunga ruarua te hunga o te Hauāuru; kāore e taea e tātou te tumanako ka whakaponu rātou ki te wahine me te kore he whakaahua!"

Tenei wahi o te whakaaro nui i kāore e taea te whakahē; ahau tahuri taku hoki i runga whakamātautau me i hoki anō ki roto te waka

"He tika tāu, e Tiki," ka aue ahau i a māua e tere haere ana, "ka patua e au te pararaiha māngo i runga i te aata o te ao tūturu o te Hauāuru. Me whai whakaahua tātou!"

Ka nui haere te mate o te huarahi: ngā kita o ngā awaawa, ngā whewhe o te uku

kua whakapakeketia, ngā ngoikoretanga pouri o te koroheketanga! I ētahi wā ka heke iho tā mātou rōpū i tā rātou hoiho kia ngāwari ake ai te whakahaere a Mr. Wright i te Ford, i panaia e mātou tokowhā i muri.

"He pono ngā kōrero a Lambadar Babu," te whakaae a Sailesh. "Ehara i te mea ko te motuka te mea e hari ana i a tātou; ko tātou te mea e hari ana i te motuka!"

Tō mātou piki-ake, piki-ake motuka hoha i i mamingatia ake tonu atu me ingoakore nā te āhua o he kāinga,

ia kotahi he whakaaturanga o ātaahua te māmā noa iho.

"I piko haere tō mātou ara i roto i ngā ngahere nikau i waenganui i ngā kāinga tawhito, kāore anō kia pakaru, e takoto ana i te marumaru o te ngahere," te tuhituhi a Mr. Wright i roto i tana rātaka haere, i raro i te rā o Mei 5, 1936. "He tino mīharo ēnei tautau whare paru raupo, kua whakapaipaihia ki tētahi o ngā ingoa o te Atua i runga i te tatau; he maha ngā tamariki nohinohi, tahanga e takaro noa ana, e tū ana ki te titiro, ki te oma pōrangi rānei mai i tēnei kāreti nui, mangu, kore kau e haehae ana i roto i tō rātou kāinga. E titiro noa ana ngā wāhine i te atarangi, ko ngā tāne ia e noho mangere ana i raro i ngā rākau i te taha o te rori, e hiahia ana ki te mōhio i raro i tō rātou koretake. I tētahi wāhi, e kaukau harikoa ana ngā tāngata o te kāinga i roto i te tāke nui (i roto i tō rātou kākahu, e whakawhiti ana mā te takai i ngā kakahu maroke ki tō rātou tinana, e tuku ana i ngā mea mākū). Ngā wāhine te whāriki wai ki tā rātou ngā whare, i roto nui rawa parahi ngā ipu.

"Nā te huarahi mātou i ārahi i tētahi whainga harikoa i runga i ngā maunga me ngā pae maunga; i pekepeke mātou, i ruku ki roto i ngā awa iti, i huri haere i te ara kore i oti, i ngokingoki i runga i ngā awa maroke, onepu, ā, i te mutunga, i te 5:00 i te ahiahi, kua tata mātou ki tō mātou ūnga, ki Biur. Ko tēnei kāinga iti kei roto o te Rohe o Bankura, e huna ana i roto i te maru o ngā rau matotoru, kāore e taea e ngā kaihaerere te whakatata atu i te wā ua, i te wā e kaha ana ngā awa, ā, e pupuhi ana ngā huarahi i te paitini paru, pērā i te nakahi."

"I a mātou e tono ana kia haere mai tētahi kaiārahi i roto i tētahi rōpū karakia i a rātou e hoki ana ki te kāinga i tētahi karakia i te temepara (i waho i te mara mokemoke), ka whakaekea mātou e te tekau mā rua ngā tama kākahu iti nei, ā, ka piki mai rātou ki ngā taha o te motuka, me te hiahia nui ki te kawē i a mātou ki Giri Bala."

"I ahu atu te huarahi ki tētahi ngahere nikau tāte e tiaki ana i tētahi rōpū whare paru, engari i mua i tō mātou taenga atu, ka taka te Ford ki tētahi koki morearea mō tētahi wā poto, ka whiua ki runga, ka taka ki raro. I ahu atu te ara whaiti i ngā rākau me te tāke, i runga i ngā pari, ki roto i ngā rua me ngā awaawa hohonu. I tau te waka ki runga i tētahi puranga rakau, kātahi ka tau ki runga i tētahi pukepuke, me te hiahia kia hikitia ngā poraka oneone; i haere tonu mātou, āta haere, āta tupato; kātahi ka mutu te ara i tētahi puranga rakau i waenganui." o te ara o te kāreti, me huri te ara ki raro i te pari pari ki roto i tētahi tāke maroke, ā, me waru, me kerī, me kerī hoki te ara hei whakaora i a ia. I ia wā, i ia wā, i te āhua kāore e taea te haere i te huarahi, engari me haere tonu te haerenga tapu; i tiki ngā tama i ngā koko, ā, i whakahoro i ngā arai (ngā atarangi o Ganesh!) i te mea e titiro matatau ana ngā rau o ngā tamariki me ngā mātua.

"Kāore i roa ka hikoi mātou i ngā ara e rua o mua, ko ngā wāhine e titiro whānui mai ana i ngā tatau o tō rātou whare, ko ngā tāne e whai ana i tō mātou taha me muri, ko ngā tamariki e oma ana ki te whakapū i te tira. Ko tā mātou pea te motuka

tuatahi ki te whakawhiti i ēnei rori; me haere te 'uniana kāreti puru' Kia kaha rawa tātou ki konei! He mīharotanga nui tēnei i hangaia e mātou - he rōpū i arahina e tētahi Amerikana, ā, e haere paionia ana i roto i tētahi motuka e ngunguru ana ki roto tonu i tō rātou kāinga, e takahi ana i te tūmataitinga me te tapu o mua!

"I a mātou e tū ana i tētahi ara whaiti, ka tata mātou ki te whare tūpuna o Giri Bala, kotahi rau putu te tawhiti. I rongō mātou i te harikoa o te ngākau māhaki i muri i te pakanga roa i te huarahi, ā, i oti pai te mahi. I whakatata atu mātou ki tētahi whare nui, e rua ngā papa, he mea hanga ki te pereki me te paraikete, e tū ana i runga i ngā whare pereki huri noa; kei te whakatikatikahia te whare, nā te mea i te taha o taua whare he anga pāpaka, he āhua pārūrū."

"Me te hiahia nui me te harikoa i pehia, i tū mātou i mua i ngā tatau tuwhera o te tangata i manaakitia e te pā o te 'kore hiakai' a te Ariki. I titiro tonu mai ngā tāngata o te kāinga, te taitamariki me te kaumātua, he tahanga, he kākahu, he wahine e mātaakitaki ana engari he hiahia anō hoki ki te mōhio, me ngā tāne me ngā tama e whai ana i ō mātou rekereke me te kore whakama i a rātou e matakitaki ana ki tēnei whakaaturanga kāore i kitea i mua."

"Kāore i roa ka puta mai tētahi āhua poto i te kuwaha—ko Giri Bala! I takaihia ia ki tētahi kakahu hiraka koura mangu; i roto i te āhua Inia, ka neke whakamua ia me te whakaiti me te whakaroa, me te titiro mārire mai i raro i te kopa o runga o tana kakahu *swadeshi*. I kanapa ōna kanohi pērā i ngā mura e mura ana i te atarangi o tōna whakapaipai mahunga; i arohaina mātou e tētahi kanohi tino atawhai, tino atawhai hoki, he kanohi o te māramatanga me te māramatanga, e wātea ana i te poke o te herenga whenua.

"Mārie ia whakatata atu me puku whakaaetia ki tō mātou pāorooro he tau o ngā pikitia me ā mātou kāmera 'ata' me 'kiriata'. **46-6** I manawanui ia, i whakama hoki, i whakamanawanui hoki ki ā mātou tikanga whakaahua mō te whakatikatika i te tū me mārama whakaritenga Hei whakamutunga mātou i a i tuhia mō uri whakaheke he tokomaha ngā whakaahua o te wahine kotahi o te ao e mōhiotia ana kua ora i te kore kai, i te kore inu mō ngā tau e rima tekau neke atu. (Ko Therese Neumann, kua nohopuku mai i te tau 1923.) Ko te mea tino whaea ko te āhua o Giri Bala i a ia e tū ana i mua i a mātou, kua kapi katoa i te kakahu e rere ana, kāore he mea i kitea i roto i tōna tinana engari ko tōna mata me ōna kanohi e piko ana, ōna ringa, me ōna waewae iti. He mata o te rangimārie onge me te tū mārie harakore-a whānui, rite ki te tamariki, wiri ana ngutu, he wahine ihu, whaiti, kanapa ngā kanohi, me he ataata pouri."

I rite taku whakaaro ki a Mr. Wright mō Giri Bala; i taupokina ia e te wairua, pērā i tōna arai kanapa mārie. *I karanga ia* i mua i ahau i roto i te tikanga o te mihi a te rangatira whare ki te mōneka. Nā tōna ataahua ngawari me tana ataata mārie i manaaki mātou, he mea nui atu i te whaikōrero reka; kua warewarehia tā mātou haerenga uaua, puehu hoki.

I noho te tangata tapu iti nei me ōna waewae whiti i runga i te whakamahau. Ahakoa ngā tohu o te koroheketanga, kāore ia i hiroki; i noho mārama tonu tōna kiri oriwa, ā, i ora tonu.

"E Māmā," ka mea atu ahau i te reo Bengali, "neke atu i te rua tekau mā rima tau ahau e whakaaroaro ana ki tēnei haerenga tapu! I rongo ahau mō tō oranga tapu i a Sthiti Lal Nundy Babu."

Ia pōkaikaha i roto whakamihi "Āe, taku pai hoa noho i roto Nāwabganj."

"I aua tau kua whiti ahau i ngā moana, engari kāore au i wareware ki taku mahere o

mua kia kite i tētahi rā koe. Ko te whakaari whakahirahira e takarohia ana e koe i konei me te huna rawa me whakaatu ki mua i te ao kua roa e wareware ana ki te atua kai o roto."

Ka ara ake ngā kanohi o te tangata tapu mō tētahi meneti,

me te menemene me te ngākau mārie. "Ko Pāpā (te matua

honore) te mea e mōhio ana," ka whakahoki mārie ia.

I harikoa ahau kāore ia i riri; kāore e mōhiohia te āhua o te urupare a ngā yogi nui ki te whakaaro mō te rongonui. E karohia ana e rātou, i te nuinga o te wā, e hiahia ana ki te whai puku i te rangahau hohonu o te wairua. Ka puta he whakaae ā-roto ki a rātou ina tae mai te wā tika hei whakaatu i ō rātou oranga.

tūwhera mō te painga o e rapu ana ngā hinengaro.

"E Māmā," ka haere tonu ahau, "tēnā koa, murua mai taku hara, mō te whakararuraru i a koe ki ngā pātai maha. Whakautua mai ngā mea e pai ana ki a koe; ka mārāma hoki ahau ki tō wā puku."

Ka totoro atu ōna ringa me te ngākau atawhai. "E harikoa ana ahau ki te whakautu, ina taea e te tangata iti nei pērā i ahau te hoatu i ngā whakautu e pai ana."

"Āe, kāo, kāore koretake!" ahau i whakahē me te ngākau pono. "Koe kei he nui wairua."

"Ko ahau te pononga whakaiti mā te katoa." Ka tāpiri atu ia me te māhaki,

"He pai ki ahau te tunu kai me te whāngai i te tangata." He mahi

whakangahau rerekē, i whakaaro ahau, mā te tangata tapu kāore e kai!

"Kōrero ahau, Whaea, mai i tōu ake ngutu-mahi koe ora kāore kai?"

"He pono tēnā." I noho puku ia mō tētahi wā poto; i tana kōrero i muri mai, i whakaatu mai kua raru ia ki te pāngarau hinengaro. "Mai i te tekau mā rua tau te pakeke, e whā marama te roa, tae noa ki tōku tau e ono tekau mā waru nei - he wā neke atu i te rima tekau mā ono tau - kāore au i kai, kāore hoki i inu wai."

"Kei te koe kāore rawa whakamatautauria ki kai?"

"Mehemea ka hiahia au ki te kai, me kai ahau." He māmā noa iho, he rangatira hoki, i whakapuaki ia i tēnei pono, he pono e mōhiotia whānuitia ana e te ao e toru ngā kai i te rā!

"Engari ka kai koe i tetahi mea!" He reo whakahē tōku.

"Ae rā!" Ātaata ana ia me te mārāma wawe.

"Nā ngā kaha pai o te rangi me te rā e ahu mai ai tō kai, 46-7 ā, mai i te mana o te ao e whakahou ana i tō tinana mā roto i te medulla oblongata."

"Pāpā e mōhio ana." Anō ia i whakaae, tana tikanga whakamarie me kāore i te aro.

"E Whaea, tēnā koa kōrero mai mō tō tamarikitanga. He mea nui tēnei ki a Īnia katoa, tae atu ki ō tātou teina me ō tātou tuāhine i tua atu o te moana."

Kiri Para whakatakoto taha tana tikanga rāhui, whakangā ki roto he kōrerorero te wairua

"Āe rā." He iti, he mārō tōna reo. "I whānau mai ahau i roto i ēnei rohe ngahere.

Kāore i te tino miharo taku tamarikitanga engari i mauria ahau e te hiahia nui. I taumautia ahau i ngā tau tōmua."

"E tama,' i whakatūpato pinepine mai taku whaea ki ahau, 'ngana kia whakahaere i tō apo. Ina tae mai te wā ka noho koe i roto i ngā tāngata ke i roto i te whānau o tō tāne, he aha tā rātou e whakaaro ai ki a koe mēnā he kai noa iho ō rā?"

"I puta te aituā i kitea e ia. Tekau mā rua noa iho ōku tau i taku taenga atu ki te iwi o taku tāne i Nawabganj. I whakama ahau e taku hungawai i te ata, i te poutumarotanga, i te pō hoki mō aku mahi kakai. Heoi, he manaakitanga huna āna kupu whakatūpato; i whakaarahia e rātou ōku wairua moe. I tētahi ata, he nanakia tana tawai."

"'Ka wawe taku whakamatau ki a koe,' ka mea atu ahau, me te mea kua werohia e te kiore, 'e kore rawa ahau e pā ki te kai anō i ahau e ora ana.'"

"I kata taku hungawai wahine me te tawai. 'Nā!' i mea ia, 'me pēhea koe e ora ai me te kore kai, ina kore e taea e koe te ora me te kore kai nui?'"

"Kāore e taea te whakautu i tēnei kōrero! Heoi, nā te whakataunga pakari i tautoko tōku wairua. I tētahi wāhi motuhake i rapu ahau i tōku Matua i te Rangi."

"'E te Ariki,' i inoi tonu ahau, 'tēnā koa tonoa mai he guru ki ahau, hei whakaako i ahau kia ora i runga i tōu māramatanga, kaua i runga i te kai.'"

"I tau mai te harikoa nui ki runga i ahau. Nā te karakia harikoa i ārahi ahau, ka haere ki te Nawabganj *ghat* i te awa o Ganges. I a au e haere ana ka tūtaki ahau ki te tohunga o te whānau o taku tāne."

"E te Ariki e te rangatira, ahau i mea me te whakawhirinaki, 'atawhai kōrero ahau pēhea ki ora kāore e kai ana."

"I titiro matatau mai ia ki ahau, kāore he whakautu. Hei whakamutunga, ka kōrero ia me te whakamarie. 'E tama,' ka mea ia, 'haere mai ki te temepara i tēnei ahiahi; māku e whakahaere tētahi kawa *Vedic motuhake* māu.'"

"Ehara tēnei whakautu pōuri i te mea i rapua e au; i haere tonu ahau ki te *ghat*. I whiti te rā o te ata ki roto i ngā wai; i purea ahau i a au i roto i te Ganges, me te mea he whakaurunga tapu. I taku wehenga atu i te pareparenga o te awa, me taku kakahu mākū i a au, i te māramatanga whānui o te awatea ka puta mai taku ariki i mua i ahau!"

"'E te potiki,' ka mea ia me te reo aroha, 'Ko au te guru i tonoa mai e te Atua ki konei hei whakatutuki i tāu inoi akiaki. I tino pāngia ia e tōna āhua rerekē! Mai i tēnei rā ka ora koe i te māramatanga whetū, ka whāngaihia ō ngota tinana e te ia mutunga kore.'"

Ka noho puku a Giri Bala. I tangohia e au te pene me te pukapuka a Mr. Wright, ā, ka whakamāoritia e au ētahi mea ki te reo Pākehā hei whakamōhio māna.

Ka tīmata anō te kōrero a te tangata tapu, he iti noa te rangona o tōna reo mārīe. "Kua takoto kau te *ghat*, engari i whakaata mai taku guru i tētahi āhua o te mārāma

tiaki, kia kore ai he hunga kaukau kua kotiti ke e whakararuraru i a mātou i muri mai. Nāna ahau i ārahi ki roto he tikanga *kria* e wetekina ai te tinana i te whakawhirinaki ki ngā kai kino a te tangata. Kei roto i te tikanga te whakamahinga o tētahi *mantra* **46-8** me te mahi manawa uaua ake i tā te tangata noa e taea ai. Kāore he rongoā, he makutu rānei e uru ana; kāore he mea i tua atu i te *kria* ."

I roto te tikanga o te Amerika nūpepa kairīpoata, ko wai i a kāore i te mōhio i whakaakona ahau tāna

I roto i te tukanga, i pātai atu ahau ki a Giri Bala mō ngā take maha i whakaaro ahau he mea nui ki te ao. I homai e ia ki ahau, i ia wā, i ia wā, ngā kōrero e whai ake nei:

"Kāore anō kia whānau āku tamariki; he maha ngā tau kua pahure ake nei ka noho pouaru ahau. He iti noa iho taku moe, he rite tonu te moe me te ara ake ki ahau. Ka whakaaroaro ahau i te pō, ka mahi i aku mahi kāinga i te awatea. Ka paku pāngia ahau e te huringa o te āhuarangi i ia wā, i ia wā. Kāore anō kia pāngia ahau e te mate, e te mate rānei. He iti noa te mamae ka pā ki ahau ina whara pōrearea ahau. Kāore he paru o te tinana. Ka taea e au te whakahaere i tōku ngākau me tōku manawa. He maha ngā wā ka kite ahau i taku guru me ētahi atu wairua nui, i roto i te moemoeā."

"E Māmā," ka pātai atu ahau, "he aha koe te whakaako ai i ētahi atu ki te tikanga noho me te kore kai?" I memeha haere aku tumanakohanga nui mō ngā miriona e hiakai ana o te ao.

"Kāo." I rūrū ia i tōna māhunga. "I tino whakahaua ahau e taku tohunga kia kaua e whakakitea te mea ngaro. Ehara i te mea nāna e hiahia kia whakararuraru i te whakaari a te Atua mō te hanganga. E kore ngā kaimahi pāmu e mihi mai ki ahau mēnā ka whakaako ahau i te tini o te tangata kia ora me te kore kai! Ka takoto kau noa iho ngā hua reka ki runga i te whenua. Te āhua nei ko te mamae, te hemokai, me te mate he whiu o ō tātou karma e akiaki ana i a tātou ki te rapu i te tikanga tūturu o te ora."

"E te whaea," ahau i mea āta haere, "he aha ko te whakamahi o tōu whai kua takitahi i waho ki ora kāore te kai?"

"Hei whakaatu he Wairua te tangata." Ka tiaho tōna mata i te whakaaro nui. "Hei whakaatu mā te whanaketanga atua ka taea e ia te ako māriri ki te ora i runga i te Māramatanga Mutunga Kore, kaua i te kai."

I totohu te tangata tapu ki roto i te whakaaroaro hohonu. I anga atu tana titiro ki roto; ka ngaro te āhua o te hōhonutanga o ōna kanohi. I aue ia, koinei te tīmatanga o te manawa whakamīharo. Mō tētahi wā kua rere ia ki te ao kore pātai, te rangi o te harikoa o roto.

Kua pōuri te whenua. E whiti ana te māramatanga o te rama hinu iti ki runga i ngā mata o te tokomaha o te hunga kāinga e noho puku ana i roto i ngā atarangi. Ko ngā toke kanapa e rere ana me ngā rama hinu i tawhiti o ngā whare i whatu i ngā tauira kanapa whakamataku ki roto i te pō weriweri. Ko te haora mamae o te wehenga; he haerenga puhoi, hoha kei mua i tā mātou rōpū iti.

"Kiri Pāra," ahau i mea hei te tapu i whakatuwheratia tana ngā kanohi, "tēnā koa hoatu ahau he taonga maumahara rīpene o kotahi o tōu

Kāore i roa ka hoki mai ia me tētahi wahi hiraka a Benares, ka totoro atu ki tōna ringa, ka takoto whakarere atu ia ki te whenua.

"E te whaea," ahau i mea me te whakaute, "engari tukua ahau pā tōu ake manaakitia waewae!"

.....
46-1 : I roto te raki Bengal.

46-2 : H. H. E te Ariki Pīhai Chand Mahtab, ināiane kua mate. Tōna whānau kāore e kore kei a ia ētahi rekoata o te A Maharaja e toru ngā rangahautanga mō Giri Bala.

46-3 : Wahine yogi

46-4 : "Kaitango o Ngā arai," te atua o pai te taonga

46-5 : Hīri Yukteswar whakamahia ki kī atu: "Te Ariki kua i hoatu mātou te hua o te pai whenua. Mātou rite ki kite tō mātou kai, ki kakara "kia reka ai - e pai ana hoki te Hinitū ki te pā atu!" Kāore he āwangawanga *ki te whakarongo* ki a ia, ki te kore he tangata kē atu i te kai!

46-6 : Mr. Wright hoki i tango neke ngā pikitia o Hīri Yukteswar i roto i tāna whakamutunga Te takurua Rā o te Rā

Hakari i roto Serampore. 46-7: "Ko tā tātou e kai ana he irahiko; he nui rawa te kaha o tā tātou kai," te kōrero a

Tākuta George W. Crile o Cleveland ki tētahi

huihuinga o hauora ngā tāne i runga Mei 17, 1933 i roto Memphis. "Ko tēnei tino hira te irahiko, e ngā tukunga hiko ngā ia

nā te mea ko te ara iahiko hiko o te tinana, arā, te pūnaha io, ka tukuna ki te kai e ngā hihi o te rā. Ko ngā ngota, e ai ki a Tākuta Crile, he pūnaha rā. Ngā ngota kei te ngā waka tērā kei kī tonu me rā kanapa hei nā reira he tokomaha takai ngā puna. ēnei kore e taea te tatau ngā atomu o te pūngao ka tangohia hei kai. Kia tae ki te tinana tangata, ka tukuna atu ēnei waka uaua, arā, ngā ngota, ki roto i te protoplasm o te tinana, te kanapa ngā taonga hou matū pūngao, hou hiko ngā iahiko. 'Tōu tinana ko i hangaia ake o pērā "ngā ngota," te kī a Tākuta Crile. "Ko ō uaua, roro, me ō whekau rongo, ".pērā i ngā kanohi me ngā taringa

I tētahi rā ngā kaupūtaiao ka kitea pēhea tāne kēne ora tika i runga rā pūngao. "Koroiraira ko te anake matū mōhiotia i roto i te taiao tērā i tētahi ara kei a ia te mana ki mahi hei he 'rā o te rā mahanga,'" Wiremu L. Laurence tuhituhi i roto te *Hou Ioka Ngā Wā* . "Ka 'hopu' i te kaha o te rā, ka rongoa i roto i te tipu. Ki te kore tēnei, kāore he ora e ora. Ka whiwhi tātou i te kaha e hiahia ana e tātou hei oranga mai i te kaha o te rā e rongoatia ana i roto i ngā kai tipu e ".kainga ana e tātou, i roto rānei i te kikokiko o ngā kararehe e kai ana i ngā tipu

Te pūngao mātou whiwhi mai i waro rānei hinu ko rā pūngao mauhere nā te te kōropiramu i roto tipu ora miriona o tau i ".mua Mātou ora i raro i te rā mā te mahi a te chlorophyll

Kaha wiri waiata Te tūturu whakamāoritanga o Sanskrit *māntra* ko "pūoro o whakaaro," te tohu te tino pai, :46-8
kāore e rangona ngā oro e tohu kotahi āhuatanga o te hanganga; āhea i whakapuakina hei ngā kupu, he *māntra* te whakatakoto he ngā kupu whānui. Ko te mana mutunga kore o te oro i ahu mai i te AUM, te "Kupu" te ngunguru .auaha rānei o te Mōta Ao

Upoko: 47

ahau Whakahokia Ki Te Te Hauāuru

"He maha ngā akoranga yoga kua hoatu e au ki Īnia me Amerika; engari me whakaae ahau, hei Hinitū, he tino harikoa ahau ki te whakahaere i tētahi akomanga mā ngā ākonga Ingarihi."

I kata nui mai ngā mema o taku akomanga o Rānana; kāore he raruraru tōrangapū i whakararuraru i tō mātou rangimārie yoga.

He maharatanga tapu a Īnia ināianeī. Ko te marama o Hepetema, 1936; kei Ingarangi ahau ki te whakatutuki i taku kupu whakaari, i hoatu i ngā marama tekau mā ono ki muri, ki te kauwhau anō ki Rānana.

E aro nui ana hoki a Ingarangi ki te karere yoga mutunga kore. I whakakīkīhia tōku wāhi noho i Grosvenor House e ngā kairīpoata me ngā kaikāmera pūrongo . Ko te Kaunihera ā-Motu o Peretānia o te Ao

I te 29 o Hepetema, i whakarite te Rōpū Whakaponono i tētahi hui ki te Whare Karakia o Whitefield, ā, i kōrero ahau ki te hunga whakarongo mō te kaupapa nui, "Me pēhea te Whakaponono i roto i te Whakawhanaungatanga e Whakaora ai i te Ao Tūroa." Nā te nui o te mano i kukume mai i ngā kauhau o te waru karaka i Caxton Hall, ā, i ngā pō e rua, i tatari te hunga whakarongo ki te whare wānanga o Windsor House mō taku kauhau tuarua i te iwa me te toru tekau. I tino nui haere ngā akomanga yoga i ngā wiki i muri mai, ā, i meinga a Mr. Wright kia whakarite i tētahi nekehanga ki tētahi atu whare.

He mea whakamiharo te kaha o te iwi Ingarihi i roto i te whanaungatanga wairua. I muri i taku wehenga atu, i whakarite pono ngā ākonga yoga o Rānana i a rātou anō ki tētahi pokapū Whakaakoranga Whaiaro, me te whakahaere i ā rātou hui whakaaroaro ia wiki puta noa i ngā tau pakanga kino.

He wiki e kore e warewaretia i Ingarangi; he rā tiro tiro haere i Rānana, kātahi ka tiro tiro i te whenua ataahua. I karanga māua ko Mr. Wright i te Ford pono ki te toro atu ki ngā wāhi whānau me ngā urupā o ngā kaitito me ngā toa nui o te hītori o Peretānia.

I te mutunga o Oketopa, i rere atu tā mātou tira iti nei i Southampton ki Amerika i runga i te kaipuke *Bremen*. Nā te Whakairo Nui o te Herekore i te whanga o New York i kawē mai he horomitanga harikoa, ehara i te mea ki ngā korokoro o Miss Bletch rāua ko Mr. Wright anake, engari ki ahau anō hoki.

Ahakoia kua pakaru te Ford i ngā oneone tawhito, he kaha tonu; ināianei kua tere te haere ki California. I te mutunga o te tau 1936, i reira a Maunga Washington.

Ka whakanuia ngā hararei mutunga tau i te pokapū o Los Angeles i ia tau me te whakaaroaro ā-rōpū e waru hāora te roa i te 24 o Hakihea (Kirihimete Wairua), ā, i te rā i muri mai ka whai ake ko te hakari (Kirihimete Hapori). I whakanuia ake ngā whakanuinga o tēnei tau e te taenga mai o ngā hoa aroha me ngā ākonga mai i ngā tāone tawhiti i tae mai ki te manaaki i ngā kaihaerere o te ao e toru ki te kāinga.

I roto i te hakari Kirihimete, i mauria mai ngā kai reka tekau mā rima mano maero mō tēnei huihuinga harikoa: he harore *gucchi* nō Kashmir, he penupenu *rasagulla* me te mango i roto i te kēne, he pihikete *papar*, me te hinu. o te pua *keora Īnia* i whakareka i tā mātou aihikirīmi. I te ahiahi ka kitea mātou e huihui ana i te taha o tētahi rākau Kirihimete nui e kanapa ana, me te kanga ahi e pāorooro ana i ngā poro rakau kauri kakara.

He wā koha! Ngā koha mai i ngā pito tawhiti o te ao - arā, a Pāretinia, a Īhipa, a Īnia, a Ingarangi, a Wīwī, a Itari. Āe, te uaua o te tataua a Mr. Wright i ngā pūtu i ia huarahi o tāwāhi, kia kore ai he ringa tahae e tango i ngā taonga e tika ana mō ngā whanaunga i Amerika! Ngā papa o te rākau oriwa tapu mai i te Whenua Tapu, ngā here me ngā whakairo ātaahua mai i Belgium me Holland, ngā whāriki Pāhia, ngā

hāri Kashmiri i whatu pai, ngā paepae rākau sandalwood kakara tonu mai i Mysore, ngā kōhatu "kanohi puru" a Shiva mai i ngā Porowini o Waenganui, ngā moni tawhito o Īnia o ngā whare rangatira kua roa e ngaro ana, ngā oko me ngā kapu whakapaipai, ngā mea iti, ngā whatu, ngā whakakakara temepara me ngā hinu kakara, ngā tānga miro *swadeshi* , ngā mahi racquer, ngā whakairo rei Mysore, ngā hu Pāhia me ō rātou matimati roa, ngā tuhinga tawhito kua whakamāramahia, ngā weriweri, ngā brocade, ngā potae Gandhi, ngā oko uku, ngā taera, ngā mahi parahi, ngā whāriki inoi - he taonga o ngā whenua e toru!

Kotahi nā kotahi ahau tohatoha te harikoa takai ngā mōkihi mai i te nui whakaharahara puranga i raro i te rākau

"E te Tuahine Gyanamata!" I hoatu e au tētahi pouaka roa ki te wahine tapu o Amerika, he kanohi ataahua, he māramatanga hohonu, ko ia te kaiwhakahaere i Maunga Washington i a au e ngaro ana. Mai i ngā tauera pepa ka hiki ake e ia tētahi *sari* i hangaia ki te hiraka koura o Benares.

"Ngā mihi koe, e te rangatira; reira ka kawea mai te whakaaturanga o Īnia i mua i taku ngā kanohi."

"E Mr. Dickinson!" I roto i te kete i muri mai he koha i hokona e au i te mākete o Calcutta. "Ka pai ki a Mr. Dickinson tēnei," i whakaaro ahau i taua wā. He akonga aroha nui, i tae atu a Mr. Dickinson ki ngā whakanui Kirihimete katoa mai i te whakatūnga o Maunga Washington i te tau 1925. I tēnei whakanuinga ā-tau tekau mā tahi, i tū ia i mua i ahau, e wetewete ana i ngā rīpene o tana kete tapawhā iti.

"Te kapu hiriwa!" I a ia e raru ana i te kare ā-roto, ka titiro matatau atu ia ki te koha, he kapu inu roa. I noho ia i tawhiti, te āhua nei kei te pōuri. Ka menemene aroha ahau ki a ia i mua i taku tīmatanga anō i taku mahi hei Hāta Kara.

I mutu te pō whakapūpū ki te inoi ki te Kaituku o ngā taonga katoa; kātahi ka waiatatia e te rōpū ngā waiata Kirihimete.

Mr. Dickinson me ahau i kōrerorero tahi i ētahi wā ā muri ake nei.

"E te Ariki," tana kī, "tēnā koa tukua ahau kia mihi atu ki a koe mō te kapu hiriwa. Kāore i kitea e au he kupu i te pō Kirihimete."

"Au i kawea mai te koha inā koa mō koe."

"E whā tekau mā toru tau ahau e tatari ana mō taua kapu hiriwa! He kōrero roa tēnei, he kōrero kua huna e au i roto i ahau." I titiro māriri mai a Mr. Dickinson ki ahau. "He tino whakaari te tīmatanga: i toremi ahau. Nā taku tuakana ahau i pana ki roto i tētahi puna kaukau tekau mā rima putu te roa i tētahi tāone iti i Nebraska. E rima noa iho ōku tau i taua wā. I a au e tata ana ki te totohu mō te wā tuarua i raro i te wai, ka puta mai he mārama kanapa, he maha ngā tae, e whakakī ana i te wāhi katoa. I waenganui ko te āhua o tētahi tangata he kanohi marino, he ataata whakamarie. I te totohu tuatoru o tōku tinana i te wā i piko ai tētahi o ngā hoa o tōku tuakana i tētahi rākau wīrou teitei, kikokore, i roto i tētahi pari iti rawa, ā, ka taea e au te hopu ki ōku maihao matekiri. I hiki ake ahau e ngā tama ki te tahataha, ā, i āwhina angitu mai rātou i ahau .

"Tekau mā rua tau i muri mai, i te tekau mā whitu o ōku tau, ka toro atu māua ko tōku whaea ki Chicago. I te tau 1893; i tū te hui nui a te Paremata o te Ao mō ngā Hāhi. I a māua ko Māmā e hikoi ana i te tiriti matua, ka kite anō ahau i te kanapa nui o te māramatanga. He torutoru noa ngā hikoi atu, e hikoi māriri ana, ko te ko taua tangata anō i kite ahau i roto i te moemoeā i ngā tau kua pahure ake nei. I

whakatata atu ia ki tētahi whare nui, ā, ngaro atu ana i roto i te tatau.



Mr. E. E. Dickinson o Ngāro Ānehera; ia i rapua he hiriwa kapu



Hīri Yukteswar me ahau anō i roto Kolkata, 1935. Ia ko te kawē te koha tokotoko maru



Kei te tū tahi tētahi rōpū ākonga me ngā kaiako o Ranchi me te Maharaja rongonui o Kasimbazar (kei waenganui, he mā te kakahu). I te tau 1918 i hoatu e ia tōna Whare Ariki o Kasimbazar me te rua tekau mā rima eka i Ranchi hei wāhi tuturu mō taku kura yoga mō ngā tama.

"E Māmā," ahau i tangi, 'tērā i te tāne ko wai i puta mai i te wā ahau i e toremi ana!

"I hohoro māua ki roto i te whare; i runga i te papa kauhau te tangata e noho ana. Kāore i roa ka mōhio māua ko Swami Vivekananda ia o Īnia. "47-1 I muri i tana kōrero whakahihiri, ka haere atu ahau ki te whakatau i a ia. Ka ataata mai ia ki ahau me te atawhai, me te mea he hoa tawhito māua. He taitamariki rawa ahau, kāore au i te mōhio me pēhea te whakapuaki i ōku kare ā-roto, engari i roto i tōku ngākau i tumanako ahau ka tuku mai ia hei kaiako mōku. I pānui ia i tōku whakaaro.

"Kāo, e taku tama, ehara ahau i tō guru.' Ka titiro matatau mai a Vivekananda ki ōku kanohi ataahua, koi hoki. 'Ka tae mai tō kaiako ā muri ake nei. Ka hoatu e ia he kapu hiriwa ki a koe.' I muri i tētahi wā poto, ka tāpiri atu ia me te menemene, 'Ka ringihia e ia ki a koe ngā manaakitanga maha atu i tāu e kaha nei ki te pupuri.'"

"I wehe atu ahau i Chicago i roto i ētahi rā," ka haere tonu a Mr. Dickinson, "kāore anō kia kite i a Vivekananda nui. Engari ko ia kupu i kōrerotia e ia i tuhia tonutia ki roto i tōku hinengaro. I pahemo ngā tau; kāore he kaiako i puta mai. I tētahi pō i te tau 1925 i inoi nui ahau kia tukuna mai e te Ariki taku guru ki ahau. I muri i ētahi haora, ka oho ake ahau i te moe nā te waiata ngawari o te rangi. I puta mai tētahi rōpū o ngā mea ora o te rangi, e mau ana i ngā putorino me ētahi atu taonga puoro, ki mua i tōku aroaro. I muri i te whakakī i te rangi ki te waiata whakahihī, ka ngaro haere ngā anahera.

"I te ahiahi i muri mai ka tae atu ahau, mō te wā tuatahi, ki tētahi o āu kauhau i konei i Los Angeles, ā, ka mōhio ahau i taua wā kua whakaaetia taku inoi."

Mātou menemene i ia ētahi atu i roto te wā puku.

Kriya Yoga māu , " te kōrero tonu a Mr. Dickinson. "I ētahi wā ka whakaaro ahau mō te kapu hiriwa; tata tonu ahau ki te whakapono he kupu whakarite noa iho ngā kupu a Vivekananda. Engari i te pō Kirihimete, i a koe e tuku mai ana i te pouaka tapawhā ki ahau i te taha o te rākau, ahau kani, mō te tuatoru wā i roto taku te ora, te ōrite kanapa uira o mārama I roto tētahi atu meneti ahau i

e titiro ana ki te koha a taku tohunga i matapaetia e Vivekananda māku e whā tekau mā toru tau ki muri—he kapu hiriwa!"

.....
Te rangatira ākongā o te He rite ki a te Karaiti rangatira Hīri Ramakrishna :47-1

Upoko: 48

I Encinitas I roto Karipōnia

"He ohorere, e te rangatira! I a koe e ngaro ana i tāwāhi, kua hangaia tēnei whare karakia o Encinitas; he koha 'manaaki mai ki te kāinga'!" Nā Sister Gyanamata ahau i ārahi mā roto i te kēti, ā, ka piki i tētahi ara e marumaru ana i ngā rākau.

I kite ahau i tētahi whare e tū mai ana, pērā i tētahi kaipuke nui mā e anga atu ana ki te wai tote kikorangi. I te tuatahi, kāore he kupu i roto i a rātou, kātahi ka kī "Āe!" me "Āe!", ā, i te mutunga, me te kore e ranea o ngā kupu a te tangata mō te hari me te whakawhetai, ka tiro tirohia e au te whare karakia - tekau mā ono ngā rūma tino nui, he ātaahua te whakapaipai o ia rūma.

Ko te whare rangatira o waenganui, me ngā matapihi nunui e anga atu ana ki te tuanui, e titiro atu ana ki tētahi aata e hono ana i te tarutaru, te moana, te rangi - he waiata i roto i te emerara, te ōki, te hapaira. Kei runga i te kanga ahi nui o te whare te āhua o Lahiri Mahasaya, e menemene ana i tana manaakitanga ki tēnei rangi tawhiti o te Moana-nui-a-Kiwa.

Kei raro tonu i te whare, i hangaia ki roto i te pari, e rua ngā ana whakaaroaro takitahi e anga atu ana ki ngā mutunga kore o te rangi me te moana. He taupee, he kokonga e kaukau ana i te rā, he eka o te mārā hua rākau, he uru rākau eucalyptus, he ara kōhatu e arahi ana i roto i ngā rōhi me ngā rengarenga ki ngā whare marino, he arawhata roa e mutu ana ki te takutai mokemoke me ngā wai whānui! I tino tūturu ake te moemoeā?

"Kia tae mai ngā wairua pai, toa, atawhai hoki o te hunga tapu ki konei," te kīnga "He Inoi mō te Nohoanga," nō *Zend-Avesta*, e mau ana ki tētahi o ngā tatau o te whare karakia, "ā, kia haere tahi rātou me tātou, me te homai i ngā mana whakaora

o ā rātou taonga manaakitanga kia horapa pērā i te whenua, kia horapa pērā i ngā awa, kia teitei pērā i te rā, hei whakatairanga i ngā tāngata pai ake, hei whakanui ake i te nui me te kororia.

"Kia hinga te tutu i roto i tēnei whare e te ngohengohe; kia wikitoria te rangimārie i konei i te tautohetohe; kia hinga te ngākau aroha i te apo, kia hinga te kōrero pono i te tinihanga, kia whakahonore i te whakahaweā. Kia harikoa ō mātou hinengaro, kia ara ake ō mātou wairua, kia whakakororiatia hoki ō mātou tinana; ā, e te Māramatanga Atua, kia kite mātou i a Koe, kia whakatata atu mātou, kia karapoti i a Koe, kia tae atu ki Tōu

katoa te whakahoahoa!"



Encinitas, California, e titiro atu ana ki te Moana-nui-a-Kiwa. Te whare matua me tetahi wāhanga o te whenua o te Self-Engineering Fellowship

Nā te atawhai o ētahi ākonga Amerikana torutoru, ngā kaipakihi Amerikana me ngā kawenga mutunga kore, i taea ai tēnei ashram o te Whānaungatanga Whaiaro, e whai wā ana i ia rā mō ā rātou *Kriya Yoga*. Kāore i tukua kia tae mai tētahi kōrero mō te hanganga o te whare karakia ki ahau i taku noho ki Īnia me Ūropi. Miharo, harikoa!

I aku tau tōmua i Amerika, i rapu au i te takutai o California ki te rapu i tētahi wāhi iti hei tūnga mō tētahi whare karakia i te taha o te moana; i ngā wā katoa ka kitea e au tētahi wāhi e tika ana, ka ara ake tonu tētahi arai hei aukati i ahau. Inaianei kei te titiro atu ahau ki ngā eka whānui o Encinitas, **48-1** I kite ahau me te ngākau māhaki i te whakatutukitanga ngāwari o te poropititanga a Sri Yukteswar i mua noa atu: "he whare mōrehu i te taha o te moana."

I ētahi marama i muri mai, i te Aranga o te tau 1937, i whakahaerehia e au te tuatahi o ngā mahi i runga i ngā papa tarutaru maeneene i Encinitas he maha ngā Karakia o te Rā. Pērā i ngā māki o mua, e hia rau ngā ākonga i titiro atu me te miharo ki te merekara o ia rā, te karakia ahi o te rā i te rangi rawhiti. Ki te hauauru ko te Moana-nui-a-Kiwa e kore e mutu, e haruru ana i ana whakamoemiti nui; i tawhiti, he poti ma iti, me te rere mokemoke o te kāhu. "E te Karaiti, kua ara koe!" Ehara i te mea ko te rā kōanga anake, engari ko te ata mutunga kore o te Wairua!

He maha ngā marama harikoa i tere haere; i roto i te rangimārie o te ataahua tino pai, ka taea e au te whakaoti i te whare karakia tētahi mahi kua roa e whakaarohia ana, ko *Cosmic Chants*. I tīmata ahau ki ngā kupu Ingarihi me ngā tohu waiata o te Hauāuru mō ngā waiata e whā tekau, ko ētahi he mea taketake, ko ētahi he mea whakarerekētia e au ngā rangi tawhito. I roto ko te waiata Shankara, "Kāore he Whānautanga, Kāore he Mate"; e rua ngā waiata tino pai a Sri Yukteswar: "E ara, e

ara, e taku Tapu!" me "E hiahia ana, e taku Hoariri Nui"; te waiata Sanskrit "Hymn to Brahma"; ngā waiata tawhito a Bengali, "What Lightning Flash!" me "They Have Heard Thy Name"; a Tagore "Who is in my Temple?"; me ētahi o aku waiata: "I Will be Thine Always," "In the Land beyond my Dreams," "Come Out of the Silent Sky," "Listen to my Soul Call," "In the Temple of Silence," me "Thou Art my Life."

Mō he kupu whakataki ki te pukapuka waiata ahau i kōrerotia anō taku tuatahi tino pai wheako me te te aro o

ngā tāngata o te Hauāuru ki ngā hau karakia ataahua o te Rawhiti. Ko te wā i puta ai he kauhau tūmatanui; i te wā, 18 o Āperira, 1926; ko te wāhi, ko Carnegie Hall i New York.

"E Mr. Hunsicker," i whaki atu ahau ki tētahi tauira Amerikana, "kei te whakaaro ahau ki te tonono atu ki te hunga whakarongo kia waiatatia tētahi waiata Hinitū tawhito, 'E te Atua Ataahua!'"

"E te Ariki," te whakahē a Mr. Hunsicker, "he mea tauhou ēnei waiata o te Rawhiti ki te māramatanga o Amerika. He mea whakamā mēnā ka poke te kauhau i te kōrero mō ngā tōmato kua pakari rawa!"

I kata ahau, ā, kāore i whakaae. "He reo ao whānui te puoro. Kāore e kore ka rongo ngā Amerikana i te wawata wairua i roto i tēnei waiata rangatira." **48-2**

I te wā o te kauhau, i noho a Mr. Hunsicker i muri i ahau i runga i te papaaho, me te wehi pea mō tōku haumaruru. Kāore he pūtake o ana feaa; ehara i te mea ko te korenga o ngā huawhenua kāore i te manakohia, engari mō te haora me te rua tekau mā rima meneti, ko te waiata "E te Atua Ataahua!" i tangi tonu. mai i toru mano ngā korokoro. Korekore kāore roa ake, e te aroha Hou Ngā tāngata o Ioka; tōu i rere ngā ngākau i roto i te rangi harikoa! I puta ngā whakaora atua i taua ahiahi i waenganui i te hunga karakia e waiata ana me te aroha ki te ingoa o te Ariki.

Kāore i roa te noho mokemoke o te kaiwaiata tuhituhi i roto i taku mahi. Kāore i roa ka wehea e au ia rua wiki i waenga i a Los Angeles me Encinitas. Ngā karakia Rātapu, ngā akomanga, ngā kauwhau i mua i ngā karapu me ngā kāreti, ngā uiuinga me ngā ākonga, ngā rerenga reta tonu, ngā tuhinga mō *te Rawhiti-Hauaauru*, te aronga o ngā mahi i Inia me ngā pokapū iti maha i ngā tāone o Amerika. He nui te wā i whakatapua ki te whakaritenga o *Kriya* me ētahi atu whakaakoranga o te Whānau Whakatutuki-ā-Iho hei raupapa ako mō te hunga e rapu ana i te yoga i tawhiti, ā, ko tō rātou hihiri kāore e mōhio ki te rohe o te wāhi.

Harikoa whakatapua o he Te Whakatutukitanga i a Ia Anō Hāhi o Katoa Ngā whakapono i tango wāhi i roto 1938 i Washington,

Kei waenganui i ngā whenua ataahua o DC, kei roto te whare karakia rangatira i tētahi wāhanga o te tāone e kiia nei ko "Friendship Heights." Ko Swami Premananda te kaiārahi o Washington, i kuraina ki te kura o Ranchi me te Whare Wānanga o Calcutta. I karangatia ia e au i te tau 1928 hei kaiārahi mō te pokapū Washington Self-Realization Fellowship.

"E Premananda," i mea atu ahau ki a ia i taku haerenga ki tōna temepara hou, "he whakamaharatanga kohatu tēnei tari matua o te Rawhiti mō tō aroha nui. I konei i te tāone matua o te motu kua hikitia e koe te māramatanga o ngā kaupapa a Lahiri Mahasaya."

I haere tahi māua ko Premananda i Washington mō tētahi haerenga poto ki te pokapū Self-Environment Fellowship i Boston. He tino harikoa te kite anō i te tira *Kriya Yoga* i noho pūmau mai i te tau 1920! Nā te kaiārahi o Boston, nā Tākuta MW Lewis, māua ko taku hoa i noho ki tētahi rūma hou, he mea whakapaipai ki ngā mahi toi.

"E te Ariki," te kī a Tākuta Lewis ki ahau, me te menemene, "i ō tau tōmua i Amerika i noho koe i tēnei tāone i roto i te rūma kotahi, kāore he kaukau. I hiahia ahau kia mōhio koe he maha ngā whare papai kei Boston!"

Kua roa haere ngā atarangi o te parekura e tata mai ana ki te ao katoa; kua rongo kē te taringa koi i ngā pahu whakamataku o te pakanga. I roto i ngā uiuinga ki ngā mano tini i California, me roto i ngā reta puta noa i te ao, i kitea e au kei te rapu hohonu ngā tāne me ngā wāhine i ō rātou ngākau; ko te āhua pōuri o waho i whakanui i te hiahia mō te Eternal Anchorage.

"Kua tino ako mātou i te uara o te whakaaroaro," te tuhituhi a te kaiārahi o te pokapū London Self-Realization Fellowship ki ahau i te tau 1941, "ā, e mōhio ana mātou kāore he mea e taea te whakararuraru i tō mātou rangimārie o roto. I ngā wiki kua taha ake nei i roto i ngā hui, kua rongo mātou i ngā whakatūpato mō ngā whakaekenga ā-rangi, ā, kua whakarongo hoki ki te pahūtanga o mahi whakaroa ngā poma, engari tō mātou ngā ākongā tonu kohikohi me tino kia pai tō mātou ratonga ataahua."

I tae mai tētahi atu reta ki ahau i Ingarangi i pakaru i te pakanga i mua tata tonu i te urunga o Amerika ki te pakanga. I roto i ngā kupu whakamīharo, i tuhituhi a Tākuta L. Cranmer Byng, te ētita rongonui o *The Wisdom Of The East Series* :

"I taku pānui i te pukapuka *East-West*, ka kite ahau i te tawhiti o tā māua noho tahi, te āhua nei e noho ana māua i roto i ngā whare e rua." ngā ao rerekē. Ka tae mai te ataahua, te tikanga, te marino, me te rangimārie ki ahau i Los Angeles, e rere ana ki te tauranga hei he waka e kī ana i ngā manaakitanga me te whakamarie o te Kara Tapu ki tētahi tāone e tukinotia ana.

"E kite ana ahau, me te mea he moemoeā, i tō ngahere nikau, me te temepara i Encinitas me ōna toronga moana me ōna tirohanga maunga, ā, i runga ake i ngā mea katoa, i tōna whanaungatanga o ngā tāne me ngā wāhine wairua, he haporī e whakakotahihia ana i roto i te kotahitanga, e uru ana ki te mahi auaha, ā, e whakakīia ana i roto i te whakaaroaro. Ko te ao o taku ake tirohanga, i roto i te hanganga i tumanako ahau ki te kawē i taku wāhanga iti, ā, ināianei...

"Tērā pea i roto i te tinana e kore rawa ahau e tae ki ō takutai koura, e kore hoki e karakia ki roto i tō temepara. Engari he mea nui ake, he mea nui ake, te kite i te moemoeā, me te mōhio kei waenganui i te pakanga kei te noho tonu te rangimārie i roto i ō koutou tauranga me ō koutou pukepuke. Ngā mihi ki te katoa o te Rōpū mai i tētahi hōia noa, kua tuhia ki runga i te pourewa mataara e tatari ana mō te ata."

Nā ngā tau pakanga i ara ake ai te wairua o ngā tāne kāore anō kia uru atu ki ā rātou mahi whakangahau te ako i te Kawenata Hou. He inu reka mai i ngā otaota kawa o te pakanga! Hei whakamātau i te hiahia e tipu haere ana, i hangaia, ā, i whakatapua he Hāhi Whakakitenga-Iho iti whakahihiri o ngā Karakia Katoa. i roto 1942 i Hollywood. Te pae ngā mata Oriwa Puke me te tawhiti Ngāro Te Whare Taonga o Angeles. Ko te whare karakia, he kikurangi, he mā, he koura te āhua, e whakaatahia ana i waenganui i ngā haikineti wai i roto i tētahi puna kaukau nui. He kanapa ngā mārā i ngā putiputi, i ētahi tia kōhatu ohorere, i tētahi karaihe tae. he

pergola, me tētahi puna hiahia ataahua. I roto i ngā pene me ngā hiahia kaleidoscopic o te tangata, he maha ngā wawata parakore mō te taonga kotahi o te Wairua! Ka puta mai he atawhai whānui mai i ngā āputa iti me ngā whakapakoko o Lahiri Mahasaya me Sri Yukteswar, me Krishna, Buddha, Confucius, Hato Francis, me tētahi whakaahua ataahua o te Karaiti i te Hakari Whakamutunga.

I whakatūria tētahi atu Hāhi Whakakitenga-Whaiaro o ngā Hāhi Katoa i San Diego i te tau 1943. He temepara marino kei runga i te pukepuke, e tū ana i roto i te awaawa pari o te ūkaraiti, e titiro atu ana ki te kokoru kanapa o San Diego.

I tētahi ahiahi, i ahau e noho ana i tēnei wāhi marino, e ringihia ana e au ōku ngākau ki te waiata. I raro i ōku maihao ko te ōkana reka o te whare karakia, i runga i ōku ngutu ko te tangi a te tangata Bengali tawhito.

tangata karakia ko wai i a i rapua mō mutunga kore whakamarie:

I roto tēnei ao, Whaea, kāore kēne aroha ahau;
I tēnei ao, kāore rātou e mōhio ki te aroha
atua. Kei hea rā te aroha parakore?
Kei hea te aroha pono ki a Koe?
Kei reira te hiahia o tōku
ngākau.

I ataata pakupaku taku hoa i te whare karakia, a Tākuta Lloyd Kennell, te kaiārahi
pokapū o San Diego, i te rongonga i ngā kupu o te waiata.

"Kōrero mai ki ahau, e Paramhansaji, he pai te utu?" I titiro mai ia ki ahau me te
ngākau pono. I marama ahau ki tana pātai poto: "I harikoa koe i Amerika? Ā, me
pēhea ngā pōuri, ngā mamae o te ngākau, ngā kaiārahi pokapū kāore i taea te
ārahi, ngā ākonga kāore i taea te whakaako?"

"Ka manaakitia te tangata e whakamatautauria ana e te Ariki, e Tākuta! Kua mahara
ia i ētahi wā ki te whakatakoto i tētahi kawenga ki runga i ahau!" I whakaaro ahau i
taua wā ki te hunga pono katoa, ki te aroha me te pono me te māramatanga kei
waenganui o Amerika. Me te āta whakanui i te whakaaro, ka haere tonu ahau,
"Engari ko taku whakautu: Āe, kotahi mano ngā wā āe! He mea whai hua; he mea
whakahihiko tonu, nui atu i taku i moemoeā ai, te kite i te Hauāuru me te Rawhiti e
whakatata mai ana i roto i te hononga pumau anake, te wairua!"

I roto i te puku, ka tāpirihia e au tētahi inoi: "Kia rongo a Babaji rāua ko Sri
Yukteswarji kua oti i ahau taku mahi, ā, kia kore ai e whakapōrearea i te tumanako
nui i toonoa mai ai ahau e rāua."

ahau tahuri anō ki te ōkana; tēnei wā taku waiata i pōuriuri me he whawhai toa

Ka whakakino te wira huri o te Wā i
te maha o ngā orange o te marama me
ngā whetu, me te maha o ngā ata
ataata kanapa - Engari kei te haere
tonu tōku wairua!

I whakataetae te pōuri, te mate, me
ngā hinganga; I kaha rawa tā rātou

ngana ki te aukati i tōku ara;
Taku pakanga ki te hae He kaha te
taiao - Engari kei te haere tonu taku
wairua!

I te wiki o te Tau Hou o te tau 1945 i mahi ahau i taku rūma ako i Encinitas, e whakahou ana i te tuhinga o tēnei pukapuka.

"E Paramhansaji, tēnā haere mai ki waho." I te haerenga mai o Tākuta Lewis i Boston, ka menemene mai ia ki ahau me te tono mai i waho o taku matapihi. Kāore i roa ka hiko māua i raro i te rā. I tohu taku hoa ki ngā pourewa hou e hangaia ana i te taha o te whenua o Fellowship e tata ana ki te huarahi nui o te takutai.

"E te Ariki, kua kite ahau i ngā whakapainga maha mai i taku haerenga whakamutunga." E rua ngā haerenga mai a Tākuta Lewis i te tau mai i Boston ki Encinitas.

"Āe, e Tākuta, kei te tīmata te kaupapa kua roa nei e whakaarohia ana e au ki te whai āhua tuturu. I roto i ēnei taiao ataahua kua tīmatahia e au tētahi koroni iti o te ao. Ko te whanaungatanga te kaupapa matua, he pai ake te māranga mā te tauira, kua mā te ako! Mā tētahi rōpū iti, kotahi te wairua, i konei ka taea te whakaaweawe i ētahi atu hāpori pai o te ao."

"He whakahīhi whakaaro, e te rangatira! Te koroni ka tino kia he angitu mēnā te katoa pono e mahi ana tāna wāhanga!"

"He kupu whānui te 'Ao', engari me whakanui te tangata i tōna pono, me te whakaaro ki a ia anō i roto i te maramatanga o te tangata whenua o te ao," ka haere tonu ahau. "Ko te tangata e tino whakaaro ana: 'Ko te ao tōku whenua tupu; ko Amerika tōku, ko Īnia tōku, ko Piripīni tōku, ko Ingarangi tōku, ko Āwherika tōku,' e kore rawa e hapa i te wāhi mō te oranga whai hua me te harikoa. Ka mōhio tōna whakapehapeha ā-rohe ki te whānui mutunga kore; ka hono atu ia ki ngā ia auaha o te ao."

I tū māua ko Tākuta Lewis i runga ake i te puna kaukau rēmana e tata ana ki te whare karakia. I raro iho i a māua ko te Moana-nui-a-Kiwa mutunga kore.

"Ka pakaru ōrite ēnei wai i ngā takutai o te Hauāuru me te Rawhiti, i California me Haina." I whiua e taku hoa tētahi kōhatu iti ki roto i te tuatahi o ngā moana e whitu tekau miriona maero tapawha te rahi. "He wāhi tohu a Encinitas mō tētahi koroni o te ao."

"He pono tēnā, e Tākuta. Ka whakaritea e mātou he maha ngā huihuinga me ngā Huihuinga Whakapono ki konei, me te karanga i ngā māngai mai i ngā whenua katoa. Ka whakairihia ngā haki o ngā iwi ki roto i ō mātou whare. Ka hangaia he temepara iti ki runga ake i te whenua, i whakatapua ki ngā whakapono matua o te ao."

"I te wā e taea ai," ka haere tonu ahau, "kei te whakaaro ahau ki te whakatuwhera i tētahi Whare Yoga ki konei. Kua tīmata noa te tūranga manaakitanga o *Kriya Yoga* i

te Hauāuru. Kia mōhio ngā tāngata katoa kei reira tētahi tikanga pūtaiao tūturu mō te mōhio ki a ia anō hei wikitoria i ngā mamae katoa o te tangata!"



Ngā kaikōrero i tētahi Hui Iwi-ā-iwi i San Francisco i te tau 1945 i te wā i karangatia ai te Hui Rangimārie. (Mai i te mau ki te matau) Tākuta Maneck Anklesaria, John Cohee, ahau, Hugh E. MacBeth, Vince M.



Ko te Hāhi Whakatutuki-i-a-Iho o ngā Hāhi Katoa i Washington, DC, ko tōna kaiārahi, ko Swami Premananda, kei konei tahi māua i te whakaahua



Taku rangatira matua, noho i roto te marino rōhi tū, Kolkata, 1936

I te pō roa, i kōrero mai taku hoa aroha - te *Kriya Yogi tuatahi* o Amerika - ki ahau mō te hiahia mō ngā koroni o te ao i whakatūria i runga i te kaupapa wairua. Ko ngā mate e pā ana ki tētahi whakaaro tangata e kiia nei ko te "hapori" ka taea te whakatakoto i te pono ki te tatau o te Tangata Katoa. Me puāwai te Utopia i roto i te uma tūmataiti i mua i te puāwaitanga o te pai o te iwi. He wairua te tangata, ehara i te whare; ko ōna whakarerekētanga o roto anake ka taea te tuku pumau ki ngā whakarerekētanga o waho. Mā te aro nui ki ngā uara wairua, te mōhio ki a ia anō, ka whai mana te koroni e whakaatu ana i te whanaungatanga o te ao ki te tuku i ngā wiri whakahihiri ki tua atu i tōna rohe.

15 o Ākuhata, 1945, te mutunga o te Pakanga Tuarua o te Ao! Te mutunga o te ao; te ata o te Wā Ātomi ngaro! I huihui ngā tāngata noho o te whare karakia ki te whare matua mō te inoi whakawhetai. "E te Matua i te Rangi, kaua rawa e pērā anō! Ka haere āu tamariki hei teina!"

Kua ngaro te taumahatanga o ngā tau pakanga; i ngunguru ō mātou wairua i te rā o te rangimārie. I titiro harikoa ahau ki ia o ōku hoa Amerikana.

"E te Ariki," ahau whakaaro me te whakawhetai, "Koe hohoro i hoatu tēnei mōneka he nui whānau!"

He iti tāone i runga Takutai Huarahi Matua 101, Encinitas ko 100 maero tonga o Ngāro Ānehera, me 25 maero :48-1

Ā Atua ataahua! Ā Atua He
ataahua! I roto i te ngahere, he

,kakariki koe

I te maunga, he teitei koe, I
roto te awa, Koe toi e kore e
okioki, I te moana, He urupā
!koe

Ki te whai hua, Koe toi ratonga, Ki
te tangata e aroha ana, Ko koe te
,aroha

,Ki te pouri, Koe toi te aroha

!Ki te yogi, Koe toi harikoa

Ā Atua ataahua! Ā Atua Ataahua!

!Ki ō waewae, e piko ana ahau



:Tāpiritanga: nā



Te Whare Wānanga Ipurangi mō te Yoga Kriya,
te Yoga Atua, te Aroha Atua me te Mōhiotanga ki
te Atua



Kua hangaia tēnei "Autobiography of a Yogi" mai i
ngā tuhinga taketake o te tau 1946 - putanga
tuatahi. Kua pau te mana pupuri o te putanga
tuatahi o te tau 1946 i te USA, ā, kei te wātea noa
.atu tēnei pukapuka whakahihiri ki te ao katoa



Kua hangaia te putanga pukapuka matihiko i te
whakatakotoranga PDF mā te whakamahi i te
Acrobat 7.0 Professional, ā, ka tukuna atu ki a
koe nā te [Whare Karakia o te Ao Ipurangi](#) - Te
akoranga katoa o te aroha tae atu ki te
taipitopito whakaurunga ki te tapu Kei te wātea
kore utu te pūtaiao o Kriya Yoga i runga ipurangi i
te [www. kriyayoga.com](http://www.kriyayoga.com). I whakatūria te
Cyberspace Ashram i te tau 1997 me te kaupapa
kotahi ki te kawe ki te ao katoa i ngā
whakaakoranga taketake o te aroha tae atu ki te
whakaurunga katoa me te taipitopito ki te
.pūtaiao tapu o Kriya Yoga



Kia whakateiteitia koe e te aroha me te hari
o tōku matua, kia purea hoki tō hinengaro, ō
whakaaro me tō ngākau, kia māmā ai tō ara
ki te aroha. kāinga. Aroha ko te kī ki Atua -
Aroha ko nga mea katoa e tukuna ana e te
Atua ki a koe - kia whiwhi ai koe i te aroha
me hoatu e koe te aroha - ko te aroha anake



He tirohanga whānui ki ētahi o ngā
wāhanga matua o te Cyberspace
Ashram



1. Ki tīmata te mahi i te Kriya Yoga - Kia tino

pānui koe i ngā rau whārangi kua
whakaputaina i roto i te [Cyberspac](#) e
[Āhira](#)ma tae atu ki ngā wāhanga katoa:

2. [I runga tōu parirau o aroha - i runga tōu ara ki Atua](#)

3. [Wairua Ngā Reta Iti](#)
4. [Wairua Ngā Pānui](#)
5. [Ngā Pātai Auau](#)
6. [Ki Aroha mai i Atua ki koe](#)
7. Āhea te pānui i ngā kōnae me ngā wāhanga katoa o te Cyberspace Ashram - ka kitea e koe i te wā tika te tūturu whārangi-diksha me katoa e tika ana ngā taipitopito o te ngā tikanga o te tapu pūtaiao o Kriya Yoga. Kia rite ki te pānui i ngā mea katoa, ki te ako i ngā mea katoa kia mārama ra ano koe, ā, kia mahi i ngā whakaakoranga o te aroha i ngā wāhanga katoa o tō orange o ia rā kia angitu ai koe i roto i tō mahi Kriya Yoga. Ko Kriya Yoga te waka ki te Atua - ko te aroha te wahie i tō ara aroha ki te kāinga.



Me te Aroha me te

Harikoa a Hans

[Ko te Atua te Aroha](#) [Aroha Ngā Akoranga o te Aroha](#) | [Nā te Atua tama a te Aroha Ngā Akoranga o te Aroha](#) | [Akohia te kī "Ahau aroha ana ki a koe"](#) | [Ako ki te whakaae ki te aroha](#) | [He whakamātautau aroha Aroha urupare](#) | [Huinga Wairua - Ngā Otinga o Aroha](#) | [Ngā Kāri Aroha hei kī "Aroha ana ahau ki a koe"](#)

Te Taonga o te Whakaaro Nui

Paramhansa Yogananda
Ngā tuhinga wairua



**Ngā tirohanga poto mai i te oranga o te tangata
whakaaro nui**

Nā Shri Daya Mata, te perehitini o mua o te Self-
Knowledge Society

Nāna i tuhi ngā whakaakoranga a te kaiako a
Paramhansa Yogananda, ā, i tiaki hoki i aua whakaakoranga
.mō ngā whakatipuranga

I taku kitenga tuatahi i a Paramhansa Yogananda, e
whaikōrero ana ia ki tētahi hunga whakarongo nui, miharo
.hoki i Salt Lake City i te tau 1931

I ahau e tū ana i te kokonga o muri o te whare kī tonu i
te tangata, kāore au i te mōhio ki ngā mea katoa e karapoti
.ana i ahau engari ko te kaikorero me āna kupu

I rumakina katoatia tōku tinana e te whakaaro nui me te
aroha atua i rere mai ki roto i tōku wairua, i whakakī i tōku
ngākau me tōku hinengaro. Ko tāku anake i whakaaro ai, "E
aroha ana tēnei tangata ki te Atua, pērā i taku hiahia kia
aroha ki a ia. E mōhio ana ia ki te Atua, ā, koinā taku e whai
.ai." Ā, koinā taku i mahi ai mai i taua wā tonu

I a au e rongo ana i te mana wairua kororia o āna kupu i
roto i tōku ao i aua tau tōmua me taku kaiako rongonui, a
Paramhansa, ka ara ake he wairua kaha ki roto i ahau ki te
tuhi me te tiaki i āna kōrero whakaaro nui mō te ao katoa,
.mō ngā whakatipuranga katoa

He waimarie, i roto i ngā tau maha o taku hononga ki a
Kaiwhakaako Paramahansa, i tuhia e au āna kauwhau me
āna tohutohu whaiaro—he taonga nui, he taonga nui o te
.whakaaro nui whakamiharo me te aroha atua ahurei

I tino rere te hihiri o te kaiako anahera, i kitea i roto i
tana kōrero tonu; he maha ana kōrero mō ētahi meneti i ia
.wā, kāore he wā, i ētahi wā mō te haora katoa

I a ia e noho ana me te miharo me te miharo, ka tere
rawa te neke o taku pene! I a au e tuhi ana i ana kupu mā te
whakamahi i te reo poto, i rite ahau ki te mea kua heke mai
tetahi manaakitanga ahurei, e whakamāori tonu ana i te reo
.o te kaiako ki ngā tohu poto i runga i ngā whārangi

Ko te whakamāori i tēnei tuhinga ki te tuhituhi noa, he mahi tapu, he mahi manaakitanga hoki, tae noa mai ki tēnei rā. Ahakoa i muri i ēnei wā katoa, ko ētahi o aku kitenga i neke atu i te whā tekau tau te roa, ina tīmata ahau ki te whakamāori, ka kitea e au he mea hou tonu i roto i tōku hinengaro, me te mea i tuhia inanahi, tae noa ki te wā ka taea e au te whakarongo—i roto i ia kīanga—ki te reo motuhake o te Ariki anahera, i roto i ngā hohonutanga o tōku .wairua

Kāore i te tino rite te kaiako i ana kauhau. Mēnā i whakarite ia, tera pea ko te tuhi tere me te poto i ētahi kōrero. I a ia e haere ana ki te temepara, ka pātai ia ki tētahi o mātou—i roto i te motuka—e mea ana "He aha te kaupapa o taku kauhau i tēnei rā?" Ka " arotahi tōna hinengaro ki te kaupapa, kātahi ka whakapuaki i te kauhau i waho tonu i te wā poto, me te tango mai i te .puna o roto o te whakaaweawe tapu I pānuitia ngā kaupapa o ngā kauhau a te kaiako i roto i ngā whare karakia, engari i ētahi wā he rerekē rawa te mahi .a tōna hinengaro i tana tīmatanga ki te kōrero Ahakoa te kaupapa o te rā, i kōrero te kaiako i ngā pono i pūmau i tōna hinengaro i taua wā, me te ringihia tonu mai o te mātauranga whakahirahira mai i tōna wheako wairua me tōna māramatanga ā-roto. I te mutunga o te kauwhau, he tokomaha ngā tāngata e puta mai ana ki mua ki te whakapuaki i ō rātou whakawhetai mō te whakamārama i homai e ia ki a rātou mō tētahi take i whakararuraru i a rātou, mō te whakamārama rānei i tētahi whakaaro rapunga .whakaaro i tino pārekareka ki a rātou I ētahi wā, i a ia e kauwhau ana, ka rere teitei te hinengaro o te kaiako, ā, ka wareware ia ki te hunga whakarongo mō tētahi wā poto, ka kōrero tika ki te Atua. Kī .tonu tōna tinana katoa i te hari, i te aroha o te Atua

I aua āhua o te hinengaro teitei ake, i tino ōrite tōna
hinengaro ki te hinengaro atua, nō reira i kite ia i te pono i
.roto i a ia anō, ā, i whakaahua i ana wheako me ana kitenga
Tērā pea i matakū ētahi atu i te aroaro kanapa o
Paramhansa Yogananda, engari nā tōna mahana, tōna āhua
ngāwari, me tōna ngākau mahaki i whakaoho tonu te
rangimārie me te marino ki roto i te hunga katoa i reira. I rite
ia tangata ki te mea ko ngā kupu a te rangatira te mea i
.kōrerotia ki a rātou ake

Ko te whakakatakata me te wairua māhaki ngā
āhuatanga ataahua o te kaiako. Mā te kīanga i whiriwhiria
marietia, te nekehanga whai tikanga, te āhua kanohi
ataahua rānei, ka taea e ia te whakaoho i tētahi urupare hoa
me te kata nui i te wā tino tika hei whakamārama i tētahi
take, hei whakamarie rānei i te hunga whakarongo i muri i te
arotahi hinengaro roa me te kaha ki tētahi kaupapa
.motuhake, ki tētahi take hohonu me te ngawari rānei
Kāore e taea e te tangata te tuhi i ngā āhuatanga ahurei
ki roto i te pukapuka He kanapa, he hihiri, he aroha te āhua
whānui o Paramhansa Yogananda. Heoi, ko taku tumanako
iti i roto i tēnei whakamāoritanga poto he whakarato i tētahi
tirohanga whaiaro hei whakarei ake i te harikoa me te
.maioha o te kaipānui ki ana whakaakoranga

Nō te kitenga i taku kaiako ā-āngere i roto i te tino
ōritetanga me te tapu ki te Aroaro Tapu, ā, nō te rongonga i
ngā pono nui me te ringihanga mai o tōna wairua momona;
nō te tuhi i ana whakaakoranga nui mō ngā whakatipuranga
katoa; ā, nō te tuku atu i ēnei ki ngā ringa o ngā kaipānui,
!kāre e taea e au te kore e karanga: Āe, tōku hari nui
Ka inoi atu ahau ki te Atua Kaha Rawa kia huakina e ngā
kupu rangatira a te kaiako ngā tatau o te whakapono pakari
ki te Atua me te aroha atua ki a ia i roto i ngā ngākau o te
.hunga e hiahia ana ki tēnā

Te Ariā o te Whakawhānautanga Ka taea te whakamātau pūtaiao

Ki te whakapono te tangata ki tētahi Atua tika i te ao
whānui, ka māmā ake te whakaae ki te ariā o te
whānautanga anō, nā te mea e hono tahi ana ngā ariā e rua.
Engari, me pēhea rā te hunga whakahē me te hunga kore
atua? Ka taea te whakamātau pūtaiao i te mooni o te
whānautanga anō kia ea ai ō rātou hiahia? Ā, ka taea te
tātari pūtaiao pakari i te ariā o te whānautanga anō, ehara i
te mea hei tuku tumanako anake engari hei whakarato
?taunakitanga mō tōna pono

E kī ana ngā kaipūtaiao rauemi kāore anō kia kitea he
taunakitanga tūturu mō te noho o te Atua, nō reira, kāore e
taea e rātou te whakarato i tētahi taunakitanga mō te noho o
Tana ture tika e hoatu ana i ngā whai wāhitanga ōrite ki ngā
tāngata katoa kia whanake me te ahu whakamua mā te hoki
.ki te tinana tangata

Ko te mamae o ngā tamariki harakore, te hē, me te
koretake o te ao, ki tā ēnei kaipūtaiao, he mea koretake, he
mea kore e taea te whakamārama, e tohu ana i te korenga o
.tētahi kaihanganga tika

I tētahi atu taha, ko te nuinga o te hunga whakapono ki
te Atua tika, taurite hoki e whakatakoto ana i ō rātou
whakapono ki te whakapono anake, kāore he taunakitanga
hei tuku ki te hunga kāore e whakapono. He maha tonu ā
rātou whakaroa ki te tiro tiro i tō rātou whakapono, ki te pātai
rānei i runga i te arorau i te wehi kei ngaro, kei puta rānei he
raruraru hapori. Ara , kāore rātou i te mōhio ki tētahi ture
pūtaiao, ture wairua rānei hei whakamana i ō rātou
.whakapono

Engari he aha te take kāore te ture wairua e tirotirohia
ana me te kaha, pērā i ngā tikanga whakamātautau a ngā
kaipūtaiao hei hura i ngā āhuatanga taiao? I pātaihia tēnei
pātai i ngā rautau kua pahure ake nei e ngā tohunga wairua i
Īnia, ā, i tūao rātou ki te whakautu? I puta mai i ā rātou
whakamātautau ngā tikanga pūtaiao ka taea e te tangata te
whakamahi hei hura i te ture wairua, ā, nō reira, kia mārama
.ai ki te whānautanga me ngā pono katoa o te ao
I te mea kei te mau tonu ngā huarahi hei whakaatu i te
pono, kāore he tika o tetahi ki te kī he hē te hokinga ki te
whanoke me ētahi atu ture wairua, ki te kore ia e
whakamātau i ngā tikanga, e kite ana hoki i ngā āhuatanga o
.te ao tūroa

He tika tā te tangata tairongo ki te ao taiao ki te
whakapuaki i ōna whakaaro, engari he whakaaro noa iho,
.ehara i te meka

I roto i ngā pūtaiao taiao, me whai i ngā tikanga
motuhake hei whakamana i tētahi ariā e tirotirohia ana.
Kāore e kitea ngā iroriki e te kanohi tahanga, nō reira me
whakamahi i te karu hiko hei tirotiro i a rātou. Mena ka
whakakahore tetahi ki te titiro mā te karu hiko, kāore e taea
te kī kua tirotirohia, kua whakamanahia hoki e ia te ariā o te
noho o ngā iroriki. Nō reira, kāore he mana o ō rātou
whakaaro nā te mea kāore i whai i ngā ture kua tūtohutia hei
.whakamana i te mana o te ariā

Pērā anō hoki mō te wairuatanga. Kua titoa ngā tikanga,
kua whakatūria ngā ture, ā, kua tukuna ngā hua ki te hunga
e hiahia ana ki te whakamātautau. Heoi, i te ao Uru, nā te
korenga o tētahi tikanga pūtaiao hei tirotiro i ngā ture wairua
kua tino whakaiti i te uara o te whakapono hei mana nui i
roto i te oranga o te tangata. Ka awhihia, ka whakakahoretia
rānei ngā kaupapa wairua i runga i ngā whakapono takitahi,
kaua e kiia koinei te hua whakamutunga o te ako hohonu me
.te uiuinga wairua pūnaha

I pēhea te huraina e ngā tohunga Inia o mua i ēnei ture
ā-ao e kore e taea te whakarerekē? Mā te whakahaere i ngā
whakamātautau mō te oranga me te whakaaro o te tangata i
roto i ngā taiwhanga o ō rātou whare karakia. Hei māranga ki
te āhua o ngā mea taiao, me whakamātau tātou ki ngā
rauemi taiao. Waihoki, hei kimi i te pono mō te whānautanga
anō, te whakawhiti rānei o te wairua kotahi i roto i ngā
tinana maha, me whakahaere ngā whakamātautau mō te
.hinengaro tangata

I kitea e ēnei tohunga o mua kāore e rerekē te āhua o te
tangata i te roanga o te oranga o te tangata, ahakoa ngā
wheako me ngā rerekētanga o te whakaaro i te wā e oho
ana, e moemoeā ana, e moe kore moemoeā ana. I kitea e
rātou ka rerekē ngā kare ā-tinana, te taiao, ngā whakaaro,
me ngā āhua tinana, engari ko te āhua o te tangata, te ego
.rānei, kāore e rerekē mai i te whānautanga ki te matenga
Kua whakaūtia e ngā kaipūtaiao whakamātautau o Inia
mā te arotahi ki te whaiaro mā te aroturuki tonu, te mōhio,
me te motuhake i a ia, me te kore e aro ki ngā āhua hurihuri
o te araara, te moemoeā, me te moe kore moemoeā, ka taea
e te tangata te kite i te āhua pumau me te mutunga kore o
.te whaiaro

He maha ngā wā ka mōhio te tangata ki tētahi o ēnei
āhua. E mōhio ana rātou i a rātou e ara ana, ā, i ētahi wā ka
mōhio anō hoki rātou ki tō rātou āhua moemoeā. Ehara i te
mea onge te whakaaro kei te moemoeā te tangata i a ia e
.moemoeā ana

Mā roto i ētahi tikanga me ngā mahi, ka taea e te
tangata te pupuri i te mōhiotanga mō ia āhua kua
whakahuatia i runga ake nei. Tērā pea ka taea e rātou te eke
ki te āhua tuawhā—te āhua manaakitanga o te mōhiotanga
.teitei ake

I te wā moe, ka puta te whakangā ā-ringa i te mea ka
memeha haere ngā mahi a ngā io me ngā kare ā-roto. Mā te
mahi, ka taea te whakaoho i tēnei whakangā i a koe e ara

ana, ā, mā te whakapau kaha. I te moe hōhonu, i te mate
rānei, ka puta te whakangā katoa i te mea ka tangohia te
kaha ora mai i te ngākau me te taurakira. Mā te
whakaaroaro hōhonu, ka taea te whakaoho i tēnei whakangā
katoa i a koe e ara ana. Ara, ka taea te whakahaere ā-ringa
me te āta whakaaro i ngā mahi tinana katoa mā roto i ngā
.mahi whakakori tinana motuhake

I whakatau ngā tohunga o Īnia o mua ko te mate te
tangohanga o te kaha ora mai i te rama o te tinana tangata,
tae atu ki ōna io, ōna kare ā-roto, me ngā tini hongere o te
kaha ora. Pērā i te kore e mate te hiko ina tangohia mai i te
pūrama rama pakaru, waihoki kāore te kaha ora e ngaro ina
tangohia mai i ngā io kore e taea te whakahaere. Kāore e
taea te whakangaro i te kaha. Ka tangohia atu i te tinana i te
.matenga ka hoki ki te kaha o te ao

I te wā moe, ka mutu te mahi a te hinengaro pūoro i te
mea ka tangohia te hiko i roto i ngā io mō tētahi wā. I te
matenga, ka mutu te whakaatu a te hinengaro tangata i a ia
anō i roto i te tinana, ka rite ki te ringa pararutiki; e mōhio
ana tōna rangatira ki tōna aroaro engari kāore e taea te
whakahaere, te mahi rānei i runga i taua mea. E whakaahua
ana ngā tuhinga hauora i te take o tētahi minita i uru ki te
koma, ā, i rongo i te hunga i tōna taha e tangi ana mō tōna
matenga, engari kāore i taea e ia te whakapuaki i ōna kare
ā-roto mā roto i ngā mahi a tōna tinana. I mutu ohorere ana
mahi tinana, ā, i kore e aro ki ana whakahau hinengaro. I
muri i te noho i ngā haora e rua tekau mā whā i roto i tēnei
āhua, ā, i te wā tonu ka tata ia te kawē atu mō te
tanumanga, ka whakapau kaha ia, ā, ka taea e ia te neke. E
whakaatu ana tēnei kaupapa i te pumau o te whakaaro ki a
.ia anō ahakoa te āhua kore ora o te tinana

E mea ana te hunga whakaaro nui me wehe motuhake
te mahi me te hinengaro i te tinana, me āta tiro tiro i te āhua
o te moe, me te mahi i te tango tūao i te mahi hinengaro mai
i te ngākau me ngā pokapū tuaiwi. Mā te mahi pera, ka ako

te tangata ki te whakaae ki ngā mea ka pā mai ki a rātou,
.me te kore e mōhio, me te kore e hiahia e rātou
Ka uru te pūngao ora ki te tinana mā te medulla
oblongata, ka rongoatia ki te puna o te roro. Kātahi ka heke
ki ētahi atu pokapū ora me te hinengaro e rima i roto i te
tuaiwi, ka tohatohahia ki ngā whekau rongo me te toenga o
.te tinana

I te matenga, ka tangohia katoatia te kaha ora ki te
tuaiwi ka wehe atu i te tinana mā te medulla oblongata. Ka
taea e te yogi mohio, mā te hiahia me te mōhio, te tango i
tēnei kaha ora mai i te tinana me ngā kare ā-roto ki te tuaiwi
ka tukuna ki ngā pokapū teitei o te tirohanga tapu, ki reira
ka wheako i te harikoa o te "mate" - arā, te wetekina mai i
ngā mānukanuka kare ā-roto e puta mai ana i te piri ki te
.mōhiotanga tinana iti

Kei roto i ngā tuhinga a ngā tākuta Wīwī me ētahi atu o
Ūropi tētahi take kua tuhia mō tētahi tangata ko Sadhu
Haridas tōna ingoa, i te kooti o te Emepara Inia a Rajneet
Singh. E whakaatu ana tēnei take i taea e Sadhu Haridas te
wehe i tana mahi ora me tōna hinengaro mai i tōna tinana,
kātahi ka hono anō i muri i ētahi marama. I tanumia tōna
tinana ki raro i te whenua, ā, i raro i te tiro tiro pakari, i te ao,
i te pō mō ētahi marama. I te mutunga o tēnei wā, i keria
tōna tinana, ā, i tiro tirohia e ngā tākuta Ūropi, nā rātou i kī
kua mate ia. Heoi, i muri i ētahi meneti i tēnei
whakapuakitanga, ka whakatuwherahia ōna kanohi, ā, ka
hoki anō ki te mana whakahaere i ana mahi tinana katoa, ā, i
ora ia mō ngā tau maha i muri mai. I ako ia mā te mahi me
pēhea te whakahaere i ngā mahi kore e taea te whakahaere
i tōna tinana me tōna hinengaro. He tohunga wairua ia i
whakahaere i ngā whakamātautau wairua i tūtohutia e ngā
tohunga kia mārama ai ki te āhua tūturu o te ture o te ao. Nō
reira, i taea e ia te whakamatau i te haere tonu o te oranga
tangata i muri i te matenga me te kore e pirau o te wairua
.ora tonu

Ko te hunga e hiahia ana ki te whakamatau i te pono
pūtaiao o te whānautanga anō me whakaatu tuatahi i te
haere tonu o te hinengaro i muri i te matenga mā te wehe ā-
hinengaro i te tinana mai i te wairua. Ka taea tēnei mā te
whai i ngā ture i whakatūria e ngā tohunga wairua Inia i ngā
rautau kua pahure. Ina ako te tangata ki te ara ake i te wā e
moe ana, ki te whakaoho moemoeā i tana hiahia, me te
wehe ā-hinengaro i ngā tikanga e rima—kaua e noho noa iho
pērā i te wā e moe ana—ā, ina ako rātou ki te whakahaere i
te mahi a te ngākau, ka taea e rātou te wheako i te matenga
ā-hinengaro, i te āhua kore mohio o te tinana rānei (ehara i
.te āhua kore mohio)

E mea ana ō tātou tohunga, e mōhio ana te tangata ki a
ia anō i ngā wāhanga katoa o te tamarikitanga, te
taitamarikitanga, me te koroheketanga. E mōhio tonu ana te
wairua tinana ki ngā āhua katoa e pā ana ki te tangata, tae
atu ki te whiwhi tinana hou i muri i te matenga me te neke i
waenga i te ao tinana me te ao wairua. Kāore e tautohetia
.tēnei pono e te hunga mātau ki te pūtaiao wairua
Mā te whakamahi i ngā tikanga e arahi ana ki ngā āhua
e whā kua whakahuatia ake nei, ka taea e tātou te whai i te
whaiaro i roto i ōna āhua o te oranga. Ka taea e tātou te
whai mārire i a ia i te wā o te matenga, i tōna kopikopiko i te
wāhi ao, me tōna hokinga mai ki te ora i roto i tētahi tinana
.hou

Ko te hunga kāore i te akona ki ēnei mea, kāore e taea e
rātou te mau tonu te māramatanga i te wā e moe nui ana:
arā, te mate. Nō reira, kāore e taea e rātou te mahara ki
tētahi āhua o mua i pā ki a rātou, tae atu ki ngā wā o te
."moe hohonu" i roto i te kotahi oranga

Mā te tango i ngā tikanga a ngā tohunga o Inia o mua i
whakamātautau, i whakamātau hoki i aua ture, ā, i hoatu
hoki ki te ao he mātauranga utu nui, he mātauranga ka taea
te whakamana, ka taea e te tangata te ako i te pono pūtaiao
.mō te whānautanga anō me ngā pono mutunga kore katoa

Te ataata o te wairua

Ko te ataata pono ko te ataata o te harikoa wairua, i whānau mai i te whakaaroaro, te whakaaroaro ki te Atua, me te rongo i Tōna aroaro. Ko taku ataata e pupū ake ana i te harikoa hohonu i roto i ahau—he harikoa e wātea ana ki te katoa. He rite ki te kakara e pupū ake ana i te ngākau o te rōhi e puāwai ana. Ko tēnei harikoa nui e tono ana i ētahi atu .kia rumakina rātou ki roto i ngā wai tapu o te harikoa

E whā ngā āhua e mōhiotia ana e te tangata noa: te harikoa ina tutuki te hiahia; te pouri ina whakakahoretia; te hoha ina kore e harikoa, e pouri rānei; me te rangimārie ina wikitoria i ēnei kare ā-roto, i ēnei āhua hinengaro rānei o te .harikoa, te mamae, me te hoha

He āhua tino hiahiatia te rangimārie, nā te korenga o te pouri me te harikoa, me te korenga o te hoha. Ka rere tonu ēnei āhua puta noa i te mata o te wairua. I muri i te ekenga i ngā ngaru pōrearea o te mamae me te harikoa, tae atu ki ngā ruku maha ki roto i te hohonutanga o te ngenge, ka puta te hari i te rere i runga i te moana marino o te rangimārie.

Engari he nui ake i te rangimārie te harikoa wairua—te harikoa o te wairua—te hari mutunga kore. He hari pumau e kore e memeha engari ka noho tonu ki te wairua mō ake tonu atu. Ka taea anake te whakatutuki i tēnei hari nui mā te .mōhio ki te aroaro o te Atua

Ki te whakatakoto koe i tētahi peihana wai ki raro i te mārama o te marama, kātahi ka whakaohokia, ka hangaia he āhua pōturi o te marama. Ina tau te wai ki roto i te peihana, ka mārama te whakaata. Ka taea te whakarite i ngā wā e marino ana te wai i roto i te peihana, e whakaata ana i te mata o te marama ki tētahi āhua o te rangimārie whakaaroaro me te āhua o te ata noho hohonu. I roto i te

rangimārie o te whakaaroaro, ka mutu te rere o ngā ngaru o ngā kare ā-roto me ngā whakaaro mai i te hinengaro. Ā, i roto i tēnei āhua hohonu o te rangimārie, ka kite te tangata whakaaroaro, i roto i taua ata noho, i te marama katoa o te .aroaro atua e whakaatahia ana i roto i te roto o te wairua

He āhua noho puku te rangimārie, arā, te korenga o ngā ngaru o te harikoa, te mamae, me te kore aro. Nō reira, ka kukumea te tangata whakaaroaro, i muri i tētahi wā poto, kia wheako anō i ngā ngaru o ngā kare ā-roto. Engari ka hohonu ake te rangimārie whakaaroaro, ka huri hei marino wairua, ā, nō reira, hei harikoa pai, kia wheako ai te tangata whakaaroaro i te harikoa e whakahoutia tonutia ana, e tino .makona ana hoki

Ina moe koe, ka whakamarie koe i ngā whakaaro me ngā kare ā-roto. Engari ina whakamarie koe i ngā whakaaro me ngā kare ā-roto mā te whakaaroaro, ko te mea tuatahi ka pā ki a koe ko te rangimārie, ā, ka hanga noa ō uaua kanohi i te ataata e whakaata ana i te rangimārie o roto. Engari me titiro koe ki tua atu i tēnei rangimārie kia kite ai koe i te parakore o tō wairua—he parakore kāore i poke i ngā whakaohoho a-kanohi, i ngā tauhohenga aunoa rānei ki ngā whakaaro e pā ana ki ngā kare ā-roto. Ko te āhua ka pā ki a .koe ko te harikoa tonu, e whakahoutia tonutia ana

Kei roto tonu i ngā ngākau o ngā poropiti me ngā hunga tapu tēnei hari. E mau tonu ana te rangimarie me te rangimarie ki roto i a rātou, kāore rātou e wiri, e hinga hoki i ngā awha o te riri, ā, kāore ngā āwangawanga me ngā matakū e pā ki a rātou. Mā te whakamahi i te maripi o te whakaaro nui, i te māramatanga rānei, ka taea e rātou te wetewete i ō rātou ake whakaaro, i ngā whakaaro rānei o ētahi atu i runga i te tēpu mahi o te hinengaro, me te pupuri tonu i tō rātou marino me te marino. I tēnei āhua harikoa, ka ngaro te pourikatoa, ā, ka puta te māramatanga wairua i

roto i te tangata e rapu harikoa ana, e whakapakari ana i tō
.rātou hononga ki te Atua

Ko te nuinga o ngā menemene ka puta mai i ngā kare ā-
roto pai e puta mai ana i ngā mahi atawhai, i ngā kare ā-roto
hoahoa, aroha, ngākau māhaki, ngākau aroha rānei. Engari
ko te huarahi tino whakamiharo ki te menemene ko te wā e
kī ana te ngākau i te aroha o te Atua. Kātahi ka taea e te
tangata te aroha ki te katoa, ā, ka taea hoki e ia te
menemene tonu. He poto noa iho ngā momo menemene
katoa, nā te mea ahakoa te pai o ngā kare ā-roto, ka
memeha, ka memeha, kātahi ka mate. Ko te mea anake e
mau tonu ana ko te hari o te Atua. Ina whiwhi koe i taua hari,
ka taea e koe te menemene tonu; ki te kore, e kore e taea e
koe te aroha ki tētahi e whakautu ana ki tō atawhai me te
.whanoke

E mōhio ana ahau ki tētahi tangata i tino pouri i te
matenga o tana wahine. I tirotirohia e au ōna kare ā-roto
papaku, ā-whakaaroaro, ka mea atu ahau ki a ia, "Ka moe
anō koe i roto i te marama kotahi." I riri ia, ā, i kore e pai kia
kite anō i ahau, engari i moe anō ia i roto i te marama kotahi
i muri i te matenga o tana wahine. I whakaaro ia he nui rawa
tōna aroha ki tana wahine tuatahi, engari i wareware wawe
!tonu ia ki a ia

E kore rawa e warewaretia e au te akoranga nui i akohia
e au i taku kaiako, i a Sri Yuktswarji, i tana kōrero mai i tēnei
:pūrākau poto

I a au e tamariki ana, ka tīmata taku hiahia ki te pupuri"
i tētahi kurī iti, āhua kino, nō ngā hoa noho tata, ā, ka
whakararuraru ahau i te whare mō ngā wiki kia riro mai ai
taua kurī. I whakakahoretia e au ngā tono katoa mō ētahi atu
mōkai ataahua. Ko taua kurī anake taku i hiahia ai, kāore he
".mea kē atu

Ko taua herenga anō e mau ana i te tangata i roto i te mea e kiia nei ko te aroha. He tino kukume te hunga aroha ki tētahi kanohi motuhake, ā, kāore e kitea he whakamarie i hea atu. Engari ko te ataahua me rapu e tātou i roto i ētahi atu ko te ataahua o ngā mahi rangatira, o te wairua pai, me .ngā hiahia wairua, kaua ko te ataahua tinana

Ina kī tō wairua i te harikoa, ka ātaahua koe. Kāore he mea e arohaina ana e au engari ko te ataata pono, harakore, nā te mea ki te kore, kāore he rerekētanga o te tangata i ngā pēpi. I tēnei rā ka mea rātou ka aroha rātou ki a koe ake ake, ā, āpōpō ka tanumia rātou. Nō reira, kei hea tō rātou aroha nui? Ā, kei hea taua tino pono, "Ko koe tōku ora, ā, ka "?aroha ahau ki a koe ake ake

Engari ki te tukua e koe te Atua kia mea mai ki a koe, ahakoa kotahi noa iho, "E aroha ana ahau ki a koe," ka mau tonu taua aroha, he aha ai te wā e moumou ai ki te rapu i ngā kongakonga o te aroha tangata, i te ringa moni, i tēnei mea rānei, i tērā mea rānei, ina kitea e koe ngā mea katoa i roto i te Atua: te aroha katoa o te ao, te mana katoa o te ao? Kaua tātou e rapu i te Atua i runga i te apo mana, engari i runga i te hiahia ki te aroha. Kātahi ka kitea e tātou te taonga nui rawa atu. Ā, ina aroha tātou ki te Atua me te aroha hohonu, me te ngākau pono, ka whakautu mai ia ki a tātou, ā, ka rongu tātou i tana aroha e patupatu ana i roto i ō .tātou ngākau

Me whakaaroaro pinepine te tangata rapu, nā te mea ka reka ake te ora mā te whakaaroaro ki te Atua. He nui ake te whakaaroaro i te whakapau i ngā hāora maha ki te rapu moni, ki te aroha tangata, ki tētahi atu mea rānei e puta ake ana ki te hinengaro. Ko te nui o te whakaaroaro, me te pumau tonu o te hinengaro i roto i te āhua wairua i a ia e mahi ana, ka kaha ake te tangata ki te menemene. Kei roto ahau i taua ao ināianei, ā, ake tonu atu - i roto i te hinengaro

manaaki o te Atua. Kāore he mea e pā ana ki ahau. Ahakoa ko au anake, ko koe rānei, kei te pā tonu te hari o te Atua i roto i ahau. Kua taea e au te pupuri i taku menemene. Engari he mahi uaua te whiwhi i taua menemene! Kei roto anō hoki i a koe aua menemene - ko te hari me te harikoa o te wairua kei roto i a koe. Kāore koe e hiahia ki te whiwhi i aua menemene, engari me whakahoki mai anō. I ngaro i a koe mō te wā poto nā te whakamānawa i a koe anō me ngā .kare ā-roto, ā, ka taea e koe te whakahoki mai anō

Ko te tangata e whakaponono ana ko ngā mea ā-tinana, e taea ai te pārekareka mā te tirohanga, te whakarongo, te reka, te hongī, me te pā, ka kawea mai he hari parakore, he hē nui. Kāore ngā kare ā-roto e homai te hari; engari, ka tangohia mai i a tātou. Ki te whakatakoto koe i ngā tikanga mō tō hari, pērā i te kī, "Kāore e taea e au te hari ki te kore au e kite i taua kanohi," e kore rawa koe e pā ki te hari parakore, kāore he mea whakaranu, nā te mea he poto noa ngā ahua o ngā kare ā-roto. Ka pāngia te ataahua o te tinana e ngā rā me ngā tau. Kei raro i te ture o te huringa ngā mea katoa o te ao rauemi. Nō reira, ahakoa ka taea e te tangata te kite i ngā kanohi ataahua katoa o te ao, te whakarongo ki ngā oro katoa, me te pā ki ngā mea katoa i hiahia e rātou, e kore tonu e kitea e rātou te hari pono. Heoi anō, tera pea ka mamingatia rātou e te whakaaro kei te harikoa rātou. I ētahi wā, i muri i te whakapau kaha ki te whiwhi i tētahi mea, ka kitea e rātou kāore he hari i roto i te mea tonu. Heoi anō, ka whiwhi rātou i ētahi ngākau harikoa mai i tā rātou mahi i mahia, nō reira ka whakaaro rātou kei te harikoa rātou. Engari he wā poto noa iho tēnei momo .ngākau harikoa, ā, he poto noa iho

Nō reira, he maumau te rapu i te harikoa i roto i ngā kare ā-roto. Me kimi te harikoa wairua, me whakapuaki hoki i roto i ngā kupu me ngā āhua o te kanohi. Ina mahi te tangata i tēnei, ahakoa he ataata iti noa iho, ka kapi te

hunga katoa i tōna taha i tōna aukume manaaki, ā, ka
.harikoa ētahi atu

Engari ko te Atua anake ka taea te huri i ngā ngākau.
Kaua tātou e kī ko tātou anake te kaha ki te mahi i te pai. Ko
te Atua anake te kaimahi pono o te pai. Nāna tēnei ao. Ki te
rongo koe i Tōna aroaro, ā, ki te mōhio koe kei a la te mana
whakahaere o ngā mea katoa, ā, ki te tukua e koe ngā mea
katoa ki a la—ngā mahi pai me ngā mahi kino—ka miharo
.koe ki te kite ka hurihia ō mahi katoa hei mahi pai

Ina kei a koe te mōhiotanga ki te Atua, kāore e taea e
koe te mahi i tetahi mea e kore ai ia e pai. Me whakatapua ō
tātou oranga ki a la, me te mōhio ko te Atua te kaiwhakaoho
i ngā whakaaro rangatira, e akiaki ana i a tātou ki te mahi i
ngā mahi pai. Me whakakore e tātou taua "whakapehapeha",
koinei te arai nui ki tēnei mātauranga whakaora. Kāore e
taea e te tangata te totoro i tōna ringa mēnā ka tineia e te
Atua te mura iti o te ora i roto i tōna medulla oblongata! [Ko
te pūwāhi matua e uru ai te kaha ora ki te tinana]

I noho ahau i waho i tētahi wā, ā, he tino makariri. I
tahuri ahau ki roto, ā, i roto i te kimo o te kanohi, kāore au i
te rongo i te makariri. I kī tonu ahau i te harikoa nui, ā, i
ētahi wā, ka kite ahau i tōku tinana me ngā mea katoa e
karapoti ana i ahau e memeha ana hei māramatanga kotahi.
Ka taea e au te kite i ngā āhua e karapoti ana i ahau mēnā
ka arotahi ahau ki a rātou, ā, ka ngaro te ao mēnā ka arotahi
ahau ki te māramatanga. Kāore he mea e kitea me te kore
he māramatanga. Mēnā kei a koe te mana whakahaere
katoa o tō hinengaro, ā, ka titiro ki roto, ki a koe anō, ka kite
koe i taua māramatanga atua nui, ahakoa kei te tuwhera ō
.kanohi

Ina tahuri tō titiro ki waho mā ō kanohi, ka kite tō
hinengaro i te ao o waho. He ahua neke ngā mea katoa o te
ao i roto i te kiriata ao a te Atua. I taua rā, ka kite ahau i ngā

kare ā-roto me ngā whakaaro he moemoeā ki tōku hinengaro e ahu mai ana i te Atua. I taea hoki e au te rongo i te harikoa parakore me te kore he kare ā-roto i taku tahuritanga ki roto. Ahakoa i noho ahau i roto i taua makariri nui, me te mau i ngā kākahu māmā noa iho, ka taea e au te rongo i te makariri, ā, ka ngaro ngā tirohanga, ā, ko te harikoa anake te mea e mau ana. I muri mai, ka pā mai ētahi .kare ā-roto ki ahau i a au e pā ana ki taua harikoa nui

Me whakangungu tātou i a tātou anō kia rongo i te Atua.

Kaua tātou e makona noa i te whakahua i tētahi karakia poto, i te mātakitaki rānei i tētahi māramatanga māmā noa.

Ko te tangata e kaha ana ki te whakahaere i ōna hiahia moepuku, ki te whakahaere i ōna kare ā-roto ki tētahi taumata, me te whai i te Atua me tōna kaha katoa, ka tino pāngia ia e tētahi tūtakitanga atua mēnā kei a ia te hiahia mōna. Ahakoa he kaitautoko nui te tangata i te matatika, ā, kei a ia ngā hiahia me ngā āhua wairua, kāore e ranea tēnei .mēnā kāore he tirohanga atua tūturu

Kaua te tangata e tinihanga i a ia anō. Ki te hiahia ia ki ngā wheako wairua, me whakaaroaro tika ia, me kī atu ki te Atua: "E te Ariki, e mōhio ana ahau ki ōku ngoikoretanga, engari e kore ēnei e waiho hei arai i waenganui i a tāua ko koe. Ko tāku anake e hiahia ana kia noho ki a koe, nā te mea ".ko koe te kaihanganga i ahau, ā, ko taku mahi tuatahi ko koe

E tohutohu ana te hunga whakaaro nui ki te tangata rapu kia kaua e whakaaro he tangata hara ia, kaua hoki e kī he tika ia, ā, kia whakakake, engari kia mōhio kei a ia te Atua, e mahi ana i roto i a ia. Kātahi ia ka kite i tētahi ao hou. Ki te kore he mōhiotanga atua, ka kī tonu tēnei ao i te pakanga, i te tutu, i ngā pouri kawa, whakamataku hoki. Kāore he piringa engari ko taua mōhiotanga atua nui rawa .atu

I roto i te hēkona kotahi, ka taea e te Atua te hanga i
tētahi tauira tuturu o te tangata kua wehe atu i tēnei ao i te
mate. Me mārama tātou ki tēnei pono. E hiahia ana te Atua
kia mārama tātou he whakaaturanga noa iho tēnei mea
hanga. Ki te tino aro tātou ki te whakaaturanga, ka mamae
tātou, ka ngaro te hari o taua mea, ā, e kore e taea e tātou
te tu atu ki te ao me ōna mate, ōna mamae, ōna pōuri, me
.ōna taumahatanga

Ina pā mai he mamae tinana ki ahau, ka whakatakotoria
e au tōku hinengaro ki te pūwāhi wairua i waenganui i ōku
tukemata, ā, kāore au e rongō i te mamae. Engari ina arotahi
ahau ki te pūtake o te mamae, ka kite ahau he mānukanuka
noa iho. Ki te taea e koe te pupuri i tō māramatanga wairua,
e kore koe e mamae ina pahemo ngā atarangi mānukanuka
o te pouri i mua i tō wairua. Inoi tonu ki te Atua kia
whakakitea mai e ia ko ia te mea ahurei, te mea harikoa hoki
.i roto i a koe

He nui te wā e moumouhia ana e te tangata, ā, ka
tangohia takitahitia rātou e te mate. Ko te kaupapa o te ora
ko te mōhio ki te Atua, ā, kua te tangata e wehe i tēnei
.tinana me te kore e tutuki taua whāinga

E hiahia ana te Atua kia ara ake tō tātou mōhiotanga,
kia ara ake hoki i runga ake i ngā āhuatanga takirua o tēnei
ao, engari e kore ia e tuku i te tangata kia wehe atu i tēnei
piringa o ngā mānukanuka ki te kore ia e whakaora i a ia anō
.i te mate o ngā hiahia

Me mahi e tātou ngā mea katoa hei painga mō te Atua.

He rite te hiranga o te mahi mā te Atua ki te whakaaroaro
.hei whakatutuki i te ahunga whakamua wairua

I te pō, ina whakaaroaro te ākonga ki te Atua, ka ara ake
tōna wairua, ā, ka rumakina iaki roto i Tōna harikoa. Ina
mahia i tana mahi i te awatea, ka mauria mai e ia te

maharatanga o taua āhua, ā, ka mau tonu tōna harikoa, nō reira ka noho tonu ia i roto i te hononga ki te Atua, ā, ka taea tonu e ia te menemene me te kī: "E kore e taea e te pouri iti, e te harikoa iti rānei, e te rangimārie iti rānei te whakaoho i tētahi ngangau, i tētahi oho rānei i roto i te harikoa hou o ".tōku wairua

Me tawai tātou ki ngā mānukanuka tinihanga o te ao, me te titiro ki a ia hei raupapa o ngā whakaahua o te ao hurihuri tonu. Ko reira anake ka mawhiti ai tātou i te makutu o te mānukanuka o te ao. Me noho tātou i roto i te aroha noa o te Atua. Ina taea e tātou te tū pakari me te whakatau i waenganui i ngā kaupapa rerekē o te ao, ka mōhio tātou ko te Atua anake te mea pono i roto i te ao whānui. Kāore te Atua e hiahia ki te whara i a tātou nā te mea i hangaia tātou e ia i roto i tōna āhua. Me mutu tā tātou whakaaro he tangata ngoikore tātou, ā, me te mōhio ki te kaha nui o te ao .kei roto i a tātou, e tatari ana kia tukuna

Ina pāngia te tangata e te mate pukupuku, e tētahi atu mate rānei, ehara i te mea ngāwari. Heoi anō, i manawanui ngā poropiti me te hunga tapu, i te whakaora i te hunga mate, ā, i whakaarahia anō hoki e ētahi te hunga mate, ā, i noho tonu tō rātou hari atua ki a rātou i roto i ō rātou oranga katoa. Waihoki, me hoki tātou ki te Atua me ō tātou ngākau, hinengaro, me ngā whakaaro. Engari e kore e taea e tātou te tae atu ki a ia ki te kore tātou e whakaae ko ia tā tātou e .hiahia ana ki runga ake i ngā mea katoa

Kaua te tangata e pātai ki te Atua, ki te pērā hoki ia, ka kokoti noa ia i ngā ruarua. E kore ia e mōhio ki Ana ture kia hono rā anō ia ki a ia. Nō reira, he aha te moumou taima e ngana ana ki te mārama ki aua ture mai i tētahi tirohanga ?whakaaro noa iho

Ki te pānui koe i tētahi pukapuka e tukinotia ana te toa, ā, te āhua nei kei te toa te tangata kino, ā, e whakahē ana ia

upoko i te mea o mua, ka pōuri koe, ka riri hoki ki te kaituhi.

Engari ina pānui koe i te upoko whakamutunga, ka marino koe, ā, ka whakaaro he pukapuka whakamiharo nā te uaua me te uaua o te kaupapa. Waihoki, ko te Atua te kaituhi o te pukapuka nui rawa atu o te ao, ā, ka pōhēhē ngā whakahē me ngā uauatanga o te hanganga i te hinengaro tangata nui rawa atu. Engari ina kitea ia e tātou i te upoko whakamutunga, ka whakakitea e ia ngā otinga ki ngā mea ngaro katoa o te oranga tangata, ā, kāore he ruarua mō tōna tika me tōna whakaaro nui ina whiwhi tātou i te whakautu !tika mai i a ia. He mea whakamiharo tēnā

Ka peia e te aroaro atua ngā feaa, ngā pouri, me ngā wehi. Ko te hunga e noho ana te Atua i roto i ō rātou ngākau ka hinga i te wehi, ka rere atu i reira, ka wetekina i a rātou anō i ngā mānukanuka o te ao. Kātahi ka menemene rātou, ka mea, "I te mutunga, kua mōhio ahau ki te mea ngaro o te ora me ngā mea ngaro o te ao." Engari kua tātou e rapu i te mātauranga i te tuatahi. Me aroha tātou ki te Atua i te tuatahi, kātahi ka whakakitea mai e ia ki a tātou ngā mea katoa e hiahia ana tātou ki te mōhio. Ina tupu tēnei, e hoa, ka menemene koe i te menemene pumau. Ka whakakiia ō whakaaro, kupu, tuhinga, me ngā mea katoa e mahia ana e koe ki te hari kanapa o taua menemene. Ahakoa te wāhi e whakaaroaro ana koe, ka waiho e koe he kakara o ngā menemene, ā, ko te hunga katoa e toro atu ana ki taua wāhi .ka menemene tahi me te Atua

Ka taea e koe te menemene tonu ina noho koe i roto i
Tōna hari nui e kore e taea te kōrero, he tapu rawa hoki e
.kore e taea te kōrero mōna

Kia tau te rangimārie ki a koe

Te hiahia whaiaro me te atawhai

Ko tā te tangata e tuku atu ana, e tuku atu ana rānei ki
ētahi atu—mā te kupu, mā te mahi, mā te whakaaro—ka
hoki mai ki a rātou i te ara kotahi, i te nui kotahi. Ka
whakakitea tō rātou āhua tūturu mā roto i ō rātou āhua
kanohi me ā rātou mahi. Ka rongo ētahi atu i ō rātou wiri
hinengaro, i ō rātou ngaru rānei, ā, ka rite ā rātou
.tauhohenga ki te āhua o aua wiri—kino, pai rānei

Ko te tangata e whai ana i te ara o te hiahia kino, ka
ngana ētahi ki te tango i ana mea katoa; engari ki te kore ia,
.ka whakaatu ētahi i te atawhai me te aroha ki a ia

Kāore e taea e tātou te pupuri i ngā mea katoa. He koha
nā te Atua ngā mea kei a tātou, hei whakamahi mā tātou mō
te wā poto i a tātou e noho ana i runga i tēnei ao. Ā tōna wā,
me wehe atu ā tātou taonga, ahakoa he aituā, he tahae, he
pakaru, he mate rānei. Nō reira, ina ngana tātou ki te pupuri
i tētahi mea hei pupuri noa i a tātou anō, kei te tinihanga
.tātou i a tātou anō

Ahakoa ēnei tinana kua nohoia nei e tātou mō ngā tau
maha, ka tukua noatia atu i tētahi rā. Nō reira, he hē te
akiaki i a tātou anō kia whakapono kei a tātou ngā mea
kāore e taea te pupuri. Ina homai he mea ki a tātou, me
mārama tātou he mea nō tātou mō te wā poto noa iho, ā, me
.rite tātou ki te tohatoha atu ki ētahi atu

Ina hiahia nui te tangata i tana e hiahia ana, he nui ngā
raruraru e tatari ana ki a ia
Ko te tangata whakaiti e aroha ana ki te Atua, nui atu
i te katoa

Kāore te Atua e huna i a tātou, e kōrero mai ana
ia ki a tātou mā roto i ngā putiputi, mā roto i ō tātou
.whakaaro, me roto hoki i ngā mea hanga katoa

Ko te kaupapa anake o te ao ko te akiaki i te tangata
ki te whakaoti i tana mea ngaro, me te mohio kei muri i a
.ia te Atua

Ko te hunga e rongono ana i te rangimarie me te
ngākau pono i roto i a rātou anō, e mōhio ana rātou ki te
.rangimarie me te ngākau pono o te taiao

Kāore e kore me whai tātou i ngā mea matua pēnei i te
kai, te kākahu me te haumarutanga pūtea, engari i roto i tā
tātou rapunga i ēnei mea me whakarērea e tātou ngā mea
kāore e tika ana, arā, ko ngā hiahia nui me ngā hihiri e mura
.ana ki te whai i ngā mea e nui atu ana i te mea e tika ana

Me maumahara tātou, i a tātou e whai ana kia ea ō
tātou hiahia, me āwhina hoki tātou i ētahi atu ki ō rātou
hiahia, me te tohatoha i ā tātou whiwhinga ki te hunga
.rawakore

Kia maumahara tātou he wāhanga nui tātou o te
whānau o te ao, ā, e kore e taea te ora me te kore he mea
hanga. He aha te āhua o te ao me te kore he kāmura, he
kaihanga, he kaiahuwhenua rānei? Mā te whakawhitiwhiti
ratonga me te tohungatanga, e hiahia ana te Atua kia
whakaaro tātou ki ētahi atu, he hē nui hoki te ora mō tātou
.anake

Ina whakaaro tātou ki tō tātou ake harikoa, me
whakaaro anō hoki tātou ki te harikoa o ētahi atu. Kāore e
tika kia whakarērea ngā mea katoa hei oranga mō te
whānau o te ao, nā te mea kāore e taea. Engari me aroha
tātou ki ētahi atu, me whakaaro ki ō rātou matea pērā i tō
tātou ake hiahia. E hiahia ana te Atua kia hoatu e tātou
tetahi ki tetahi, kia rite ki te nui o tā tātou e whiwhi mai ana i
tetahi ki tetahi. Ko ētahi atu ko tātou te tangata nui ake.
Engari ko te tangata noa e whakaaro ana ki a rātou anō
.anake, ko te mea tuatahi

Kāore e kore he kaha te wairua mō te oranga tonutanga.

Engari kei te whakanui ake te ao i tēnei kare ā-roto i roto i a tātou, me te kī he mea nui kia piri ki ngā mea katoa a tātou. Heoi, me mahara tātou ko ngā pononga katoa a te Atua he whānau Nāna, ā, he teina, he tuāhine tātou katoa i runga i .tēnei ao

Kua whakawhiwhia te tangata e te Atua ki te whakaaro nui me te māramatanga, kia taea ai e tātou te pāngia e te hiakai me te makariri Me mōhio tātou kei te pāngia hoki ētahi atu e te hiakai me te makariri. Ina rapu tātou i tō tātou ake whakamarie, me whai hoki tātou ki te āwhina i ētahi atu kia kitea te whakamarie. Nā te mea kāore tātou e pai ki te mamae me te pōuri, me toro atu tātou i te ringa āwhina ki te hunga e matea ana e te hunga e tata ana ki a tātou hei whakamama i ō rātou mamae me te whakakore i ō rātou pōuri. Kei te mamae rātou pērā i a tātou, ā, tera pea ētahi e .mamae ake i a tātou

Ki te herea te aroha o te tangata ki tōna whānau me ōna hoa, kāore he tangata kē atu, ka whakawhāiti ia i a ia anō, ā, ka rere te harikoa i tōna ao ka whakakapia e ngā raruraru .ohorere

Me rite tātou ki te āwhina i ētahi atu ki te pai o tō tātou kaha, me te harikoa ki te tuku āwhina ki te hunga e tūtaki ana tātou. Kaua e whakaarohia tēnei he patunga tapu, nā te mea mēnā ka pērā tātou, ka waiho te āwhina hei kawenga. Engari, me hari tātou i roto i a tātou, he mea manaaki hoki te hoatu, ā, he harikoa e mōhiohia ana e te hunga e ngana ana ki te āwhina i ētahi atu, i te taha tinana me te taha wairua, ā, .e whakaora ana i ō rātou ngākau maru

Me i whakarērea e te ao tōna hiahia kino, ka kite tātou i te pararaiha i runga i tēnei whenua

Kei te pūtake o te hiahia kino ngā purapura o te pakanga. I whakamahia tuatahitia e ngā tāngata tōmua ngā patu kōhatu, ā, i muri mai ka whanake hei kopere me ngā pere, hei tiaki i ō rātou ake hiahia mai i te hiahia o ētahi atu. Nō muri mai, ka hangaia ngā pū raiwhara me ngā pū pītara, kātahi ka hangaia ngā pū mīhini, ā, i muri mai ko ngā poma me te hau paitini—hei tiaki i te hiahia o tētahi rōpū tangata .mai i te hiahia o tētahi atu

Nā tēnei hiahia whaiaro whakarihariha, ka pakaru ngā pakanga, ka pakaru te taurite ōhanga, ā, ka pā mai te .ōhanga ōhanga, kātahi ka pā mai te pouri nui

Kua nui ake te tipu me te whanaketanga o te kaha whakangaro o te tangata i tōna kaha hanga. Ka pā mai tēnei whewhe kino—te whewhe o te hiahia kino. Engari, he mea pōuri, he maha ngā oranga ka mate i mua i te oho ake o te tangata, me te mōhio ko te hiahia ā-motu he rite tonu te kino ki te hiahia whaiaro. He iti ngā rōpū o te iwi, ā, he .takitahi ngā tāngata o aua rōpū; me tīmata ki a ia anō

Kāore ngā rohe i waenganui i ngā whenua i te pumau, ā, .kei te huri haere tonu ngā kāwanatanga o te ao

Ko te hiahia whaiaro e rapu ana i te harikoa me te kore e aro ki ngā tika me te harikoa o ētahi atu, e takahi ana rānei i ngā tika me ngā painga o ētahi atu mō ōna ake painga, ka whakatupu i te rawakore, te pōuri, me te pouri. Ko te whakanui i te taonga i te utu o ētahi atu he hapa nui. Ko te hunga nunui e tautoko ana i te atawhai i runga i te .hiahia wairua pono ki te tohatoha me te hoatu

Ko te Kōmiuniti, e oati ana ki te marea mō te nui me te whai rawa, e kore e angitu, ā, ka hinga i tētahi rā nā te mea e ahu mai ana i te akiaki me te pehi i ngā herekoretanga whaiaro (Tuhipoka: I tukuna tēnei kauhau e te Kaiwhakaako Paramhansa i te tau 1937, ā, kua tutuki taua whakatau!)

Ki te arotahi noa te tangata ki ōna ringa me ōna waewae, ā, ka wareware ki tōna mahunga, kāore te roro e mahi hei ārahi i ngā pūkenga nekeneke. Me whakarite ngātahi ngā mahi katoa o te tinana. Waihoki, me mahi tahi ngā hinengaro (ngā kaiwhakataua) i roto i ngā iwi me ngā hāpori me ngā ringa me ngā waewae (te hunga mahi), nā te mea ki te taupatupatu ngā hiahia, ka pakaru te tikanga, ka .puta te pōrearea, ā, ka puta te mamae

E rua ngā kaiako o te ao. Ko te tangata e tango ana i te Atua hei kaiārahi, hei kaiārahi hoki, kāore he mea e wehi ai. Ko te tangata e tango ana i a Hātana hei kaiārahi, hei .kaiārahi hoki, ka nui te mamae

Ko te kupu matua mō te nuinga o te tangata i tēnei ao ko "au". Ko te hunga he wairua, he wairua hoki ō rātou whakaaro ki ētahi atu, pērā i tā rātou whakaaro ki a rātou anō. Ko te hunga e whakaaro ana ki a rātou anō anake ka kawea mai te mauahara me te riri o te hunga e karapotiti ana i a rātou. Engari ko te hunga e whakaaro ana ki ngā kare ā-roto me ngā hiahia o ētahi atu, ka kitea e whakaaro ana ētahi atu ki a rātou, e whakaaro ana hoki ki ō rātou kare ā-roto .roto

Ki te mea kotahi rau ngā tāngata i roto i tētahi tāone, ā, ka ngana ia tangata ki te tango i tētahi atu, ka iwa tekau mā iwa ō rātou hoariri. Engari ki te ngana ia tangata ki te āwhina .i tētahi atu, ka iwa tekau mā iwa ō rātou hoa

I noho ahau pēnā, ā, kāore i ngaro tetahi mea i taku hoatutanga ki ētahi atu. Ina hoki mai ngā mea katoa i hoatu e au ki ahau, kua whakanuia e te aroha noa o te Atua. Ināianei kāore au e hiahia ki tetahi mea nā te mea he nui ake, he utu nui ake hoki ngā mea kei roto i ahau i ngā mea katoa e taea e te ao te tuku. Ko te mea e tino rapua ana e te tangata ko te harikoa, ā, ina tutuki te harikoa, ka ngaro te .hiahia mō ngā āhuatanga e ārahi ana ki tēnā

Kāore āku pūkete peeke nā te mea ko taku taurangi
anake i tēnei ao ko ngā kare ā-roto pai o te tangata ki ahau.
Kāore au e whakapono ki tētahi atu taurangi o te ao. Kei roto
i te noho i roto i ngā ngākau o ngā teina me ngā hoa te
.taonga pono

Ina atawhai tātou, ka harikoa tātou. Ā, ki te whai tātou i
tēnei huarahi, ka awehia ētahi atu e ō tātou whanonga, ā, ka
ngana ki te whai i a tātou. Me whakakore e tātou te hiahia
whaiaro, koinei te pūtake o ngā kino katoa o te tangata
.takitahi me te motu

Ka whakawhānui ake te atawhai i te mōhiotanga

Ina tukuna e koe ngā whakaaro pai ki ētahi atu, ka
whānui ake tō mōhiotanga. Ina whakaaro koe ki tō hoa tata,
ka whakaohohia tētahi wāhanga o tō wairua me taua
whakaaro. Engari kāore e ranea te whakaaro anake; me rite
.tātou ki te whakatinana i ō tātou whakaaro

He akoranga mō te atawhai te marena. Tokorua ngā
tāngata e whai ana ki te tohatoha i ō rātou oranga tahi.
Kātahi ka puta mai ngā tamariki, ā, ka tohatoha ngā mātua i
ā rātou mea ki a rātou. Engari ko te whakaaro ki te whānau
tata anake (arā, ko koe me au anake, ko tāua anake rānei)
he momo hiahia whaiaro. Ka tae mai te wā ka wehe atu ngā
whanaunga i a tātou, ā, koinei te ara o te ora. He
whakamahara tēnei ki a tātou ko te whāinga matua o te
tangata ko te whakawhānui i ngā rohe o tō tātou mōhiotanga
mā te mahi mā ētahi atu me te tohatoha i ngā manaakitanga
.o te ao ki a rātou

He maha ngā manaakitanga me te hari nui e kawea mai
ana e te atawhai tangata ki tōna rangatira, nā te mea mā te

atawhai tangata ka tiakina tōna ake hari. Ko taku whāinga
he mea kia hari ētahi atu, nā te mea ko tō rātou hari te
.pūtake o tōku hari

Kāore e taea e tātou te tino reka o te whakatutukitanga
ki te kore tātou e whakapuaki i tō tātou harikoa ki ētahi atu.

Ehara i te mea ko ngā mema o te whānau anake taku e
kōrero nei, engari ko ngā tāngata katoa. Me whakaaro tātou
ki ētahi atu, me te āwhina i a rātou ki te pai o tō tātou kaha.

Ehara tēnei i te tikanga kia whakarawakoretia tātou, engari
me whakaatu i te aroha pono, te aroha me te ngākau nui ki
te tohatoha. Me whakamahi tātou i ngā mātāpono o te tika ki
a tātou anō i te tuatahi. Kāore e taea e tātou te whakaako i
te atawhai ki ētahi atu mēnā kāore tātou e atawhai ana i a
tātou anō. Mā te tīmata i a tātou anō, ka noho tātou hei
.tauira pai mō ētahi atu

Kua whakatapua e au tōku ora ki te mahi me te whai
hua ki ētahi atu. He maha ngā haerenga me ngā kauhau kua
mahia e au ki te hunga whakarongo nui. Engari e mōhio ana
ahau he pai ake taku mahi ki ētahi atu mā roto i aku tuhinga
.me aku whakaakoranga

Ka haere mai te mano ki te whakarongo ki ngā kauhau,
ehara i te mea nā te aroha pono. Ka haere mai te iwi ki te
rapu i te hihiri me te whakamarie wairua. Engari e hiahia ana
ahau ki ngā wairua e rapu ana i te pono, e aroha ana ki te
Atua. Koia ahau i arotahi ai, ā, kei te arotahi tonu ahau, ki te
.hiahia o te whakaaroaro ki te Atua

Ka karaunatia te angitu e te hunga rapu pono,
manawanui hoki i roto i tā rātou rapunga wairua mēnā ka
.haere tonu rātou me te hiahia me te uaua

Me aroha tātou ki te Atua me ō tātou ngākau katoa, me
ō tātou wairua katoa, me ō tātou kaha katoa, me te aroha ki
tō tātou hoa tata, pērā i a tātou anō

He aha te tikanga o te aroha ki te Atua me ō tātou
ngākau katoa, hinengaro katoa, wairua katoa, me te kaha
katoa? Ko te ngākau he tikanga o te kare ā-roto, ko te
hinengaro he tikanga o te arotahi, ko te wairua he tikanga o
te rangimarie wairua hohonu i roto i te whakaaroaro, ā, ko te
kaha he tikanga o te tuku i ō tātou kaha katoa ki te Atua. Ko
te tikanga o tēnei ko te aroha ki te Atua me ō tātou kare ā-
roto katoa, me ō tātou arotahi katoa i roto i te whakaaroaro,
me te huri i te kaha, i te mana rānei o te ora mai i te mea ā-
tinana ki te mea wairua, me te neke i te aro mai i te tinana ki
.te Atua

Kāore e taea te aroha ki te Atua me te kore e
whakaaroaro, nā te mea mā te whakaaroaro anake ka taea
ai e tātou te kite i tō tātou āhua wairua hei wairua e hono
.tonu ana ki te Atua, nāna nei i hanga kia rite ki tōna āhua

Me hanga e tātou he torona mō te aroha nui o te Atua i
roto i a tātou. Kāore he mea nui ake i te ao. Kāore he
wawata nui atu i te aroha ki a Ia, te kōrero mōna, me te
whakamārama i ētahi atu kia mōhio ai rātou ki a Ia. Kāore he
.mea kē atu e hiahiatia ana e au mai i te tangata

He mea whakahariko te whakapuaki i aku wheako
wairua ki te hunga e rapu pono ana i tēnei mea. Kāore he
mea e nui ake ai te hari i ahau i te kōrero ki a rātou mō te
.Atua, me te āwhina i a rātou kia kite i Tōna aroaro

He mea whakamiharo te aroha ki te Atua, me te aroha ki
āna pononga. Ina kitea ia e tātou, ka rongo tātou i tōna
aroha i roto i te katoa. Kāore he mana nui atu i te mana o te
.aroha i te ao whānui

E kite ana ahau i te Ariki Runga Rawa e noho ana i
runga i ngā rangi me ngā moana, ā, i runga i te torona o
tōku hinengaro, e kite ana ahau i a Ia e noho ana i roto i
ahau, i roto hoki i ngā wairua o te katoa, ā, e awhi ana ahau i

a la i roto i ōna āhua mutunga kore me ōna whakaaturanga i
.roto i te hanganga

Kei te rapu tonu te tangata i taua "mea kē" e
tumanakohia ana e rātou ka kawea mai he harikoa mutunga
kore ki a rātou. Mō ngā wairua kua rapu i te Atua, ā, kua
kitea ia, kua mutu te rapu, nā te mea ko te Atua taua "mea
"kē

Kia manaakitia koe e te Atua, kia tau te rangimārie ki a
koe

Ngā Wairua me ngā Kehua

Tōna mooni me tōna mauri

**He maha ngā momo kōrero me ngā pūrākau mō
ngā wairua, ngā kehua, ngā korokoro e rapu taonga
ana, ngā makutu, ngā kehua kai tūpāpaku, me ngā
vampire. Ā, ehara i te mea iti te tokomaha o te hunga
kua kī kua tūtaki rātou ki ēnei mea.**

**I roto i ngā take maha i tūtaki ahau, ko te nuinga
he hunga e pāngia ana e ngā moemoeā hinengaro
kino. I pānui tētahi o aua wahine i tētahi pukapuka
mō ngā mea toto, ngā mea hanga reinga, ā, i tino
mārama ana moemoeā, ā, i rongo ia kei te ngote toto
tētahi kehua i ia pō, ka ora ia i ia wā ka toro mai ia ki
ahau, engari i mau tonu te whakaaro mō tētahi kehua
pō i roto i tōna hinengaro nā te mea ka hoki anō te
mate. I mate wawe ia, i pau i ana ake moemoeā.**

**I horapa te whakapono ki te makutu i te rautau
16, ā, e rau ngā tāngata i whakapaetia he makutu i
whakapaetia he mahi tahi rātou me te rewera, ā, i
mate rātou. Ko te mutunga iho, i herea a Joan o Arc ki
te pou, ā, i tahuna ki te pou nā te mea i kiia ia he
makutu.**

**Tērā tētahi atu ao, te ao ethereal, e huna ana i
muri i tēnei ao tūroa. Ko ōna tāngata noho he mea**

whakatapu ki ngā āhua aorangi i titoa mai i te mārama. Kāore ēnei mea ora, arā, ngā "kehua", e kitea e ō tātou kanohi, ā, he maha tonu te wā ka noho herea ki tō rātou ao, pērā i a tātou e herea ana ki tō tātou ao tūturu. Me i ngāwari ki ngā tāngata kino o te ao te uru ki roto i tō tātou ao whenua ki te whara i a tātou, kua noho tonu tātou i roto i te wehi me te matakū.

Kua nui kē ngā mea whakamataku me ngā mea whakamataku o tō tātou whenua. Kāore rawa te Atua e hiahia kia tāpirihia ki tō tātou mamae te pokanoa a ngā kehua me ngā rewera!

Heoi anō, kei reira ētahi mea ora o te ao e mōhiotia ana ko ngā wairua kopikopiko. Ka herea ēnei wairua ki te Ao e ngā herenga kaha me te hiahia ki te tomo ki te tinana tangata hei whakamahi mā rātou hei waka mō ā rātou hiahia taikaha. Ko te tikanga, kāore e kitea ēnei mea ora, ā, kāore he mana ki te awe i te tangata noa. I ētahi wā, ka angitu ngā wairua kino ki te tomo ki te tinana me te hinengaro o te tangata, ka noho ki roto. Ka puta noa tēnei ina he kore taurite te hinengaro o taua tangata, ina ngoikore tōna hinengaro nā te noho mangere, te kore whakaaro rānei, pērā i te tangata e waiho ana i tana waka kia raka me ngā kī kei roto. I roto i tēnei āhuatanga, ka tomo pea te tangata kopikopiko ki te waka ka peia atu.

Ko ngā wairua kopikopiko ko ngā wairua kua ngaro ō rātou tinana i te mate engari e piri tonu ana ki a rātou. Nō reira, ka ngana rātou i ngā huarahi katoa ki te whakamahi i te tinana o tētahi tangata hei whakatutuki i ā rātou whāinga. Waimarie, kāore e taea e ngā wairua kopikopiko te tu atu i ngā wiri kaha o te whakaaro me te hinengaro wairua. Kāore he mea e wehi ai te hunga rapu pono i te Atua e whakaaroaro

ana ki a ia i ēnei mea ngaro, e hē ana hoki. Ko te Atua te Wairua Tino Nui, ā, kāore he wairua, ahakoa te kino, e whara i te hunga e aroha ana ki te Atua, e mahara tonu ana ki a ia.

Hei mārama ki te āhua o ngā mea ora o te aorangi, me mārama tuatahi tātou ki a tātou anō. I te hanganga o tātou e te Atua, i hangaia tuatahitia tātou e ia hei hinengaro. Mai i tōna hinengaro whānui, i hangaia tātou e ia, ā, mai i tēnei tirohanga, ko tātou te nuinga he mea hinengaro. Kāore ianei i te pono, ina hangaia e koe tētahi mea hou, ko te taahiraa tuatahi ko te whakaaro i tētahi tauira o taua mea ki roto i tō hinengaro? Kātahi ka kohia e koe ngā rauemi e tika ana, ā, ka mutu, ka whakatinanahia taua whakaaro. E pā ana hoki tēnei ki tō tātou hanganga me te hanganga o ngā mea hanga katoa. E toru ō tātou āhua: te āhua hinengaro (te whakaaro), te āhua ethereal (te rauemi o te hanganga), me te āhua tinana (te hua matotoru).

Tekau mā ono ngā huānga o te tinana tūturu. Engari he mea whakamiharo te whakakotahitanga o ēnei matū o ngā huānga rauemi hei hanga i te tinana hei taputapu mō te hinengaro!

Ko ētahi tāngata e hiahia ana ki te hoko waka hou i ia tau. Engari me pupuri tonu e rātou tā rātou tauira tawhito mō ngā tau e ono tekau, e whitu tekau, neke atu rānei! Ahakoa kua ngenge te tinana, ka mau tonu te hiahia ki te pupuri i taua waka tae noa ki te kī mai a te Atua, "Kua nui! Tukua ahau i tēnei tinana!" Kātahi ka peke te tangata i tōna tinana pirau, ka kitea rātou i roto i tētahi tinana rangimārie i titoa mai i te māramatanga me te ora. Ka hari rātou ki te kite kei a rātou te kaha ki te whakarongo, ki te kite, me te pā atu i roto i tō rātou tinana hou, ā, kāore he wheua hei whati, he kikokiko rānei hei pakaru.

Ina mate te tangata, ka pirau tōna tinana tūturu, engari ka noho tonu tōna tinana aorangi ki tōna āhua taketake i tōna āhua katoa

Kei hea ngā wairua i wehe atu i te Ao? Kei te kopikopiko noa rātou i te ao tūroa. Tērā pea ka mea koe, "Kāore e taea," engari me whakarite tātou i tēnei:

Me i kī atu ahau ki tētahi mema o tētahi iwi taketake kei te ao tūroa te puoro, ā, ka taea te hopu me te whakarongo, ka kata mai rātou ki ahau, ka matakū rānei. Engari me i mauria mai e au he reo irirangi ka whakatikahia ki tētahi teihana e pāho ana i ngā puoro me ngā waiata, e kore e taea e rātou te whakahē i taku kereme. Waihoki, ka taea e au te whakaatu ki ētahi atu kei te haereere ngā mea o waho i te ao tūroa, ā, kāore he mana ki te whakakahore. Kei konei te ao o waho, kei tua atu i ngā wiri matotoru o te ao tūroa.

Me i kite te iwi i te tini o ngā mea ora o te aorangi e karapoti ana i a rātou, he tokomaha ka matakū, ā, ka ngana ētahi ki te rapu i ā rātou whanaunga kua ngaro.

Ki te arotahi hōhonu koe ki te kanohi wairua, ka taea e koe, mā te tirohanga ā-roto, te kite i te ao kanapa e noho ana ngā wairua katoa kua whiti atu ki te ao ethereal. I roto i te tangata, ko te ngākau te kaiwhiwhi, ā, ko te kanohi wairua te kaituku i te māramatanga. Ahakoa kāore e taea e koe te kite i ō whanaunga kua wehe atu, ki te arotahi marie koe i ō kare ā-roto ki te ngākau, ka rongo koe i te aroaro o te hunga e arohaina ana e koe e noho ana i roto i ngā tinana kanapa, e pārekareka ana ki tō rātou herekoretanga mai i te here o te tinana tinana.

He maha ngā mea ora o te ao e kite ana ahau kua wehe atu i te whenua, engari kāore e taea e rātou te

kite i ahau. Kāore ahau e whakaatu i ahau kia kitea e rātou, engari ka taea e au te kite i a rātou mēnā e hiahia ana ahau.

Nō reira, kāore tātou i te tino herekore ina wehe atu tātou i te tinana i te matenga. Kei roto tonu ō tātou wairua i ngā āhua huna e rua: te aorangi (tinana pūngao) me te tinana take (tinana whakaaro).

Ina riro te tangata i tētahi āhua tinana, ka noho ia hei mea kitea i tēnei ao. I muri i te matenga o tōna tinana tinana, ka noho tonu ia ki te ao aorangi hei "kehua," arā, hei mea ngaro e mau ana te kaha hinengaro me te hinengaro me ngā āhuatanga i wehewehe i a ia i tōna oranga i te ao.

Heoi anō, ka taea e ngā tāngata o te ao aorangi te kite tetahi i tetahi i roto i ō rātou tinana kanapa, engari ko ngā mea ora o te aorangi kāore e kitea e tātou i runga i te whenua ki te kore tātou e mōhio me pēhea te uru atu ki te ao aorangi mā te kanohi wairua. Ina whakarerea e ngā wairua ō rātou tinana ethereal ka tomo ki te āhua hinengaro o te ao pūtake, kāore rātou e ngaro katoa, engari ka ngaro rawa, pērā i ngā whakaaro kāore e kitea.

Ina wetekina ngā wairua i ngā hiahia kikokiko, kāore e hiahiatia kia whakawhānau anō ki te Ao. Ka neke ēnei wairua i waenga i te aorangi me te pararaiha take, ka whakawhānau tonu ki te aorangi tae noa ki te wā e tutuki ai te whakaoranga wairua mai i taua āhua. Ina pau ngā hiahia take katoa, ka tino herekore te tangata, ka noho hei wairua herekore.

Mena kei te mau tonu ngā hiahia o te wairua kua wehe atu i tōna oranga whenua, ka mau tonu aua hiahia ki te ao o te ao, ā, ka hiahia kia whakapuakina i roto i te tinana tinana. Nō reira, ka hoki taua wairua, me tōna tinana aorangi, ki tētahi pūtau (he pūtau

parāoa) i hangaia mai i te parāoa me te hua manu, ā, ka whānau houtia hei pēpi hou.

Kāore i te whakaaro nui kia whakapae tonu te tangata i tētahi ngoikoretanga tinana nā rātou anō. Mehemea kua ngaro te ringa o tētahi i tēnei ao, ā, kua mau te whakaaro mō taua ngaronga ki roto i tōna hinengaro, me te whakatenatena i a rātou anō kāore e taea te whakamahi anō. Ina whānau hou mai rātou, ka mauria mai e rātou taua kare ā-roto mō te ringa ngaro. Mēnā he kaha rawa tēnei whakaaro kino, ka ārai pea i te mahi auaha o te mahi ora hinengaro e hanga ana i ngā ringa o te tinana hou. Nō reira, kaua rawa te tangata e tautuhi i a ia anō mā te koretake me ngā ngoikoretanga o te tinana. Kāore ēnei herenga e pā ki te wairua, koinei te ahua parakore, tino tika o te Atua.

Nō reira, ka kite koe i mua i tō rironga mai i te āhua tinana, he wairua koe, ā, i te matenga, ka hoki anō koe ki te noho hei wairua. He wairua tātou ahakoa e moe ana tātou, nā te mea i te wā e moe ana, kāore tātou e mōhio ana ki a tātou anō he tinana tinana. Nō reira, i te mea he wairua koe i a koe e moe ana, ā, ka noho hei wairua koe i muri i te matenga, he aha koe me wehi ai i ngā wairua? Koinei tō āhua i mua tonu atu—he wairua—ā, ka pērā tonu koe—ā, koinei tō āhua ake ake.

Ko te rerekētanga anake, ina tomo koe ki te ao o te aorangi i te wā o te matenga, kāore e taea e koe te hanga i tētahi tinana tinana i tō hiahia, pērā i tō tinana o nāianei. Ko ngā Tohunga Nui anake kua hono atu ki te Kaihanga Matua ka taea te mahi pera. Ka taea e ngā wairua matatau wairua te whakanui ake i ngā wiri ngawari o te waka aorangi hei tinana e taea te pa atu.

E wehi ana mātou i te mate nā te mamae me te whakaaro o te whakangaromanga. He whakaaro hē tēnā. I whakakitea a Ihu Karaiti ki ana ākonga i roto i te āhua tinana i muri i tōna matenga. I hoki mai a Lahiri Mahasaya i roto i te kikokiko me te toto i te rā i muri i tōna matenga. Kua whakakitea e mātou kāore rātou i mate.

(Ā, ka mea te Karere, kia tau te rangimārie ki a ia, "Ko te tangata pono rawa o koutou i roto i ngā moemoeā ko ia te tangata pono rawa o koutou i roto i te kōrero" Ā, "Ko te tangata e kite ana i ahau i roto i te moemoeā, me te mea kua kite ia i ahau i roto i te ao tūturu")

Ahakoia he onge ngā take o ngā pou wairua, kaua e kīia he hē ā rātou whakaaturanga.

I kite ahau i taku kaiako, i a Sri Yuktsuwar, i whakaarahia ake i te toru marama i muri i tōna matenga (Tirohia ngā Ao Wairua: Ko tōna Pono me tōna Taiao i runga i tēnei pae)

E mea ana ngā pukapuka tapu o te whakaaro nui, ko te wairua tangata he whakaata i te wairua atua. Kāore ia e pāngia e te mamae o te mate, e ngā mamae rānei o te whānautanga, ā, he mau tonu tōna oranga i te mea e mau tonu ana te oranga. He ora tonu tēnei wairua, ā, kāore e rerekē, kāore e pāngia e te pirau, kāore hoki e pāngia e te whakangaromanga.

He maha ngā wā, i kukume mai tētahi ākonga e tūroro ana e noho ana i tawhiti i tōku tinana aorangi ki a ia nā te kaha o tōna pono me tōna aroha. I puta tētahi tauira pēnei i konei me tētahi ākonga ko Seva Devi tōna ingoa. He ākonga tino pono ia. I tētahi wā, ka tino pāngia ia e te mate engari i huna e ia i te katoa. I taku haerenga ki a ia i te hōhipera, ka mea mai ia ki ahau, "Tena koa inoi ki te Atua kia kaua ahau e noho tonu i roto i tēnei tinana."

I muri mai, ka hoki ahau ki te whare karakia o Encinitas i te takutai moana o te Moana-nui-a-Kiwa, ā, i tētahi ata ka rongohia ahau i te wiri o te ao mārama o Seva Devi. Nā tōna ngākau pono me tōna aroha wairua, ka kukumea e ia tōku tinana wairua ki a ia. I taua wā tonu, ka tio tōku tinana, me te mea kua wehe atu te ora i a ia, i muri mai ka kīia mai ki ahau ka karanga ohorere a Seva Devi, "Kei konei a Swamaji!" i mua tata i tōna wehenga atu i tōku tinana, i te mea e mōhio ana ia kei te haria ahau ki tētahi atu ao.

I muri mai, ka kite ahau i a ia, he kanapa tōna tinana, e noho ana i roto i tētahi o aku akomanga, pērā i tōna āhua i tōna oranga. Me i pā mai tētahi ki ahau i taua wā, kua kite anō hoki rātou i a ia, ahakoa ko te hunga kei roto i taua āhua o te mōhiotanga wairua kāore e whakaae kia pā atu ētahi atu ki a rātou.

Kua whiti tātou i te paepae o te mate, ā, kua hoki mai ki te ora i ngā wā maha, nō reira he aha tātou i wehi ai i te mate? Ka tae mai hei whakaora i a tātou. Ae, kua tātou e hiahia ki te mate, engari me kimi e tātou he whakamarie i roto i a ia—ina tae mai ia i a ia anō—hei whakaora i a tātou i ngā raruraru maha.

E wehi ana hoki te tangata i te mate nā te roa o tō rātou noho ki tēnei whare herehere, tae noa ki te wehi o te wehe atu. Engari he mea kuware te wehi o te tangata.

Nā te Atua i hiahia kia puritia e tātou tēnei tauira ā-tinana tawhito tae noa ki te matenga, me tiaki e tātou, me manaaki hoki e tātou.

He kōrero tēnei i Īnia mō tētahi taitama e tata ana ki te mate, ā, i tangi ia i tōna rongonga i ngā aue o te pouri me te mamae o te wehenga i tōna taha:

Kaua e whakato i tōku wairua ki ō tangi aroha

**Ina eke koe ki ngā ao mutunga kore o te
māramatanga me te aroha**

**Ko au te tangata tika kia aroha ki a koe, kia aroha
hoki ki tō āhua**

Mōku

Kāore he mate i muri i tēnei rā

Kāore he wheua whati

Kāore he pōuri, kāore he mamae nui

**Nā te mea he moemoeā taku mō te harikoa, ā, he
kauhoe i te moana o te harikoa**

Ā, ka manawa harikoa ahau

Ngā hāora mahi kua roa ake!

**Kāore te tangata e mōhio ki ngā mea ka pā ki a ia
i tēnei ao. E noho ana ia i waenganui i ngā matakū me
ngā manukanuka hinengaro. Ko te hunga kua mate
atu, e aroha ana ki a ia, e manaaki ana i a ia i tō rātou
ao. I kōrero ahau i tēnei ki tētahi whaea kua mate
tana tama, ā, i taku mutunga i te whakamārama, ka
murua tonutia e ia ōna roimata, ka mea: "Kāore anō
ahau kia rongō i te rangimārie pēnei. E harikoa ana
ahau ki te mōhio kua wātea taku tama. I mahara ahau
kua pā tētahi mea kino ki a ia."**

**He tokomaha ngā tāngata matatau ki te taha
wairua e kite ana i ō rātou tinana eterika.**

**Ina piki ake, ina wehe atu rānei te tinana etere i
te tinana tinana i te wā e mate ai, ka kite te tangata e
wehe atu ana i tōna tinana kua mate. Ka puta anō
tēnei wheako ina whiti atu ngā yogi matatau i te
tinana tinana mā te kaha o te hiahia, ka taea ai e
rātou te wehe atu me te hoki ki ō rātou tinana i runga
i te hiahia. Heoi, he maha ngā tāngata e whakapono
ana ka taea e rātou tēnei mahi e hē ana. Ko te
whakaaro noa ki te wheako i tētahi mea ehara i te
mea ka tupu. He mea nui te mōhio ki te tikanga.**

I tētahi wā, i haere mai tētahi tangata i Niu loka ki ahau, ā, i tohe kia taea e ia te haere mā te ara etero (mai i tōna tinana tūturu). I mea atu ahau ki a ia, "Kāore au i te whakaaro pēnā; kei te whakaaro koe kei a koe taua pūkenga." Engari i tohe ia ki te whakamātautau i ahau. I whakaae ahau, ā, i mea atu ahau, "Pai, haere mā te ara etero, heke iho, ka kōrero mai ki ahau he aha te mea e tupu ana i te wharekai i raro."

I noho puku ia mō tētahi wā poto, kātahi ka mea, "He piana nui kei te kokonga matau"

I tino mōhio ahau he whakaaro noa iho ia nā te mea he noa tana manawa me tana pā o te manawa.

Nā reira ka mea atu ahau, "Engari, ki taku whakaaro ka kitea e koe ētahi wāhine tokorua e noho ana i te taha o tētahi tēpu i reira." Ka tawai mai ia ki ahau. Kātahi māua ka haere tahi ki te wharekai, ā, kāore he piana i te kokonga, engari ko ētahi wāhine tokorua e noho ana i te taha o tētahi tēpu. I te mutunga, ka mārama tō māua hoa kua mamingatia ia e āna ake moemoeā.

I roto i aku kitenga aorangi ngaro, he maha ngā wā ka kite ahau i ngā huihuinga whakamataku, engari ki ahau nei he rite ki te kiriata. Ko te ao i hangaia hei whakangahau i a tātou, ehara i te whakamamae, hei whakamataku rānei i a tātou. Ā, nā te Atua Kaha Rawa i hanga te whakaari o tana hanganga kia tino uaua, ki tonu i ngā whakahē o te pai me te kino.

Me whakangungu tātou i a tātou anō kia mārama ki tō tātou āhua wairua ngaro. Engari kāore e taea tēnei mena ka herea tonutia ō tātou whakaaro ki te tinana. Mā te aro nui ki ngā mea ā-tinana ka meinga tātou kia aro nui ki ngā mea ā-tinana, ka aukati hoki i ō tātou wawata wairua. Me waiho e tātou te Atua hei mea nui rawa atu i roto i ō tātou orange. Ki te

whakaitihia ia e tātou, e kore ia e haere mai ki a tātou, e kore hoki tātou e mōhio ki a ia. He maha ngā whakamātautau o te ao, ā, kei te noho tonu. Ko te hunga e hiahia ana ki te wairua, me whakaoho i ō rātou hiahia, me hanga hoki i ō rātou ara i roto i te ngahere matotoru o ngā whakamātautau kia tae atu ai ki tētahi ao haumarū, marino hoki.

Ka taea te wheako i te pikinga aorangi ethereal ina uru te tangata ki ngā āhua hohonu o te harikoa wairua, ka whakawhānui i tōna hinengaro ki tētahi taumata teitei ake o te mōhiotanga. Mā roto i tōna kanohi wairua, ka taea e rātou te kite i tētahi wāhi o te wāhi, ahakoa i tēnei ao, i te ao ethereal rānei. Ka taea hoki e rātou te whiti i ngā here o te wā me te wāhi. Kei ētahi tāngata kua matatau ki te wairua te kaha ki te whakapoto i ō rātou tinana ethereal, tae atu ki ō rātou tinana tinana ki tētahi wāhi. Ka kiia tēnei āhua ko te bilocation, ko te aroaro takirua rānei, ka taea e te tangata te noho ki ngā wāhi e rua, neke atu rānei i te wā kotahi. I tēnei āhua, kei roto te tinana tinana i tētahi āhua o te ora whakaroa, he rite ki te trance. Ina tae te rangatira ki te taumata teitei rawa o te harikoa wairua (te taumata o te mātauranga atua), ka taea e rātou te mahi i ā rātou mahi katoa i te tikanga noa, me te noho tonu i roto i tētahi āhua tapu o te rapture.

Ko te tangata e rapu piringa ana ki te Atua, e kore e whara i tetahi, ā, kāore he mea e wehi ai ia i te mea e whakapono ana ia ki te Atua, e pupuri ana hoki i tana arataki. Engari ina tukua e te tangata ngā whakaaro kino kia ngokingoki ki roto i tōna hinengaro, ā, e whakapono ana ia kei te ngana tetahi ki te whara i a ia, ka hoatu e ia ki taua tangata te mana ki te mahi pera.

Whakaarohia te tuku whakaaro teka mai i tētahi ki a koe, ā, ka whakaaetia e koe. Kāore e kore ka whara koe i tēnā. Engari kei a koe te mana ki te whakakore i ngā whakaaro kino. Kaua e wehi i te hunga whai whakaaro kino, nā te mea kāore he tangata e whai mana ana ki a koe mēnā kāore koe i te ngoikore te hinengaro. Ko te wehi me te hinengaro kati ka tukua te kino kia tomo mai. Engari ki te kī koe ki a koe anō, "Kei ahau te Atua, ā, e tiaki ana i ahau," ko te pai anake ka puta mai ki a koe i ngā whakaaro o ētahi atu. Ahakoa ka tukuna mai e tētahi ngā whakaaro kino ki a koe, e kore e tae atu ki a koe; engari, ka hoki atu ki te kaituku, ka whara i a ia i ngā huarahi e mōhio ana ia, e kore rānei e mōhio. Karapotia koe ki te Atua, rapua he piringa i roto i tōna ingoa tapu, te mana tino kaha o te ao. He taiepa pakari e pakaru ai ngā pere katoa o te kino, o te teka, me te tinihanga, ā, ka hurihia ngā whakaaro kino katoa ki tō rātou pūtake me te takenga mai!

Kaua e aro ki ngā mana o ngā wairua kopikopiko me ngā wairua kotiti ke, ki ngā kaimahi makutu pango rānei. He maha ngā mana nui o te ao e mau tonu ana i ngā ao o te ao. He pakanga ao kei waenganui i te pai me te kino. Engari kāore he wehi mō te hunga whakapono pono e mahi ana i runga i tō rātou whakapono me ō rātou whakaaro pai, nā te mea ka toa te pai i te mutunga.

Kei te whakahaerehia tēnei ao e ngā mea ora me ngā mana kāore e kitea: ko te Atua, āna poropiti, me āna hunga tapu i tētahi taha, me Hātana, āna pononga, me āna hononga kino i tētahi taha He pakanga nui kei waenganui i te Atua me āna anahera, me Hātana me ōna hoa tautoko Kāore e taea te whakakore i te raruraru hei mānukanuka noa iho Me i kore a Hātana i te ao, e kore tātou e rapu āwhina i te

Atua ki a ia Kei te noho te kino, ā, me ārai mā ngā huarahi me ngā tikanga katoa.

I te hanganga o te tangata e te Atua, i hangaia hoki e ia a Hātana. Ko Hātana, me tōna mana tinihanga, kei reira hei whakamātautau i te tangata. Ki te kore e rewa te rino i te ahi, e kore e taea te patu, te hanga rānei i te maitai. Nō reira, ina pā mai te mate, te mamae rānei, kia mahara he whakamātautau tēnei me pā. Kaua e amuamu, kaua hoki e pouri i aua whakamātautau. He maha ngā wairua nunui kua mate i ngā mate kino, ā, kua pāngia e te mamae nui. Ko ētahi i pāngia e ngā hauātanga kino, heoi i mau tonu tō rātou whakapono, ā, i haere tonu rātou me te ngākau harikoa ki te korōria teitei rawa.

Ko tō tātou aorangi, ko Papatūānuku tētahi o ngā wāhi tino kiki te taupori. He maha atu ngā ao pai atu i tēnei Ao, e kī ana i ngā momo raruraru me ngā uauatanga katoa. Heoi, kāore te Atua e wareware i a tātou i roto i tana aroha; engari, e ngana ana ia ki te āwhina i a tātou i roto i ngā huarahi maha ki te wikitoria i ō tātou mamae me ngā arai e tū mai ana i tō tātou ara.

E whai ana te Atua, āna anahera, me ngā miriona wairua pai ki te whakatū i tētahi tikanga tapu o te rangimarie ki runga i te Whenua. Ko ia kounga pai me ngā āhuatanga pai e ahu mai ana i tētahi wairua pai, nā te mea e rui tonu ana ngā wairua pai i ngā purapura o ngā whakaaro me ngā whāinga pai ki te oneone o ō tātou hinengaro. I taua wā anō, heoi, ko te kingi o te pōuri—ko Hātana—me te āwhina a āna akonga wairua kino, e hanga ana i te raruraru me te raruraru i te ao. Ko wai atu i a Hātana i hanga i ngā huakita o te mate? I kawea mai e ia ngā momo mate urutā maha, kātahi ko te mate kahi, me tētahi atu

**mate whakamate, te mate pukupuku, me ētahi atu—
he tikanga rewera katoa hei whakamamae i te
tangata. Engari e whakahihiko ana te Atua i te tini o
ngā kairangahau ki te hanga huarahi hou me te whai
hua hei whakakore i te mate.**

**He tinihanga te ahuareka o te moepuku ki te
harikoa atua. Ina wehea te moepuku mai i te aroha
pono, ā, ka whakamahia hei whakamātau i ngā hiahia
kararehe, ka waiho hei taputapu i roto i ngā ringa o
Hātana hei pupuri i te hinengaro tangata kia
mauheretia e ngā kare ā-roto, kia kore ai e taea te
wheako i te hinengaro atua.**

**He tokotoru teka tēnei i hangaia e te rewera hei
whakakapi mō te harikoa wairua. Ko taua tokotoru he
hiahia kore here, te hiahia ki te waipiro, me te apo
moni.**

**I te rongonga o Ātama rāua ko Īwa i te moepuku,
ka taka rāua i Pararaiha, ka ngaro te hinengaro atua i
āhei ai rāua ki te wheako i te kotahitanga ki te Atua i
roto i te harikoa wairua. Nō reira, i peia rāua i te Māra
o Ētene. Mai i taua wā, kua akiakihia te tangata ki te
whakaputa uri i runga i te moepuku, pērā i ngā mea
hanga katoa. Ka whānau te wahine i roto i te mamae
me te uaua. I muri mai, me whakaae te tāne me te
wahine ki tā rāua e whiwhi ana. Mena he tamaiti
hiahiaakore, he hapa tā rāua, me whakatipu e rāua. I
te tīmatanga, i a rāua te mana ki te waihanga i tā
rāua e hiahia ana mā te mana o te whakaaro, pērā i te
Atua. Kia manaakitia aua rā tuatahi o te harakore. He
pono, he rā harikoa, he rā whakahihī.**

**Ā, i muri i ēnei mea katoa, i te mutunga, ka noho
a Hātana hei taputapu i roto i ngā ringa o te Atua.
Kāore a Hātana e pupuri i ana kupu whakaari ki te
tangata, nō reira, ka tahuri te hunga pōuri me te**

hunga ngākau pouri ki te Ariki pono mō te āwhina me te whakatutuki i ā rātou tumanako.

Engari kāore tātou e hiahia ki te tatari kia tae mai te pouri hei akiaki i a tātou ki te tahuri ki te Atua. Kaua e waiho ā tātou hua katoa ki roto i te kete kotahi.

Kaua e herea ō tātou tumanako mō te harikoa ki te kete pakarukaru o te tinana me ngā ahua eka poto o te ao.

Kia whakarongo tātou, e aku hoa, ki te reo o te Atua e kōrero mai ana ki a tātou mā roto i ō tātou whakaaro pai. Nā te Atua, nā āna poropiti, me āna wairua anahera ēnei whakaaro rangatira i hanga. Nā Hātana rātou ko āna pononga i hanga ngā whakaaro me ngā whakamātautau kia rite ki tō rātou ake āhua.

Ia puta mai he whakaaro kino ki roto i tō hinengaro, peia atu, kaua e pouri, ā, e kore e taea e te rewera te whakamahi i tōna mana ki runga i a koe, te whara hoki i a koe. Kia mahara, i te wā tonu ka whakaaro hē koe, ka tata atu koe ki te rewera.

Kei te neke haere tonu te tangata, e neke whakamuri ana i waenganui i te pai me te kino

Hei mawhiti i tēnei mahi whakawhiti-mōhio, me haere te tangata ki te wāhi e kore e taea e te ringa o te rewera me āna hoa te tae atu ki te ngākau o te Atua , kia tau te rangimārie ki a koe.

Te taurite hinengaro i waenga i ngā huringa

Ka whakanuia e te hunga o te Hauāuru te whakamarie tinana. Ina tino wera te rangi, ka mamae rātou nā te kore o te whakamatao, ā, ina tino makariri, ka pāngia rātou e te kore o te whakamahana horihori. Engari he rerekē te rapunga whakaaro a ngā kaiako Inia. E ai ki a rātou, ko te aro ki te wera me te makariri, te ahua eka me te mamae, ka puta mai i ngā whakaaro tinihanga o ngā kare ā-roto, mai i te whai wāhi me te urupare a te tangata ki ā rātou tono

mutunga kore. Ko te tangata whakaaro nui ia, ko ia te tangata e mawhiti ana i te hopu a ngā kare ā-roto, ā, ka hipa .atu i ngā āhuatanga takirua katoa

Kāore ngā kaipūkenga nui e kī ana me whakahaere te tinana i a ia anō kia whara ai. Engari, e kī ana rātou me whakawātea te hinengaro i a koe anō i te kare o te wera, te makariri rānei ina kore e taea te whakamanawanui i te wera, i te makariri rānei, me te rapu i tētahi rongoā whaitake mō .taua mate

a Gita : "Ko te hunga e herea ana e ngā ahuareka o te tinana, kāore e taea e rātou te whakatutuki i te taurite hinengaro e tika ana mō te whakaaroaro, kāore hoki e taea e rātou te hono atu ki te Atua mā te harikoa o te harikoa " wairua o Samadhi

Ina taea e te tangata te wehe i a ia anō i ngā raruraru o te hinengaro, ka whiwhi ia i te rangimārie o roto. Mā te noho kore e pāngia e ngā kare ā-roto e haere mai ana, e haere atu ana, ka whakakitea e ia te marino nui, te marino kore e rerekē o te wairua. I roto i taua mōhiotanga pumau, kore e nekeneke, ka kotahi rātou me te tino mutunga kore, te .mutunga kore, me te kore e rerekē

Ka whakararuraru te urupare kore mahi ki ngā kare ā-tinana katoa i te hinengaro me te wairua. Ina whakararuraruhia te wairua, ka ngaro te āhua tūturu o te tangata, arā, te marino. Kei ngā wāhi wera rawa, makariri rawa hoki o te Ao te Atua. Kei te Arctic me te Rohe Kore ia, kāore e pāngia e ngā āhuatanga me ngā pāmahana tino kino o tana hanganga whenua. Me whai ngā tāngata, i hangaia kia rite ki tōna āhua, ki te whai i tana whanonga. I whakanohoia tātou e te Atua ki roto i tēnei tinana, kia pāngia e te wera me te makariri, te ahuareka me te mamae, engari e hiahia ana ia kia tirohia e tātou ēnei takirua me te hinengaro taurite. E hiahia ana ia kia ara ake tātou i runga ake i ngā momo takirua katoa. Me whakawhanake e tātou te kaha me te manawanui me te kore whakaaro nui, te kore

rānei o te tirohanga whakamua. Ina kore e taea e tātou te karo i te wera nui, te makariri rānei, me wehe atu ō tātou hinengaro i a rātou. Ko te nui ake o tā tātou whakapau kaha ki te mahi i tēnei, ko te nui ake o te whakawātea a te hinengaro i a ia anō, kia kore ai e pā kino ngā kare ā-roto kāore e hiahiatia ki ō tātou hinengaro, ki ō tātou kare ā-roto .rānei

Kāore te mata o te kiri e kite i te pā; ka tukatukahia ēnei kare ā-roto i roto i te roro. Ka taea anake e te tangata te whakamātau, te pā, te hongī, te whakarongo, te kite rānei mā te hinengaro. Te āhua nei ka pāngia tātou e te reka i runga i te mata o te arero, engari ko te roro tonu te mea e rēhita ana i taua reka. Waihoki, ina whara tetahi wāhanga o te tinana, ka pā te mamae ki te hinengaro, ehara i te okana e pāngia ana. E rua ā tātou tikanga mō te rongo i te mamae: ko te io me te take roro. Ka puta te kare ā-roto ina whakaaetia e te roro te whakawhitiwhiti kōrero i waenga i te io me te take roro. Ki te kore te roro e mōhio ki te mamae, kāore he mamae. Koinei te kitenga whakamiharo a ngā tohunga Inia nui. Ina kei raro te tangata i te mana o te chloroform, i te rongoā whakamārie rānei, kāore rātou e rongo i te mamae nā te mea kāore ngā kare ā-roto e tae ki te roro. Kei ngā pito io he huruhuru ririki e tukuna ana ngā tohu mamae ki te roro. Ka ārai te rongoā whakamārie i te .tukunga o ēnei tohu mamae

Ko te roro te okana pānga o te hinengaro, ā, ka tukuna ngā kare ā-tinana katoa ki roto mā roto i ngā io me te roro tonu. Nā te mea e hono ana te hinengaro ki te roro, ka whiwhi, ka whakamārama hoki i ēnei kare ā-roto. Ko te hinengaro e whakapakaritia ana e te whakaaro pai, kāore i te tino pāngia e ngā kare ā-roto o te harikoa me te mamae. E mōhio ana ia ki ēnei kare ā-roto engari kāore e herea e aua .kare ā-roto

I whakawhiwhia te tangata ki ngā kare ā-roto hei tiaki i ō rātou tinana. Ki te kore, ka pāngia te tangata e te motu kino,

e te wera rānei, me te kore e mōhio. Kāore i whakawhanakehia e ngā kararehe tēnei kaha, nō reira kāore i te tino kitea te mamae; ki te kore, kāore e taea te whakamanawanui i te tukino i pā ki a rātou mā roto i ētahi tikanga patu me te kohuru. Hei tauira, ka makahia ngā !pāpaka ki roto i te wai kohua i a rātou e ora tonu ana Nā te mea he mea hanga te mamae me te koa i te hinengaro, ka taea te whakamama i te mamae tinana mā te whakahaere i te hinengaro. Kātahi ka taea te wheako i tētahi kare ā-roto hei tohu mō tētahi āhuatanga rerekē me te kore e rongō i te mamae. Ka aro nui te Bhagavad Gita ki tēnei. Ko te aro nui ki te koa, ki te mamae rānei ka kaha ake ōna pānga, ko te iti o te aro ka iti ake te pānga o te mamae, ka iti ake te herekore o ngā kare ā-roto. I whakangungu ahau i tōku tinana me tōku hinengaro kia iti ake te aro ki ngā whakaohoho, ā, kua wātea ahau i ngā mea whakararuraru kare ā-roto. Ko tēnei whakangungu te ara ki te whakaoranga mai i te pupuri a ngā kare ā-roto me ā rātou tono mutunga .kore

I tino kaha te hinengaro o tētahi tākuta, ā, i taea e ia te mahi i tētahi pokanga morearea ki a ia anō! Ae, he mea kore e taea tēnei e te hinengaro e herea ana e ngā herenga tinana. Engari mā te whakangungu, ka kaha rawa te hinengaro. Ko te nui ake o te whakangungu me te whakapai ake a te tangata i tōna hinengaro, ka nui ake te mana whakahaere ka taea e ia te whakamahi. Ka tino pouri te tamaiti kua whakahāweatia ahakoa he iti noa te whara, engari ko te tamaiti kua whakangungua ki te manawanui me te manawanui, kāore e oho, e hoki whakamuri rānei i te .mamae ahakoa he whara kino

I tēnei whakaaro, he rerekē rawa te tikanga whakangungu i tautokona e ngā rangatira nui o Īnia i tērā i whakaakona i te Hauāuru. Ka whakangungu ngā kaiako wairua o Īnia i ā rātou ākonga kia tino wetekina rātou i te herekoretanga ki te tinana me ōna kare ā-roto. Ko ngā

whakamarie i whakawhanakehia i te Hauāuru ka akiaki i te
ngākau nui o te tinana, ā, ko te mutunga mai, he iti noa iho,
he koretake hoki te kaha e whakapaua ana ki te
whakawhanake i ngā pūkenga hinengaro. I Īnia, ka ako
mātou (i roto i ngā wāhi okiokinga a ā mātou kaiārahi) me
pēhea te aukati i te mana o ngā kare ā-roto i te tīmatanga
kia kore ai mātou e noho hei pononga mā rātou. I taku kura i
Ranchi, Bihar, i ētahi wā ka moe mātou i ngā tamariki
nohinohi ki runga i ngā whāriki iti i runga i te whenua
pakeke, ā, ka tipu ake rātou i roto i te hauora me te kaha, i
.te taha tinana me te taha hinengaro

Kua taunga ngā tāngata o te Hauāuru ki ngā momo
huarahi whakangā me te moe marino. I Īnia, i noho mātou ki
runga i te onepū wera hei whakaaroaro. Nāwai ā, ka taea e
mātou te noho i te werawera i te rā katoa, i te makariri hoki.

Nā tēnei whakangungu, i whiwhi ahau i tētahi kaha
hinengaro kāore he mea e taea te whakararuraru, te pā
rānei ki tōku hinengaro. Ina momotuhia e au tōku hinengaro
mai i ōku kare ā-roto, kāore he mea e whakararuraru ana i
.ahau

I ngā tau kua pahure ake nei, he tino wera rawa te
rangi, ā, e manawa pā ana te katoa. Nā te hononga
hinengaro, ka whakawhitia mai ō rātou mamae ki ahau, ka
aukati i ahau ki te arotahi me te tuhi tuhinga. Kātahi ka riria
e au ahau, ka mea, "He aha tēnei katoa?" ā, ka inoi ki te
.Atua

Aue, e te Ariki, mā te hiko kotahi anō ka wera te oumu,"
mā te hukapapa hoki ka puta te wera i roto i te pouaka
"!whakamātao. Nō reira, he marino te rangi

I taua wā tonu ka pai te āhuarangi mōku, me te mea
kua karapotia tōku tinana e te hukarere, ā, ka tīmata ahau ki
.te tino hihiri, ā, ka tuhituhi ahau me te kore he uaua
I ētahi tau kua pahure ake nei, i runga ahau i tētahi
haerenga rori whakawhiti whenua i roto i tētahi motuka
tuwhera me tētahi rōpū ākonga taitamariki e ako ana i a

rātou anō, ko tētahi o rātou ko taku hēkeretari. I moe māua ko ia i roto i te motuka, e whakawhitiwhiti ana i tētahi paraikete iti. He tino makariri te pō. I a au e moe ana, ka unuhia e ia te paraikete i ahau, ā, i taku araaratanga, ka tangohia noatia e au te paraikete i a ia! I haere tonu tēnei mō tētahi wā. Kātahi ka mea tōku hinengaro, "He aha koe i"!pēnei ai? He pai ngā mea katoa. He mahana koe Kātahi ka maka atu e au te paraikete, ka noho ake, ka tīmata te whakaaroaro kia mahana rā anō tōku tinana, pērā i te taro. I te oho ake o ngā ākonga i muri i ngā haora e rua, e wiri ana i te makariri, ka kitea ahau e rātou e kore e nekeneke ana, kua ngaro ahau i roto i te harikoa tapu, ā, i te whakaaro kua mate ahau, ka ngana rātou ki te whakaara i ahau i roto i taku harikoa wairua me ā rātou karanga. Engari ka menemene ahau, ka mea, "He aha te haruru, e ngā taitama? Me haere tonu tātou." Ka whakahē rātou, "I noho koutou i te makariri rawa, kāore he koti, he paraikete rānei!" Heoi, kāore ahau i pāngia e te makariri, ko ahau anake te !tangata i mahana

Ko te mea me mahi ko te whakangungu i te hinengaro kia pai ake te whakaaro. Ki te whakatau koe kāore koe e pāngia e te makariri, ka iti iho te tūponotanga ka pāngia koe. Me whakangungu hoki te hinengaro ki te wikitoria i te mamae. Ka whakanuia te mamae e te aro o te hinengaro, ā, ko te whakanui i te mamae ko te wareware i te ahua o te Atua i roto i a koe anō—ko taua ahua tapu, e kore e taea te .hinga

I kī ngā tohunga o Īnia o mua, ka tīmata ngā tikanga katoa ki te hanga i roto i te tangata i te toru o ōna tau. He tino uaua ki te whakarerekē i ēnei tikanga ina kua mau, kua hohonu hoki te pūtake ki te hinengaro mohio. Mena kua whakatōkia e tō whānau me tō taiao ki roto i tō hinengaro ngā mea e pai ana ki a koe, me ngā mea e kore e pai ki a koe, ka noho tonu pea ēnei whakaaro ki a koe mō te ora tonu. Ko te mea tuatahi i akohia e au i taku kaiārahi mohio, a

Sri Yuktiswar, ko te wikitoria i ngā kare ā-hinengaro e pā ana
ki ngā kare ā-roto. I taku haerenga tuatahi ki a ia mō te
whakangungu, ka pāngia ahau e te makariri mena kāore au i
whakamahi i te paraikete mahana i te rangi makariri. Engari
i ako mai taku kaiako ki ahau me pēhea te whakamahi i te
mana o tōku hinengaro ki te wikitoria i tēnei tikanga. Nō
reira, i wātea ahau i te makariri i whakararuraru i ahau mai i
te tamarikitanga tae noa ki taku whiwhinga i te
!whakangungu a te rangatira

E mea ana ētahi me whakawhirinaki tātou ki te
whakaaro nui anake. E whakapono ana ētahi me
whakamātau tātou i ō tātou kare ā-roto. He tino kino rawa
.ngā tirohanga e rua

E ai ki tētahi ariā, he mea tika kia tiro tirohia te tinana i
ia wā, i ia wā, kia ora ai, kia rite ki te tiro tiro i tō waka i ia wā.
He tika tēnei. Engari ehara te tangata i te mīhini. Mena kei tō
āhua tinana tō hauora hinengaro, ā tōna wā ka noho hei
pononga te hinengaro i raro i ngā hiahia o te tinana, ā, ka
kore e whai hua ngā momo rongoā me ngā maimoatanga
tinana katoa. Koinei te take e pāngia ai tātou e ngā mate
kore e taea te rongoā. Kua mau te ngoikore o te tinana nā te
mea kua kore te hinengaro e noho hei rangatira mō te
.tinana

He pai ake te whakaōrite i te tīmatanga. Mēnā he whara
iti noa iho tō tinana, pania he iti te iodine, engari kaua e
whakawhirinaki katoa ki te rongoā. Me whakarite kia tika, kia
tika hoki ngā mahi ārai kia taea rā anō e koe te
whakawhirinaki haere ki te whakaaro nui. I whakamahia e
ngā kaiako nui ngā rongoā i hangaia mai i ngā otaota me
ngā matū i hangaia e te Atua. Kāore ngā rongoā me ngā
rongoā e hiahia ana mō te kaiako wairua, engari hei
whakaatu i te mahi a te mana o te Atua i roto i ngā huarahi
maha, ka whiriwhiri pea rātou i ētahi wā ki te whakamahi i
ētahi rongoā. Ahakoa pēhea, kei te mana o te whakaaro te
wikitoria. Ina tae koe ki te whakapono pakari ka taea e koe

te noho me te kore rongoā katoa, me te kore he pānga kino,
ka wikitoria koe, ā, ka riro i a koe te mana whakahaere i te
.tinana

I tētahi wā, ka whati te ringa o tētahi kaiako, ā, ka tukua
kia rongoatia, kia takaia hoki. I te taenga mai o tētahi
tangata whai rawa ki te toro atu ki a ia i muri tata mai i te
aituā, i whakaaro ngā ākonga matakū ka pouri te manuhiri i
te kitenga i te ringa o te kaiako i roto i te taura (e iri ana i
tōna kaki). Ka mea te kaiako ki te manuhiri, "E kite ana koe,
kua whati tōku ringa, ā, kei te mamae ahau." E whakaaro
ana ngā ākonga, i te kitenga i tōku ringa whati, ka whakaaro
rātou kua whakarērea ahau e te Atua, ā, kāore ia e aro mai
".ki ahau. Kaua e aro ki a rātou

I tētahi atu wā, i te waiata taua kaiako ki te Atua i roto i
te āhua o te harikoa nui, ka hinga ia ki runga i tētahi
puranga waro e mura ana i te taha tata. Heoi, i haere tonu
tana waiata. I te hikitanga ake a ngā ākonga i a ia, ka kitea
kua piri ētahi o ngā waro ki tōna tuara, ā, kua wera tōna
kikokiko. I matakū rātou i te tirohanga whakamataku, engari
ka menemene te kaiako, ā, ka mea māriri, "Āe, tangohia
noa ngā waro hei utu mō tēnei ngangau katoa!" Kāore ia i
amuamu mō tētahi mamae. Koinei te hinengaro nui e
whakaatuhia ana e ngā kaiako. I tēnei wā, i whakaatu te
kaiako kei runga ake ia i te mamae. I te wā tuatahi, i
whakaatu ia i pāngia ia e te mamae, engari i
.whakamanawanui me te manawanui me te ngākau mahaki
Me tū pakari te tinana me ōna hiahia. E kī ana ngā
karaipiture ko ngā ariā o te wera me te makariri, te ahua eka
me te mamae ka puta mai i te pānga o ngā kare ā-roto ki
ngā pūtake o aua kare ā-roto, o aua kare ā-roto rānei. Heoi,
he tīmatanga me te mutunga ēnei kare ā-roto me ēnei kare
ā-roto. He mea poto noa iho, he mea rangitahi hoki te āhua,
nō reira me manawanui me te manawanui. He aha ai te
pāngia e te makariri, e te mamae rānei? Me whakatipu te
maia hinengaro nui ake mā te whakangungu i te hinengaro

kia manawanui kia taea rā anō te tū ki runga ake i ngā
.momo mamae me ngā mamae katoa

He whare herehere noa iho te tinana kua kapi ki te
kikokiko, e noho ai te manu o te ora mō te wā poto. Kua tino
herea te ora i te tinana, engari kua honoa, kua herea te ora
.ki ngā āhua here, here o te tinana, ā, nā reira ka mamae
I ngā hāora oho ake, ka mōhio koe ki ngā kare ā-tinana.
Engari i te wā moe, ina wātea tō hinengaro i te tinana, kāore
koe e mōhio ki aua kare ā-tinana, engari ka rongu koe i te
.rangimārie hōhonu

Nā te mea i hangaia te tangata kia rite ki te ahua o te
Atua, ka taea e ia te noho i roto i te tinana, me te kore e pā
ki ngā kare ā-tinana. Engari, ka tangohia e ia ngā āhua
.tinana ki a ia anō, ā, ka meinga kia tino tūturu
Hei wātea i ngā kare ā-roto, me wehe te tangata i a ia
anō i te tinana. Koia te take e kī ana te hunga tapu kia neke
atu i te pai me te mamae te hinengaro, ā, mā te mahi anake
ka taea tēnei. Kua whakamātauria e au tēnei pono ki a au
anō, ā, e mōhio ana ahau he maha ngā kino e pā ana ki te
nui rawa o te aro. Ko te ngohengohe ki ngā hiahia o ngā kare
ā-roto te pūtake o ngā mamae me ngā pōuri katoa. Kāore te
Atua i whakahau i te mamae mō tātou. I hangaia e ia ngā
kare ā-roto hei ārahi me te whakangahau i a tātou, ā, i
whakaaro ia, ā, kei te whakaaro tonu ia kia whakamahia e
tātou te tinana tinana me te whakaaro nui, kaua e piri rawa
ki a ia, kia pōuri ai tātou. Ki te aroha nui te tangata ki tētahi
mōkai, ka aro atu rātou ki ngā kare ā-roto o taua kararehe,
ahakoa kāore i te hono tinana ki a ia e te pūnaha io. Waihoki,
ko ō tātou mamae tinana i ahu mai i te nui rawa o te piri
.hinengaro ki te tinana

Me kaha ake te mana o te hinengaro ki te tinana. He
mea whakamiharo te kaha ki te ora i runga i te mana o te
hinengaro, nā te mea ka taea e te hinengaro te mahi i ngā
mea katoa e tonoa ana. Ā, me pēhea te whakawhirinaki atu
ki te hinengaro? Mā te āta whakamātau i a ia anō ki te wera

me te makariri, ki te moe i runga i te moenga pakari, me te
.whakaiti i te whakawhirinaki ki ngā mea whakamarie
I a au e kōrero ana, kāre rawa au i te mōhio ki te
pāmahana teitei o te rā nei, engari mā te whakahua noa i te
.wera, ka tīmata ahau ki te rongu i te wera
I tētahi wā, i a au e kauwhau ana i te rangi tino wera. I
tua atu, ka piki ake te wera i roto i tōku tinana, pērā i ngā wā
katoa e kauwhau ana ahau mō ngā mea wairua. I mea tōku
hinengaro, "Kāore e taea e koe te whakaoti i te kauwhau me
".te kore e muru i tō mata werawera
I whāwhā ahau i roto i taku pōke mō tētahi tauera
engari kāore i kitea. Kātahi ka titiro ahau ki roto i te kanohi
wairua, ka kōrero pōhewa ki tōku hinengaro: "Kāore he
wera." I memeha tonu te wera nui, ā, ka haere tonu taku
kauhau me te marino, me te harikoa, me te mātao
.whakamarie

Whakaharatauhia ēnei mea māu ake, kia kite ai koe
mēnā he pono taku e kōrero nei. Ka taea e koe te whakanui
ake i te mamae mā te aro me te whakaiti i te mamae mā te
herekore hinengaro. Ina mate tētahi o ō tātou whanaunga,
kaua e nui rawa te pouri, me whakaae tātou kua riro rātou ki
tētahi ao teitei ake i runga anō i te hiahia o te Atua, ā, e
mōhio ana te Atua ki te mea pai mō rātou. Me whakawhetai
tātou ki te Atua mō tō rātou whakaoranga, me te tuku atu
hoki i ngā whakaaro aroha me ngā mihi pai ki a rātou, me te
tono ki te Atua kia manakohia rātou, kia tukua mai hoki Tōna
aroha me Tōna manaakitanga ki a rātou i roto i te kāinga
.mutunga kore, kāore he wehi, he pouri rānei mō rātou
He mea maori te pouri mō te matenga o te hunga e
arohaina ana; ki te kore, kua kore tātou e noho hei tangata.
Heoi, ka pā kino ngā kare ā-roto o te pouri ki a rātou, ka
noho tata atu rātou ki te ao o te whenua i te ao o te rangi. Ko
te nui o te pouri ka ārai i te wairua kua wehe atu ki te ahu
.whakamua ki te rangimārie me te herekore nui ake

Ko te nuinga o ngā tāngata o te ao i ēnei rā kāore i
konei i te rau tau ki muri. Ko ētahi i konei i mua i a tātou. Ā,
ko tātou anō hoki, kāore e noho ki konei i roto i ētahi tau. Ka
mutu tō tātou wā, ā, e kore ngā whakatupuranga o muri mai
e mahara ki a tātou. Engari, ka whakaaro te tangata i taua
wā, pērā i a tātou e whakaaro nei i nāianeī, ko tēnei ao tō
rātou ao, engari ka tangohia atu i a rātou, me rātou hoki i
reira, takitahi. Me mate te tangata; ki te kore, e kore te Atua
Aroha e tuku kia pā ki tētahi. Nō reira, me whakapakari tātou
.i tō tātou whakapono ki te Atua, kaua hoki e wehi i te mate
Ko te hunga e wehi ana i te mate, kāore e taea te mōhio
ki tō rātou āhua tūturu. I mea a Shakespeare: "He maha ngā
wā ka mate te hunga maku i mua i tō rātou matenga; ko te
".hunga toa, kotahi noa te wā e pāngia ai e te mate
Ka pau ngā rā o te tangata maku i roto i te mamae
hinengaro me te mate puhoi. Ko te tangata toa ka pāngia e
te mate whakamutunga, tere tonu, kore mamae. Ki te mate
te tangata i te mate tūturu, i te whanaketanga wairua rānei,
ka oho tonu tōna hinengaro wairua i te matenga o te tinana,
ā, ka kitea ia kei tētahi atu taumata o te oranga—he
.taumata me ngā kare ā-roto katoa engari kāore he tinana
Kei te hinengaro te tirohanga. I te matenga, ka
whakarērea e te tangata tōna tinana matotoru, he āhua
tēnei o te hinengaro o te ao iti, ā, koia te pūtake o ngā
.raruraru katoa o te wairua
E rua ngā momo tāngata: ko te hunga e amuamu tonu
ana, e tangi ana mō ngā mate o te ao, me te hunga e
wikitoria ana i ngā uauatanga o te ao mā te menemene, me
te pupuri tonu i te pai ahakoa ngā āhuatanga kino. Kāore he
take e tino aro nui ai ki ngā mea. Me i pai ake te noho tahi
me te noho tahi o te katoa, kua pai ake te ao i tōna āhua o
.nāianeī
I roto i ngā ngahere o te ao tūroa, i waenganui i ngā
uauatanga me ngā uauatanga o te ao hou, kei reira te
whakamātautau pono. Ko ngā mea katoa e mahia ana e te

tangata ka hoki mai ki a rātou, he pai mō te pai, he kino mō
te kino. Ko te hunga e kino ana ki ētahi atu ka kinongia hei
utu. Ko te hunga e whakakī ana i a rātou anō ki ngā
whakaaro kino me ngā kare ā-roto taupatupatu ka
whakangaro i ō rātou ake āhua me te tineia ō rātou ake
harikoa. Ki te riri koe, hikoi haere, tatau mai i te tahi ki te
tekau mā rima, nekehia rānei tō arotahi ki tētahi mea
ahuareka, harikoa hoki. Ina tukinotia koe e ētahi atu, he mea
koretake te whai kia rite ki a rātou. Ina riri koe, ka koropupū
tō hinengaro, ka mamae ō takirere ngākau, ka pau te kaha o
tō tinana, ka ngenge. Tukuna mai ngā ngaru o te rangimārie
me te pai e whakaatu pai ana i te āhua tūturu o tō wairua, te
ahua atua i roto i a koe. Kātahi, kāore he tangata e kaha ki
te whakakorikori i a koe, ki te whakararuraru rānei i tō
.marino

Hei whakarāpopototanga, ka tīmata ngā mea katoa i
roto i te hinengaro. Nā te hinengaro te hara i hanga. Ka hikoi
tahanga ngā tamariki nohinohi, kāore he whakaaro hara. He
parakore ngā mea katoa ki te tangata he parakore, he
mārama hoki tōna hinengaro, engari
Ki te tangata harakore, he kino, he kino te āhua o ngā
mea katoa

Ki te kino ngā mahi a te tangata, ka kino anō hoki ōna)
whakapae, ā, ka whakaponohia ia ki ngā mea kua taunga ia ki
(te whakaaro

Ko te hinengaro kore e whakahaere tika ka hanga he
raruraru i roto i ō tātou ao. Ko te hunga e herea ana ō rātou
hinengaro e ō rātou kare ā-roto, ko rātou ngā kaiwhakaoho i
.te ngangau me te pakanga, me ngā pou o te hē me te pōuri

Nā te Atua ō tātou wairua i whakanoho ki roto i ēnei
tinana kua whakakīia ki ngā kare ā-roto kia taea ai e tātou te
noho i tēnei ao, te ako i ō tātou ake wheako me ērā o ētahi
atu, me te kore e tukua tō tātou harikoa kia whakatauhia e
ngā kaupapa me ngā āhuatanga e huri haere tonu ana i a
tātou. E hiahia ana te Atua kia whakahaere tātou i ō tātou

hiahia, kaua e tukua kia whakahaere i a tātou e rātou, kia taurite hoki te hinengaro, ehara i te mea i te wā e mārāmana, e harikoa ana hoki ngā mea katoa, engari i waenganui hoki i ngā uauatanga me ngā uauatanga. Mā te mōhio ki a .tātou anō ka homai tēnei pūkenga ki a tātou

Kāore e mutu te kanikani o te ora me te mate, engari kei te tangata te kaha hinengaro ki te ara ake i runga ake i ngā wheako ā-tinana katoa, me te kore e pāngia e ngā .taupatupatu o te ora

Ka taea e te tangata te wikitoria i ngā herenga o te ao mēnā ka titiro taurite rātou ki ngā mea me ngā kaupapa. Mā .te mahi pera, ka whakakitea e rātou tō rātou wairua pakari Ko te hunga kua tae ki tēnei taumata o te whakahaere ka noho pērā i ngā kīngi i waenganui i te tangata, ka hono atu ki te mutunga kore mutunga kore e taea te whakarerekē, .te whakarerekē rānei

Ko ngā whakaakoranga wairua o te yoga e aro ana ki ngā taipitopito o te ao me te tino tika, e whakaako ana me pēhea te whanonga i roto i ngā āhuatanga katoa. I hangaia te tangata kia rite ki te ahua o te Atua, engari kua ngaro i a rātou te hononga ki taua ahua tapu, ā, me kimi anō e rātou i .roto i a rātou anō

Ko te koura parakore i tanumia ki raro i ngā puranga oneone, he koura parakore tonu, ahakoa tōna huna, e mau tonu ana ōna āhuatanga katoa. Hei hura i te koura, me kerī hohonu ki roto i te oneone, me rapu kia kitea rā anō. Waihoki, he maha ngā paparanga o ngā tikanga rite ki te uku me ngā kare ā-whenua e kapi ana i te wairua rangatira, koura. Ko tēnei "uku" te pūtake o ngā raruraru hinengaro tangata pēnei i te manukanuka, te wehi, te mauahara, te hae, te whakaiti i te hunga whakaaro, me ngā tirohanga hē, me te pūtake o ngā āhuatanga whakarihariha katoa. Hei tango atu i tēnei uku whakaiti, me whakawhanake te tangata i tētahi hinengaro kaha, pakari hoki e pā ana ki te tinana me ngā kare ā-roto. Ko te piri ki te tinana ka puta ake ngā momo

wehi. Kua whakaarohia e au i roto i tōku hinengaro ngā
.momo mamae katoa, ā, kua hinga katoa i a au
Kia mōhio ai koe kua hangaia te tangata kia rite ki te
āhua parakore o te Atua, me ara ake te tangata i te wehi me
te riri, me te wikitoria i te tairongo nui. He uaua ki te
whakamanawareka i ētahi tāngata nā te mea kua herea, kua
taumahatia hoki e ngā tikanga papaku me ngā kōrero iti o te
ao. Engari ka taea e te tangata whai hinengaro kaha te kī, "I
tēnei rā ka taea e au te moe i runga i te moenga
ngohengohe, ā, āpōpō ka moe i runga i te papa; he rite tonu
ki ahau." Ā, pērā tonu. Mā tēnei noho kore hinengaro ka
whakangungu te hinengaro, ka ngohengohe ki ō whakahau,
.ka taea hoki te whakatutuki i ō tono
He tino maminga te hinengaro, e hoa mā. Engari mā te
whakamahine, ka ako i ngā tikanga me ngā whanonga pai.
Ina kī koe, "Kāore e taea e au te noho me te kore taua momo
kai," ka whakahoki te hinengaro, "Kāore e taea te noho me
"!te kore taua momo kai
Engari ko tō wairua kei tua atu i te whakaaro nui. Mēnā
ka mea koe, "E kore ahau e tuku i tētahi tangata, i tētahi
mea rānei kia whakataurekareka i ahau," ka whakautu te
whakaaro nui, ki te mea he pūmau te kōrero, ā, he kaha te
whakaaro. Ko koe te rangatira o te hinengaro me te tinana;
kaua e waiho hei pononga mā rātou, kaua hoki e kanikani ki
.tā rātou waiata
Ko te whakaoranga i ngā here o te kare ā-roto te ara
anake ki te rangimārie me te harikoa. Ahakoa ngā
āhuatanga, ngana ki te ara ake i runga ake i ngā mamae
katoa, me te whakahari i a koe anō, nā te mea ka taea e
!koe
:E mea ana ngā tuhinga whakaaro nui o te Rawhiti
Te āhua o te rangimārie o roto e tutukihia ana mā te"
"whakaaroaro yoga
Mā roto i tēnei ka hari te wairua i te kitenga i te Atua
Matua e tiaho ana pērā i te rā i te poutumarotanga

Ko te wāhi e kitea ai, e reka ai hoki e te māramatanga o
te wairua te hari nui rawa atu
Ka hari te yogi i te mōhio ki te mea ngaro
Ko te tangata e tae atu ana ki taua āhua manaakitanga
.ka mihi ki a ia anō mō te kitenga i te taonga o ngā taonga
Ka noho haumarua ia i te tinihanga o te wā, me ngā
ohorere o te ao e mau ana i roto i a ia anō
Ko taua āhua, e mōhiotia ana ko te yoga, he āhua
whakaoranga i te pouri me te mamae
Ka hari te hunga e tohe ana ki te whakatutuki i tēnei me
.te ngākau toa me te whakatau pumau
Ā, ngā mihi nui ki te tangata nāna i kite, ā, i pārekareka
.ki tōna harikoa e hira ake ana i ngā whakaaro katoa
Kāore e taea te whakaahua
Kia tau te rangimārie ki a koe
Te whakahaere i te riri

Tērā pea ētahi e whakaaro ana ko tēnei kaupapa he
mea mā te hunga e ngawari ana te riri, te pōuri rānei. Engari
he hohonu rawa atu tēnei kare ā-roto i tōna āhua. Ahakoa ka
angitu te tangata ki te whakahaere i te āhua o waho, i te
whakaaturanga tutu rānei o te riri, kei te pupuri tonu i te riri
huna me te mauahara kua pehia. He maha ngā huarahi e
kitea ai tēnei riri: te tere o te riri, te pukuriri, te kore
manawanui, te kore okiokinga, te kore harikoa, te hae, te
.pōuri, me te pouri

Ina hoki, ka pāngia te katoa e te riri, ki tētahi taumata,
ki te kore rātou e tae ki tētahi taumata matatau o te
.mōhiotanga, arā, te harikoa wairua, te āhua marino rānei

Ko te riri – ahakoa te āhua – i ahu mai i te kore e taea te
whakatutuki i te hiahia. I te korenga o te harikoa o roto e
puta mai ana i te hononga o te wairua ki tōna pūtake atua,
ka ngana te tangata ki te whakatutuki i ana hiahia mā roto i

ngā ahuareka ā-tinana e kore e pai i te mea he pumau, ā, he
.maha ngā wā ka puta he hua kino

He maha ngā wā ka puta te pouri i aua hiahia, kātahi ka
puta te riri, ka arahi atu ki te whakangaromanga o te
.hinengaro wairua

Ko te huarahi tino whai hua ki te wikitoria i te riri ko te
aro atu ki tōna pūtake: ngā hiahia Ka nui ake ngā hiahia, ka
nui ake ngā pōuri Kāore e taea te whakatutuki i ngā hiahia
katoa nā te mea he mutunga kore ngā hiahia, ā, kāore he
mutunga. Ka nui ake tā tātou tohe ki te whakatutuki i tētahi
hiahia, ka nui ake tō tātou piri ki taua hiahia, ā, ka kaha ake
tō tātou piri, ka nui ake tō tātou mamae i te korenga e uru
atu ki ngā mea e whakamātau ana i ō tātou hiahia me te
.whakatutuki i ō tātou hiahia

Hei tauira, kua homai e te taiao ki a tātou te kare o te
hiakai kia mōhio ai tātou ki te wā e hiahia ana te tinana ki te
kai. Engari mā te piripono ka whakanui ake i taua kare ā-
roto, ka huri hei mamae hinengaro. Mena ka akiakihia te
tangata e aroha ana ki te kai kia kaua e kai mō ngā rā e toru
—ahakoa mō te hauora, mō ngā take wairua rānei—tērā pea
.ka haere tahi taua nohopuku me te riri

I tētahi atu taha, ka taea e ētahi tāngata te karo i te kai
mō ngā rā maha, me te kore e māharahara ki te kore kai, nā
te mea kua mahi rātou, ā, kua angitu hoki ki te kore e piri ki
.ngā hiahia o te tinana

Kia mārama tātou ko ngā hiahia te pūtake o te riri, me
mōhio tātou ki ngā huarahi whai hua hei whakatau i aua
hiahia i runga i te whai hua. He maha ngā huarahi hei
:whakatutuki i tēnei

Tuatahi: Te whakatutuki i ngā hiahia

Mō ngā hiahia māmā, kāore he kino, ko te huarahi
arorau ko te whakatutuki i aua hiahia. Heoi, ka puta te
raruraru ina puta mai he hiahia hou hei hua o te whakatutuki
.i aua hiahia

Kia tau te rangimārie ki a koe

Te whakamahere āta mō te āpōpō pai ake

Ki te kopikopiko noa koe i roto i te ao e tatari ana ki ngā
whai wāhitanga kia angitu, tera pea kāore aua whai
wāhitanga e patoto mai, ā, e kore koe e kite i te angitu.
Engari ki te mea ko koe te tangata e hoahoa ana i tō ake
heke mai, e tuhi ana hoki i te mahere o tō āpōpō ki ōu ake
ringaringa, kia hari koe ki te whakatutuki i tō whainga, kua
tata rawa hoki koe ki te whakatutuki i tō whainga e hiahiatia
.ana

Hei hoahoa i tētahi mahere angitu, me tautuhi tuatahi
koe i tō whāinga. He aha te tikanga o te angitu ki a koe? He
aha tāu e hiahia ana mai i te angitu? Mena ko tō whakautu
he rongonui, he taonga, he whakatutukitanga rānei i ngā
hiahia whaiaro, kāti kei te anga atu koe ki te pouri nui me te
.korenga e angitu

Ko te hunga tino kore angitu ko te hunga e mōhiotia
whānuitia ana ō rātou ingoa, ko te hunga e kaha ana ki te
hoko i ngā mea katoa e pai ana ki a rātou, ā, kei a rātou – e
ai ki ngā paerewa rauemi – ngā mea katoa e hiahiatia ana e
ō rātou wairua, engari kāore i a rātou te harikoa! Nā, he aha
?rā te haere tonu i te ara korekore

Ahako ko te rongonui me te waimarie ngā hua o te
angitu tuturu, ehara i te mea koinei te mauri o te angitu,
ehara hoki i te mea koinei ngā āhuatanga tino nui. Ina hoki,
.kāore rawa ēnei e hiahiatia ana hei whakatutuki i te angitu

He aha te kaupapa? He aha te mea e tika ana kia rapua
e te tangata i te ao? Kotahi te whāinga e tika ana kia whaia,
kia tohea hoki: te harikoa. Me tango mai ngā taonga huna o
te ao i ia wā, i ia wā, mō te hunga e mōhio ana ki te rapu, ā,
.e mōhio ana ki te wāhi e takoto ana aua taonga

Kia mōhio koe, e te tangata e rapu ana i te harikoa, ki te
whakawhāitihia tō aro ki tō rā anake

Ā, ki te whakarei ake koe i tō rā ki ō kupu atawhai, ki ō
mahi whai hua, me ō whakaaro pai

Ka waiho tō rā hei hoa pono māu, hei whai wāhitanga
koura māu

Ko tō uruwhenua me tō visa hei huarahi mōu ki tētahi
.heke mai kanapa, whai hua, kī tonu i te angitu

Nō reira, ko te taahiraa e whai ake nei ki te mahere i tō
heke mai ko te āta tiro tiro i ngā mea o ia rā o tō oranga, me
te pupuri i ngā mea whai hua me ngā mea pai. Ki te kore koe
.e mahi i tēnei, me mutu koe ka arotake

Hei whakatutuki i te angitu, me whai whakaaro ki ngā
āhuatanga matua e whai ake nei, ki te kore ēnei e kore e
:taea te angitu

Ina ara ake koe i te ata, kaua e peke atu i te moenga
tonu ka tīmata i ngā mahi o te rā

Whakamātauria, whakangāwaritia tō tinana katoa kia
maha ngā wā kia hoki māriri mai ai tō kaha. I mua i te
tīmatanga o tō mahi o ia rā, tangohia he wā hei whakaū i a
koe anō koinei te rā pai rawa atu o tō ao. Whakamātauria
koe anō ahakoa te aha, ka pēnei tonu tō rā. Mā te inoi me te
whakaaroaro ka whakapakari i tō whakapono, ka hoatu hoki
.ki a koe te kaha e hiahiatia ana

Whakangawaritia tō oranga Kaua e whakawhirinaki ki
ngā mea hanga a te tangata hei pārekareka ki a koe. Ki te
whakawhāiti koe i a koe ki ngā ahuareka poto noa, ka riri
koe, ka pōhēhē, ka pōuri hoki. Kāore he take mō te piri tonu
ki te pouaka whakaata, ki ngā huihuinga pō, me ngā hakari,
.kua noho hei tikanga pāpori kua mau tonu

I kī mai tētahi—ā, he pono rawa āna kupu—ehara i te
mea ko tā tātou mahi te mea e whakamate i a tātou, engari
ko te whakapau i ō tātou wā waatea! Ka roa ake tō oranga—
ki te pai te Atua—ā, ka nui ake tō koa ki te ora mēnā ka
whakangawari koe i tō oranga, ā, kāore e herea koe ki ngā
mekameka o te hāpori. Rapua ngā harikoa e kitea ana i roto i
.ngā mea iti

Me whakapau kaha koe ki te whakaoti i te mahi kei a
koe ki te pai rawa atu o tō kaha

Ki te kore koe e makona ki tō mahi o nāianei, kāore te
manukanuka me te koretake o te mahi e whakarerekē i
tētahi mea. Ngāna ki te whakatata atu ki te āhuatanga me te
waiaro pai, ahakoa he aha, ā, ka puta tētahi o ēnei mea e
rua: ka kitea e koe kua ngaro i a koe tētahi whai wāhitanga
nui, ka huaki ohorere rānei tētahi tatau hou, ka taea ai e koe
te tomo me te kimi i tētahi mahi e pai ake ana mō ō hiahia
.me ō wawata

He tukanga tonu te ora o te hoatu me te whiwhi

Kia taurite, kia kaua e nui atu i tāu e hoatu ana, kaua
hoki e whakawhāiti i a koe ki te hoatu noa me te kore e
tango

Whānuihia tō tirohanga

Whakaatuhia te hiahia ki ngā oranga me ngā mahi a
ētahi atu. Tirohia ki tua atu i a koe anō—ki tō whānau, ki tua
atu i tō whānau ki ō hoa, ki tua atu i ō hoa ki ngā tāngata

katoa. Ka whakaū te pūtaiao he wāhanga koe nō te katoa, nō
.reira kaua e wareware ki tō tuakiri whānui

Whakatauritehia tō oranga

Me uru te mahi, te okiokinga, te wā wātea, te ako, me te
whakaaroaro i ia rā. He tangata koe, he tinana, he
hinengaro, he wairua hoki. Whakatipua ēnei āhuatanga nui i
roto i te huarahi taurite, ātaahua hoki, kia whiwhi ai koe i te
.hauora, te ora, me te mātauranga

Kia tere te menemene

Puhoi te kōingo

I ārahihia e te hiahia ki te āwhina

Kei te rite ki te tatari me te huri, me te mataara ki ngā
whai wāhitanga

Tirohia te pūkete i te mutunga o te rā

Whakamihi atu ki a koe anō mō te ahunga whakamua
kua tutuki i a koe. E kore koe e huri i roto i te pō kotahi, nō
reira kaua e wehi ki te aro atu ki ngā hapa me te whakatau
.pai ake me te tirohanga mārama ake

I mua i te moe, tukua ō mahi ki te Atua, me te mōhio
kāore ia e whakarērea koe, engari ka homai he huarahi ki a
koe, ka whakatuwhera hoki i ngā tatau mōu, mena ka
.whakapau kaha koe, ka rapu i tana awhina me tana arataki

Ina hinga koe i te hiamoe, ā, i mua i tō moe, kia mārama
.koe he pai ake āpōpō i tēnei rā, me te āwhina a te Atua

Mena he kaiwhakamahere tupato koe, he kaihanga
mohio hoki

Ki te piri koe ki ngā taipitopito o tō mahere

!Kāore e taea te hinga

Ina whakamātau koe i ō whakapono wairua, ka tuwhera
mai he ao hou. He mea nui te arotake i a koe anō hei mōhio
ki a koe anō me te Atua. Tērā pea he tino whakapono tōu, ā,
tērā pea kei te makona tō hinengaro ki tēnā. Engari ki te
kore tō wairua e tino whakapono kei te whiwhi whakautu tika
mai ō inoi, kāore he nui o ngā tikanga whakapono e taea te
whakaora i a koe. Ahakoa he uaua te whiwhi whakautu a te
Atua, ka taea. Hei whakarite i tō urunga tūturu ki te rangi,
me wheako e koe te mana o ō inoi kia taea ai e koe te
.whakahohe pono i aua inoi

I ahau e tamariki ana, i whakatau ahau ka whakautua
aku inoi i ngā wā katoa ka tahuri ahau ki te Atua me te inoi.
Ko te whakatau pumau te ara. Ka tae mai ngā
whakamātautau katoa hei whakaiti i tō whakatau, hei
whakararuraru hoki i tō hiahia, engari he mutunga kore te
mana o te Atua ki te whakautu. Mā te manawanui me te
whakamahi tonu i te kaha o te hiahia ka puta te whakautu a
.te Atua

He mea nui kia ako i te huarahi tika hei arotahi i te
hinengaro. He mea nui hoki kia nui te wā mō te noho
mokemoke me te whakaaroaro takitahi. Ko te taunekeneke
tonu me ētahi atu ka aukati i te tipu wairua. He rite te
nuinga o te tangata ki ngā hautai; ka mimitihia e rātou ngā
mea katoa i a koe, ā, he onge te whiwhinga i tetahi mea. He
pono, he pai te noho tahi me ētahi atu he pono, he kaha hoki
te wairua. Mena e mōhio ana ia tangata ki te kaha, te
ngākau pono, me te hiahia o tētahi atu, ka taea te tohatoha i
.ngā āhuatanga wairua rangatira i waenganui i a rātou

Kaua e moumou taima ki ngā mea koretake. He maha
ngā tāngata e whakararuraru ana i a rātou anō ki ngā mahi
koretake, ā, ki te pātai atu koe ki tētahi o rātou he aha tā
rātou mahi, ka whakahoki mai rātou, "I pukumahi tonu
ahau!" Engari kāore e taea e rātou te mahara ki tētahi mea

mō taua "mahi"! Hei tāpiri, ko te nui rawa o te wā wātea me
te whakangahau ka ngoikore te oranga hinengaro. Ki te
mātaki koe i ngā kiriata i ia rā, ka ngaro tō rātou ataahua, ā,
ka hoha koe. He rite tonu ngā kiriata, engari he rerekē ngā
kiripuaki: he hoa aroha, he kaihōpara, he toa, he tangata
kino, me ētahi atu. Tērā pea ka pai ki a tātou te mātaki i te
.pūrākau o tētahi kiriata, engari he onge te ao pēnei

He tino tinihanga te ao, ā, me whakatata atu tātou ki
tēnei āhua. Ki te kore tātou e wikitoria i ōna tinihanga me
ōna whakaaro pohehe i te tuatahi, e kore e taea e tātou te
āwhina i tētahi atu. Kei roto i te mokemoke o te hinengaro
arotahi te wheketere o ngā whakatutukitanga nunui katoa.
Kia mahara ki tēnei. Ā, i roto i tēnei wheketere whakamiharo,
whatu tonu i ngā tauira o tō hiahia hei wikitoria i ngā arai
.kino katoa

Whakangunguhia, whakapakarihia hoki tō kaha
hinengaro i ngā wā katoa. He maha ngā whai wāhitanga māu
ki te mahi i tēnei wheketere i te ao, i te pō, mena kāore koe
.e moumou taima, e moumou kaha rānei

I te pō, ka wehe atu ahau i ngā tonu o te ao kia noho ko
au anake, kia matara atu i te ao, kia noho mokemoke me
tōku hiahia i roto i taku wāhi okiokinga wairua, te wāhi e
ārahi ai ahau i ōku whakaaro ki te huarahi e hiahiatia ana e
au, ā, ka whakatau i roto i ahau anō. Ina akiaki ahau i tōku
hiahia kia uru atu ki ngā mahi tika me ngā mahi whai hua, ka
puta te angitu mōku. Pēnei, kua maha aku whakamahinga
whai hua i tōku hiahia. Engari kāore tēnei e tutuki mēnā
.kāore te whakamahinga tonu o te hiahia e whakamahia

He tino ataahua te kare ā-roto o te kaha ki te kī me te
whakaū, "Mā taku hiahia, e whakakīia ana e te hiahia
whānui, ka tutuki taku e hiahia nei!" Ki te noho māriri koe,
ka tukua ngā mea katoa ki te hiahia atua, me te kore e
whakamahi i tō ake hiahia, i homai nei e te Atua ki a koe, e

kore koe e tutuki i te hua e hiahiatia ana. E hiahia ana te mana atua ki te āwhina i a koe i runga i tōna ake hiahia.

Kāore he take mō te inoi, te tono rānei; engari, me whakamahi koe i tō hiahia ki te tono me te tono—hei uri tika —me te mahi i runga i tēnā. Me whakakore atu i tō hinengaro te whakaaro kei tawhiti, kei huna hoki te Atua i ngā rangi, i roto i tōna kaha me tōna mana nui whakaharahara, ā, ko koe anake i waenganui i ngā manukanuka me ngā uauatanga o tēnei ao. Kia mahara kei tua atu te hiahia atua i tō hiahia tangata, engari ko taua mana nui, pērā i te moana mutunga kore, e kore e tae atu ki a koe ki te kore tō hinengaro e tuwhera, e aro mai hoki tō .ngākau

Kia tau te rangimārie ki a koe

Te wikitoria i ngā whakaaro whakararuraru

Ko te rewera, ko te tinihanga o te ao whānui, e mau tonu ana i a tātou ki roto i āna mahanga, e whakamahi ana i tō tātou kuware me tō tātou koretake, ā, ka ārai i ngā kaupapa a te Atua. Ka taea e te Atua, me tōna mana tino nui o te ao whānui, te hinga ngāwari i te rewera, engari e pai ana ia kia whakamahia e te tangata tōna hinengaro, tōna hiahia, me tōna hinengaro kia mawhiti atu i ngā ringa o te kino. Ko te nui ake o tā tātou whiriwhiri i te harikoa wairua i ngā ahuaareka o te tinana, ko te nui ake o te tango i te mana pōuri o te kaha hoariri. Nō reira, kei a tātou te kawenga ki te mahi tahi me te Atua ki te hinga i a Hātana me āna mahanga.

Ina mangere, ina mangere, ina whakaroa rānei te tangata, ka āwhina rātou i a Hātana ki te whakatata atu i a rātou. I tono a Ihu ki āna ākonga kia inoi, "Kaua mātou e kawea ki te whakamātautau, engari

whakaorangia mātou i te kino." Ā, i roto i te Quran Tapu, ka pānui tātou, "Mea atu, 'E rapu ana ahau i te piringa ki te Ariki o te tangata i te kino o te kaikōrero e hoki whakamuri ana'" Ehara tēnei kaikōrero i a tātou ake; engari, nō te ao kikokiko ia, ā, kei raro i a ia ngā tāngata katoa. Engari kia taea ai e te Atua te whakawātea i a tātou anō, kua homai e ia ki a tātou te whakaaro nui, te hinengaro, me te kaha o te hiahia.

Ko tā tātou hiahia ki ngā mahi hara ko te maka i a tātou ki roto i te mamae, te pōrearea, me ngā raruraru kino. Ina hinga tātou, ina paheke rānei nā ō tātou whakaaro hē, me inoi tātou: "E te Ariki, kaua mātou e waiho ki konei, engari whakaarahia mātou ki runga i te mana o te whakaaro nui me te hiahia. Ā, i muri i tō wetekina i a mātou i te mana o te kino, ki te hiahia koe ki te whakamātautau i a mātou, whakakitea mai koe ki a mātou kia mōhio ai mātou he nui ake tō ataahua i ngā whakamātautau katoa, ā, he pai ake ki te wairua me ngā kare ā-roto i ngā whakawai, i ngā hiahia rānei."

I te mea kāore te tangata e pai ki te whakakore i ētahi ahuareka e pā kino ana ki tōna oranga, kei raro rātou i te mana o Hātana, ā, i te wā e tata mai ana ka pāngia rātou e ngā hua kino o te hinga ki ngā whakamatautauranga kino o te tinana. Heoi, ki te whakapono rātou he mea morearea, he mea whakangaro hoki te whakamatautauranga, te whakawai rānei, nā te mea he nui te harikoa e oati ana, engari i te mutunga ka puta he pouri, he pouri, he hinengaro mamae, kātahi ka taea e rātou te hinga i a Hātana.

Kāore e kore he mea whakamānawa kei te whakamatautauria ō tātou kare ā-roto e anga katoa

ana ki te ao o waho. Ka rere te ia o te kaha ora mai i te roro mā roto i ngā io ki ngā kanohi, taringa, ihu, arero, me te kiri. Ko ngā kare ā-roto e pā ana ki a tātou mā roto i ēnei whekau he hua nō tēnei ia pana, ā, koia tātou ka pai ai ki te kare. Koinei te mahi a ngā kare ā-roto. Heoi, he mahanga, he tūponotanga hoki tō te nui rawa o te whakapau kaha ki roto. Ki te kore te tangata e tino mārama me te mōhio, ka waiho tēnei kaha pana (e rere ana ki ngā whekau kare ā-roto) hei pononga mā ngā kare ā-roto.

He rite ngā mātakitaki e rima ki te rama rama e rima. Mā tēnei māramatanga, ka kite tātou, ka wheako i te ao tūroa. Ka taunga tātou ki te pārekareka ki ngā mea e ahuaireka ana ki te kanohi, ki te taringa, ki te hongī, ki te reka, me te pā. Ko te hiahia ki te wheako i tētahi mea ka noho hei tikanga pumau. Ko te raruraru, ko te nuinga o te tangata kāore anō kia kite i te wairua atua e huna ana i muri i te mea, nō reira kāore he paerewa mō te whakataurite i ngā tirohanga mātakitaki ahuaireka me te whakahihiri ki te harikoa kore e taea te whakaahua o te wairua huna. Kāore he huarahi hei whakataurite pēnei mēnā kāore te hinengaro e neke atu i ngā whakaohoho mātakitaki tae noa ki te wāhi e kore ai e taea e rātou te kukume, te awe rānei i a rātou. Ko te huarahi anake hei karo i tēnei mahanga ko te mōhio, i te hinengaro, i te wheako whaiaro rānei, kei te tino noho ngā harikoa me ngā ahuaireka teitei ake.

He koretake noa iho ngā whakahau me ngā kupu tohutohu kia kaua e mahi i ngā mahi kino, nā te mea i te wā tonu ka tono koe ki tētahi kia kaua e mahi i tētahi mea, ka hiahia tonu rātou ki te mahi.

He reka, he reka hoki te hua rāhui i te tīmatanga, engari he kawa tonu tōna reka, pērā i te au. Ahakoa ngā mamae katoa e pā ana ki te tangata, kāore rātou e ako, kāore hoki e ripeneta, engari ka mahi tonu i aua mea, ahakoa te nui o te kino tinana me te kino morare.

Ina tino pūmau te hiahia ki ngā wheako ā-tinana, ka riro te whanonga i te roro, ka huri hei kaitukino nanakia, ka whakahau i tōna rangatira kia tukuna ngā kare ā-roto me te whakatutuki i ngā hiahia kāore e makona, e tineia rānei, ahakoa e whakahē ana tēnei i ngā painga o te tangata, e whakahē ana hoki i ana mātāpono.

Ahakoa kāore pea te tangata e hiahia ki te mahi anō i tētahi mahi, ka kitea tonutia e ia he mea e akiakihia ana ia ki te mahi. Kaua e tukua kia tae koe ki tētahi wāhi ka pāngia koe e ngā tikanga kino, whakangaro, me te patunga o ngā wawata pirau me ngā āwangawanga kino. Me noho koe hei rangatira mōu anō me tō aituā. Kaua e tukua tetahi, tetahi mea rānei, kia whakahaere i a koe. Ina noho te hiahia ki te wheako i tētahi kare ā-roto hei tikanga mōhio, me mutu taua mahi.

I tino pai ahau ki tētahi inu e rite ana ki te rēmana. I homai e ētahi o ngā ākonga taua inu whakahauora ki ahau i ngā wāhi katoa i haere ahau, nō reira i tata tonu mai ki ahau. Engari i tētahi rā ka kitea e au kua pau taku inu, ā, kāore i tae mai, engari ka mea atu ahau: "Āe, he inu whakahauora, kua hipa koe i ō rohe, e te rangatira, ā, kua tae ki te wā kia wehe tāua, haere rā!"

I te rā i muri mai ka whakamātau ahau i tētahi horopeta o taua inu, ā, ka kitea he kino te reka. Ko te

take o tēnei he kaha rawa ōku whakaaro o te rā i mua, ā, ngaro tonu atu te hiahia ki te inu.

Kāore au e ngaro i tetahi mea i tangohia mai i ahau, kāore hoki au e tuku noa i tetahi mea. Kāore he whakamarie tinana e taea te here i ahau. Me taea e tātou te whakatere i ngā wheako katoa o te ao me te kore he here, he whakawhirinaki rānei. He pono, ko te tangata whai mana whakahaere ka neke i roto i te ao kikokiko me ngā kare ā-roto whai mana, he wātea i ngā momo hiahia katoa, ā, ka eke ki te rangimārie o roto.

He pai te whiwhi i ngā rauemi me ngā whakamarie, engari ko te nui ake o te hiahia o te tangata ki te whiwhi i ngā taonga papai kāore e tika ana, ko te nui ake o te herehere i a rātou anō ki roto i te āhua pononga. Ina herea ō rātou hiahia me ō rātou māramatanga ki ngā mekameka o ngā herenga ā-hinengaro, ka ngaro ō rātou mōhiotanga wairua, ā, ka kore e taea te hono atu ki ngā taumata teitei o te hinengaro. I noho ngā poropiti me ngā hunga tapu tika i ngā oranga ngāwari, engari i harikoa, i makona hoki rātou ki ō rātou āhua noho. I noho harikoa rātou, ā, kei te noho tonu ki te Atua i te rangi. Mō te hunga e noho ana i raro i te ioka o te kuware, e pāngia ana e ngā pēhanga o ngā hiahia, ka noho tonu rātou i roto i taua āhua i te ao katoa tae noa ki te wā e ātete ana rātou i ngā whakamatautauranga me ngā mea whakararuraru o te ao.

(Kia kore ai he mea e pā kino ki tō tātou harikoa pono. Ko ngā kare ā-roto whakangaro o te riri, te kakai, te apo, te apo, te hae, te nui rawa o te hiahia moepuku, te waipiro, me ngā tarukino he mea kino katoa ki te hauora me te hinengaro o te tangata nā te

mea ka ārai i te tangata kia wheako i te harikoa wairua. Kaua ngā kare ā-roto e whakamahia hētia mā te nui rawa o te hiahia ki te harikoa. Ngā wheako kare ā-roto kino.)

Tiakina koe i roto i te pā o te whakaaro nui, koinei hoki te piringa nui rawa atu. Mā te mārama pono koe e kore e taea te hinga, kia kore ai he mea e whara i a koe. Engari ki te kore te tangata e whiwhi i te whakaaro nui, ko te mahi tuatahi ko te whakamutu i te mahi, i te hiahia akiaki rānei ina puta ake ngā whakaaro pōrearea. Ko reira anake ka taea e te tangata te whakaaro nui me te whai whakaaro nui ki te take. Ki te ngana te tangata ki te whakaaro tuatahi, ka akiakihia ia, ā, ka pehia tōna hiahia ki te mahi i te mea kāore e hiahiatia e ia, nā te mea ka hopukina e ngā whakaaro pōrearea te hinengaro, ka matapo i te māramatanga.

I roto i ēnei āhuetanga, me kī te tangata, "E kore ahau e mahi i tēnei mea, engari ko te mate, kaua ko te whakama," ā, me wehe atu i te āhuetanga, i te wāhi rānei, me te kore whakaroa. Koinei te huarahi tino pono, tino whai hua hoki hei mawhiti atu i ngā mahanga a Hatana kino. Mā te nui ake o te whakatipu i tēnei kaha o te kore whakautu i te wā e whakaekea ana e ngā whakamātautau a Hatana, ka nui ake te harikoa o te tangata, nā te mea ko te hari pono kei roto i te kaha ki te mahi i ngā mea e whakahaua ana e te hinengaro kia mahia e tātou, e ārai ana hoki i a tātou kia kaua e whakatata atu, e mahi rānei.

Kaua e tukua tō taiao, ō hiahia taikaha rānei kia pakaru tō hiahia, kia whakahaere rānei i a koe, e hoa. Kia mōhio koe he nui ake te mana o te pai me te orange wairua i te ngākau nui ki te hiahia noa. Ka

herea ngā ringa me ngā waewae o te tangata e ngā mekameka o te whakamatautauranga; kua e tukua kia herea koe e rātou. Ki te inoi koe ki te Atua kia whakamātau koe i Tōna aroha, ahakoa kotahi noa iho, ā, ka pā ki a koe taua aroha atua nui, kāore he mea kē atu e hiahiatia ana e koe i muri mai, ā, e kore ngā hiahia kino e hopu i tō hinengaro me tō ngākau.

Ina whakapono koe ko te Atua te mea tino kukume i te ao whānui, ā, ko ia te taonga nui rawa atu, kāore he mea kē atu e kaha ki te whakamatautau i a koe, e kaha rānei ki te hinga i tō mana mohio.

Ko te mōhio ki te Atua te wawata nui rawa atu, me te tono tino nui, nā te mea he harikoa mutunga kore! Me hiahia tātou ki te Atua nā te mea ko ia te hinu whakaora me te rongoā whai hua mō ō tātou mamae me ō tātou mate katoa, ā, ko ia te whakautu tuturu ki ō tātou hiahia katoa.

Ko ngā mea katoa e hiahiatia ana, e mura ana, e tangihia ana e ō tātou ngākau—te aroha, te mana, te whakaaro nui, te taonga, me ngā mea katoa—ka kitea e tātou mā te whakakotahitanga wairua tino pai me te moana o te harikoa me te taonga.

Ko te mate te mutunga o te mōhiotanga o te tangata ki tōna mana me tōna rongonui, ahakoa ko ia te tangata tino rongonui me te tangata whai mana o tēnei ao, ā, kāore rātou e mōhio kei te karakia te tangata ki a rātou. Engari ko ngā poropiti me ngā tino tangata rongonui, ahakoa kua wehe atu i tēnei ao, e mōhio pū ana ki te aroha o ā rātou akonga ki a rātou nā te mea kua honoa ō rātou hinengaro ki te hinengaro o te Atua, te Mōhiotanga Katoa, e noho ana i roto i ngā ngota katoa o te ao, e kitea ana, e kore hoki e kitea.

Nō reira, he aha koe ka mahi uaua ai, ka whai ai kia whiwhi ai i tētahi mea ka ngaro i a koe ina wehe atu koe i tēnei ao?

Ko te moni, te rongonui, te mana, te whakamātau i ngā hiahia, me te oranga tinana, he mea rangitahi, he mea iti katoa, kāore e whakakapi i te hari pono o te rangimarie tapu me te wairua me te māramatanga o te Atua.

He kaha te whakamatautauranga nā te mea kāore i te tangata te kaha ki te whakarite i te whakamatautauranga ki te mea pai ake

Ina pupuhi ngā hau o te whakamatautauranga, ka noho tō mārama hei herehere mō te wā poto ki ngā hiahia me ngā tikanga. Engari ko te ara teitei ki te herekoretanga ko te rumaki ki roto i te hari mutunga kore o te Atua, ā, mā reira ka mawhiti ngāwari koe i te hopu aukume e kore e kitea o te whakamatautauranga me ōna hua kino, me te mōhio he nui ake te ataahua o ngā mea ahuaireka o te wairua i ngā mea ahuaireka o te ao, ā, he rite tonu ki te āhua o te wairua.

Ki te kitea e koe te hari pono i tēnei ao, ka riro i a koe ināianei, ā, i te ao kei te heke mai hoki. Nāu te whiriwhiri, e te kaiwhai: te hari mutunga kore o te Atua, ka taea e koe te whiwhi i nāianei mā te whakakore i ētahi o ngā ahuaireka o te ao, te hari poto noa rānei o te ao? Ina tuwhera tō hinengaro ki ngā pono teitei ake, ā, ka tuwhera tō ngākau ki te kanapa o te māramatanga, ka mōhio koe ki te rerekētanga i waenga i ngā mea e rua, ā, ka whiriwhiri koe i te mea pai rawa atu.

Ko ngā mahi katoa e mahia ana e koe kia eke ki ngā tihi me te piki ki ngā tihi wairua ka kitea e te Atua, ā, ka utua koe e ia ki te utu pai rawa atu.

Kaua e whakaaro, e hoa, he tangata hara koe. Ko koe te ahua parakore o te Atua. Ahakoa ko koe te tangata hara nui rawa atu, kāore he aha, ki te mea ka ripeneta koe mā te huri i tō ara hē, ā, kāore e hoki anō ki reira. Ki te mea kua whakatau koe ki te haere i ngā ara o te pai, kāore koe i roto i te hunga hara.

Ahakoa te tangata hara e whakarērea ana e ia ōna ara piko, kia karakia ki te Atua anake me te ngākau pono, ka taea tonu te tatau i roto i te hunga tika. Mā tōna whakatau wairua, ka noho ia hei tangata ngākau pono, ka tupu i roto i te whakaaro nui me te mātauranga, ka whiwhi i te rangimārie tapu mutunga kore, ā, ka whiwhi i te tiakitanga, te haumarū, me te oranga tonutanga o te Atua.

Hurihia he whārangi hou, kia maumahara ki a koe anō he pai tonu koe, ā, i moemoeā noa koe he hē koe. He whānui te ngākau o te Atua, ā, e tuwhera tonu ana tōna tatau ki te hunga pono e hiahia ana ki te whakarerekē i ō rātou oranga kia pai ake. He moemoeā kino te kino, he moemoeā whakamataku rānei, kāore he hononga ki te āhua parakore o te wairua.

He rite te whakamatautauranga ki te paihana reka, ki te honi paihana rānei, he reka ki te reka, engari ka rere i roto i te toto, ka whakangaro i ngā whekau o te tinana, nō reira he pai ake te noho tawhiti atu.

He mea tinihanga, he mea memeha noa te harikoa e rapuhia ana e te tangata i tēnei ao. He mea pumau,

he mea pumau te harikoa atua. E hiahia ana ki ngā mea e mau tonu ana, kia kaha ki te whakahē i ngā ahuareka me ngā mea whakaharikoa memeha noa o tēnei ao, kāore nei e pumau. Me mau i a koe tēnei tirohanga. Kaua e tukua te ao kia arahi i a koe ki te hē, kia pana rānei i a koe ki tana rākau, ā, kaua rawa e wareware ko te Atua anake te pono. Ka kitea anake te harikoa pono i roto i te rongo i te aroaro o te atua me te wheako i Tōna harikoa nui whakaharahara.

Ka rumakina te tangata ki roto i ngā moemoeā o te kuware, me te whakaaro kei te pāngia ia e ngā mamae o te mate, te pōuri, me te rawakore. I te wā e inoi ana tētahi o ngā tāngata nui o te Atua, ka karanga ohorere ia: "I mahara ahau ko au anake e noho ana i tēnei hanganga tinana, engari inaianei ka kite ahau i te Atua mutunga kore e whakaatuhia ana i roto. Ko tēnei wairua iti, he mea noa iho i te paihere kikokiko me te wheua, ehara i ahau. Ko te Tino Mutunga Kore te mea e noho ana i roto i tōku tinana. Ko tōku wairua katoa tēnei, ā, ka tukua e ahau taku pono nui ki a ia."

Tērā pea ka tae mai taua mātauranga ki ngā kai rapu pono katoa i tētahi rā, ā, kāore rātou e whakaaro he tangata mate rātou, he tāne, he wahine rānei. Engari, ka mōhio rātou he wairua rātou i hangaia kia rite ki te āhua o te atuata. Kei roto i te tangata te rangatiratanga o te Atua, ā, kei roto i a rātou te wairua tino teitei.

E herea ana te wairua ki te tinana e te mekameka o ngā hiahia, ngā whakamatautauranga, ngā raruraru, ngā manukanuka, me ngā matakū, ā, e whai ana kia whakawātea i a ia anō. Ki te haere tonu tana kukume i taua mekameka e here ana i a ia ki te hinengaro

tinana, ka wawao te ringa atua i tētahi rā ka motuhia taua mekameka, ā, ka wātea te wairua.

Ko te hunga e hiahia ana ki te rangimārie wairua, me tiaki i a rātou anō i te whakamatautauranga me te pouri mā te māranga me te whakaaroaro hōhonu ki te Atua. Ko te hunga e wareware ana ki te Atua, e kore e mōhio ki a ia hei Kaihanga o te ao me ngā mea katoa i roto, e kore e kite i Tōna aroaro, e kore hoki e kite i Tōna māramatanga.

Ko te whakaaroaro he whakamahara tonu i a koe anō ehara tātou i te tinana tinana iti, engari ko te wairua atua tino herekore. Ko te whakaaroaro he maharatanga mohio ki te tangata pono me te wareware ki tōna tuakiri rūpahu. Mēnā ka haere tētahi rangatira haurangi ki tētahi takiwa iti, ā, nā te ngaronga o tōna mahara me tōna tuakiri pono mō tētahi wā poto, ka tīmata ia ki te tangi me te tangi mō tōna āhua, me te mea, "Aue, te rawakore o ahau, me te nui o taku hiahia ki te āwhina!" ka kata ōna hoa ki a ia, ka mea, "Kia mataara, kia mahara he rangatira koe, e te Ariki!"

Waihoki, kei roto te tangata i te āhua o te pohehe me te pōhēhē. E whakapono ana ia he tangata korekore ia e kahakore ana, e tohe ana, e mahi ana, e whiua ana e ngā ngaru o ngā manukanuka ki ngā taha katoa. Kua tae ki te wā kia ara ake ia, kia whakaū ki a ia anō me te tino mohio he wairua ia, kāore e pāngia e ngā huringa me ngā awe o tēnei ao, ahakoa te āhua nanakia me te whakamataku. Me mōhio ia he mura ora ia nō te wairua atua tapu, ā, ko tōna mauri he parakore, he harikoa e puhake ana. Ki te whakahoki anō ia i ēnei whakaaro, i te pō, i te ao, ka māranga ia ki tōna āhua tūturu: he wairua ora tonu.

Ko te whakawai, te apo, te piri ki te tangata me ngā taonga, te herenga ki ngā kare ā-roto, te kore mōhio ki te āhua wairua, te mangere, me te oranga hoha, mīhini, ko ētahi katoa ēnei o ngā hoariri nui o te harikoa.

Mahia ō mahi me te hinengaro e mau ana te pūtake ki te hinengaro tapu e puāwai ana, e tipu ana i ngā mara o te whakaaroaro, ā, ka tino harikoa koe, ehara i te mea i roto i te maminga, ā, ka koa koe ki te oranga rangatira.

I taku tīmatanga ki te whakaaroaro, kāore i puta ake i ahau ka pā mai he harikoa nui ki ahau. Engari i te pahemotanga o ngā rā, ka tupu ake taku rangimārie, ka piki ake hoki taku harikoa i a au e ruku hohonu ana ki ngā moana o te whakaaroaro.

Ki te mea kua hoha te tangata ki te oranga e ora nei rātou, engari kei te whakakī tonu i te oranga ki ngā taonga me te hiahia ki ngā wheako hou, kei te ara hē, kei te piko hoki rātou, ā, me huri te huarahi. Ko te huarahi tino tika ki te mawhiti atu i te awe o ngā whakaaro pōrearea ko te noho i te oranga māmā, taiao—kāore he here me ngā raruraru—e rite ana ki te Atua.

He aha te take e ora ai te tangata i ngā oranga āhua rerekē?

He aha ia i rapu ai me te ngākau pouri, i te hari kāore nei e taea e te ao te whakarato?

He tino utu nui te ora, e hoa mā

Ia rā, ia rā ka inoi ahau ki te Atua: "Ki te hiahia koe ki te tango atu i aku mea katoa, waiho māu e pai ai, ā, e kore ahau e whakahē ki tō whakaaro nui me tō

whakaaro nui, nā te mea e mōhio ana ahau e hiahia ana koe ki te mea pai mōku. Ka ngana ahau ki te whakamanawareka i ētahi atu, engari ko tō hiahia, e te Ariki, te mea tuatahi, ā, koinei taku whāinga matua i tēnei ao."

Ina inoi koe pēnei, tera pea ka pāngia koe e ngā whakamātautau me ngā hiahia maha, engari ki te tohe tonu koe ki te ātete i ngā hiahia kino me ngā hiahia hē, ka whakatata mai te Atua ki a koe, ka homai hoki āna manaakitanga ki a koe. Ka kitea e koe ko tōna aroaro he rite ki te awa e kahakina atu ana ngā mea kino katoa i roto i tō koiora, ā, ka tino horoia tō wairua.

Ko te tangata e pupuri ana i a ia anō i ngā hiahia kino, ka kitea e ia ka memeha haere ngā hiahia o te tinana mō te wā poto, ka mahue ko te hiahia me te wawata anake. Engari ko te tangata e kite ana i te māramatanga o te Atua, e pā ana ki Tōna aroaro, kua watea ia i ngā hiahia katoa e rerekē ana ki te āhua o te wairua.

Kia whakakorea e tātou te pōuri ki te māramatanga o te Atua

Kia hinga ngā whakaaro kino ki ngā whakaaro pai

Kia hinga tātou i te whakamatautauranga kia kitea te kukume atua nui rawa atu mā te whakaaroaro

Koinei te patu pai rawa atu, tino whai hua hoki mō te mate pukuriri-ātete

Ia wā ka rongo koe kei te taka tō hiahia ki raro i te mana kino me te awe poke, tumanako ki te Atua, rapua Tōna āwhina kia rongo rā anō koe i Tōna aroaro manaaki e pei atu ana i ngā whakaaro kino katoa, e

**whakakī ana i te wairua ki te hari, ki te whakaaro nui,
ki te rangimārie me te tino mohio.**

Kia tau te rangimārie ki a koe

Te wikitoria i te awe o ngā aorangi

I tetahi rā ka mea mai taku kaiako:

**"E Mukunda (Paramhansa), kāore koe e whiwhi i
tētahi whitiki ringa aorangi?"**

**Ka mea atu ahau, "He mea tika tēnei māku, e te
kaiako? Kāore au e whakapono ki te mātai whetū"**

**I whakahoki ia: "Ehara te take i te whakapono.
Engari, ko te tūnga pūtaiao tika me tango e te
tangata ko te pono o taua kaupapa. I mahi te ture o te
kaha ā-papa i mua i a Newton, pērā i muri i a ia. Mena
ka whakawhirinaki te mahi a ngā ture o te ao ki te
whakaae a te tangata, ka kaha te pōrearea me te
raruraru."**

**"Kua kawea mai e ngā tāngata tinihanga te
pūtaiao tawhito o te whetū ki tōna āhua whakama o
nāiane. He pūtaiao whānui, whai rawa te whetū, ā-
pāngarau, ā-whakaaro hoki, e taea anake te mārāma
tika e te hunga mātau ki te mātauranga me te pūmau
ki te pūtaiao. Ki te he te kuware i te pānui me te
whakamārama i te rangi, ā, ka kite (ka tuhituhi) kaua
ki ngā kupu e mārāma ana, koinei te mea e
tumanakohia ana i roto i tēnei ao koretake, he hapa
hoki, ā, kaua te tangata e moumou i te whakaaro nui
ki te hunga e whakaaro ana he 'matatau' rātou."**

**I haere tonu taku kaiako, me te kī: "He tata te
hononga o ngā wāhanga katoa o te ao, ā, he**

taunekeneke tetahi ki tetahi. Ko te auau auau, taurite hoki o te ao e ahu mai ana i te whakawhitiwhiti, te hoatu me te tango. Me ātete te tangata, i roto i tōna āhua tangata, ki ngā huinga mana e rua: ko te tuatahi ko te raruraru o roto e puta mai ana i te ranunga o ngā huānga o te whenua, te wai, te ahi, te hau, me te etere, ā, ko te tuarua ko ngā mana o waho o te pirau taiao. I te mea kei te whawhai tonu te tangata ki tōna orange mate, ka pāngia ia e ngā mano tini o ngā huringa e puta ana i runga i te whenua me te rangi."

Ko te mātai whetū te ako i te urupare a te tangata ki ngā awe o ngā aorangi. Kāore ngā whetū i te whai ngākau aroha, i te kino rānei, engari e tuku ana i ngā hihi pai me ngā hihi kino. Kāore ēnei hihi e whai hua, e kino rānei ki te tangata, engari he huarahi tika mō te tukanga o waho ki te whakataurite i ngā take me ngā pānga i hangaia e te tangata i mua.

"Ka whānau te tamaiti i tētahi rā me tētahi hāora motuhake ina rite ngā hihi o te rangi ki tōna karma, ki tōna hītori whaiaro rānei. He pikitia tika tana tūtohi zodiac e tohu ana i tōna hītori kore e rerekē me ngā putanga pea ā muri ake nei. Engari ko tēnei tūtohi whānau ka taea anake te pānui, te whakamārama rānei e te hunga whai māramatanga e tipu haere ana, ā, he onge ēnei."

"Ko te karere e horapa mārama ana puta noa i ngā pae tawhiti i te wā whānau, ehara i te mea hei whakaae ki te aituā - te hua o ngā mahi pai, kino rānei o mua - engari hei akiaki me te whakaoho i te hiahia o te tangata kia mawhiti i tana herenga ao. Ko ngā mea katoa kua herea e te tangata ka taea te wetewete, ā, ko ia anake te kawenga mō te waihanga i aua āhuatanga e whakahaere ana i tōna orange,

ahakoa he aha te āhua. Ā, nā te mea nāna i hanga aua take me aua āhuatanga, kei a ia te kaha ki te wikitoria i ngā here katoa nā ōna rauemi wairua, kāore nei e pāngia e ngā pēhanga o te ao."

"Ko te wehi whakaponokore ki te whetū ka meinga te tangata hei mīhini aunoa e whakawhirinaki ana ki te arataki aunoa me te ngākau māhaki. Ka hinga i te tangata whakaaro nui ngā aorangi, arā, ka mawhiti ia i tōna hītori mā te whakawhiti i tōna pono mai i te hanganga ki te Kaihanga. Ko te nui ake o tōna mōhio ki tōna kotahitanga ki te wairua atua, ko te iti ake o tōna herekore ki te aorangi. He herekore te wairua tangata ake ake, kāore e mate nā te mea kāore i whānau mai, ā, kāore e taea te here i tōna mutunga ki ngā aorangi me ngā whetū, ki te tuku rānei i a rātou ki raro i ō rātou mana."

"He wairua te tangata, he tinana anō hoki. Ina mārama pono ia ki te mauri o ia anō, ka whakarērea e ia ngā tauira me ngā tauira whakahāwea me te tukino. Engari ki te noho pōhēhē tonu ia, ā, kāore i te maumahara wairua, ka noho ia ki raro i ngā here huna o te ture o te taiao me te taiao."

"Ko te Atua te rangimarie me te whakaae, ā, ko te tangata karakia e whakaae ana ki a Ia e kore e hē tana mahi, engari ka rite āna mahi katoa ki ngā ture o te rangi i runga i te huarahi tika me te taiao, ā, i muri i te inoi hohonu me te whakaaroaro ka rongo ia i tōna hononga ki te wairua atua. Kāore he mana nui atu i taua tiakitanga o roto."

I ngana ahau ki te mārama ki ngā whakamārama a te rangatira, a Seri Yuktsuar, ā, i muri i te wā roa o te wahangu ka mea ahau: "He aha rā koe i hiahia ai kia mau ahau i tēnei poroporo?"

Ka whakahoki te kaiako: "Ina tae te kaihaerere ki tōna ūnga ka tika ia ki te whakarērea ngā tohutohu me ngā mapi. Engari i a ia e haere ana, ka ngana ia ki te whakamahi i ngā ara poto katoa e tika ana. He maha ngā huarahi me ngā tikanga i hangaia e ngā tohunga tawhito hei whakapoto i te roa o te noho wehe o te tangata i te ao o te mānukanuka me te tinihanga. He āhuatanga aunoa kei roto i te ture o te karma ka taea te whakarite mā te pūkenga e ngā maihao o te whakaaro nui."

"Ko ngā mate katoa o te tangata i ahu mai i te takahi i te ture whānui. E tohutohu ana ngā Karaipiture Tapu i te tangata kia ū ki ngā ture o te taiao, me te pupuri tonu i te whakawhirinaki katoa ki te mana nui o te Atua. Ko tana mahi he kī atu: 'E te Ariki, e whakawhirinaki ana ahau ki a Koe, ā, e mōhio ana ahau ka taea e Koe te āwhina i ahau, engari ka mahia e ahau nga mea katoa e taea e au hei whakakore i ngā pānga o aku hapa.' Mā roto i ngā momo huarahi—te inoi, te kaha o te ngākau, te whakaaroaro yoga, te kōrero ki ngā tohunga me ngā hunga tapu, me te whakamahi i ngā poroporo whetū—ka taea te whakaiti, te whakakore rānei i ngā awe kino o mua."

"Pērā i te whare e mau ana i te tokotoko parahi hei mimiti i ngā pānga uira, waihoki ka taea e te tinana tangata te whai hua mai i ngā momo tiaki. Kei te neke haere tonu ngā hihi hiko me te aukume mārama puta noa i te ao whānui, ā, ka pā ki te tinana tangata, ahakoa pai, ahakoa kino. Mai anō i ngā wā onamata, kua whakaaroarohia e ō tātou tohunga te ārai i ngā pānga kino o ngā awe o te ao tūroa. I kitea e rātou ka tukuna e ngā konganuku parakore ngā hihi aorangi e ārai ana i te kukume kino o ngā aorangi."

Kua whakaaturia hoki he pai ētahi matū tipu. Ko ngā huānga tino whai hua ko ngā kohatu parakore, he kore he hapa, kāore e iti iho i te rua karati te taumaha. Kāore i te maha ngā whakamahinga tiaki mahi o te whetū i arohia e ngā kairangahau i waho o Īnia. Kotahi te mea māmā, he pono, ko ngā kohatu utu nui, ngā konganuku, ngā whakaritenga tipu rānei e tika ana kāore he painga ki te kore e tika te taumaha, mena ka whakamahia ēnei rongoā i te taha tata ki te kiri."

Ka mea atu ahau, "E te Ariki, ka whakarongo ahau ki tāu tohutohu, ka hoko mai i tētahi poroporo, engari ko te whakaaro noa ki te wikitoria i ngā mea o te rangi kua miharo ahau!"

Kātahi ka tāpirihia e Sri Yuktiswar ngā tohutohu tika, me te kī:

"Mō ngā take whānui ka tūtohu ahau i tētahi poroporo i hangaia ki te koura, te hiriwa me te parahi, engari mō tō take motuhake ka hiahia ahau kia whiwhi koe i tētahi poroporo i hangaia ki te hiriwa me te mata"

Ka mea atu ahau, "E te Ariki, he aha rawa tāu e whai nei?"

Ka whakahoki te kaiako: "Kei te whakarite ngā aorangi ki te tū kino ki a koe, e Mukanda. Kaua e wehi, mā te Atua koe e tiaki. I roto i te marama kotahi mai i tēnei wā, ka pāngia koe e ngā mate ate nui. E ono marama te roa o tēnei mate, engari mā te whakamahi i te poroporo aorangi, ka whakaitihia e koe tēnei wā ki te rua tekau mā whā noa iho ngā rā."

I te aonga ake ka rapu ahau i tētahi kaihangā whakapaipai, ā, ka tere taku tiki i te poroporo, ka whakamaui e ahau. I tino pai tōku hauora, ā, i wareware ahau ki te poropititanga a taku kaiako, i wehe atu i Serampur, ā, ka haere ki Varanasi. E toru tekau ngā rā i muri i tā māua kōrero, ka pā mai he mamae ohorere ki tōku ate. Ko ngā wiki i muri mai he moemoeā kino o te mamae nui. Kāore au i pai ki te whakararuraru i taku kaiako, i whakaaro ahau ka taea e au te whakamanawanui i taku whakamātautau ko au anake, me te manawanui me te maia. Engari i muri i ngā rā e rua tekau mā toru o te whakamamae, ka ngoikore taku whakatau, ā, ka haere ahau mā runga tereina ki Varanasi, i reira ka manaaki a Sri Yuktiswar i ahau me te mahana whakamiharo. Heoi, kāore ia i tuku i ahau kia kōrero puku ki a ia mō tōku āhua e kino haere ana. He maha ngā tāngata karakia i toro atu ki a ia i taua rā ki te whiwhi i tana manaakitanga. I te mate, ka hoki ahau ki tētahi kokonga. Kāore ngā manuhiri i wehe tae noa ki muri i te tina, ka karanga mai taku kaiako i ahau ki te whakamahau warukōtaha o tōna whare. Ka kōrero mai ia ki ahau, me te titiro ki tawhiti me te hiko haere whakamua, me te ārai i te māranga o te marama i ētahi wā:

"Ki taku whakaaro i puta mai tō mate ate. E rua tekau mā whā ngā rā e mamae ana koe, kāore?"

I whakahoki ahau: "Āe, e te rangatira"

Ka mea ia, "Tena koa mahia te mahi whakakorikori puku i whakaakona e ahau ki a koe"

Ka whakahoki atu ahau, "Me i mōhio koe, e te rangatira, ki te nui o tōku mamae, kua kore koe e tono mai kia whakakorikori tinana ahau." Heoi anō, i

whakamātau ahau i tētahi mea iti hei whakarongo ki tāna whakahau. Ka titiro pātai mai te kaiako ki ahau.

"E mea ana koe kei te pāngia koe e te mamae, ā, e mea ana ahau kāore he mamae. Me pēhea rā tēnei whakahē?"

I pōuri ahau, kātahi ka taupokina ahau e te harikoa, ā, kāore au i rongo i te mamae tonu i tango i ahau i te manaakitanga o te moe mō ngā wiki roa. I te whakahua noa i ngā kupu "Sri Yuktsur," ka ngaro katoa te mamae, me te mea kāore i te tupu.

Ka tīmata ahau ki te piko ki ōna waewae me te whakawhetai, engari ka aukati ia i ahau, ka mea mai:

"Wareware atu ki tēnā. Whakatika, kia pārekareka ki te ataahua o te marama i runga i te awa o Ganges." I tiaho ngā kanohi o te kaiako i te harikoa i a au e tū puku ana i tōna taha. I marama ahau i roto i tana āhua e hiahia ana ia kia rongo ahau ko te Atua te tangata nāna ahau i whakaora, ehara i a ia.

Ā tae noa mai ki tēnei rā, kei te mau tonu ahau i te poroporo hiriwa mata taumaha hei whakamaharatanga mō taua rā, he maharatanga nui mō taku mōhio kei te noho tahi māua ko tētahi tangata tino whakamiharo, tino pai hoki. I muri mai, ka kawea e au aku hoa ki a Sri Yuktiswar kia rongoatia, ā, ka tūtohu tonu ia i te whakamahinga o ngā kohatu whakapaipai, ngā poroporo rānei, me te whakanui i tō rātou whakamahinga hei mahi mō te whakaaro nui o te ao.

Mai anō i taku tamarikitanga, e rua ngā take i whakarihariha ai ahau ki te mātai whetū: tuatahi, te

kitenga i te tini o te hunga e aro nui ana ki te mātai whetū me te ngākau māhaki me te ngohengohe, tuarua, te poropititanga a te mātai whetū o te whānau: "Ka toru āu marena, ā, ka rua ō pouarutanga." Ka roa taku noho ki tēnei mea, ā, ka rite ahau ki te reme patunga tapu i runga i te aata o te marena takitoru. I tētahi rā, ka mea mai taku tuakana, a Ananta, ki ahau:

"He mea pai ki a koe te whakaae ki tō aituā, nā te mea kua whakaatuhia kētia e tō tūtohi horoscope i ō tau tōmua ka oma atu koe i te kāinga ki ngā maunga o Himalayas, ā, ka akiakihia koe kia hoki mai. Waihoki, ko te poropititanga mō ā kōrua marena ka tutuki."

I tētahi pō, i te kitenga i te teka o te poropititanga, ka tahuna e ia te mapi o te pourewa, ā, ka whakatakotoria ōna pungarehu ki roto i tētahi reta, ka tuhia ki runga: "Kāore e taea e ngā purapura o te karma o mua te pihi mena ka tahuna e ngā ahi o te whakaaro nui tapu." Kātahi ka whakatakotoria e ia te reta ki tētahi wāhi e kitea nuitia ana. Ka pānuitia e Ananta tēnei wero nui, ā, ka kata tawai, ka mea:

"Kāore e taea e koe te whakangaro i te pono me te mea ngāwari pērā i tō tahunga i tēnei pepa"

Ina hoki, i mua i taku pakeketanga, e toru ngā wā i ngana ai tōku whānau ki te whakarite i taku taumau, ā, i whakakahore ahau i ia wā, i te mōhio he kaha ake tōku aroha ki te Atua i ngā whakaaro o te ao i mahue mai i ngā wā o mua. I whakaaroaro tonu ahau ki ngā kupu whakaaro nui a tōku kaiako:

"Ko te nui ake o te tangata e ruku ana ki te mōhio ki a ia anō, ka nui ake tōna awe ki te ao katoa mā roto

**i ōna wiri wairua mārama, ā, i te wa ano ka iti ake
tōna pānga ki ngā kaupapa o waho"**

**I ētahi wā ka tono ahau ki ngā tohunga whetū kia
matapae i ōku wā tino kino e ai ki ngā whakaritenga o
ngā aorangi, engari i taea tonu e au te whakatutuki i
ngā mea katoa i whakaarohia e au i aua wā. He pono i
kī tonu taku angitu i aua wā i ngā uauatanga
whakaharahara, engari i tino pakari taku whakapono.
Ko te whakapono ki te manaakitanga a te Atua me te
whakamahi tika i te kaha o te hiahia - he taonga nā te
Atua ki te tangata - he kaha nui atu i ngā ngaru
ethereal e puta mai ana i ngā aorangi me ngā whetū.**

**I kite ahau ko ngā mea e tuhia ana e ngā whetū i
te whānautanga ehara i te mea he pēpi noa iho te
tangata nō tōna hītori. Engari, ko ngā awe o ngā
aorangi he mea whakakorikori mō te tipu. Ka mahi
ngā tinana o te rangi ki te whakaoho i te hiahia o te
tangata kia wetekina i ngā here katoa. I hangaia e te
Atua ia tangata me te wairua ahurei me te whai
mana, nō reira he tūranga nui tō ia tangata i roto i te
hanganga whānui, ahakoa he tūranga tautoko, he
tūranga whakawhirinaki rānei. Kāore te whakaoranga
o te tangata e whakawhirinaki ana ki ngā wikitoria o
waho engari ki ngā wikitoria wairua o roto.**

**Puna: Ngā Whakamaharatanga a Yogi - He Kōrero
Whaiaro (Te Rapunga Whakaaro Inia i te Oranga o te
Yogi) nā Paramhansa Yogananda**

te ahunga whakamua wairua

**Mai i ngā whakaakoranga a te Kaiwhakaako
Paramhansa Yogananda**

**Ina titiro tātou ki te ao o nāianei, me ōna raruraru
katoa, ōna uauatanga, ōna pōhēhētanga, ōna
raruraru, ōna kuwaretanga, me ōna pakanga, he uaua**

ki te whakapono kua uru te tangata ki tētahi wāhanga hou o te whanaketanga me te ahunga whakamua. Heoi, kua whakarērea e te tangata ngā wā uaua, ngā wā taonga, ā, kua tere haere, kua whānui haere te hiko ki te paepae o tēnei wāhanga hou o tōna whanaketanga whakarunga.

I a tātou e whakatata atu ana ki tēnei wā atomika, he maha ngā kaha o te taiao i kore i mōhiotia i ngā Wā Pōuri kei te kitea inaianei, kei te whakamahia hoki, ā, ka āwhina i te whakateretere i te tere o te whakawhitiwhiti kōrero ā-ao me te ahunga whakamua i roto i te rongoā, te ahuwahenua, te kawewaka, me ētahi atu mara.

He pono, kua tino hurihia e ngā hangarau hou te hanganga o te oranga o ia rā e mōhiotia ana e tātou, e mōhiotia ana hoki.

Engari kei te kaha tonu te awe o ngā wā pōuri kua pā ki te tangata, ā, kei te horapa haere tonu. Koia te take e whakamahia ai e te tangata ngā tikanga pūtaiao matatau, ehara i te mea mō te pai anake, engari hei whāngai me te whakapakari anō hoki i ngā wairua kino, pērā i te hiahia whaiaro, te whakangaromanga, me te apo. Nō reira, ka mau tonu te pānga o ngā wā pōuri mō ngā tau maha e haere ake nei.

Nā ngā tikanga me ngā taputapu hangarau matatau kua maha ngā whakamarie kua whakaratohia mai e tēnei ao e tipu ake nei, ā, kua hoatu hoki ki te tangata he wā waatea kāore i wātea i mua. I ngā Wā Pōuri, i whakapau te tangata i ia wā o te ara me ō rātou kaha katoa ki te whakatutuki i ō rātou matea taketake me te noho ora. He iti noa iho te wāhanga o

te taupori i whai wā ki te whakatapua ki ngā mahi teitei ake.

Ināianeī - i ngā whenua ahumahi - nō taua kāwai te katoa. Engari he aha tā te tangata e mahi ai i ō rātou wā wātea me te wā wātea?

Nā te mea kāore rātou i te mōhio ki te kaupapa o te ao, ka mōumou taima me te kaha ki ngā whakangahau mutunga kore. Tata ki te rima tekau hāora te roa o te noho a te tangata noa i te Hauāuru i te wiki ki te mātaki pouaka whakaata. Whakaarohia te nui o te harikoa o te tangata, me te pai ake o te ao mēnā ka pau aua hāora roa ki ngā mahi wairua whai hua!

Ko te hunga e whakaaroaro ana ka whakamahi i ō rātou wā me te whakaaro nui, me te whai hua. Engari, kua kotiti ke te nuinga o te tangata i te Atua me āna ture.

Koia te take i tino pōuri ai te ao i tēnei wā. E hiahia ana tātou kia noho tātou i roto i te ao haumarū, whai rawa, me te rangimārie. Ahakoa te noho i roto i te ao pōrearea, he akoranga anō hoki mā te hunga e whakaaroaro ana. Ko ngā āhuatanga uaua me ngā āhuatanga kawa e whakamahara ana ehara tēnei ao i tō tātou kāinga tuturu. Kāore te haumarū me te haumarū pono e kitea i te ao o waho, ā, nā reira, me rapu tātou i te Atua me te tono i tana tiakitanga.

I ngā wā o te rangimārie me te whai rawa, i te wā kāore he kore mahi, he raruraru taiao rānei, ka noho te tangata i roto i te "pōuri marino, ngākau māhaki," e ai ki te tohunga whakaaro a Thoreau. He aha? Nā te mea ahakoa tēnei whai rawa, ka rongo te tangata i te

hiakai wairua me te hiahia ā-roto mō tētahi atu mea e ngaro ana i roto i ō rātou oranga.

Ko te Atua taua mea

Me maumahara tātou, ahakoa ngā āhuatanga o waho, ko te ahunga whakamua o te wairua e whakawhirinaki ana ki te kaha o te tangata takitahi. Ahakoa i roto i ngā wā pōuri rawa atu, i raro hoki i ngā āhuatanga kino rawa atu, i taea tonu e ētahi tāne me ētahi wāhine te whiwhi i te mātauranga atua. Nō reira, kua tātou e tukua kia kahakina wairuatia e ngā āhuatanga o te ao. Kua rawa e wareware ki te hiranga o te kaha wairua.

Nā te mea kei te noho tātou i roto i ēnei āhuatanga uaua, ka whakaaro hoki tātou ki te heke mai me ngā ohorere kino ka pā mai. He mea maori tēnei. Engari ki te nui rawa tā tātou whakaaroaro ki ēnei mea, ā, ki te tukua e tātou te whakapae me te wehi kia whakahaere i ō tātou whakaaro, ka panaia e tātou te Atua i roto i ō tātou oranga, ā, ka ngaro i a tātou te whai wāhi nui ki te hono atu ki a ia me te whiwhi i tana tiaki.

E hiahia ana te iwi ki te mōhio he aha ngā mea ka tupu ā muri ake nei. He aha ai? Hei whakanui ake i tō rātou manukanuka?

Me i tino mārama tātou ki te taumahatanga nui e utaina ana ki ō tātou hinengaro ina hinga tātou i ngā matakū me ngā manukanuka, ka miharo tātou ki tō tātou manawanui tae noa mai ki tēnei wā. Ka ngoikore te hinengaro i ngā manukanuka me ngā manukanuka, ka tukua te wehi kia uru ki roto i te wairua, ā, ko te mutunga iho, ka ngaro tō tātou taurite hinengaro me te wairua. Ko tō tātou raruraru

kei roto i tā tātou ngana ki te noho i te heke mai me te wā o mua i te wā kotahi, kua ki te noho i te wā o nāianei. He taimaha rawa ēnei taumahatanga mō te hinengaro.

Me tātari tātou i ō tātou whakaaro. I te nuinga o te wā, ka mawhiti tātou ki te heke mai, ki te tuarā rānei. He maumau kau tēnei. Me noho tātou i te wā o nāianei, ā, me whakakī i te wā o nāianei ki ngā whakaaro o te Atua.

Kāore he wāhi i te ao nei e tino haumarua ana, e tūpato ana rānei i ngā huihuinga me ngā tūponotanga. Ko te tiakitanga pono kei roto i te noho pono me te tika, te mahi tahi me ētahi atu me te pono me te ngākau pono, me te inoi, te whakaaroaro, me te rangimarie ki te Atua.

Nā reira, me whakapau kaha tātou ki te noho tahi me te Atua. Ko tēnei noho tahi te rongoā mō ngā mate katoa, me te whakaora i ngā whiunga o te ao me ngā marutanga o te wā.

Kua tātou e matakū i ngā āhuatanga whakamatakū me ngā moemoeā kino o te ao. Kua tātou e matakū i te mate, i te rawakore, i ngā aituā rānei. Ina kitea tātou i waenganui i ngā whakamātautau me ngā raruraru, kia mōhio tātou ki te āhua tinihanga o ēnei wheako, kia mārama hoki ka taea e tātou te wikitoria i ngā āhuatanga kino mā te whakaaro pai, te whakatau tika, me te whakahoahoa wairua ki te Atua, te pūtake o ngā āwhina me ngā tiakitanga katoa.

Kāore he parenga, he haumarutanga rānei i waho i te Atua, me tahuri katoa tātou ki a Ia mēnā e hiahia

ana tātou ki te haumarutanga me te rangimarie o te hinengaro.

He uaua ki te whakatutuki i te tino ngākau māhaki i tēnei ao, ehara nei i tō tātou kāinga tūturu. He rangitahi noa iho tō tātou noho ki tēnei whenua. Kei konei tātou i te kura hei ako i ngā akoranga o te ao. Ina wareware tātou ki tēnei pono, ka tīmata ō tātou raruraru, ā, ka karapotia tātou e ngā raruraru mai i ngā taha katoa.

Kāore he mea e tika ana kia ora ai tātou engari ko te Atua anake Ka pahemo atu ngā mea katoa, ka waiho tātou kia noho ko tātou anake Me rapu tātou i te aroha mutunga kore, pumau tonu He poto noa te aroha tangata, ā, ka memeha haere Kei muri i te aroha tangata ko te aroha atua, koia te aroha nui rawa atu, e whakamātau ana i ngā hiahia o te ngākau, e whakamātau ana i te matewai o te wairua Kia pārekareka tātou ki ngā mea katoa e homai ana e te Atua ki a tātou, me te kore e hiahia ki tētahi atu mea I haere mai tātou ki tēnei ao ki te ako me pēhea te mōhio ki te Atua Kāore he take kē atu mō tō tātou noho ki konei

Ka kitea te Atua e te hunga rapu pono, ā, ka kī tonu ō rātou oranga i te rangimārie, i te ata noho, i te aroha noa, me te hari. Me kaha, me pumau hoki te hiahia ki te mōhio ki a Ia, ā, ka tino tutuki ngā hua (ka rongo te tangata e patuki ana). Ko te hunga e mōhio ana ki te Atua ka whiwhi tonu i te hari me te harikoa.

Kāore te rapu i te Atua e rerekē ana i ngā hoahoa tangata, i te marena, i te whai rānei i te angitu ā-tinana. He wāhanga nui hoki ēnei o ngā akoranga o te ao. Ko te mea nui ko te wehewehe i waenga i te mooni me te mānukanuka, me te mōhio kāore e taea

e ngā whāinga me ngā whakatutukitanga ā-tinana te homai i te harikoa e hiahiatia ana e tātou, e whai ana hoki kia tutuki mā roto i ō tātou whakaaro me ā tātou mahi katoa.

Kāore tēnei rapunga whakaaro e whakapōuri, e whakakino rānei i te ao

Kia tau te rangimārie ki a koe

Te pono me te mooni i te hohonutanga

Ko te pono he kupu kua taupokina e te koretake, kua hunaia e te maha o ngā kōrero koretake. He ariā e uaua ana ki te whakamārama me te whakamārama. He whakaaro, he whakapono tō te katoa, e oati ana i runga i tōna whakapono koinā te pono tuturu. Engari me pēhea te whakatau tuturu he aha te mea pono me te mea tūturu i waenganui i tēnei tini whakaaro?

He pono, he pono hoki te pono. He maha ngā wāhanga whanaketanga me te whakapainga e pā ana ki te pono i mua i te taenga ki tōna āhua tino pono. Hei tauira, e rua ngā tāngata e kōrero ana mō tētahi kaupapa pakihi. Ka whakaarohia e tētahi he whakaaro e oati ana ki te angitu, ko tētahi e tuku ana i tētahi tautohe whakahē e tutuki ai te whāinga kotahi engari he painga anō hoki. Kātahi ka puta ake tētahi atu me tētahi whakaaro pai ake, ā, pērā tonu. He "tika" katoa ngā huarahi kua whakaarohia, engari he tikanga whanaunga anake.

Ko te pono te mea e kawē mai ai te harikoa pumau

I tōna tikanga tuturu, ko ngā mea katoa e whakahē ana i te harikoa pono he teka, ā, ko te mea e

kawe mai ana i te harikoa pumau he pono. Ehara te harikoa pono i te harikoa poto e haere tahi ana me te angitu rauemi, te ahuaureka poto rānei, engari ko te harikoa e puta mai ana i te whakahoahoa o te wairua me tōna pūtake: Te Atua. Mā tēnei paerewa, ka taea e koe te aromatawai i tētahi mahi ka mahia e koe mā tōna putanga, me te mea ka kawea mai e ia he harikoa pumau ki a koe, kāore rānei (nā te mea, ka aromatawaihia ngā mahi mā ōna mutunga!)

Ko te Pono Tino Pai ko te Atua, ā, ko te Atua te Pono Tino Pai. Ko te ao katoa e tū ana i runga i tēnei pono mā roto i ngā ture mutunga kore a te Atua. He pono taketake ēnei ture, he pono pumau, kāore e taea te whakarerekē, ā, kei tua atu i te whakahaere a te tangata, i te whakapohehe rānei. Hei tauira, ko te tika tino pai ko te karo i te patu, i te whara rānei, engari ko te kino iti iho ko te whakamahi i te kaha hei tiaki i te hunga harakore mai i te hunga kino, hei tiaki rānei i ngā mea matatau ake mai i ngā mea kāore i te matatau ake. Heoi, he hē te whakangaro i tetahi mea nā te hiahia noa ki te patu.

Ko te ture whānui e whakahau ana i te rangimarie me te piripono mā te aroha, arā, te aroha me te manawanui. Ki te hiahia tātou ki te kimi i te pono, he mea nui kia tika ō tātou whakaaro me ā tātou mahi, ā-tinana, ā-tikanga, ā-wairua hoki, kia rite ki ngā ture mutunga kore o te pono atua.

Ko te pono te mauri mutunga kore Engari kei hea taua mauri, ā, me pēhea e kitea ai?

E toru ngā huarahi hei tae atu ki te pono: mā te tirohanga ā-pūmanawa, mā te whakaaroaro arorau, me te māramatanga o te wairua.

Ki te hē tō tirohanga ā-pūmanawa, ka hē anō hoki tō whakataurorau. Tērā pea ka titiro koe ki te pae tawhiti ka kite i te mea e āhua ana he ahi nā te mea ka kite koe i te paoa; engari i a koe e whakatata atu ana ki te wāhi, ka kitea e koe ko te mea e āhua ana he paoa he kapua puehu noa iho. Hei mōhio ki te pono o tetahi mea, ka whakawhirinaki koe ki tō tirohanga me tō whakarongo, me ō kakara, tō reka, me tō pā, hei tāpiri atu ki te mana o te whakaaro. Engari kāore e taea e ēnei huānga te whakakotahi hei tohu tino pono, nā te mea ki te teka ngā ā-pūmanawa, ka teka anō hoki te whakaaro. Ka hangaia e te whakaaro ōna whakaaro, ā, ka tae ki ōna whakataurorau me ōna whakapono i runga i ngā pūrongo e riro mai ana i ngā ā-pūmanawa, engari he tino herea ngā ā-pūmanawa e tō rātou āhua. Koia te take i kōrero ai ngā poropiti ki te tangata i runga i te taumata o te māramatanga me te hinengaro, nā te mea ko rātou—te iwi—e kite ana engari kāore e kite, e rongo ana engari kāore e mārāma, e mārāma ana rānei (he turi, he wahangu, he matapo rātou, nō reira kāore rātou e whakaaro)!

Ka taea e te taringa tangata te kite i tētahi whānuitanga wiri motuhake; kāore e taea te kite i ngā oro tino nui, tino ngoikore rānei. Mēnā i tino kaha tō whakarongo, ka taea e koe te whakarongo ki te oro whakamiharo, whakahīhi e whakaputaina ana e te ao whānui i a ia e rere ana i te wāhi mutunga kore. Kei te neke haere ngā mea katoa o te ao, ā, kei te haere tahi tēnei nekehanga me te oro. Kāore he mea e ora ana me te kore nekehanga engari i roto i te ao o te wairua ao whānui, i te wāhi kāore he nekehanga, kāore hoki he wiri. Mēnā i tino whanake ngā āheinga o te wairua tangata, ka taea e te tangata te whakarongo ki ngā oro ngawari mā te taringa ethereal—he oro mārāma, e

whakawhiwhi ana i te tinana ki te rongonga rongoteitei.

Waihoki, ki te whakanuia te mana o ō kanohi, ka kite koe i ngā mārama o ia tae, o ia momo. He iti noa te whānuitanga o te mārama e whakaatuhia ana e ō kanohi tinana, engari ko tō kanohi wairua (etheric) e kite ana i te āhua tūturu o ngā mea hei whakaahua i titoa mai i te mārama auaha o te Atua. Ko tō tinana katoa, e kite ana koe he puranga kikokiko matotoru, he ngaru hikohiko noa iho. I whakaatu a Tākuta Cryle ko te roro o te kuao kau mate, me te roro hoki o te tangata mate, ka tukuna he nui rawa o te hihi hiko. Ina kati ō kanohi, ko te pōuri anake ka kitea e koe. Engari me te whanaketanga wairua, ka taea e koe te kite i ngā mārama whakamiharo, ā, ka tiaho te mārama i roto i te pōuri, ā, kāore te pōuri i kite (te mārama o te rangi me te whenua).

He pono taketake ēnei kāore e kitea e te tangata nā te mea he iti noa te whānuitanga o ngā wiri kaha e arohia ana e ō rātou kare ā-roto.

Te māramatanga ā-roto, te whakakitenga rānei: te mana o te wairua matauranga whānui

Me pēhea rā tātou e mōhio ai ki te pono e huna ana i muri i ngā kare ā-roto me ō rātou tirohanga? Kāore e taea tēnei mā te tātari, mā te whakamārama whakaaro rānei, nā te mea he here te hinengaro ki ngā kare ā-roto, ā, ko ngā mea anake e homai ana e ngā kare ā-roto ka taea e ia te tango. Kāore he kaha ki te kite i ngā mana mutunga kore e karapoti ana i a ia. Mā te whakatipu i te māramatanga o te wairua, i tētahi māramatanga rānei, ka taea te mōhio ki te pono. He māramatanga tika te māramatanga, ehara i

te mea mā roto i ngā kare ā-roto—he kare ā-roto parakore, pono, me te tika tonu o te wairua.

Ka taea e koe te mārama ki te āhua o tēnei pūmanawa mai i ngā kare ā-roto e pā ana ki a koe engari kāore e taea te whakamārama, e kiia ana i ētahi wā ko "te ngākau o te tangata hei kaiārahi mā rātou". Ka rongo koe kei te tata te tupu o tētahi mea, kāore he taunakitanga ā-pūmanawa. He pono e puta mai ana, kāore he hononga arorau ki ngā kaupapa. Tērā pea kei te noho puku koe, e whakaaro ana ki tētahi kāore anō kia kitea, kia whakapā atu rānei mō te wā roa, kātahi ka tūtaki koe ki a rātou, ka rongo rānei i a rātou. Nā te aha i tupu ai tēnā? Ka puta mai i roto i ngā hihi poto o te pūmanawa. Kua pāngia te katoa e ēnei hihi.

Ko ngā hapa o te whakatau i ahu mai i te kore o te māramatanga. He maha ngā tāngata e whakaaro ana i roto i ō rātou ngākau he kaha ki te whakatutuki i ngā mea nunui, engari nā te mea kāore i a rātou te mana māramatanga, kei te moe tonu taua pūmanawa huna. Hei angitu me te karo i te pouri i puta mai i ngā hapa, me whai te tangata ki te mārama ki te pono o roto i ngā mea katoa. Ka taea anake tēnei mā te whakawhanake i te māramatanga māramatanga māramatanga. Koinei te mooni mahi o te take. Nō reira, ka tohutohu ahau ki te katoa kia rapu i te pono i roto i ngā mea katoa, ahakoa i roto i ō rātou whanaungatanga ki ētahi atu, i te mahi, i roto i ō rātou marena—i roto i ngā āhuatanga katoa o te ao. He mea nui te māramatanga māramatanga; he mea nui, ā, kāore e taea te whakakore.

Ko te kore o te māramatanga ka arahi ki ngā whakatau hē me ngā mahi wairangi, inā koa ko te

whiriwhiri i ngā hoa pakihi kāore e pono, te uru rānei ki ngā whanaungatanga whaiaro he. Nā te mea he iti te whakaaro, he herea hoki e ngā mōhiohio e whakaratohia ana e ngā kare ā-roto, ki te mamingatia ngā kare ā-roto, tera pea ka kite te tangata he tino whakamiharo tetahi tangata me te kore e mōhio ki tōna āhua tūturu.

Tērā pea ka whakaaro koe kua kitea e koe tō hoa rangatira (tō hoa wairua) ā, ka moe koe i taua tangata, engari ka mutu tō kōrua whanaungatanga ki te whakarere, ki te reinga raruraru rānei nā te kore e taurite me te kore o te rangimarie. Engari kāore te māramatanga o roto e mahi i aua hapa. Kāore e kite i te aukume e puta mai ana i ngā kanohi, i te mata ataahua, kanapa rānei; engari, ka rongu, ka kite tika i ngā mea kei roto i te ngākau o taua tangata, ā, ka mōhio ki a rātou ko wai rātou.

Nā te māramatanga i whakawhanakehia e au me te āwhina a taku kaiako nui, a Sri Yuktiswar, kāore au i hē mō te āhua o te tangata. He āwhina nui tonu tōku māramatanga ā-roto ki ahau i tēnei āhuatanga. Engari kāore au e ngana ki te kite i te taha kino o te tangata. Hei āwhina i ētahi atu, ka hoatu e au tōku aroha mutunga kore ki a rātou, ahakoa e mōhio ana ahau ka whakamahia e rātou tōku whakawhirinaki hei painga mō rātou ake.

He tokomaha te hunga kāore i te mōhio ki te huarahi, ka whakangao moni ki ngā mahi pūtea kore angitu, ā, ko te mutunga iho, ka ngaro katoa ngā mea i mahia e au. Nā te mōhio pono, kua angitu ahau i roto i ngā whakatau katoa i mahia e au.

I a te tangata e tipu ana, e whanake ana, ka puta te māramatanga hei kare ā-roto motuhake, hei reo

marino rānei. Nā te mea he nui ake te aro o ngā wāhine ki ngā kare ā-roto i ngā tāne, he nui ake ō rātou māramatanga, engari ki te kore e pāngia e te kare ā-roto. Ko te whakaaro nui te mea e ārahihia ana ngā tāne, ko ngā wāhine ia e te kare ā-roto. Mena he hinengaro pai, he ngākau aroha hoki tō te tāne, mā tēnei taurite i waenga i te whakaaro nui me te kare ā-roto ka āwhina i a ia ki te whakawhanake i te māramatanga.

Te mōhio ki te kaupapa o te ora mā te māramatanga

Ki te whakamahi koe i tō pūmanawa, ka mōhio koe ki te kaupapa o tō noho ki tēnei ao, ā, ki te mārama koe ki taua kaupapa, ka kitea e koe te harikoa. He atamira tēnei ao, ko te Atua te kaiwhakahaere. Ki te tohe te katoa ki te takaro i te tūranga o te kīngi, o te kuīni rānei, kāore e taea te angitu o te whakaari. Me takaro te pononga, te toa, me te kīngi i ā rātou mahi kia angitu ai te whakaari. Ko ngā tangata kino te hunga e whakakino ana i te kaupapa pai o te whakaari atua. Ko te hunga e whiriwhiri ana i aua mahi ka utua he utu nui mō te kore whakarongo ki te aratohu atua.

Ahako te tūranga o te ao e whiwhihia ana e te tangata, te taonga rānei e kohia ana e rātou, kāore e taea te kī he angitu rātou mēnā ka whakamahia e rātou ngā tikanga hē hei whakatutuki i ā rātou whāinga me ā rātou whiwhinga. Ka taea anake te harikoa tūturu ina tika te mahi a te tangata i tā rātou mahi, kaua ki te kore. He ōrite te tangata e mahi ana i te tūranga o te miriona me te tangata e mahi ana i te tūranga o te kaihekohoko iti ki te aroaro o te Atua, nā

te mea i te Rā Whakamutunga, ka tangohia e te Atua ā rātou taonga me ā rātou taitara. Ko tāu e kahi ana i roto i tō wairua ka haere tahi me koe i muri i tō wehenga atu i tēnei ao.

E mōhio ana te hunga nunui, te hunga mātau, ngā poropiti me ngā tāngata whakaaro nui ki te pono nā ō rātou mana ā-hinengaro. E kite ana rātou i ngā mea ehara i te mea mā ō rātou kahi me ō rātou hinengaro anake, engari mā ō rātou ā-hinengaro mārama, kua tino whanake hoki, e mōhio ai rātou ki ngā mea katoa.

Ehara i te mea nui te tūranga e mahia ana e tātou ki te aroaro o te Atua, engari ko te āhua o tā tātou mahi. Kua e pouiri, kua hoki e ngakaukore mēnā he uaua tō tūranga. Mā te mahi tika i tō tūranga ka angitu koe ki te aroaro o te Atua; ki te kore, e kore koe e tino herekore.

Ka whakawhanakehia e te whakaaroaro te māramatanga

Ko te huarahi anake ki te mōhio ki te pono, ki te ora hoki i runga i ōna mātāpono, ko te whakawhanake i te māramatanga wairua, i te mōhio rānei, kātahi koe ka mōhio he tikanga tō te ao, ā, mā tō reo o roto koe e ārahi, e whakatika hoki i ō hikoinga, ahakoa he aha tō tūranga i te ao.

Kua ngaro atu, kua tanumia hoki taua reo—i ngā wā o mua—e ngā whakaaro kino. Ko te huarahi tino pono ki te whakahoki mai i taua tino whakapono ko te whakaaroaro i te oho ake i te ata, i mua hoki i te moe i te pō.

Pērā i te tangata e pupuri ana i āna wā mahi me āna wā pāpori, me pupuri anō hoki te tangata i āna wā ki te Atua. Tērā pea ka whakaaro tātou kāore he wā mō ngā mea wairua i roto i ō tātou oranga pukumahi, engari kāore he mea e aukati ana i te Atua ki te whakaaro mai ki a tātou me te whakarato i ā tātou hiahia. Me inoi tātou, me whakaaroaro hōhonu, me te tatari ki tāna whakautu. Mēnā ka kōrero tātou ki a ia me te aroha me te arotahi hohonu, ka whakautua e ia ā tātou inoi. Ko reira tātou ka rongo i tōna aroaro hei hari me te rangimārie i roto i ō tātou ngākau. Ina tae mai taua hari me te rangimārie, ka whakatūria he hononga ora, whai hua ki te Mana Nui. Me kaha tātou ki te hopu i tēnei whai wāhitanga, nā te mea kāore he angitu e taea te whakatutuki me te kore he kaha.

Ki te whai koe i tētahi whakahihiri i muri i tētahi, e kore rawa koe e mōhio ki te harikoa pono. Noho ngāwari, kia ngāwari hoki te noho i te ao. Ko te harikoa kei roto i te hoatu i te wā ki a koe anō hei whakaaroaro hōhonu me te whakaaroaro ki ngā mea nunui.

Whakapaua te wā mokemoke i ētahi wā, me te whakamātau i te noho puku mō tētahi wā; ka kite koe i te rerekētanga māu ake. Mēnā kei te ara tonu te reo irirangi, te pouaka whakaata rānei, mēnā rānei kei roto i ōu hinengaro te whakaohoho me te whakangahau tonu, ka kino ō io, ka riri koe.

Kaua e roa rawa te whakaaro ki te whakatika i ētahi atu. Whakatikahia koe i te tuatahi—kia whakatikahia koe e te Atua! Ko te kāinga te wāhi nui rawa atu mō te hiranga me te angitu. He anahera i roto i tōna ake kāinga, he anahera i ngā wāhi katoa.

Ko te reo ngawari me te āhua marino o te tangata te mea e hiahiatia ana i ngā wāhi katoa.

He kaha e kore e hinga

Ina hono tātou ki te Atua, ka whakaaweawe, ka ārahi te mārama ā-whatumanawa i a tātou i ngā mea katoa e mahia ana e tātou. Me mau tonu i a tātou tēnei mana manaakitanga kei roto i a tātou; me whakaatu noa e tātou. Kāore au e aro ki te hunga e hiahia ana ki te mōhio noa, engari ki te hunga e rapu pono ana i te pono. Kei te hono tonu ahau ki te Atua, ā, ko te hunga anake e rapu pono ana ahau ki te mōhio ki a ia.

Ka kitea e koe kei te mahi tēnei mana i ngā mea katoa hei whakapai ake i ō āhuatanga, hei whakangāwari ake hoki i ngā mea māu. Ina hono koe ki tēnei mana, ka pupuhi tō orangea me te kaha o te ao, ā, ka tino mārama ake tō hinengaro, ka arotahi ake, ka koi ake, ka hohonu ake. Ka mōhio koe ko tō wairua he oko mō te pono ora o te Atua me te whakaaro nui mutunga kore.

Ko te Atua te pūtake o te hauora, te whai rawa, te whakaaro nui, me te hari mutunga kore Ina hono atu tātou ki a ia, ka tino ora, ka tino oti hoki ō tātou orangea. Kāore i oti te ora me te kore ia. Me whakaaroaro tātou ki tēnei mana nui e homai nei ki a tātou te ora, te kaha, me te whakaaro nui. Me inoi tātou kia rere te pono ki roto i ō tātou hinengaro, te kaha ki roto i ō tātou tinana, me te hari mutunga kore ki roto i ō tātou wairua.

Kei muri i te pōuri o ngā kanohi kua kati te takoto o ngā mana whakamiharo o te ao whānui, ngā wairua pai katoa me ngā wairua rangatira, me te whānuitanga mutunga kore o ngā ao wairua. Ki te whakaaroaro koe, ka kite koe i te pono tuturu, ka kite hoki i tana mahi whakamiharo i roto i tōu ao, i roto hoki i ngā mea whakamiharo katoa, i ngā mea kororia katoa o te hanganga.

Kia homai e te Atua te angitu ki a koe, kia tau te rangimārie ki a koe

**He oranga, he oranga ngākau te nohopuku
"Me nohopuku koutou, kāore hoki he mea e rite
ana ki tēnei" (Hadith)**

[Kāore tēnei kaupapa e whakahē ana i te nohopuku e ai ki te kōrero i roto i te Quran Tapu, kāore hoki e karanga ana kia whakarērea e tetahi te tikanga nohopuku tuku iho, e whakautehia ana e mātou, ā, e whakaute ana mātou ki te hunga e nohopuku ana, me te inoi ki te Atua kia manaaki tonu i a rātou, kia whakaaetia hoki tā rātou nohopuku. Ko te tikanga o tēnei i konei ko te nohopuku whakaora mō ngā hua tinana me te wairua motuhake, nō reira i tika ai tēnei whakamārama]

He tino mīharo ngā hua ā-tinana me ngā wheako wairua o te nohopuku. Ka wetekina te wairua i ngā tono a te tinana ina wetekina i ngā tikanga taumaha, kino. Kua oti i ahau taku toru tekau o ngā rā o te nohopuku, ā, he āhua tūturu me te mea kāore anō kia kai i tetahi mea.

Me ngana te hunga katoa e kaha ana ki te nohopuku mō ngā rā e toru, neke atu rānei, ki te taea, ā, ka āta kitea e rātou ka taea te noho me te kore kai.

Kaua te hunga hauora e uaua ki te nohopuku mō ngā rā e toru. Me nohopuku mō te wā roa i raro i te tiro tiro a te tohunga. Ko te hunga e pāngia ana e ngā mate pūmau, e ngā hauātanga tinana rānei, me nohopuku i muri i te kōrero ki te tākuta e mōhio ana ki te nohopuku me te kai.

Ko ngā mamae tinana he tohu mō te hapa o ngā pūnaha o te tinana, me te hiahia kia whakatikatikahia, kia tiakina hoki. Ka tiakina pai, ka tiakina hoki e te tangata ā rātou waka! He tino uaua, he tino uaua ake te tinana tangata i tētahi atu waka, ā, e hiahia ana te Atua kia noho ma, kia mahi tika hoki tātou, me te whakawhirinaki atu ki Tōna mana. Ko te mea ngaro ki te hauora pai ehara i te mea kei roto i ngā huānga matū anake, engari kei roto hoki i te whakawhirinaki ki te mana o te Atua, ki te kaha ora rānei i roto i te tinana.

Ko tēnei mauri ora i roto i ō tātou tinana te pūtake o te ora. He mauri pūmau tēnei, nā te whakahau a te Atua, e hanga ana, e tautoko ana i ō tātou okana. Ka whakakahangia tēnei mauri ora e te mana o te hinengaro, ā, ka whāngaihia e te kai. Heoi, ki te whakamahia hētia, ka mutu tana mahi, ā, ka kore e mahi. Hei tauira, ka ngoikore pea tōna mana i ngā kanohi, ka pōuri te tirohanga. Kāore he kai e kaha ai, kāore he hau e whakaora i ngā pūtau, e whakaora anō hoki i a rātou, ā, kāore he mea e taea te whakahoki mai i te kaha ki te tinana ina tīmata te memeha haere o tōna mauri ora.

Mā te nohopuku ka okioki ngā whekau ngenge, tae atu ki ngā pūnaha me te pūngao ora o te tinana, ka wātea i te mahi nui. Ina mutu te kī atu ki te pūngao ora me whakawhirinaki ki ngā puna kai, wai, hāora, me te rā o waho mō tōna oranga, ka wātea, ka whakawhirinaki ki a ia anō.

Ko te kai nui mō ngā rā 365 o te tau ka pā mai ngā mate maha. Ko te kai tonu, ahakoa e hiahiatia ana e te tinana, kāore rānei, he kanga mōna. Ko te aro nui o te tangata ki tōna reka, me te ngana ki te whakamātau i te reka, ka nui ake ngā mate ka pā ki a ia. He pai te kai reka, engari ko te herekore ki a ia he mamae, he kino hoki ngā hua. Nō reira, ka whara te tangata i a ia anō mā te piri ki te tinana me ōna hiahia. Kua tae ki te wā kia mōhio te tangata ko te mauri ora te mea e tautoko ana i te tinana, e pupuri ana i tōna ora me tōna kaha.

Me aro nui tātou ki te hinengaro—me te kore e aro nui ki te hinengaro kia kaha ake ai tōna mana, kia nui ake ai tōna whakawhirinaki ki a ia anō. Mēnā ka tohe te tangata ki te here i tōna hinengaro ki te tinana, ka utua e te hinengaro mā te tuku i tōna mana, ka akiaki i te tangata kia whakawhirinaki ki tētahi atu, ki tētahi atu mea rānei mō te āwhina. Kāore he tākuta, he rongoā rānei e taea te āwhina i tētahi tūrora kua ngoikore rawa tōna hinengaro, ā, kua kino haere te mate. E toru hauwhā o te rongoā kei roto i te hinengaro.

I Inia, ka ako tātou ki te wikitoria i te tinana mā te kaha o te ngākau, ka taea ai e te tangata te whakawhirinaki nui ki te hinengaro. Ko te hunga e whakamahi tonu ana i ngā tikanga tinana mō te hauora me te whakaora ka taunga ki ēnei tikanga, ā, ka whakawhirinaki tonu ki ēnei tikanga. Engari ko te mana hinengaro te mea nui rawa atu. Me ako māriri te tangata ki te whakamahi pai i te hinengaro me ōna āheinga; kātahi ka mōhio te tangata ko te hinengaro te taputapu tino nui, ā, ka mahia e te hinengaro ngā mea katoa e tonoa ana. Kua kite ahau, kua pā ki tēnei i roto i tōku ake ao.

I tētahi rā, i a au e tuku kauhau ana, ā, he tino werawera. I maturuturu iho te werawera o tōku mata, ā, kāore i kitea taku tauera. Mō tētahi wā poto, i ngaro i ahau te whakaaro, engari i arotahi katoa tōku aro ki waenganui o tōku hiahia (te rohe i waenganui i ōku tukemata) ā, i inoi puku ahau, "E te Ariki, nā tō atawhai, kua mātao tōku tinana!" I taua wā tonu, ka ngaro te werawera, ā, kua mātao tōku tinana! Nō reira, he tino painga te whakawhirinaki ki te hinengaro! Heoi, kua te tangata e haere ki ngā taumata teitei rawa atu, e whakakahore rawa i te tinana, nā te mea ki te pērā te tangata, kāore e taea e ia te whakaaro, te kai, te neke rānei.

Ko ētahi e whai ana ki te whakamatau i te mana whakahaere o te hinengaro ki te tinana, ko te whakaatu i te hauora te take matua. Engari ehara te hauora i te whāinga matua o te ao. Ko te whakatata ki te Atua te tino kaupapa. Ahakoa te hauora o te tangata mō tētahi wā, ka tae mai tētahi wā kāore he mea hei āwhina. Nā wai rā hei āwhina? Te Atua. Ko te nohopuku tētahi o ngā huarahi pai rawa atu hei whakatata atu ki te Atua. Ka tukuna te kaha ora mai i te herekore ki te kai, ka whakaū ko te Atua te mea e tautoko ana i ō tātou tinana, e pupuri ana hoki i a rātou kia ora.

Engari he tino kaha ngā tikanga, ā, mā te whakaaro noa ki te kai ka hiahia tonu koe ki te kai. I a au e tamariki ana i Īnia, ka pāngia ahau e te makariri. I hiahia ahau ki te tamarind, he mea kino mō te makariri. I whakakahore tonu taku tuahine, engari nā taku tohe tonu, ka kawea mai e ia ētahi o ngā hua. I ngaungau ahau i tētahi wahi, kātahi ka tuwha atu, kāore i horomia, nā te mea kua makona te hiahia mō te reka. He maha ngā wā ka whakahaerehia te tangata e te kakai. Engari, kāore te Atua i hanga i te

tinana i roto i tētahi huarahi e taea ai e tātou te pārekareka ki te reka me te kai i ngā kai kino, te kai rānei i ngā kai kino me te kore e kino te pūnaha nakunaku me ētahi atu okana.

Engari ko te pono, ko te ara anake ki te hauora me te harikoa—te ara whakaaro nui—ko te whakahaere i a ia anō. Ko tētahi o ngā whakatutukitanga nui rawa atu ka taea e te tangata te whakatutuki ko te rangatira i a ia anō, kaua e tukua ki raro i te mana o ōna hinengaro. Ki te tukuna e koe tētahi taputapu ki te nui rawa o te hiko e kore e taea te tu atu i taua taumaha nui, ka pau. Waihoki, i ia wā ka nui rawa te kai i tō pūnaha nakunaku, ka pau te kaha ora e tika ana mō te nakunaku. Ina mutu tō kai nui, ā, ina nohopuku koe, ka okioki tēnei kaha ora, ka whakakīia anō ki te kaha o te ao.

Ki te pakaru tō waka, me tuku atu ki tētahi toa whakatika. Kia oti ngā tikanga e tika ana, ka pai ake te oma mō tētahi wā tae noa ki te pakaru o tētahi atu mea, kātahi ka tukuna atu kia tiakina, kia whakatikatikaina anō. Pērā anō hoki ki te tinana. He mea whakamiharo ngā pānga ā-tinana o te nohopuku. Mā te nohopuku toru-rā ki te wai karaka ka whakatikatika i te tinana mō te wā poto. Engari mā te nohopuku roa ka whakatikatikaina katoatia, ā, ka kaha koe pērā i te maitai. Ki te hiahia koe ki te hauora roa, me aroturuki tonu koe i te kounga me te nui o te kai e kainga ana e koe.

Me mōhio koe ki ngā mea hei mahi i a koe e nohopuku ana. He mea nui te tiro tiro hauora mō te hunga e hiahia ana ki te nohopuku mō ngā rā neke atu i te toru. Kāore au e tohutohu kia roa rawa te nohopuku tuatahi, nā te mea ka ngoikore, ka ngenge hoki rātou. He huarahi pai te nohopuku kotahi te rā i te wiki me te wai hua, e toru rānei ngā rā karapīpiti i

ia marama me te wai karaka hei whakamātau i a koe ki te nohopuku. Me rite te hinengaro o te tangata nohopuku ki te aro atu ki ngā kaitautoko e kī ana ka pāngia rātou e te mate, ka mate rānei (kāore rawa) mēnā kāore rātou e kai. He pono ka ngoikore pea koe i te wā nohopuku roa, engari ka puta noa tēnei i ngā rā tuatahi nā te mea kua taunga tō kaha ora ki te kai. Engari mā te haere haere o ngā rā, ka ngaro te ngoikore o tō kaha ora me tō wairua, ā, ka kitea e koe kei te tautokona te tinana e te kaha ora.

E mōhio ana ahau ki te mea ngaro e taea ai e te tangata te nohopuku me te kore e ngaro te taumaha. Ina whakahaeretia te kaha ora, ka taea te whakamahi hei whakaiti i te taumaha o te tinana, hei pupuri rānei. Ina whakamahia tēnei tikanga, kāore te pāmahana tūturu o te tinana e heke, ahakoa te roa o te wā nohopuku. Mā te kukume i te kaha o te rangi mā roto i tētahi hongere motuhake i roto i te tinana, ka whakakīia te kaha ora e taua kaha, kaua e whakawhirinaki ki ngā pūtake o waho.

He mea pumau te ora, kāore e whakawhirinaki ki te manawa, ki te kai, ki te wai, ki te rā rānei. Kia mahara he wairua ora tonu koe, e ora ana i te mana o te Atua, kāore i tētahi atu.

Ka ora tonu te hinengaro i muri i te matenga tinana, engari ka ngaro te wairua o te haere tonu o te tangata noa, ā, e whakapono ana kua mate rātou. Ka pāngia tātou katoa e te mate tinana i tētahi rā, nō reira kāore he take e wehi ai koe. Kāore koe e wehi i te ngaronga o te kare ā-roto i roto i tō tinana i a koe e moe ana; engari, ka awhi koe i te moe hei āhua o te whakaoranga e tino tumanakohia ana e koe. Waihoki, ko te mate he āhua okiokinga—te reti mai i te ora. Kāore he mea hei wehi. Ina tae mai te mate, kataina. He whakamātautau noa te mate, ko tōna kaupapa he

whakaako i tētahi akoranga hohonu. He wairua koe, ā, kāore te wairua e mate. Kāore he take e tatari ai kia whakaakona koe e te mate i tēnei mea ina taea e koe te mōhio inaiane. Ko te akoranga tuatahi me ako e koe ko te kore o te ora e whakawhirinaki ki te kai. Mā te nohopuku, ka taea e koe te whakaū i tēnei māu ake.

Me mahi te katoa ki te whakawhanake i ō rātou pūkenga hinengaro kia pai ake ai tā rātou mahi i raro i ngā āhuatanga katoa. Me whai i te tikanga me te whakahaere; heoi, kua te tangata e pakari engari me ngāwari me te arorau i roto i te whakatau i te ao me ōna wero.

Ka hangaia ngā tikanga taketake katoa a te tamaiti i waenga i te toru me te whitu tau te pakeke. Ka āwhina te taiao tautoko i tōna whanaketanga. Heoi, me whai aratohu motuhake ki te whakarerekē i ngā tikanga matua.

I taku kura tūmataiti, i whakangungu pakari ahau i ngā tama ki te whakahaere i te tinana. I nohopuku rātou, ā, i moe i runga i te paraikete i runga i te papa, kāore he urunga. I ētahi wā ka whakaaroaro rātou mō ngā hāora. He mea tino nui te āwhina i ngā tamariki kia wetekina i te here o te tinana, ā, he manaakitanga mō te wā katoa. I tētahi wā, i noho tētahi o aku ākonga ki te whakaaroaro mō ngā hāora tekau mā rua, kāore i kimo. He nui te harikoa e kawea mai ana e taua taurite. Ko te whakangungu pai rawa atu kei roto i te tikanga pūtaiao taurite o te tinana, te hinengaro, me te wairua. Koinei te mauri me te hiranga o te nohopuku.

He mātauranga matakite, he mātauranga whānui kei muri i te nohopuku. He pono, ehara i te taro anake te oranga o te tangata. E rua ngā mea e herea ana tātou ki te whenua: te manawa me te kai. I te wā e

moe ana, kāore te tangata e mōhio ki te hiahia mō te manawa, mō te kai rānei, nā te mea kua wehea te wairua mai i te hinengaro tinana. Ka whakanuia e te nohopuku te hinengaro. Mā te nohopuku, ka whakawhirinaki te hinengaro ki ōna ake mana tūturu. Ina puta ēnei mana, ka whakanuia te kaha ora i roto i te tinana e te kaha mutunga kore e rere tonu mai i te ao tūroa ki te tinana mā te roro me te tuaiwi.

Ina wehea te mauri ora mai i ngā pūtake rauemi o waho e tautoko ana i te tinana, ka rongohia te tautoko mai i roto, ā, ka mōhio te hinengaro ko ngā rauemi totoka i whakawhirinakihia e te tinana he whakaaturanga pūngao noa iho, he mea kukū. Kātahi ka taea e te hinengaro te taunekeneke tika ki te mauri ora, me te tohutohu i a ia kia puta ngā huringa e hiahiatia ana i roto i te tinana.

Kei te hinengaro te mana ki te mahi i ngā mea katoa. Koia i taea ai e Ihu Karaiti te huri i ngā kōhatu hei taro, pērā i te wai e rere ana i waenganui i ngā maihao o te Poropiti, kia tau te rangimārie ki a ia, i tana tukunga i tōna ringa ki roto i tētahi oko kei roto he wai iti, ka mea: Haere mai ki te purenga tapu me te manaakitanga a te Atua.

Nō reira, he hē te whakawhirinaki katoa ki te kai ki te hinengaro me te mauri ora i roto i te tangata. Mā te nohopuku roa, ka mōhio te tangata e nohopuku ana he hinengaro ngā mea katoa.

Ko ia mana, tinana, mea rānei o tēnei ao he hua nō te hinengaro atua, pērā i ngā mea katoa e kitea ana e koe i roto i te moemoeā, he mea hanga nā te hinengaro huna.

Ko te hinengaro te kaiwhakahaere o te tinana. I a koe e nohopuku ana, ki te whakaaro koe ka ngoikore tō tinana, ka ngoikore anō hoki. Ā, ki te whakaaro koe

ka whakaitihia tō kaha e te nohopuku, ka ngoikore koe nā taua whakaaro.

Engari ki te whakamanawa koe i a koe anō he kaha tō tinana, e kore koe e ngenge; engari, ka rongo koe i te kaha nui, i te kaha whakahauora. Kāore te nuinga o te iwi e mōhio ki tēnei mea nā te mea kāore anō kia pā ki a rātou.

E kore te hinengaro e whakaatu i ana mea whakamiharo ki te kore koe e whakahohe i ōna mana. Ā, e kore e mahi i te mea ka whakawhirinaki nui koe ki ngā mea o te ao. Nō reira, ka huna tonu ōna mea whakamiharo i te tirohanga noa.

Engari ina ako koe - mā te nohopuku - ki te whakawhirinaki ki te whakaaro nui, ka kitea e koe tōna mahi i roto i ngā mea katoa, ahakoa i roto i te wikitoria i te mate, i te kawe mai i te rawaka me te hua, i te whakatutuki rānei i te whāinga matua o te ao: te kimi i te Atua.

Ko te tangata e kaha ana ki te whakahaere i tōna hinengaro, ka taea hoki e ia te whakahaere i tōna tinana me ōna hiahia, ā, ka tutuki i a ia te rangimārie wairua me te whakaoranga mai i ngā here o te ao e herea ana te wairua me te tinana.

I tētahi atu taha, kua te whakapono ki te kore-o-te-ao o te mea me te ao whānui o te wairua e ahu mai i ngā ariā koretake, i ngā ariā rānei kāore e taea te whakamārama i runga i te arorau, engari me ahu mai i ngā pūtake mahi me te mōhiotanga hohonu ki a koe anō.

Ko te tikanga, ka hono te tangata ki te tinana e tautokona ana e te kai, engari kāore rātou e mōhio ko te pūtake matua o te tinana te mauri ora. Kāore e taea e te kai, e tētahi atu tikanga rānei o waho te whakaora i te tinana kua tangohia te ia o te ao.

Ko te whanaungatanga i waenga i te tinana tangata me te hinengaro he pūngao, he mauri ora rānei. I kitea tēnei pūngao (prana) e ngā tohunga Inia o mua , ā, i whakawhanakehia te pūtaiao e kiia nei ko te pranayama , ko te tikanga he whakahaere ā-hinengaro i te mauri ora i roto i te tinana.

I nohopuku a Ihu Karaiti i te koraha mō ngā rā e whā tekau, ā, i nohopuku te Poropiti, kia tau te rangimārie ki a ia, me te mea: "Kia nohopuku, ā, ka ora koe."

Ko te hunga kāore e nohopuku, kāore e taea te mōhio mai i ngā wheako ka taea te ora me te kore kai.

I ngā wāhanga tuatahi o te nohopuku wiki-roa, ka kitea te hiakai. Heoi, i te pahemotanga o ngā rā, ka memeha haere te kare o te hiakai, ā, ka pāngia te tangata nohopuku e te māmā, te kaha, te ora, me te wairua o te whakaoranga mai i ngā here o te tinana. He aha ai? Nā te mea mā te tango i te kai tinana o te tinana ka whakawhirinaki ki te kai kore-tinana: he iahiko, he kaha, he mahi, he kaha ora rānei.

Ko te hiahia o te tangata te pūtake nui rawa atu o te kaha. Mā te kaha o te hiahia me te hiahia ohorere, ka taea e te tangata te whiwhi tere i te mana wairua mai i te puna mutunga kore.

Ko te tangata kāore e hiahia ki te mahi i āna mahi o ia rā, ka pāngia e te korenga o te kaha me te ora. I tētahi atu taha, ko te tangata e mahi uaua ana, e hihiri ana, me te hiahia pono ki te mahi, ka uru ki te ia o te ao, ā, ka whakakīia tōna tinana me tōna wairua ki ngā āhuatanga o te ora.

Ko te tangata e mōhio ana, e whakamahi ana hoki i ngā tikanga wairua o te noho me te kaha o te ngākau, ā, e mōhio ana hoki ki te tango i te kaha ora mai i tōna pūtake korekore o te ao, ka wātea ia i ngā here tinana maha.

E ai ki ngā tohunga me ngā yogi o Īnia, he mauri hinengaro kua kukū te ao tūroa. I whakamatauhia tēnei e ētahi o rātou mā te whakaatu i te kaha ki te whakaputa tinana me te whakahaere i ō rātou ake tinana me ētahi atu mea mā te hiahia.

Kua whakamātauhia e te pūtaiao hou ko te mea hanga he kaha wiri. Ko ngā huānga matū e hanga ana i ngā āhua me ngā āhua katoa o te ao whānui, mai i ngā toka me ngā aorangi ki te tangata, he āhua me ngā momo wiri hiko rerekē noa iho. Hei tauira, ko te hukapapa te mea e tohuhia ana e tōna makariri, te taumaha, me te āhua. Ka taea te kite me te pā atu. Ki te whakarewahia te hukapapa, ka huri hei wai. Ki te kohuatia te wai, ka huri hei mamaoa, kātahi ka ngaro. Nō reira, mai i te tirohanga pūtaiao, kāore te hukapapa, te hukarere rānei e tino noho ana, ahakoa e kitea ana e ō tātou māhunga. Ko tōna mauri he irahiko kāore e kitea, he momo pūngao rānei.

Arā, ko te mea ka taea te rewa, te memeha rānei ki tētahi āhua kāore e kitea, kāore e taea te kī he oranga tūturu tōna. Mai i tēnei tirohanga, ka taea te kī kāore he oranga o te matū, engari he whanaungatanga tōna oranga.

Kei te noho te matū i roto i te whanaungatanga ki ō tātou hinengaro. Engari ko te tikanga, he kaha e kore e kitea, e kore e ngaro, e kore hoki e rerekē engari ko te āhua me te āhua tinana anake.

Waihoki, ko te hinengaro tangata me te ao tūroa he whakaaturanga o te hinengaro atua, e noho ana i roto i te āhua anake. Ko te pono ko te hinengaro ao whānui anake e noho ana.

Pērā i te whānautanga o te tamaiti i ngā mātua, waihoki ko te ao tūroa e whakawhirinaki ana ki te hinengaro mō tōna oranga. He hua te ao tūroa nō te hinengaro atua, ā, e kitea ana e te hinengaro tangata.

I roto i a ia anō, kāore he ao tūroa o te ao tūroa nā te mea kāore i a ia te oranga tūturu.

Ahakoia he porangi ngā kaha hiko o te matū, kei roto i ēnei ngā wiri o te kaha ora o te ao tūroa, e puta mai ana i tētahi pūtake atua.

Ka mea te Atua, "Ko te Māramatanga o te rangi me te whenua," kia mārama, ā, ka mārama. Ko te tikanga tēnei ko te arotahi o te hinengaro atua me te hiahia atua ko te māramatanga, ko te pūngao wiriwiri rānei.

Ko te ia o te ao me ngā irahiko i wiri i muri mai me te kaha nui ake ka huri hei mana kanorau, mārama hoki o te taiao. I puta mai ēnei mana hei huānga rauemi taketake i hangaia ai te ao tūroa.

He tūturu te matū, ā, ka kitea e te hinengaro tangata. Engari nā roto i ngā wheako, ngā whakaaro arorau, me ētahi whakamātautau taiwhanga, kua kitea e te tangata me whai mana auaha pumau, kore e rerekē i muri i ngā whakaahua me ngā āhua tinihanga katoa o te ao kitea.

Ka taea te hopu i tēnei pono mā te mārama ki te āhua o te moana, e noho tonu ana ahakoia he whakaaturanga rangitahi ōna ngaru o tētahi mauri nui kotahi: ko te moana tonu. Kāore e taea e ngā ngaru te noho me te kore te moana, engari kei te noho te moana me ngā ngaru, me te kore hoki.

Ka taea te hopu i ēnei ariā mā te hinengaro, engari kāore e taea te tino mārama ki te kore te tangata e ako ki te huri i te mea hei mauri ora, me te mauri ora hei hinengaro ao whānui, pērā i ngā mahi a ngā poropiti, a ētahi tino tangata, me te hunga whai mātauranga whaiaro, ā, kei te mahi tonu. Mō ēnei tāngata mārama, kāore te mea i te noho tonu i roto i a ia anō, nā te mea e mōhio ana rātou kei raro i ngā

ngaru o te hanganga kei reira te moana wairua e kore e rerekē, e kore e taea te whakarerekē.

I roto i ngā rapunga whakaaro o Vedanta me Yoga, ko te ao he moemoeā i roto i te hinengaro oho ake tonu atu o te Atua (kāore e moe, kāore hoki e moe). Ko te ao me te hinengaro, ko te ao me ōna whetū me ōna aorangi, ko ngā ngaru mata matotoru me ngā iahiko ngawari, mārāma o raro o te hanganga rauemi, ko ngā āheinga tangata o te kare ā-roto, te hiahia, me te hinengaro, me ngā āhua o te ora me te mate, te pō me te ao, te hauora me te mate, te angitu me te hinganga, he mea tūturu katoa e ai ki te ture whanaungatanga e whakahaere ana i tēnei moemoeā ao.

Ko ngā mea katoa e kitea ana mā te tirohanga whanaungatanga he mea tūturu ki te tangata moemoeā anake, e whai wāhi iti ana ki te moemoeā nui o te ao tūroa. Hei mawhiti atu i te mānukanuka ao tūroa, i te ture whanaungatanga rānei, me ara ake te tangata i tēnei moemoeā ki te mōhiotanga mutunga kore ki te Atua.

Kāore e taea e tātou te whakarerekē i tēnei moemoeā mā te whakaaro auaha, mā te whakakorekore rānei, mā te whakaae ki te ora me te whakahē i te mate, mā te whakaae rānei ki te hauora me te kore aro ki te mate. He wāhanga nui ia āhua o tōna ritenga kē, pērā i te taha kē o te moni, i te wahi kakahu rānei. Kāore ngā takirua e wehea engari e hono tahi ana. Kāore te kaiwhai o te pono e ngana ki te wehewehe i a rātou i roto i tōna hinengaro, engari e neke atu ana i a rātou mā te mātauranga me te whakaaro nui.

Ko te tangata e hiahia ana ki te whakaae ko ngā āhuatanga pai, harikoa, me te whai hua anake hei

meka o te āhua takirua, he tangata ia e rumakina ana e ngā mānukanuka o te ao moemoeā.

Pērā i te moemoeā a te tangata e āhua tūturu ana mō tētahi wā, engari ka ngaro tōna mana ina neke ki te āhua o te araara, waihoki ka taea e te tangata te ara ake i te moemoeā o te mea tūturu, ka noho ki te ao wairua tūturu, pumau.

Ko te tangata kua tino tika, kua ako ki te whakawhānui me te huri i tōna hinengaro ki te Tino Mutunga Kore mā te whakaaroaro me te whakaaroaro, ka taea te kite i te hanganga hei moemoeā atua. Ko rātou anake ka taea te kī me te tino mohio kāore he mea tūturu. Mā te whakahaere tonu i a ia anō, te whakawhanake i te kaha o roto, me te mahi whakaaroaro yoga pūtaiao, i tētahi atu ara rānei ki te whakatutukitanga wairua—ahakoa he whakapono, he aroha, he mahi, he whakakore i a ia anō, he karakia pono rānei—ka taea e te tangata e rapu ana i te Atua te whakakore i ngā āhuatanga takirua me te kite i te kotahitanga mutunga kore i muri i ngā whakaaturanga katoa o te maha me te kanorau.

Ko te tangata kua wetekina i te mānukanuka o te ao, e mōhio ana ia ko te Atua Kaha Rawa te mea katoa i roto i ngā mea ora katoa, ā, nō reira ka pā ki tōna hinengaro atua, ka mōhio ki te mauri o te pono.

Kia tau te rangimārie ki a koe

Ko te tangata whai rawa ko ia kua whakarangatiratia e te Atua

E ai ki te kōrero a te kaiako a Paramhansa Yogananda

Ko te Emepara Akbar (1556-1609 CE) tētahi o ngā emepara Mughal o Īnia, ā, ko tētahi o ngā rangatira

nui rawa atu o te whenua o Āhia puta noa i te hītori. I whakawhiwhia ia ki te taitara "Patron of Humanity" nā tōna tika me tōna ngākau pono ki tōna iwi, me tōna aro nui ki tō rātou oranga. I mahi kaha hoki ia ki te whakahoki mai i ngā whenua ngaro o Īnia, me te whakakotahi i a rātou hei kāwanatanga kaha, pokapū hoki.

He tino kaitautoko a Akbar i te manawanui i waenga i ngā whakapono rerekē i Īnia. I a ia e kingi ana, i tupu tahi te Hinitu me te Ihirama i roto i te rangimarie. I ētahi wā ka mau te emepara Muhirama (Akbar) i ngā kākahu Ihirama, ka haere ki te karakia i te mosque, ā, i ētahi wā ka mau ia i ngā kākahu Īnia ka haere ki te temepara Hinitu ki te whakaaroaro me te karakia.

Kāore i mutu te manaakitanga o tēnei emepara ngākau nui, atawhai hoki, mō te rā kotahi ki te tuku koha me ngā takoha ki te hunga rawakore me ngā umanga pāpori puta noa i te motu.

Ko tāna tikanga he eke i roto i tētahi hariata kingi papai e kumea ana e ngā hōiho ataahua e waru. Ka kauwhautia e ngā kaitiaki me ngā karere te taenga mai o tana tira whakahīhī me ngā pahu, ngā himipora, me ngā tetere puta noa i te tāone.

Ahakoia tēnei kororia me te ataahua katoa, i whakahaua tonutia te hunga nui rawa atu kia mutu te tira i ngā wā katoa, i ngā wāhi katoa, mēnā kei te hiahia tētahi o ngā tāngata ki te tono āwhina ki a ia.

I tētahi rā, i te haerenga o te tira kingi rangatira i roto i tētahi ara whānui kua whakakikoruatia ki ngā rākau i ngā taha e rua, ka kite te emepara i ētahi matapo e rua e noho ana i tētahi taha, he torutoru

mita te tawhiti, e karanga ana kia āwhina, kia aroha hoki.

I whakahau te kaumatua kia tū te kāreti ki mua i te matapo tuatahi, e karanga ana:

"Ko te hunga whai rawa ko te hunga e whai rawa ana i te emepara"

I muri i tana whakarongo pai ki taua rerenga kōrero, ka tono ia ki te taraiwa kia neke atu ki te matapo e karanga ana:

"Ko te tangata whai rawa tūturu ko ia te tangata kua whakarangatiratia e te Atua"

Mō te marama katoa, ka rongo te emepara i ngā kupu e rua i ia wā ka pā atu ia ki ngā matapo tokorua e tono ana ki a ia me te Atua kia whiwhi taonga. I te mutunga, ka puta te aroha ki roto i a ia, ā, ka hiahia ia ki te āwhina i te tangata tuatahi, ko tana pepeha tēnei: "Ko te tangata whai rawa ko ia te tangata e whai taonga ana i te emepara."

I tētahi rā, ka tono a Akbar ki te kaihangā taro o te whare rangatira kia tunua he taro nui māna (he momo kamaj matotoru) he koura parakore te pokapū. I hoatu e Akbar tēnei taro ki te matapo tuatahi, ā, i wareware noa ki te tuarua, i tumanako nei ki te taonga mai i te Atua, ehara i te emepara.

I muri tata iho i tērā, ka haere a Akbar ki te hopu manu, ā, i tōna hokinga mai ka pahure ia i taua tiriti anō, ka kite i te matapo i hoatu i te taro koura ki a ia e mau tonu ana i tōna tūranga, e karanga ana pērā i mua: 'Ko te tangata whai rawa ko ia te mea i whakawhai rawatia e te emepara'

I tono ia kia tū te hariata kingi ki mua i te matapo, ā, ka mea atu ki a ia: "I aha koe ki te taro i hoatu e ahau ki a koe?"

Ka whakahoki te tangata:

'E te Ariki, he nui rawa te taro i homai e koe ki ahau, ā, kāore i tunua pai nā te mea he taumaha rawa, nō reira i hokona atu e au mō te tekau fils ki te matapo kē atu, ā, i tino mihi ahau ki te whiwhi i aua fils nāu i ahau mai i te atawhai.'

I rapu a Akbar i tētahi atu matapo engari kāore i kitea. I muri i tana uiuinga mōna, ka mōhio ia kua hoatu e ia te taro ki tana wahine, ā, i tana whakatuwheratanga, ka kitea e ia te koura. Nāna i hoko he whare iti, ā, ka pai ake tō rātou āhua i muri i te whakamanatanga a te Atua i tā rātou i hiahia ai, me te whakanui i a rātou ki tana atawhai nui.

I te rongonga i tēnei, ka mārama te emepara ki te hiranga nui o te kaupapa. Me te ngākau mahaki kore e taea te whakataurite, ka whakaari ia i te riri me te riri, ā, ka riria te matapo tuatahi, me te mea:

'He aha tāu i mahi ai, e te kuware? I hoatu e koe taku taro koura ki tō hoa i whakawhirinaki ki te Atua, kaua ki ahau mō te taonga. Mai i nāianei me tango e koe tana pepeha, me te karanga pērā i tana karangatanga: Ko te tangata whai rawa ko ia kua whai taonga i te Atua.'

He mea rānei pērā:

Ko te tangata kei a ia te Kaiwhakaora, ka hoatu

Ko ia anake e kiia ana he tangata whai rawa

Kia tau te rangimārie ki a koe

Kai aukume, kai hinengaro rānei

Ina kōrero te tangata mō te kai, te matūkai rānei, ko te tikanga ko te kai ā-tinana hei oranga mō te tinana. Engari tera anō ētahi atu momo kai kāore i te iti iho te hiranga i te kai ā-tinana, ā, he maha ngā wā he nui ake te hiranga.

I roto i aua kai hinengaro, kai wairua rānei:

Te mahi hinengaro, te arotahi rānei o te hinengaro, te whakaaro nui me te māramatanga wairua

Mā te kai tinana ka tautoko i ngā pūtau o te tinana, mā te kai hinengaro ka whakakī i te hinengaro ki ngā whakaaro hauora, mā te kai whakaaro nui ka whakahauora i te wairua, ka whakawhanake i ōna pūkenga.

Ko te whāngai hinengaro ko ngā whakaaro e whakaarohia ana e te tangata me ngā mea e riro mai ana i a ia i ētahi atu mā te whakapā atu me te taunekeneke ki a rātou.

Mā te hunga marino, rangatira hoki ō rātou āhua ka āwhina i te whakaaweawe i ō tātou whakaaro, ka hauora hoki. Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi te tangata i tana oranga hinengaro mai i tētahi taiao rangimārie, i tētahi taiao whakararuraru rānei. Ko te manukanuka, te mamae, me te pōhēhē katoa e puta mai ana i te hononga ki te momo tangata hē, ahakoa he hoa, he whanaunga rānei, ka puta ai ngā whakaaro manukanuka me te wairua pōuri.

**Ka whiwhi te tinana i te pūngao me te mahi mai i
ngā kai ā-tinana, ko ngā kai aukume ia e whakarato
ana i te tinana me te hinengaro ki ngā utu pūngao e
ngāwari ake ana te nakunaku i ngā kai totoka me ngā
kai wai e kore e taea te huri hei pūngao ora.**

**Ina taea e koe te huri i te kuware hei whakaaro
nui**

**Mai i te ngoikore me te ngoikore ki te hauora me
te ora**

**Haere māia, māia hoki - ahakoa ko koe anake - i
ngā ara o te ora**

**Me te hari o roto o te whai hinengaro ora,
mataara hoki**

**Me te whakapono pumau ki te tika o te Atua, me
te wikitoria o te pono ki te teka, me te mooni ki te
mānukanuka**

**Ā, ina ngana koe i ia rā ki te tuku i ō whakaaro ki
ngā taumata teitei ake, ki ngā taumata kua
whakapaia ake**

He ngākau aroha, he ngākau whakawhetai tōna

Me ngā whakaaro pai ki ētahi atu

He mea aukume tō whāngai hinengaro

**Ā, ka kukume mai i ngā mea ataahua katoa, ngā
mea whai hua hoki ki a koe**

Mai i ngā mea, i ngā tāngata, me ngā āhuatanga

**E hiahia nui ana ia kia haere tonu tana haerenga
ki te takutai o te haumarū me te haumarū.**

Ā, ko te mea whakamutunga engari ehara i te mea iti rawa

Ina whakapau kaha koe ki te whiwhi i tāu e hiahia ana, ā, e makona ana koe ki ngā mea e whakangawaritia ana e te Atua māu

Kia whai rawa te wairua, kia nui ake te ngākau māhaki i te hunga e aro nui ana ki ngā taonga o te ao, e apo ana ki ōna ahuareka memeha noa iho

Kia tau te rangimārie ki a koe

Kāore te Atua e whakarērea te hunga e aroha ana ki a Ia

Mai i te pukapuka Yogi's Memoirs: An Autobiography (Te Rapunga Whakaaro Inia i te Oranga o te Yogi)

"Me i tangohia tōu whenua e tō mātou matua, e Mukunda ⁽¹⁾, kua tika rawa atu tēnei mōu, nā te mea kei te moumou wairangi koe i tōu ao!"

Koia te taenga mai o te kauwhau a tōku tuakana ki ōku taringa. Nō te taenga mai o te tereina, kua kapi katoa mātou i te puehu, ā, ka tae mātou ki te whare o Ananta, kua neke atu nei ki te tāone tawhito o Agra. I mahi tōku tuakana hei kaikaute i te tari mahi tūmatanui a te kāwanatanga, nō reira ka mea atu ahau ki a ia, "E mōhio ana koe, e te tuakana, e Ananta, kei te tono ahau ki te Atua mō taku taonga tuku iho."

Ka whakahoki ia: "Ko te moni te mea tuatahi, ā, ko te Atua te mea i muri mai! Mā wai e mōhio? Tērā pea ka roa te ora!"

I mea atu ahau: "Ko te Atua te tuatahi, ā, ko te moni tāna pononga! Ā, ko wai ka taea te matapae? He poto pea te ora!"

I puta ohorere mai taku whakautu, kāore au i te mōhio kei te tata tetahi mea te tupu (Engari, aue! I wehe atu a Ananta i tēnei ao i te wā taitamariki)

I kanapa ngā kanohi o tōku tungāne i te harikoa, i a ia e tumanako tonu ana kia hoki atu ahau ki te kōhanga o te whānau, ā, ka mea ia:

"Ki taku whakaaro he whakaaro nui nō te whare karakia. Engari ki taku whakaaro kua wehe atu koe i Benares!"

Nā reira ka mea atu ahau ki a ia, "Kāore i kore hua taku noho ki Benares, nā te mea i kitea e au i reira ngā mea katoa i hiahia ai tōku ngākau! Ā, ka taea e koe te tino mōhio ehara i te mea (te tohunga) i tūtaki koe i roto i tō kamupene, i tana tama rānei taku i kite ai"

I kata tahi māua ko Ananta i te mahara ki ngā mea i tupu, me te whakaae ko te tohunga matakite i whiriwhiria e ia hei kaiārahi mōku, ko Benares, he tangata kāore i te mōhio ki mua, i te māramatanga hoki. I pātai mai ia ki ahau:

"Nā, he aha tāu mahere, e taku tuakana ngaro, e te hunga haereere?"

I whakahoki atu ahau, me te whakamārama: "I tono mai a Jitendra kia haere tahi māua ki Agra kia pārekareka ki ngā mea whakamiharo o te Taj Mahal, ā, i muri i tēnā ka haere tāua ki taku kaiārahi i kitea e au i ēnei rā tata nei, kei a ia tētahi whare karakia i Varanasi"

I tino atawhai a Ananta i a mātou, ā, i te ahiahi ka titiro matatau mai ia ki ahau, nō reira ka mea ahau ki a au anō:

"E mōhio ana ahau ki te āhua o taua titiro! Kei te tunu kai ia!"

Ā, i te parakuihi, i te mea i matapaetia e au, i ahua harakore a Ananta i a ia e kohikohi ana i ngā kōrero o inanahi, me te kī, "Nō reira, koinei te āhua o tō whakaaro kāore koe e hiahia ki te moni a tō tāua pāpā!"

I mea atu ahau: "Engari, ko te Atua anake taku whakawhirinakitanga"

Ka whakahoki ia: "He iti noa te utu mō ngā kupu, e Mukanda! Nā te ao tūroa koe i tiaki tae noa mai ki tēnei wā. Engari, aue te whakama o tō āhua mēnā me whakawhirinaki koe ki taua ringa ngaro hei whakarato kai me te whare mōu! Tērā pea ka anga atu koe ki te tono mea i ngā tiriti!"

I mea atu ahau: "Aue! E kore ahau e whakawhirinaki ki te hunga e haereere ana, kaua ki te Atua, e whakatuwhera ana i ngā tatau o te oranga mō te hunga e karakia ana ki a ia, e whakawhirinaki ana ki a ia, e whakarato ana hoki i ngā puna oranga maha ki a rātou, engari ko te tono me te tono!"

I mea ia: "He kōrero whaikōrero noa iho ēnei katoa, he reo whakahihi! Mehemea ka tono atu ahau kia whakamātauria e koe tō rapunga whakaaro, e whakamanamana nei koe, ki te wheako o te ao tūturu i tēnei ao tūroa, ka whakaae koe?"

Ka mea atu ahau: "Āe, e whakaae ana ahau! E whakaaetia ana rānei te here i te Atua ki te ao ariā anake?"

I mea ia, "Tērā tātou e kite ai. I tēnei rā ka whai wāhi koe ki te whakawhānui ake i aku tirohanga, ki te whakaae rānei ki tōna tika."

I mutu ohorere a Ananta mō tētahi wā poto, kātahi ka haere tonu tana kōrero mārīre me te marino, me te mea:

"Kei te whakaaro ahau kia tonoa ahau me tō hoa, a Jitendra, i tēnei ata ki te tāone tata o Brindbane, me te whakarite kia kaua e mauria he rūpi kotahi, kaua e tono kai, kaua hoki e tono moni, kaua e kōrero ki tētahi mō tō āhuatanga, kaua hoki e noho kore kai, kaua hoki e noho mokemoke ki Brindbane. Ki te hoki mai koe ki tōku whare i mua i te waenganui pō me te kore e takahi i tētahi o ngā tikanga o tēnei whakamātautau, ko ahau te tangata tino miharo i Agra!"

I mea atu ahau, "Ā, ka whakaae ahau ki te wero"

Kāore he whakaroa i roto i aku kupu, i roto rānei i tōku ngākau. I puta mai ngā maharatanga harikoa mō te wawaotanga a te Atua i mua i ahau: tōku whakaoranga i te korara whakamate mā te inoi ki te Atua i mua i te whakapakoko o Lahiri Mahasya; te koha o ngā manu tukutuku e rua e rere ana i runga i te tuanui o te whare o Lahore; te taonga i tae mai i te wā tika i waenganui i te pouri me te pōuri o Bareilly; te karere whakatau mai i te moke huna o Banaras i waho o te marae o te Pandit; te kitenga o te Whaea Tapu me te whakarongo ki ana kupu aroha whakamiharo me tana whakautu wawe ki aku hiahia

mā Guru Mahasya; te arataki i tae mai i te wā whakamutunga, ā, i āwhina i ahau ki te whiwhi i taku tohu kura tuarua; ā, ko taku kaiako o te takiwa, ko te manaakitanga whakamutunga i tae mai ki ahau i waenganui i te kohu o te ao moemoeā. E kore rawa ahau e tuku i taku "whakaaro" kia kore e ranea ki te pakanga i roto i tēnei ao uaua, he ao e whakapono ana ki ngā taunakitanga me ngā taunakitanga tūturu anake.

Ka whakahoki tōku tungāne, "He honore nui ki a koe te whakaae ki te wero, ā, ka haere tahi māua ki te tereina ināiane tonu."

Kātahi ka tahuri a Ananta ki a Jitendra, e hamama ana i te miharo, ka mea atu ki a ia: "Me haere tahi koe me ia hei kaiwhakaatu, ā, he tino tūponotanga anō hoki hei patunga!"

I roto i te hawhe haora, i pupuri māua ko Jitendra i ngā tīkiti kotahi-ara mō tēnei haerenga ohorere, whai muri i te tiro tiro hōhonu a Ananta i a māua i te kokonga o te teihana, me te whakarite kia kore he moni māua, ā, kāore hoki ngā wahi kakahu i takaihia e māua ki ō māua hope e huna ana i te mea e tika ana.

"E Ananta, homai he rūpī, he rua rānei hei moni rahui kia taea ai e au te tuku atu i tētahi waea ki a koe mēnā he pōuri," te whakahē a taku hoa i waenganui i te pakanga e piki haere ana i waenga i te moni me te whakapono.

I karanga atu ahau ki a ia me te whakahe: "E Jitendra, e kore ahau e haere tonu me tēnei whakamātautau mēnā kei a koe he moni hei taurangi whakamutunga"

Ka whakahoki a Jitendra, "He mea whakamarie te tangi o ngā moni." Engari kāore he huarahi kē atu i a ia engari ko te noho puku i te wā i riria kaha ai ia e ia.

I mea atu tōku tuakana, "E Mukanda, ehara ahau i te ngākau kore"

I rangona te ngākau mahaki i roto i te reo o Ananta, tērā pea i werohia ia e tōna hinengaro mō te tukunga o ngā tama tāne rawakore tokorua ki tētahi tāone tauhou, mō tōna kore whakapono rānei ki te mana o te Atua, kātahi ka tāpiri atu ia:

"Mēnā, mā te tūponotanga, mā te aroha noa rānei, ka angitu ahau i te whakamātautau o Brandyban, ka tono atu ahau ki a koe kia whakatapua ahau hei ākonga māu"

He rerekē tēnei kupu whakaari, ā, kāore i rite ki ngā tikanga me ngā tikanga tuku iho kua whakatūria. I roto i ngā whānau Īnia, kāore te tuakana e piko ki te hunga teina ake; ko ia anake te tuarua ki te matua mō te whakaute me te ngohengohe mai i te hunga teina ake. Heoi, kāore he wā i toe ki te kōrero mō āna kōrero, nā te mea kua tīmata te tereina ki te neke.

I noho puku a Jitendra i te tere haere o te tereina, kātahi ka neke ake i roto i tōna nohoanga ka kōpiripiri i ahau ki te wāhi mamae, me te mea:

"Kāore au e kite i tētahi tohu e homai ana e te Atua te kai e whai ake nei!"

Nā reira ka mea atu ahau, "Kia marino, e te tangata ruarua, e mahi ngaro ana hoki te Atua"

Ka whakahoki ia: "Ka taea e koe te whakateretere i a ia? Kei te hiakai ahau i te whakaaro noa ki ngā

mea e tatari mai ana ki a tātou. I wehe atu ahau i Varanasi hei matakītaki i te Taj Mahal, ehara i te mea hei tomo ki roto i tōku ake urupā!"

Nā reira ka mea atu ahau, "Kia māia, kia koa, e Jitendra! Kāore ianei tātou e haere ana ki te tiroiro i ngā mea whakamiharo tapu o Brindiban mō te wā tuatahi?" "Kua ki tonu ahau i te hiahia nui i te whakaaro noa ka takahia e au ōku waewae ki te whenua i manaakitia e ngā waewae o te Ariki Krishna."

I taua wā tonu ka tuwhera te tatau o tō mātou wāhanga, ā, ka tomo mai ētahi tāne tokorua. Ko te taunga whakamutunga ko te taunga whakamutunga.

I kōrero mai te tangata tauhou i noho i tōku aroaro me te aro nui, me te pātai mai: "E hoa mā, he hoa tō koutou i Brandenburg?"

I tahuri ke atu taku titiro i a ia me te matao, me te mea, "Ehara tēnā i te mea māu"

I mea ia, "Tērā pea kua oma atu koutou i ō koutou whānau i raro i te makutu a te Tahae Ngākau. He tangata hiahia wairua anō hoki ahau, ā, māku koutou e whakarite kia whiwhi kai, kia whai wāhi hoki ki tēnei wera nui."

Ka whakahoki ahau: "Kāo, e te rangatira, waiho māua ko koe anake. He atawhai koe, engari kei te hē koe i te whakaaro he rerenga mātou."

I mutu tā māua kōrero i reira. I te tūnga o te tereina, ā, i te hekenga atu māua ko Jitendra i te tūāpapa, ka awhi mai ō māua hoa tokorua i a māua, ka karanga mai i tētahi tekesi.

I heke iho mātou i mua i tētahi whare karakia whakahīhī i tētahi wāhi ataahua i waenganui i ngā rākau matomato. I tino mōhiotia ngā kaiāwhina i reira, i te taenga mai o tētahi tamaiti ataata ki a mātou, ā, ka arahina mātou ki tētahi rūma whakanui, kāore he kōrero, i reira ka manaakihia mātou e tētahi kuia rangatira, hihiko.

I kōrero tētahi o ngā tāne ki te kaihautū manuhiri, me te mea, "E Whaea Gauri, kāore e taea e ngā rangatira tokorua te tae mai. I te meneti whakamutunga kua huri tā rātou kaupapa, ā, ka tukuna atu e rātou ō rātou mihi nui me ngā whakapāha nui ki a koe. Engari kua kawea mai e mātou ētahi atu manuhiri tokorua, ā, i taku kitenga i a mātou i runga i te tereina, i a rātou e tūtaki ana i runga i te tereina, i whakaaro ahau he ākonga rātou nā te Ariki Krishna."

Ka anga atu ngā hoa tokorua ki te tatau, ka mea: "Ka poroporoaki mātou ki a kōrua, e ā mātou hoa iti, ā, ka tūtaki anō tāua, ki te pai te Atua."

Ka ataata a Whaea Jouri ki ana manuhiri ohorere, ka mea atu, "Nau mai! Kāore e taea e kōrua te haere mai ki konei i tētahi rā pai ake. I tumanako ahau kia rua ngā rangatira e haere mai ki tēnei whare karakia. Nui atu tōku harikoa i tō kōrua haerenga mai, me i kore, kua rewa ahau i te whakama me i kore te kai i takaia e au me te tino tupato i kitea he tangata hei whakamātau, hei kai māku!"

He pānga ohorere ēnei kupu atawhai ki a Jitendra, ā, ka pakaru mai ōna roimata. Kua huri te aituā i wehi ai ia i Brindbane hei hakari e tika ana mō ngā kīngi me ngā rangatira. He nui rawa atu tēnei huringa ohorere mōna. I titiro matatau te kaihautu wahine ki a

ia engari kāore he kōrero, i te mōhio pea ki ngā pahūtanga kare ā-roto o te taiohi.

I karangatia mātou ki te tina, ā, ka haria mātou e Whaea Jouri ki te rūma kai, he kakara reka, kātahi ka ngaro atu ki te kīhini tata.

Ā, i tatari ahau mō tēnei wā, nō reira i whiriwhiria e au tētahi wāhi e tika ana mō te tinana o Jitendra, ā, i pītītia ia e au, pērā i tana pītīti i ahau i runga i te tereina, me te kī:

"E mahi ana te Atua, ā, e tere ana hoki, e te hunga whakapono iti!"

I hoki mai te kaihautū me te mau mai i tētahi pā, ā, i pā mai ia ki a mātou i te momo tuku iho o te Rawhiti, me te kore e mutu, i a mātou e noho ana i runga i ngā paraikete whakairo. Tata ki te toru tekau ngā momo kai i kawea mai e ngā mōneka. Ehara tēnei i te tina noa, engari he hakari nui! Mai i tō mātou taenga mai ki tēnei ao, kāore anō mātou kia kai i ēnei momo kai reka.

I kōrero ia ki tō mātou kaihautū, me te mea: "He tino kai pai ēnei mā ngā rangatira, e te whaea honore! Kāore au i te mōhio he aha te mea nui i whakaarohia e ō manuhiri kingi he mea nui atu i te haere mai ki tēnei hakari! Kua homai e koe he maharatanga mō te ao katoa e kore e warewaretia e mātou!"

Nā te mea i kore ai mātou e whakaatu i ētahi atu mea nā te āhua o Ananta, kāore i taea e mātou te whakamārama ki te wahine rangatira he rua ngā tikanga o tō mātou whakawhetai, engari i mārama tonu tō mātou aroha. I wehe atu mātou me āna

manaakitanga me te tono mahana kia hoki atu anō ki te whare karakia.

I tino kaha te wera i waho, nō reira māua ko taku hoa i rapu piringa ai i te atarangi o te rākau kadamba i te taha o te kūaha o te whare mōneka. I whai mai ko ngā kupu mamae, ā, ko Jitendra, mō te wā tuarua, i whakapuaki i tōna āwangawanga me tōna whakapae, me te kī:

"He tino raruraru tēnei kua pā mai ki ahau! Nā te waimarie noa iho tā māua tina! Ā, me pēhea rā tāua e pārekareka ai ki ngā ataahua o tēnei tāone me te kore he moni kotahi i ō māua ringa? Ā, kātahi, ka taea e koe te kōrero mai me pēhea tāua e hoki ai ki te whare o Ananta?"

Nā reira ka mea atu ahau: "Nā, kua kī tō puku, kātahi te hohoro o tō wareware ki te Atua!"

Kāore aku kupu i te nanakia, engari he kupu whakahe. He poto rawa te mahara o te tangata ina tae ki ngā manaakitanga o te rangi! Kāore he tangata kotahi o tēnei ao kāore i whiwhi whakautu ki āna inoi.

Ka whakahoki a Jitendra, "E kore rawa e warewaretia e au taku wairangi i te whakamātau i tētahi tangata wairangi pērā i a koe!"

Ka mea atu ahau, "Kua nui, e Jitendra, ko te Atua hoki i whāngai i a tātou ko ia tonu te Atua e tiaki ana i a tātou i Brindban, ā, māna tātou e whakahoki mai ki Agra!"

I te mutunga o taku kōrero, ka whakatata mai tētahi taitama ki a mātou, he ātaahua, he whakamarie hoki tōna mata. I a ia e tū ana i raro i tō mātou rākau, ka piko ki mua i ahau, ka mea:

"E hoa aroha, he manene kōrua ko tō hoa i konei, nō reira tukua ahau hei kaihautū, hei kaiārahi hoki māu."

Ahakoā kāore i te maha ngā wā ka mā te mata o te tangata Īnia, ka kōwhai tonu te mata o Jitendra i te mate. I whakakahoretia e au te tono me te atawhai. Engari ka tino pukuriri te taitama, i roto i tētahi huarahi, i raro i ētahi atu āhuatanga, ka tino kata ia. Ka whakahoki ia:

"E kore rawa e taea e koe te pei i ahau!"

Ka mea atu ahau, "He aha ai?"

I titiro mai ia ki ahau me te māia, ā, ka mea mai, "Nā te mea ko koe taku kaiako. I a au e whakaaroaro ana i te poutumarotanga, ka kite ahau i a te Ariki, i a Krishna, i roto i tētahi moemoeā, ā, i whakakitea mai e ia ki ahau ētahi āhua e rua i raro i tēnei rākau. Ko tētahi o rātou ko tō mata, e taku kaiako, kua kitea pinepinetia e au i roto i aku whakaaroaro! Kātahi te harikoa o ahau mēnā ka whakaae koe ki aku mahi whakaiti!"

Nā reira ka mea atu ahau, "E hari ana hoki ahau kua kitea ahau e koe. Kāore te Atua i whakarērea i a tātou, kāore hoki te tangata i whakarērea i a tātou!"

Ahakoā i tū tonu ahau, me te ataata ki taua mata hihiri i mua i ahau, nā te wairua whakaute i piko ai ahau ki ngā waewae atua.

Ka mea te tamaiti, "E hoa mā, nui atu tōku hiahia kia whakanuia tōku kāinga e koutou mā te toro mai!"

I mea atu ahau, "He taitama atawhai koe, engari kāore e taea e mātou te mahi i tēnā nā te mea he manuhiri mātou nō tōku tuakana i Agra"

Ka mea ia, "Tukua ahau kia haere tahi kōrua ki Brindiban hei whakamaharatanga mō tēnei hui."

I harikoa ahau ki te whakaae ki te pōwhiri. I tono te taitama—ko Pratap Chatterjee tōna ingoa—i tētahi hariata hōiho, ā, ka anga atu mātou ki te temepara o Madhana Mohana me ētahi atu temepara o Krishna. I pōuri te rangi i a mātou e inoi tonu ana i roto i te temepara. I muri iho, ka mea a Pratap:

"Kia whakaaetia e au te kai i ētahi mea reka?"

I tomo ia ki tētahi toa e tata ana ki te teihana tereina, i a mātou e hikoi ana i te tiriti whānui, kua kī tonu i te tangata, ā, kua āhua marino. I ngaro atu tō mātou hoa mō tētahi wā poto, ā, ka hoki mai me te nui o ngā mea reka. I menemene ia me te inoi i a ia e pupuri ana i tētahi puranga moni pepa me ngā tīkiti e rua i hokona e ia mō tā mātou haerenga ki Agra, me te mea, "Kei te inoi atu ahau kia homai e koe tēnei honore wairua ki ahau."

Ko taku whakaae he whakaute noa iho ki taua ringa kāore i kitea. Kāore ianei tōna atawhai—i tawaihia e Ananta—i nui atu i te mea e tika ana?

I rapu mātou i tētahi kokonga motuhake e tata ana ki te teihana, ā, ka mea atu ahau:

"E Pratap, māku e whakaako ki a koe a Kriya: te tikanga a Lahiri Mahasya, te yogi nui rawa atu o te ao hou, ā, ko tēnei tikanga āna hei kaiārahi wairua māu."

I roto i te hawhe haora ka tū te whakaurunga, ā, ka kōrero ahau ki te ākonga hou, me te kī: "Ko Kriya te kohatu utu nui hei whakatutuki i ō hiahia. Kei roto i tēnei toi, e kite ana koe he māmā noa iho, te tikanga o te tere haere o te wairua. E mea ana ngā karaipiture tapu o Īnia me kotahi miriona tau te roa o te tangata e whakawhānauhia ana kia wātea mai i te tinihanga o te ao, engari ka taea te whakapoto i tēnei wā roa o te taiao mā te Kriya Yoga. Pērā i te whakamātautau a Jagades Chandra Bose ka taea te whakatere ake i te tipu o te tipu i te mea noa, ka taea hoki te whakatere i te tipu wairua o te tangata mā te mātauranga ngaro. Kia pono ki tāu mahi, ā, ka tata atu koe ki te Atua, te Kaiako o ngā Kaiako me te Kaiārahi o ngā Kaiārahi."

I mea whakaaro nui a Pratap, "He nui te hari i roto i ahau mō te kitenga i tēnei kī yoga tapu kua roa nei ahau e rapu ana. Mā tōna mana wairua ahau e whakaora i ngā here o ngā kare ā-roto, ā, māna ahau e ārahi ki ngā ao teitei ake. Ko te kitenga i a Ariki Krishna i tēnei rā he manaakitanga nui i roto i tōku ao."

I noho māua mō tētahi wā poto me te mārāma puku, kātahi ka hikoi mārīre ki te teihana tereina. I kī te harikoa i ahau e eke ana ki te tereina, i a Jitendra e tangi ana. He tino mamae taku poroporoaki ki a Pratap, i te mea he maha ngā aue me ngā tangi a ōku hoa tokorua. I taua wā anō, ka pōuri a Jitendra, ehara i te mea mōna ake i tēnei wā, engari mōna ake anō, ā, ka tīmata ia ki te kī:

"Aue, te ngoikore o tōku whakapono ki te Atua! I whakapakeketia tōku ngākau, engari ināianei e kore rawa ahau e ruarua i te manaaki a te Atua"

I te taenga o te waenganui pō, ka tomo ngā kaihōpara tokorua i tonoa mai, kāore he pene, ki te whare o Ananta. He rite tonu tōna mata ki tā te kupu whakaari, ki tonu i te miharo. Āta, ka uaina ngā rūpi ki runga i te tēpu. Ka mea ia me te kata, "Kōrerotia te pono, e Jitendra! Kāore ianei tēnei taitama i huri ki te tahae huarahi?"

Engari i tōna rongonga i ngā kōrero taipitopito o te kōrero, ka tino kaha te wairua o tōku tuakana, kātahi ka pouri, ā, ka kōrero ia me te hihiri wairua kāore anō kia kitea e au i mua:

"Kei te horapa te ture o te tuku me te tono ki ngā pae tawhiti atu i taku i whakaaro ai, ā, mō te wā tuatahi ka mārama ahau he aha koe kāore ai e aro ki te moni me āna mahi whakapati i tēnei ao."

Ahakoia kua tomuri, i tohe tonu taku tungāne kia whakatapua ki a Kriya Yoga. Nō reira, me amo e te Kaiwhakaako Mukanda te kawenga mō ngā "ākonga" e rua kāore i tonoa e ia i roto i te rā kotahi.

I te ata i muri mai ka parakuihi mātou i roto i te āhua marino me te rangimarie i ngaro i te rā o mua, ā, ka menemene atu ahau ki a Jitendra, ka mea atu:

"Kāore koe e kore e kite i te Taj Mahal. Me titiro tātou ki mua i tō tātou haerenga ki Serampur."

Ka poroporoaki mātou ki a Ananta, ka anga atu ki te tohu whakamiharo me te tino whakahīhī o Agra: ko te Taj Mahal, ko tōna māpere mā e kanapa ana i te rā, pērā i te moemoeā o te rangimarie tino pai. He rākau cypress pouri, he mania matomato, me te roto marino, ko roto i a ia he whakairo matatini kua whakairohia ki ngā kōhatu utu nui. He karauna

ataahua me ngā tohu i whiria, i whakawhitia hoki te māpere parauri me te papura, i te mea ko te mārāma e puta mai ana i te tuanui e horoi ana i ngā urupā o te Emepara Shah Jahan me Mumtazi Mahal, te kuīni o tōna kingitanga me te mea i arohaina e ia.

I te mea kua nui taku kitenga, ā, i te hiahia nui hoki kia kite i taku kaiako, ka haere tonu māua ko Jitendra ki te tonga ki Bengal. Ka mea atu taku hoa, "E Mukanda, kua maha ngā marama kāore au i kite i tōku whānau, kua whakarerekētia aku mahere, ā, tera pea ka toro atu ahau ki tō kaiako i Serampur ā muri ake nei."

I whakarērea ahau e taku hoa - he tangata ngāwari te whakaahua - i Calcutta, ā, i tae atu ahau mā runga tereina o te rohe ki Cebrampur, tekau mā rua maero ki te raki.

I tino ohorere ahau i taku kitenga kua rua tekau mā waru ngā rā kua pahure mai i taku tūtakitanga ki taku kaiako i Varanasi, ā, i mea mai ia ki ahau: "Ka hoki mai koe i roto i ngā wiki e whā!" Ā, i konei ahau e tū ana me te ngākau e pāorooro ana i te marae o tōna whare karakia i te wāhi marino o Rai Ghat, e tomo ana mō te wā tuatahi ki te whare karakia i whakaritea ai ahau kia noho mō te nuinga o ngā tau tekau e whai ake nei me te tohunga nui o Īnia, taku kaiako a Swami Sri Yukteswar!

Kaiako Paramhansa rāua ko Tagore

Mai i te pukapuka (The Philosophy of India in the Life of a Yogi)

Mo te sage Paramhansa Yogananda

"I ako a Rabindranath Tagore i a tātou ki te waiata māori, ā, ki te waiata noa iho, hei huarahi whakapuaki i a tātou anō, pērā i ngā manu waiata."

I tae mai tēnei whakamārama ki ahau nā Bhola Nat, he tamaiti mātau 14-tau te pakeke i te Kura o Ranchi, i muri i taku whakamoemiti i tana waiata reka i tētahi ata. Ahakoa he take, ahakoa kāore he take, ka rere tonu te tamaiti me ngā rangi waiata pērā i te awa taurite. I ako ia i mua i te kura rongonui o Tagore, arā, ko Santinakitan, ko te tikanga "te tauranga o te rangimārie," i Bulpur.

I mea atu ahau ki taku hoa, "Kua rongo ahau i ngā himene a Rabindranath mai anō i tōku tamarikitanga, ā, e tino pārekareka ana ki ngā tāngata katoa o Bengali, tae atu ki te hunga kāore i te mōhio ki te pānui me te tuhituhi, āna rotarota whakahirahira."

Ā, ka whakahua tahi rāua ko Bhola i ētahi whiti a Tagore, nāna i tito ngā mano tini o ngā whiti Īnia, ko ētahi o aua whiti nā ia anō, ko ētahi he mea tawhito.

I te mutunga o tā mātou waiata, ka mea atu ahau me te kata, "I tūtaki ahau ki a Rabindranath i muri tonu i tana whiwhinga i te Tohu Nobel mō te Tuhinga. I tino hiahia ahau ki te toro atu ki a ia nā te mea i miharo ahau ki tōna maia kore-tikanga ki te whakatau i ana kaiwhakahē."

I pātai nui a Bhola mō te kōrero, nō reira ka mea atu ahau: "Kua whakahēngia a Tagore e ngā tohunga reo nā te mea i whakaurua e ia he momo hou ki te rotarota Bengali mā te whakaranu i ngā kīanga kōrero me ngā kīanga tawhito, me te kore e aro ki ngā rohe reo e arohaina ana e ngā tohunga reo. Kei roto i ana rotarota ngā pono hohonu o te rapunga whakaaro i roto i ngā kīanga ataahua, kare ā-roto, me te kore e piri ki ngā momo tuhituhi kua whakatūria."

"I tētahi wā, i whakaahuahia a Rabindranath e tētahi kairīti whai mana—me te whakahawea me te whakahāwea—hei 'kaitito kūkupa i hoko i tana waiata ki ngā kaitā mō te utu iti noa iho' Engari kei te haere

mai te rapu utu a Tagore! I whakanuia ia e te ao tuhituhi o te Hauāuru i te whakamāoritanga o tana pukapuka (Gitanjali: Ngā Tuku Waiata) ki te reo Ingarihi. He rōpū nui o ngā tohunga, tae atu ki āna kairīti o mua, i haere mā runga tereina ki Santiniketian ki te tuku mihi."

I manaaki a Rabindranath i ana manuhiri i muri i te whakaroa roa, kātahi ka whakarongo puku me te kore aro ki ā rātou whakamoemiti. Hei whakamutunga, ka tahuri ia ki ngā patu o ā rātou whakahē ki a rātou, me te kī:

"E ngā rangatira, ko ngā rōhi kakara o te whakaute me te honore e tukuna mai nei e kōrua ki ahau kua konatunatua ki ngā kakara pirau o tō kōrua whakahawea o mua. He hononga kei waenganui i taku whiwhinga i te Tohu Nobel me tēnei mihi ohorere mai i a kōrua? Ko ahau tonu te kaitito i whakapataritari i a kōrua i taku tukunga i aku putiputi iti ki te wāhi tapu o Bengal."

"I whakaputaina e ngā nūpepa he whakarāpopototanga o te whakatūpato maia a Tagore, ā, i miharo ahau ki te pono o te tangata kāore i tinihangatia e te whakapatipati me te tinihanga."

"I whakaurua ahau ki a Rabindranath i Calcutta e tana hēkeretari, a Mr CF Andrus ⁽¹⁾, he kākahu Bengali noa iho tōna, ā, i karanga aroha ia i a Tagore ko tōna rangatira anahera (Gurudeva)"

"I manaaki pai a Rabindranath i ahau, i karapotia e te aura o te karisma, te ahurea whai rawa, me te ngākau atawhai pono. I whakautu a Tagore i taku pātai mō ngā puna o āna tuhinga mā te kī ko ōna pūtake matua i ahau mai i ā tātou pūrākau whakapono me ngā mahi a te kaitito a Vidyapati, i ora i te rautau tekau mā whā."

I whakaaweawetia e ēnei maharatanga, ka tīmata ahau ki te waiata i tētahi waiata tawhito o Bengali i whakarerekētia e Tagore ki tētahi āhua hou, ka tīmata ki te "Whakamāramahia te rama o tō aroha". I uru mai a Bhola ki ahau i roto i te waiata harikoa i a mātou e hiko haere ana i te marae o te kura.

Tata ki te rua tau i muri i te whakatūnga o te Kura o Ranchi, i tae mai he pōwhiri mai i a Rabindranath kia toro atu ahau ki a ia i Santiniketan ki te kōrero mō ā mātou kaupapa mātauranga. I koa ahau ki te whakaae, ā, i haere ahau ki te whakatau i a ia. I taku taenga atu, e noho ana ia i tana tēpu, ā, i kite ahau i a ia he tauira o te tāne pono, pērā i te whakaaro o tētahi kaitoi. Ko tōna mata ataahua, ātaahua te āhua, he mea whakakikorua ki te rangatira me te mana, he makawe roa, he pahau rere, me ngā kanohi nui, atawhai, he mea whakapaipai katoa ki te ataata anahera. Ko tōna reo waiata, pērā i te tangi o te putorino, i hopu i te ngākau. He roa, he kaha, he marino, e whakaatu ana i te ngawari o te wahine me te harakore o te tamaiti harikoa. E ruarua ana ahau mēnā he whakaaro kē atu o tētahi kaitito whakaaweawe ka kitea he whakaaturanga pono atu i roto i tēnei kaikawe ngawari, wairua.

I tīmata tonu māua ko Tagore i tētahi rangahau whakatairite me te hohonu o ā māua whare mātauranga e rua, i ahu mai i ngā mātāpono rerekē. He maha ngā āhuatanga ōrite i kitea e māua, pērā i te ako i waho, te māmā noa, me te whakatenatena i te auahatanga o ngā tamariki. Heoi, i tino whakanuia e Rabindranath te ako i ngā tuinga me ngā rotarota, me te whakapuaki i a rātou anō mā te puoro me te waiata, he mea kua kite kē ahau i Bhola. I mahi ngā tama Santiniketan i ngā wā whakangā, engari kāore i whiwhi whakangungu yoga motuhake.

I whakarongo nui te kaitito ki te whakamārama o ngā mahi Yogoda e whakakaha ana i ngā pūtau o te tinana ki te mahi me te ora, me te tikanga arotahi yoga e whakaakona ana ki ngā ākonga katoa o Ranchi.

I kōrero mai a Tagore ki ahau mō ōna uauatanga mātauranga i te tīmatanga, ā, ka kata mai ia ki ahau, "I oma atu ahau i te kura i muri i te rima o oku tau." I kite tonu ahau i te taupatupatu o ōna kare ā-roto rotarota ki te āhuarangi whiu kino o te kura.

I tohu te kaitito ki tētahi rōpū ākonga e ako ana i roto i te māra matomato me te kī:

"Nā konei i whakatūria ai e au te Whare Wānanga o Santinikitian i raro i te marumaru o ngā rākau me te ataahua o te rangi. E rongō ana te tamaiti kei roto ia i tōna taiao tūturu i waenganui i ngā putiputi me ngā manu waiata kia taea ai e ia te whakapuaki i te taonga o roto o ōna ake pūkenga. Kāore e taea te pupuhi, te whakakī rānei i te mātauranga pono mai i ngā puna o waho, engari me āwhina te mātauranga ki te hura i ngā taonga o te whakaaro nui mutunga kore e huna ana i roto i te hohonutanga o te wairua tangata" ⁽²⁾

I whakaae ahau ki tāna, ā, i tāpiri atu ahau: "Ka mate ngā whanonga whakaaro nui o ngā tamariki me tō rātou aroha ki ngā toa me te toa i te hemokai i ngā kura noa nā te mea he kai noa iho i hangaia mai i ngā tatauranga, ngā kaupapa, me ngā wā hītori"

I kōrero aroha te kaitito mō tōna matua, a Devendranath, nāna ia i whakatenatena kia tīmata ki Santiniketan. I mea ia: "I homai e tōku matua tēnei whenua momona ki ahau, i reira i hangaia ai e ia he temepara me tētahi whare manuhiri. I tīmata taku wheako mātauranga i konei i te tau 1901 me ngā tamariki tekau anake. Ko ngā waru mano pāuna i tae

mai ki ahau me te Tohu Nobel i whakapaua e au ki te tiaki i te kura."

Ko te kaumātua a Tagore (Devendranath), e mōhiotia whānuitia ana ko Maharishi (te Tohunga Nui), he tangata tino whakamiharo, e ai ki te kōrero o tōna oranga. E rua tau te roa o tōna tamarikitanga i noho ia ki te whakaaroaro i roto i ngā whare mōneka o Himalayan. Waihoki, i rongonui tōna matua, a Dwarkanath, puta noa i Bengal mō tana atawhai i te iwi whānui. Mai i tēnei whenua momona ka puta mai he whānau rangatira. Kāore a Rabindranath i noho ko ia anake i roto i tana whakaaturanga auaha; i tohaina e ōna whanaunga tana taranata. Ko ōna whanaunga, a Gogonendra rāua ko Upanendra, e kiia ana ko ētahi o ngā kaitoi tino rongonui o Īnia ⁽³⁾ Ko te tuakana o Rabindranath, a Dwijendra, he tohunga whakaaro hohonu hoki e arohaina ana e ngā manu me ngā kararehe o te ngahere.

I karanga mai a Rabindranath kia moe ahau i tōna whare manuhiri. He tino ataahua te tirohanga i taua ahiahi i te wā i noho tahi ai te kaitito me tētahi rōpū ākonga i te marae! Te āhua nei i tū te wā, ā, ki ahau nei, i rite te tirohanga ki tētahi whare karakia tawhito, me te kaitito a Tagore e karapotia ana e āna ākonga, e karapotia ana e te harikoa me te aroha tapu. I whatu a Tagore, ā, i whakapai ake i ia here o te aroha me ngā miro o te rangimarie me te whakaae. He tino pua onge o te rotarota wairua pono i puāwai i roto i te māra a te Atua, e kukume ana i ētahi atu ki reira me tōna ataahua me tōna kakara!

I roto i tōna reo waiata, ka pānui mai a Rabindranath i ētahi o āna rotarota hou, he reka hoki. Ko te nuinga o āna himene me āna kōrero, i titoa hei hari me te whakahari i āna ākonga, kei roto i a Santiniketan. Ko te ataahua o āna rotarota, ki ahau

nei, kei roto i te whakahua i te Atua i roto i te nuinga o ngā whiti, ahakoa kāore i te whakahuatia mārama te ingoa tapu. Hei tauira, e mea ana ia:

"Ina haurangi ahau i te waiata, ka wareware ahau ki a au anō, ka karanga atu ki a koe hei hoa māku, e tōku rangatira!"

I muri i te tina i te aonga ake, ka poroporoaki au ki te kaitito me te kore e pai. E harikoa ana ahau kua tupu tana kura iti, kua whanake hoki hei whare wānanga o Vizva Bharati International University ⁽⁴⁾, e kitea ai e ngā ākonga o ngā whenua katoa he taiao tino pai.

Te wāhi e wetekina ai te hinengaro i ngā wehi, ā, e tū teitei ana te māhunga

I te wāhi e kore utu ai te mātauranga, kāore he here,

Kāore te ao i hurihia hei wāhanga pakaru e ngā taiepa whaiti o te rohe

Ā, ko te wāhi e puea ake ai ngā kupu i te hohonutanga o te pono,

Ā, ko ngā mahi uaua ka whakawhānui ake i tō rātou huarahi ki te tino pai

Ki te wāhi kāore anō kia ngaro te puna parakore o te whakaaro i roto i ngā koraha onepu mokemoke o ngā tikanga mate,

Ā, i a ia e anga whakamua ana i roto i te whakaaro me te mahi e whānui haere tonu ana,

Kia ara ake ai tōku whenua i te rangi o taua herekoretanga, e tōku matua ⁽⁵⁾

Ko te kī ki ngā mea ngaro o te angitu

Ko te angitu te tikanga o te ngākau māhaki me te ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu tūturu he hua o ngā mahi i ahu mai i ngā

mātāpono o te tika, ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi whakamāramatanga whānui mō te angitu.

He rerekē ngā tirohanga me ngā ariā o te tangata mō te angitu, i runga i ō rātou wawata i te ao. He mea noa te rongo i ētahi tāngata e whakataurite ana i te angitu ki te tahae, e kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi atu.

Tērā anō tētahi atu paearu mō te angitu: ina taea e tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu, me te whakapuaki i ngā hua ki a rātou.

Tērā pea ka whiriwhiri tētahi kia noho puku mō te wā roa, kia kore ai e kōrero ki ōna whānau i taua wā. Ahakoa ka whiwhi pea tēnei tangata i te rangimārie o roto, he whanonga whaiaro āna, ā, he kino ki te harikoa o tōna whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore ō rātou whanaunga e whai hua ana i tā rātou whakatutukitanga.

Waihoki, ko te angitu ā-tinana ehara i te mea ko tā tātou tika anake kia whiwhi i te oranga pai i a tātou anō, engari ko tā tātou kawenga matatika hoki ki ētahi atu, arā, ko te āwhina i a rātou ki te whakapai ake i ō rātou āhuetanga ā-tinana me ō rātou āhuetanga noho.

Ka taea e te tangata whai whakaaro te whiwhi moni. Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro; engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te moni i roto i ngā ringa o te hunga whaiaro me te hunga apo, he manaakitanga, he taonga hoki i roto i ngā ringa o te hunga ngākau atawhai me te hunga ngākau atawhai.

Hei tauira, i whiwhi a Henry Ford i tētahi taonga nui, engari kāore ia i whakapono ki te aroha, he mea e whakatenatena ana i te mangere me te mangere. Engari, i whakarato ia i ngā mahi me ngā oranga mō te tini. Mena i whiwhi moni a Henry Ford me te whakarato i te whai rawa mō ētahi atu, kāti i angitu ia i te huarahi tika.

Ahakoā te hunga tapu nui rawa atu, kāore e tutuki i a rātou te whakaoranga katoa ki te kore rātou e tohatoha i ō rātou angitu—ō rātou wheako wairua me ō rātou mātauranga teitei ake—ki ētahi atu mā te āwhina i a rātou kia tae ki te māramatanga tapu. Nā reira, ko te hunga kua tae ki ēnei taumata, ā, kua eke ki ēnei āhua, e hiahia ana ki te tuku māramatanga ki te hunga e hiahia ana.

Ki te hiahia koe kia angitu tūturu, ehara i te mea ka whakamanahia e koe tō ake harikoa whaiaro engari ko te harikoa hoki o ētahi atu.

Ngā rerekētanga o ngā paerewa angitu i waenga i te Rawhiti me te Hauāuru

He rerekē ngā paerewa angitu i te Rawhiti me te Hauāuru. Engari, kei te piki haere te whai a te Rawhiti i ngā āhuatanga kino rawa atu o ngā kiriata o te Hauāuru. Ahakoā he whakamarie ētahi kiriata, e

whakaatu ana te ao tūturu ehara i te mea ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me uaua tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahiatia ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te mate! Ahakoa ka angitu koe, he poto noa iho taua angitu. Ka takoto te tinana i te mutunga. Me whawhai ki ngā kaha maha, o roto, o waho hoki, kia tutuki ai te angitu e hiahiatia ana. Ka mahi uaua ēnei kaha ki te tango i ō whakatutukitanga whai tikanga.

Ko te Hauāuru e arotahi ana ki te angitu wāhanga, ki te angitu rangitahi rānei e pā ana ki tēnei ao o nāianeī. Ko te Rawhiti ia, e arotahi ana ki te angitu tino, pumau, me te pumau.

Ko te hunga kua eke ki te tihi o te angitu mutunga kore e kiia nei e tātou (ko ngā toa i ngā ao e rua ko ngā angitu i roto i ngā kanohi o te Kaiwhakawā)

He harikoa te tinana, te hinengaro, me te wairua o ēnei tāngata. Ahakoa he taonga ā rātou, he nui ā rātou taonga: te taonga o te rangimārie o roto me te māramatanga wairua ki te whanaungatanga i waenga i te wairua me te wairua atua, me te whanaungatanga i waenga i te tinana me te ora o te ao tūroa.

I te Rawhiti, ka whakatōkia te whakaaro o tēnei momo angitu ki roto i te hinengaro o te tamaiti. I te Hauāuru, ka hoatu he peeke poaka ki te tamaiti, ā, ka akona ki te whai moni hei whakatutuki i ngā wawata.

He pai te mahi kaha kia eke ki te angitu rawa, engari me whakaako hoki ngā tamariki ki te uara o te angitu pumau. Ka mau tonu te taonga o te wairua i

roto i te peeke o te mutunga kore, ā, ka taea e koe te tango i te harikoa mai i taua peeke i ngā wā katoa.

Ahakoia te angitu wairua, ka taea te taha kotahi, te kore taurite mena he kawenga rauemi āu kāore e taea e koe te whakatutuki.

Ko ngā yogi nui rawa atu kua wetekina i a rātou anō i ngā ture o te taiao ka taea te wareware rawa ki ngā mea o te ao.

I te Rawhiti, ko te arotahi matua ko te whakatipu i te harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua warewarehia. I te Hauāuru, he iti noa ngā whakamarie rauemi engari he iti noa te harikoa hinengaro. Ko te mea e hiahiatia ana he taurite i waenga i ngā mea e rua, nā te mea ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te kore taurite me te kore e taea te aro tika ki ngā tono o te ao.

Hei tauira, ki te arotahi noa te kaitoi ki te toi, ā, ka wareware i ngā mea katoa, ka arahi atu ki te kore taurite e puta mai ana i te manukanuka me te pouri. Heoi, ki te arotahi ki te toi me te waiuatanga, te mahi, te pūtaiao, me te mahi ratonga, ka hua ake he taurite whakamiharo, he angitu katoa, me te harikoa pono.

Ki te honoa te taonga ki te mate me ngā raruraru, ka maha ngā hua. Ko te akuaku me te hauora kei roto i ngā kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke kino me ngā iroriki whakamate i ngā whenua whakawhanake, engari he nui i ētahi atu. Engari ehara te whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā te mea kei reira ētahi atu momo mate i ngā whenua whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru pūtea

whakamomori nā ngā pūnaha hoko utunga - he mate e whakararuraru ana i te moe me te whakararuraru i te rangimarie o te hinengaro.

Ehara i te mea ko te oranga anake te mea nui o te ora

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe, hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga. He tokoiti ngā tāngata whakaaro nui kua mārama ki te tikanga o te mahere o te ao whānui, engari ko te nuinga o te tangata he matapo, kāore hoki i te mōhio ki taua kaupapa. Ka riro te whenua hei rūma whakamamae mō te hunga e noho kuware ana ki te mahere atua. Engari ina tirohia e koe ngā wheako o te ao hei kaiako māu, ā, ka ako mai i aua wheako i te āhua tūturu o tēnei ao me te tūranga kua whakaritea ki a koe i roto i te whakaari o te ao whānui, ka riro aua wheako hei whakamārama whai hua mō te ara ki te makona me te harikoa pumau.

Kua meinga e te Atua te mānukanuka o te ao kia tino kaha

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki. Tērā pea ka whakaaro koe ko te moni te tikanga o te harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te pouri koe. Tērā pea ka whiwhi koe i te taonga, ā,—kāore rawa—ka ngaro tō hauora. Tērā pea he hauora pai tōu, ā, ka ngaro tō moni. Tērā pea he taonga, he hauora hoki tōu, engari he maha ngā raruraru e pāngia ana e koe me ētahi atu, ka tuku atawhai noa iho, ā, ka tūtaki koe ki te mauahara me te riri. Ki te kore te Atua, kāore he mea o tēnei ao e tino makona ai koe.

Me i hiahia te Atua kia noho tātou i roto i te hinengaro kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā, kua makona hoki tātou i ngā mahi o te ao.

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou, ka whai te toenga o te kahui i taua mea, kāore he whakaroa. He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā, ka peke tonu atu ētahi ki te waka ka tārua. Kua mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī he tika, he tika rānei. Engari ko wai ka mōhio? Ko ētahi o aua tikanga me ngā kōrero tuku iho he mea whakakatakata, he koretake, he koretake hoki.

He huarahi hei aromatawai me te whakawā i aua tikanga me ngā tikanga tuku iho

I te tīmatanga, he whakamārama kei ia tikanga tuku iho. Mēnā ka kitea e tātou kei te pono tonu te whakamārama, he tikanga, he painga anō hoki tō te tikanga tuku iho. Heoi, he mea kuware te whai i ngā tikanga tuku iho me te kore whakaaro. Me mōhio tātou ki te pono, me te whai i taua mea, me te mārama ki ngā mea ka hari ai tātou, kātahi ka whakamahi.

Me whakangawari te ao. Mēnā ka tātarihia e koe ngā āhuatanga takitahi o ngā whanonga tangata, ka kitea e koe he mea whakakatakata ētahi o ā tātou tikanga me ngā tikanga tuku iho.

I te Hauāuru, he maha ngā ture e whaihia ana e te tangata. He kākahu motuhake mō ngā ahiahi, mō ngā pāti tina, mō ngā haerenga, me ngā haerenga. I kite

**ahau i tētahi pānuitanga mō ngā koti motuhake mō
ngā kaipaipa!**

**He rawe te whakahaere, engari ko te piripono nui
ki te whakahaere me te tikanga ka arahi pea ki te
pouri.**

**I te Rawhiti, he māmā noa iho ngā whare me ngā
kākahu. I te Hauāuru, he tino uaua te ao, ā, kāore e
taea te harikoa nā te nui rawa o te aro ki te mahi i
ngā mea i tētahi ara motuhake.**

**He aha ai ka whakararuraru i te ao mā te
whakanui i te āhua o te whakarite i te whare me te
tēpu i tētahi ara motuhake?**

**I te Rawhiti, ina karangahia te tangata kia toro
mai, ka harikoa te katoa, ā, ka tino hiahia rātou ki aua
haerenga mai.**

**I te Hauāuru, ka karangatia ngā manuhiri, ā, muri
iho ka roa te whakarite kia tino tika ngā mea katoa.
Kia tae mai ngā manuhiri, ka tatari te kaihautū ki tō
rātou wehenga atu!**

**Me whakangawari te noho, te kakahu, me te kai.
Ahakoa kāore pea i te whai hua te kai i ngā wharekai i
te taha ōhanga, he pai tonu te mahi pēnā i ētahi wā.
Kāore i te tika te noho roa i roto i te kīhini, me te kore
e waiho he wā ki te pārekareka ki ētahi atu mea nui
ake.**

**I a au e haereere ana me aku kauhau, i
whakangawaritia e au taku kai. I puritia noa e au he
miraka, he rētihi, me te tihi i roto i taku rūma, ā, i pai
ahau ki tēnā.**

Kei roto i a tātou te pararaiha, ehara i te mea

I roto i tā mātou whakangungu whakahāwea i Inia, i ako mātou ki te whakahaere i ō mātou hiahia me te hiki ake i ngā mea e pai ana ki a mātou, e kore e pai ki a mātou, e pai ake ana ki a mātou. I whakawhetai mātou mō ngā mea katoa i riro mai i a mātou. I te Hauāuru, heoi, ko te nuinga o te tangata kāore i te harikoa ahakoa he nui ā rātou mea, me te mea kāore i a rātou. Kāore he rohe o ngā hiahia. I te ata, i muri i te heu me te whakakakahu, ko te mea tuatahi e hiahiatia ana e te tāne ko te parakuihi. I a ia e noho ana ki te tēpu, ka hiahia ia me i taka e tana wahine tētahi atu mea. Ko ia hoki, ka hiahia kia pai ake āna pereti, pūnu, maripi, me marau.

Ka pahemo ngā rā, ka haere tonu ngā hiahia mō tēnei, mō tēnā, ā, kāore rawa he mea e makona ai rāua. Hei whakamutunga, kāore te tokorua e pai ki te whakahari tetahi i tetahi, ā, kāore hoki e kitea he harikoa ahakoa i roto i ā rāua tamariki, ka ngaro te harikoa o te marena. Nā te mea kua pōuri rāua, ka tahuri rāua ki te hunga e tata ana ki a rāua. Ka nui rawa te amuamu a te wahine, ka nui rawa te whakahē i tana tāne, ā, ka hamama ia ki ngā tamariki, ā, ka whakakeke ngā tamariki ki ō rātou mātua, ka mahi i ngā mahi wairangi me ō rātou hoa (ā, ka haere tonu te huringa).

Ehara i te mea hē te pupuri taonga; ko te mea hē ko te tuku i ā tātou taonga kia whakahaere i a tātou. Me whakawātea tātou i a tātou anō i te piri ki te tangata me ngā mea, nā te mea ka puta te pouri i te piri.

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā, ka tipu ake tōku harikoa ā-roto Ki te

kore taua ngākau māhorahora, ka noho ngā ahuareka me ngā harikoa o te ao nei hei reinga Kua mōhio ahau me te kore taua harikoa ā-roto, kua tangohia e te kawenga o ngā kawenga i tukua mai ki ahau tōku rangimārie, tōku harikoa hoki.

Ko te hoariri nui rawa atu o te harikoa ko te nama moni hei hoko taonga papai. E whakapono hē ana te tangata kāore e taea e rātou te harikoa ki te kore e whiwhi i tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua mea, e kore rātou e kite i te harikoa pono, ahakoa tō rātou harikoa rangitahi. Nō reira, he aha te take o te whai i te pōhewa o te harikoa o te ao e oati ana ka takahi noa i tana oati?

Me noho noa te tangata, kaua e hiahia ki ngā taonga maha e hiahia ana kia aro tonu ki a rātou

Kāore e kore he wheako ahuareka te hoko i tētahi mea hou. Engari i muri i tētahi wā, ka memeha haere taua kare hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e warewaretia te pire mō taua taonga, ina koa mēnā i hokona e koe mā te utunga!

Me whakahaere e te tangata tōna ake ao, me whakangawari i te mea ka taea. Me penapena moni mō ngā mea e tika ana me ngā āhuatanga ohorere, me whakatairanga i te penapena i te whakapaunga ki ngā mea papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e kore hoki koe e tangohia i tetahi mea.

E tino mōhio ana ahau ka tae mai ngā mea katoa e hiahiatia ana e au, nō reira kāore au e manukanuka

ki ngā mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te whakakatakata rānei, nā te mea kua maha ngā wā kua kite ahau i te mahi me te whai huatanga o taua mana manaaki i roto i tōku ao.

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei te toremi rānei i te hohonutanga o te moana, e mōhio ana ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e pā kino ki ahau. Nā taua mātauranga ahau i homai he harikoa nui, e kore e taea te kōrero.

Me i kore te māramatanga wairua me ngā wheako i riro mai i ahau, kua noho ahau hei tangata tino pōuri rawa atu i runga i te whenua. He nui ngā taonga i riro mai i ahau, engari kua kore ahau e tuku kia herea ahau, kāore hoki ahau i tuku kia pā, kia whakarerekē rānei i ahau. Ka hoatu e ahau ngā mea katoa e whiwhi ana ahau i runga i te ara o te Atua, me te hunga e matea ana. Ko tōku harikoa o roto ko taku taonga nui rawa atu—he taonga e moemoeā noa ai ngā kīngi.

Ko te angitu e whakawhirinaki ana ki ngā whakatutukitanga ā-roto

Ina kite koe i te tini o te tangata e ngaro ana i te harikoa, i te angitu rānei, kua e whakaaro koinei tō rātou mutunga. Ka taea e koe te hanga i a koe anō kia rite ki tāu e hiahia ai. Ko tō angitu ā-roto te mea e tino angitu ai koe. Ki te kore he mea i roto i a koe, e kore koe e harikoa. Engari ki te kore he mea i waho, engari kei te harikoa koe i roto i a koe, he tino angitu koe. Nō reira, kāore e taea te whakahē i te tangata i runga i ō rātou āhuatanga o waho anake. I roto i te mano tini, tera pea ētahi tāngata kua eke ki te taumata wairua, ā, e pai ana ki te rangimārie hohonu o roto me te harikoa wairua.

Nā konei, ko te angitu matatika me te angitu hinengaro—te whakaoranga mai i ngā tikanga kino me ngā hiahia kino—ka nui ake te harikoa i te angitu rauemi. Kei roto i te angitu hinengaro te oranga hinengaro e kore e taea e ngā āhuatanga o waho te tango atu. Ka taea e koe te whakapau i tō wā katoa ki te kōhi taonga, engari e kore taua taonga e hoatu ki a koe te rangimārie me te haumarutanga pumau e rapuhia ana e koe. Engari, ka nui ake te pouri, nā te mea kei roto i te hinengaro te harikoa me te rangimārie pono, ehara i te taonga.

Ki te kore koe e whai wā ki te whakatipu i tō hinengaro, ahakoa te nui o te taonga e kore e makona i a koe. Ehara tēnei whakatipu i te whakamamae, engari he whakangungu i tō hinengaro kia poipoi i ngā whakaaro me ngā mahi e arahi ana ki te harikoa.

Ko tō harikoa tō angitu, nō reira kaua e tukua tetahi kia tahaetia i a koe. Tiakina koe i te hunga e ngana ana ki te whakapataritari i a koe. I ahau e tamariki ana, ka riri ahau i ngā wā katoa e horahia ana e tetahi ngā kōrero teka mōku. Nō muri mai, ka kite ahau he mea nui ake te rangimārie o tōku hinengaro i te whakaae a te tangata, i te whakamoemiti rānei.

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua me ngā hihiri tūturu o te tangata. Ina māranga tō hinengaro, ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi ai koe. Ko te hinengaro māranga he tohu i te whanonga pai mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro he tikanga kei a koe te harikoa me te whiwhi i ngā manaakitanga a te Atua.

Ki te kore te tangata e whiwhi moni ana, nā te mea kāore ia e aro ki te whiwhi moni. Waihoki, ki te kore ia e harikoa, nā te mea kāore ia e aro ki te whakatutuki i te harikoa.

Ko te muera e amo ana i te koura i runga i tōna tuara, kāore ia e mōhio ki te uara o tāna e amo nei. Waihoki, ko te tangata e pukumahi ana ki te amo i te kawenga o te ora i runga i ōna pakihiwi me te tumanako ka kitea he harikoa i te mutunga o te huarahi, ā, ka wareware ia kei roto i a ia te hari wairua nui, pumau.

(Pērā i ngā kamera i te koraha, e mate ana i te matewai, i te mea e amohia ana te wai i runga i ō rātou tuara)

Nā te mea e rapu ana ia i te harikoa i roto i ngā "mea", kāore ia i te mōhio kei a ia te nui o te harikoa i roto i a ia anō.

Te tuku i te kawenga e tika ana

Kāore te Yoga e tohutohu ana kia kaua e aro atu, kia karo rānei i ngā kawenga o te ao. Engari, e tono ana kia whakakīia tō hinengaro ki te Atua i a koe e takaro ana i tō tūranga i roto i te whakaari o te ao. Ki te hiahia koe ki te noho mokemoke i roto i ngā ngahere, i ngā maunga rānei, me te whakapono ka kitea e koe te Atua mā te whakarērea i ō mahi, me noho rite koe, me te kaha ki te noho whakaaroaro (noho tonu) i te rā katoa mō ētahi rā i ia wā. He mea whakamiharo tēnei mahi mō te hunga e kaha ana ki te mahi. Engari he nui ake te noho ki te ao, engari kaua e noho ki roto i te ao; ki te whakatutuki i ō kawenga pono hei painga mō ētahi atu, me te whakaaro anō hoki ki te Atua.

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti, me te whakarite i ngā mea tino nui i runga i ngā mea tino nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E mea ana ngā karaipiture ki a tātou, ina taupatupatu tētahi mahi ki tētahi atu, he tohu tēnā ehara i te mahi pono. Hei tauira, ki te whai koe i te angitu pūtea me te utu mō tō hauora, kei te wareware koe ki tō oranga tinana. Waihoki, ki te tino aro nui koe ki te whakapono, ā, ka wareware koe ki ō kawenga pūtea, kāore koe i te taurite nā te mea kua tukua e koe tētahi mahi kia taupatupatu ki ō herenga ki tō tinana me tō whānau. Ā, ki te wareware koe ki tō herenga ki te Atua nā te mea kei te aro katoa tō aro ki tō whānau, ehara tēnā i te mahi pono.

He tokomaha e pātai ana: "Me angitū tuatahi tātou ki te whakatutuki i ā tātou kawenga o te ao, kātahi ka rapu i te Atua?" me "Me kimi tuatahi tātou i te Atua, kātahi ka rapu i te angitū?"

Ko te Atua te tuatahi, kua hoki tātou e tīmata, e whakamutu rānei i tō tātou rā me te kore e whakaaro ki a ia, me te kore hoki e whakaaroaro hōhonu ki a ia. Me mahara tātou, ki te kore te kaha me te pūngao e riro mai ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i tetahi mea. Nō reira, ko tā tātou mahi nui ki a ia. Ki te whakatutukihia e tātou ngā herenga katoa me te kore e whakatutuki i tā tātou mahi ki a ia, e kore ia e koa. He pai ake te mahi i ā tātou mahi i runga i te huarahi e pai ai te Atua.

He mea whakamiharo te whakaaro ki te whakakotahi i te rapu i te Atua me te angitu ā-tinana. Engari ki te kore te tangata e whakaaroaro hōhonu, ā-tinana hoki, kia tino mau ai tōna mōhio ki te Atua i te tuatahi, ka taupokina tōna hinengaro e te ao, ā, kāore

**he wā e toe ana mō ngā mea wairua. Ā, ki te kore
tātou e tino mōhio kei a tātou te Atua, ka noho tonu ā
tātou mahi ā-ao hei pūtake o te mamae hinengaro.
Engari ki te rongo koe kei a koe te Atua i ngā wā
katoa, ā, ki te whakaaro koe ki a ia i a koe e
whakatutuki ana i ō mahi, ka noho koe i roto i te
hunga tino harikoa o te iwi.**

**Ka hari te hunga e aroha ana ki te Atua, e noho
ana hoki rātou i roto i te ngākau mārie, i te hari
mutunga kore.**

**Me i kore ahau i whiwhi i ngā whakaakoranga a
taku kaiārahi, a Swami Sri Yukteswar, i homai nei ki
ahau te mōhiotanga atua, kua roa kē taku ngaro i
taku whakatau, ā, kāore e taea e au te āwhina i te
tangata me te hanga temepara hei rapu me te
whakaaroaro ki te Atua. Ahakoa ēnei mea katoa, kua
ngana ētahi ki te aukati i taku ara, kua ki te mahi
tahi me ahau.**

**Ki te mea ko ia tō rātou rangatira, me
whakarongo rātou ki a ia, ka tahuri rātou ki a ia, ka
ngana ki te pei i a ia i roto i ngā huarahi katoa.**

**Engari ki te ngana koe ki te ārahi me te tohutohu
i ētahi atu me te aroha pono, ka karaunatia koe e
rātou hei kingi mō ō rātou ngākau. Ā, ki te aroha ōrite
koe ki te katoa, ka taea e koe te kite i te hunga e
whakautu ana ki taua aroha.**

Kāore he rite o te aroha atua

**Me i mōhio koe ki te kōrero o te aroha atua e pā
ana ki ētahi o ngā tāngata karakia ki te Atua! Kāore
he wheako kē atu o te ao e taea te whakarite ki taua
hari. I mōhio ahau ki tētahi tangata tapu e mau tonu**

ana ki te aroha o te Atua, ā, e whiti ana tōna mata i te aroha tapu. Kei runga tonu te kanohi o te Atua i te hunga e aroha ana ki a ia, ā, e kore rawa ia e whakarērea i a rātou mō tētahi wā poto.

Ka kite ahau i tōku Atua aroha i roto i ngā mea katoa e karapoti nei i ahau

I kite ahau i a ia e titiro mai ana ki ahau mai i ngā putiputi, e titiro mai ana hoki ki ahau mai i te matapihi o te marama

Ka kite ahau i tēnei mea i roto i te mata o te taiao, i roto hoki i te mata o te hunga he wairua rangatira, he ngākau atawhai hoki

Kaua e wareware ki te Mea Aroha Nui, te pūtake o te pai, te aroha, me te atawhai katoa. Kaua hoki e tukua ō tātou ngākau kia kī i ngā mānukanuka me ngā mea koretake o tēnei ao, engari me kī ki te aroha atua, e whakaora ana i te ngākau, e whakahihiko ana i te hinengaro, e whakahou ana i te kaha o te wairua. Kāore he rite o taua aroha. Ina mau te aroha atua ki te wairua o te tangata e rapu ana, ka hari ngā pūtau o tōna tinana, ā, ka kī ia i te hari nui rawa atu. Ā, mō tēnei wheako, ka waiata tētahi o ngā hoa aroha o te Atua:

I te taenga mai o te Ariki o te Ao ki roto i te temepara wairua

I taupokina tōku ngākau e te harikoa, ā, i wareware ahau ki ōna pāorooro

Pērā i ngā pūtau katoa o tōku tinana i wareware ki ā rātou mahi kua whakaritea

I miharo ia i tana whakarongo ki te reo o te ora tonu

Ko te reo o te mea tino arohaina i roto i te ao ko te reo o te Atua te pūtake o te ora

I hiko te ngākau, te roro, me ngā ngota katoa o tōku wairua

Nā te mea i pāngia ia e te aroaro tapu rawa o te Atua

He tirohanga poto tēnei ki te aroha o te Atua me tōna pānga ki te oranga o te hunga e aroha ana ki te Atua.

Ko ngā mamae e hangaia ana, e waiho ana hoki e te mauahara me te pakanga i roto i ngā ngākau o te tangata, he tohu tēnei ko te wairuatanga, te aroha, te atawhai, me te aroha ngā mana nui rawa atu. He whakangaro te mauahara, ko te aroha ia te mana hanga nui rawa atu o te ao.

Nō reira, e aku hoa aroha, me mārama tātou ki te koretake o te mauahara me te wairangi o te pakanga, me tahuri ki te Atua me ō tātou wairua katoa, me aroha ki a ia me ō tātou ngākau katoa. Nā te mea ka homai e tōna aroha he angitu e kī ana i te ngākau māhaki me te ngākau māhaki: he angitu e kore e taea te whakatutuki i tētahi atu huarahi.

Mā te aroha anake ka hanga he ao pai ake, ka kawea mai he pai ki ōna tāngata, ā, ka hoatu he oranga rangatira ki a rātou. Me i mutu te akiaki a ngā iwi tetahi i tetahi mā roto i ngā tikanga hē, engari ka awhi i te aroha me te tautoko tetahi i tetahi, kua kite tātou i te angitu o te ao, ā, ka koa ngā tāngata katoa o te ao ki ngā hua o taua ao.

Whakaarohia ngā miriona e pau ana ki te patu i tētahi tangata e tētahi atu tangata i roto i ngā pakanga! He whakama tēnei ki te tangata! Ā, he aha atu te mutunga iho i tua atu i te mamae, te mamae, te whakangaromanga me te whakangaromanga?

Ko te aroha anake te huarahi hei whakamutu i tēnei mamae o te tangata

I te mea e hanga ana, e whakawhanake ana hoki tētahi iwi i ngā patu whakangaro nui, ka ngana ētahi atu iwi ki te tito i ngā tikanga me ngā patu matatau ake, whakamate ake hoki hei tiaki i a rātou anō, ā, ka noho tonu te tangata i roto i te wehi. He aha te kore ai e whakatipuhia e ngā iwi katoa te aroha me te māramatanga, kaua e whakatupu i te mauahara me te pakanga? Ko te otinga pono kei roto i tētahi karakia whānui o te aroha me te māramatanga, ko te aroha ka toa ai te tangata.

Te mana kei muri i ia mana

Tuatahi, kia angitu ki te Ariki o te Ao Whānui. He nui rawa te aro o te tangata ki ā rātou mahi, ā, e whakaaro ana rātou kāore he wā hei whakaaro ki te Atua. Engari, he aha te mea ka pā ki te tangata mēnā ka tangohia e te Atua tōna mana i tōna tinana me tōna hinengaro? Ka mutu te patu a te ngākau, ā, ka ngaro te kaha o te roro ki te whakaaro.

Ko te Atua te aroha atua kei muri i te aroha tangata katoa, te hinengaro whānui kei muri i te hinengaro katoa, te hiahia nui kei muri i te hiahia katoa, te angitu nui rawa atu kei muri i te angitu o te ao, me te mana nui rawa atu kei muri i ngā mana katoa.

Ko te toto kei roto i ngā uaua katoa me te manawa kei muri i ngā kupu

Me i tangohia e ia tōna mana i ahau, ka mutu tonu taku kōrero, ā, ka whakamutua tōku reo ake ake.

Me i kore tōna mana e mahi i roto i ō tātou ngākau me ō tātou hinengaro, kua rite tātou ki ngā tūpāpaku kore ora.

Kia tiakina e tātou - kia tiakina koe e te Atua - te mea ataahua... ā, kia mahara tātou ko tā tātou mahi tuatahi i te ao ko te aroaro o te Atua.

Ina tutuki i a tātou taua mahi tapu, ka hono tātou ki tō tātou pūtake, ā, ka kī tonu ō tātou ngākau i te harikoa; koinei te angitu nui rawa atu, me te wikitoria mutunga kore. Kia tau te rangimārie ki a koe.

Te Kōrero mō te Kīngi Āketika

I ngā rā o mua, i Inia, i noho tētahi tohunga nui ko Vyasa tōna ingoa, te kaituhi o te Bhagavad Gita, te pukapuka wairua nui rawa atu o ngā tuhinga Hindu. Nā ōna mana wairua nui, i taea e ia te karanga i tētahi wairua rangatira ki roto i te kōpū o tana wahine. I te tipu haere o te tamaiti i roto i a ia, ka tukuna e te matua ki te tamaiti kāore anō kia whānau ngā mea ngaro o te mātauranga me te mauri o te whakaaro nui mā roto i te hinengaro huna o tana wahine.

I tōna whānautanga, i tapaina te tamaiti ko Sukdeva. Nā te whakangungu me te manaaki a tōna matua whakaaro nui, i kitea ia he tamaiti tino pai. I te whitu o ōna tau, kua maumahara ia ki ngā pukapuka katoa o te rapunga whakaaro me te whakaaro nui, ā,

kua rite ia ki te whakarērea te ao kia rapu i tētahi kaiako mātau hei whiwhi atu i te mātauranga.

I Īnia, ka rapu te tangata e hiainu ana ki te pono i ngā kaiako wairua kia kitea rā anō e ia tētahi e mōhio ana i roto i tōna ngākau ko ia te kaiārahi i tonoa mai e te Atua ki a ia hei whakaora i a ia i te pōuri o te kuware ki te māramatanga o te mātauranga.

Ina tīmata te hiahia ki te mātauranga wairua, ka whiwhi te kaitono i ngā akoranga wairua i ētahi wā mai i ngā puna rerekē. Engari ina kaha haere te hiahia ki te Atua, ka tukuna e te Atua he kaiako wairua e mau ana i roto i ngā pūtaiao atua, hei huarahi tapu hei ārahi i te kaitono e hiahia ana ki te hoki ki te kāinga wairua—ki te rangatiratanga o te Atua i roto i te tangata.

I te whakatau a Sukdeva ki te rapu i tētahi kaiārahi wairua, ka tohutohu tōna matua kia haere ia ki a Kingi Janaka. Ka tangohia e Sukdeva āna pukapuka, ka anga atu ki te kooti kingi. I tōna taenga atu ki te kūaha o te whare kingi, ka kite ia i te kingi e noho ana i runga i tētahi torona koura kua whakakikoruatia ki ngā rupi me ngā taimana, e karapotia ana e tētahi tira wāhine e poipoī ana i a ia ki ngā pā nikau (pērā i te tikanga i Īnia onamata i te raumati werawera).

I taua wā, i runga a Kingi Gnaka (he monji) i tōna torona e momi hikareti ana i tētahi hookah rawhiti, ā, i ohorere te tamaiti a Sukdeva i taua kitenga, ā, ka mea ia ki a ia anō: "Aue, he whakama tōku matua mō te tuku i ahau ki tēnei kingi o te ao ki te puku! Me pēhea e taea ai e tētahi tangata he pēnei ōna āhua me ōna āhua taonga hei kaiako māku?!"

Engari he kingi, he tapu hoki a Kingi Gnaka. I noho ia i te ao, engari ehara i te mea nō te ao. Nā te mea kua tino matatau ia ki te taha wairua, ka kite ia mā te waea i ngā mea e puta ana i roto i te hinengaro o Sukdeva, i wehe atu i tōna kooti, ā, hoki atu ana ki tōna kāinga i ahu mai ai ia.

I tonoa e te kingi-hatu tapu tētahi karere ki te whai i te tamaiti, me te tono kia hoki mai ia. I tōna hokinga mai, ka tūtaki kanohi ki te kanohi te kaiako me te ākonga, ā, ka tukuna atu e te kingi āna kaiāwhina, ka tīmata tonu i tētahi kōrero whakamīharo, hohonu hoki mō te Atua me āna merekara.

E whā hāora te roa, ā, ka tīmata a Sukdeva te nekeneke me te hiakai, engari kāore ia i pai ki te whakararuraru i a Kingi Gnaka, i rumakina nei ki roto i ngā moana o te Atua, ā, i haurangi i tōna aroha.

Kāore i roa i muri i te hāora kotahi ka tae mai ngā karere tokorua, e karanga ana: "E te Ariki, kei te mura te tāone katoa, ā, kei te whakatata mai ngā mura ki te whare kingi. Ka taea e koe te tiro tiro i ngā mahi tinei ahi?"

Ka whakahoki te kīngi, "Kei te kōrero māua ko taku hoa a Sukdeva mō te Atua atawhai e tiaki ana i te hunga katoa e rapu piringa ana ki a ia, e whakawhirinaki ana ki Tana awhina, kāore he wā mōku ki te mahi i tētahi atu mea. Waiho ahau, haere ki te āwhina i ētahi atu ki te tinei i te ahi."

I muri i tētahi atu haora, ka hoki ngā karere tokorua ki a Kingi Janaka, ka karanga, "E te Kingi o te Ao, me haere atu koe i tēnei wā tonu. Kua karapotia

te whare kingi e te ahi, ā, kei te tere haere mai ngā mura ki tō rūma."

Ka whakahoki te kīngi, "Kāore he raruraru! Kaua e whakararuraru i ahau, kei te inu tonu māua ko taku hoa aroha i te waina atua. Haere, meatia tāu e taea ai."

I miharo a Sukdeva ki te tauhohenga a te kīngi, engari i ngana ia kia noho marino, kāore i pāngia e te ngangau i tōna taha. I muri tata mai, ka whakatata mai ngā tāne tokorua, kua wera i te mura, ki te kīngi, ka karanga atu me te kaha: "E te kīngi nui, tirohia! Kei te whakatata mai ngā mura mura ki tō torona! Rere atu, e te Ariki, i mua i te paunga o koe i te ahi!"

Ka whakahoki te kīngi, "Haere, mōu ake haumaru, kei roto ahau i ngā ringa o te Atua, te Kaitiaki Katoa, ā, kāore ahau e wehi i te ahi me ōna mura whakangaro."

I mawhiti ngā tāne tokorua nei, ā, ka tīmata te ahi ki te whakatata atu ki te puranga pukapuka a Sukdeva i tōna taha, heoi i noho marino te kīngi, kāore hoki i manukanuka ki ngā mea katoa e tupu ana.

I tēnei, ka matakū a Sukdeva, ka ngaro tōna marino. Ka whakatika ia i tōna nohoanga, ka tīmata ki te patu i ngā mura ki ōna ringa, me te ngana ki te tiaki i āna pukapuka utu nui. Kātahi ka menemene a Kingi Kānaka, ā, mā te tohu kotahi, ka memeha haere ngā mura me te mea kāore anō kia puta. Ka miharo a Sukdeva ki tāna i kite ai, ā, ka hoki anō ki tōna nohoanga, ka miharo, ka pōhēhē.

Hei whakamutunga, ka mea māriri te kīngi, "E tama Sukdeva, i tō kitenga i ahau i whakaaro koe he kīngi ahau e rumakina ana e ngā mea o te ao, engari tirohia koe! I whakarērea e koe te Atua Kaha Rawa me te Atua Tiaki hei tiaki i ō pukapuka, i ahau ia kāore i aro ki tōku kingitanga me tōku whare rangatira e mura ana. I mahi te Atua i tēnei merekara hei whakaatu ki a koe ahakoa tō noho pōuri i te ao, he nui ake tō piri ki ō pukapuka i tō te Atua, ā, he nui ake tō piri ki tōku kingitanga, ahakoa e noho ana ahau i te ao, ehara i te noho mokemoke me te noho whare tapu."

I whakama a Sukdeva, ā, i taua wā anō ka mōhio ia ko tēnei kīngi tapu - ehara i te mea ko tētahi atu - tōna kaiārahi wairua.

Kātahi ka tono a Kingi Ganakka kia whakamātauria a Sukdeva ki te whakaako i a ia ki te toi o te noho i te ao me te kore e taka ki roto i ōna mahanga, me te kore hoki e herea e ōna here. I tētahi rā, ka hoatu e te kingi ki a Sukdeva ētahi peihana e rua kua kī tonu i te hinu, ā, ka mea atu ki a ia: "Whakatakotoria he peihana ki ia ringa, ki ia ringa, ka tomo ki ngā rūma katoa o te whare kingi me ōna taonga papai, ka hoki mai ki ahau ina kite koe i ngā mea katoa o roto. Engari kia mahara, e kore ahau e whakaae ki a koe hei ākonga māku mēnā ka tukua e koe tētahi pata hinu kia taka ki runga i ngā whāriki."

I tono te kingi kia haere tahi rāua ko Sukdeva me ana kaitiaki tokorua.

He tino uaua taua whakamātautau, engari i muri i ngā haora e rua, ka toa a Sukhdeva. Kāore ia i tuku i tētahi pata hinu kia maringi mai i ngā peihana e rua e puea ake ana i roto i ōna ringa e totoro ana.

Ka mea te kīngi ki a ia, "E Sokdeeva, kōrerotia mai ngā taipitopito o ia rūma o te whare kingi."

"E te Ariki," te whakahoki a Sukdeva, "i tino aro atu taku hinengaro ki te ārai i te hinu kia maringi ki runga i ngā whāriki, nō reira kāore au i kite i tētahi atu mea i roto i te whare kingi."

Ka whakahoki te kīngi, "Kua whakapōrearea ahau e koe, e Sukdeva! Kāore koe i eke ki taku whakamātautau. I tono atu ahau kia tirohia e koe ngā mea katoa i roto i ngā rūma o te whare kingi, ā, i taua wā anō kaua e tukua kia maringi tetahi pata hinu mai i ngā peihana e rua. Hoki atu, ngana anō, ka haere mai ki ahau ina oti koe, ka kōrero mai i tāu i kite ai."

Tekau hāora i muri mai, ka hoki marie mai a Sukhdeva. Kāore ia i maringi he hinu, kāore hoki i werawera, kāore hoki i oho pērā i mua. I taea hoki e ia te whakautu i ngā pātai a te kīngi mō ngā mea kei roto i te whare kingi, me te whakaahua i ngā taipitopito o ngā rūma me te tino tika.

I harikoa a Kingi Kānaka ki te angitu o Sukdeva i te whakamātautau, ā, ka mea ia me te reo mārie:

"E taku tama, ko te piri ki ngā taonga, ehara i te mea ko ngā taonga tonu, te pūtake o te mamae."

E Sukhdeva, i tēnei ao, kāore ā tātou taonga; kua homai he mea ki a tātou hei whakamahi mā tātou i a tātou e noho poto ana i runga i tēnei whenua, he nui ake ā tātou mea hei whakamahi i ētahi atu, engari kia mahara ko te hunga whai rawa me te hunga rawakore ka mahue ngā mea katoa ina tae ki te wā e wehe atu ai. Kaua te tangata e noho pōrearea, e whakaaro ana ki te Atua anake, e wareware ana ki ā rātou mahi o te

ao, pērā i te arotahi i tō hinengaro ki te hinu, me te kore e kite i ngā mea o roto o te whare kingi. Engari i tō haerenga tuarua, i aro nui koe ki te hinu, engari i taua wā anō i kite koe i ngā mea katoa o roto i te whare kingi, ā, i mimiti i ngā taipitopito pai rawa atu. Waihoki, me pupuri tō hinengaro kia piri ki te Atua, kua e tukua te hinu o te whakaaro nui kia maringi mai i te oko o tō hinengaro, ā, i taua wā anō kia kaha ki te mahi i te mea tika, me te mahi pai hei āwhina i a koe anō me te hunga kua tukuna mai e te Atua ki roto i tō tiaki.

Kia tau te rangimārie ki a koe

He tīmatanga, he mutunga rānei te mate?

I roto i ngā tau me ngā marama, i rapua e au tētahi rangahau hohonu, tonu, tae noa ki te wā i mōhio ai ahau ki te mea ngaro o te ora me te mate, me te mea hoki ka hoki ngā wairua ki te ao tūroa i muri i te wehenga atu i ō rātou tinana tawhito.

Ki te nuinga o te tangata, he whakaaro noa iho tēnei, he whakapono noa iho rānei nā te kore o ngā taunakitanga. Engari kāore au e kōrero ana i runga i te whakapono noa iho; kua kitea e au ngā taunakitanga o te ora i muri i te mate me te whānautanga anō. Nō reira, ka taea e au te whakaū i tēnei meka mai i aku ake wheako.

Ahakoia e titiro ana te tangata ki te mate me te wehi me te pouri, ko te hunga kua riro i mua i a tātou ki aua ao harikoa e whakaaro ana ko te mate he wheako whakamiharo o te harikoa, te rangimārie, me te herekoretanga.

**Kātahi te ataahua o te oranga i muri i te mate!
Kāore he take ki te amo i tēnei paihere wheua
taumaha me ōna mamae me ngā raruraru katoa e pā
ana. Kei te mau tonu te hinengaro o ngā wairua i te
ao wairua, ā, kei te harikoa rātou i tō rātou
herekoretanga mai i ngā herenga tinana, rauemi
katoa.**

**I te matenga, ka wareware te tangata ki ngā
herenga o te tinana, ā, ka mōhio ki te tino
herekoretanga o te tinana. Ka puta he kare ā-roto o
te wehi mō ētahi hēkona: te wehi ki te mea kāore i te
mōhiotia, te wehi ki tētahi mea kāore i te mōhiotia e
te hinengaro tangata. Engari kātahi ka wheako te
wairua i te mōhiotanga hohonu me te harikoa nui i te
wāteatanga mai i ngā here katoa, inā koa te kare ā-
roto o te noho i waho o te whare herehere tinana.**

**Kāore he mea e wehi ai, nā te mea, i te mea kāore
anō te tangata kia mate, e ora tonu ana ia, ā, ina
mate ia, ko te mutunga tēnei, ā, kāore he mea e wehi
ai.**

**He wheako noa te mate: he huringa e pā ana ki te
tangata katoa. Kia whakamarietia tātou e te meka e
pā ana te mate ki te katoa, ā, he wā okiokinga tēnei i
ngā taumahatanga me ngā āwangawanga o te ao.**

**He wheako ahuareka te mate, engari kaua e
hiahia kia puta mai i ngā akoranga uaua o te ao. He
hapa te mawhiti. Ahakoa ngā āhuatanga o te tangata
i runga i tēnei ao, me anga atu ki aua āhuatanga me
te maia. Ina angitu te tangata ki te aro atu ki ngā
wero o te ao, ka waiho te mate hei utu tika.**

**Ehara te mate i te mutunga, engari he
whakaoranga rangitahi i tukuna e te ture atua o te**

tika (karma) ki ngā wairua ina mahi pai rātou i ā rātou mahi, ina pau rānei te kaha o te mamae, ā, kāore e taea e rātou te ora me te haere tonu i tō rātou ara.

Ki te hunga e mamae ana (me te hunga e whakaaroaro ana), ko te mate he tukunga i ngā mamae o te tinana ki te āhua o te marino, te ara ake, me te rangimārie. Ki te hunga kaumātua, he penihana tika tēnei i whiwhihia i roto i ngā tau maha o te mahi tonu me te pakanga. Ki te katoa, he okiokinga pai. Engari i roto i tēnei okiokinga, ka ara ake ngā hiahia moe kāore i tutuki i te wā o te ao, ā, ka hiahia te wairua ki te whakatutuki i aua hiahia. Ina kaha ake ēnei hiahia, ka hoki te wairua ki te whenua, ā, ka whānau anō.

Ko tō tātou wairua tūturu, ko tō tātou āhua tūturu, he mea ora tonu. Tērā pea ka moe tātou mō tētahi wā nā te huringa e kiia nei ko te mate, engari e kore rawa e ngaro tō tātou tuakiri tūturu. Kei te ora tonu tātou, ā, he mea ora tonu tō tātou. Ka tae mai te ngaru ki uta, ka hoki anō ki te moana, kāore e ngaro tōna āhua tūturu; engari, ka hanumi ki te moana, ka hoki anō rānei hei ngaru anō.

I puta mai te tinana i te moana nui, ā, ka mate, engari ko te mauri o te wairua e noho ana i roto i te tinana, e kore e mutu ake ake. Nā te mea e kore e taea te whakangaro i taua mauri atua.

He aha tātou ka tangi ai ina mate ō tātou whanaunga? Nā te mea e pouri ana tātou ki tō tātou matenga Mena kua wehe atu ō tātou whanaunga i a tātou ki te ako i ngā kura pai ake i ngā kura o te ao, me koa tātou mō rātou, kaua e pouri mō rātou. Mā te pouri mō ngā wairua kua wehe atu ka herea rātou ki te whenua e ngā taura o tō tātou pouri, ka aukati i tō

rātou ahunga whakamua ki ngā taumata teitei ake o ngā pae tawhiti mutunga kore a te Atua.

Ka tae mai te mate ki te hunga e kaha ana, e māia ana ki te mahi i te ao hei whakatairanga ki tētahi tūranga teitei ake. Ā, mō te hunga e hinga ana, ka tae mai hoki hei hoatu i tētahi whai wāhitanga hou ki a rātou i roto i tētahi taiao hou ki te ngana anō me te whakatutuki i te angitu.

Ko te hunga kāore i te mārama, e kite ana i te mate hei taiepa matotoru e huna ana i ō rātou hoa me ō rātou whanaunga ki muri. Engari ko te hunga e wātea ana i ngā here me ngā hiahia whaiaro, e aroha ana ki ētahi atu hei whakaaturanga tangata a te Atua, e mārama ana i roto i te matenga ka hoki ā rātou whanaunga ki te Atua ki te manawa i roto i Tōna whānui i ngā hau o te herekoretanga me te harikoa parakore.

Me tuku atu e tātou ngā whakaaro aroha ki te hunga kua mate, me te inoi ki te Atua kia homai he rangimārie me he whakamarie ki a rātou i roto i tō rātou ao hou. Ka taea tēnei mā te arotahi ki te pito i waenganui i ngā tukemata, me te tuku karere wairua ki ō tātou whanaunga i te ao wairua. Me tuku atu hoki e tātou ki a rātou ngā whakaaro whakatenatena me te aroha. Ki te haere tonu ā tātou karere, ka tino rongo rātou i aua whakaaro, ka whakahoki mai hoki i ō tātou kare ā-roto. Nā te mea, ka whakaaro rātou ki a tātou, ka hiahia hoki ki a tātou, pērā i a rātou e koa ana i a tātou e mahara ana ki a rātou, e tuku karere aroha me te hiahia nui ki a rātou.

Ā, ka tae mai te rā e whakakotahi ai te Atua i te hunga e aroha ana tetahi ki tetahi, ā, ka mōhio tātou ehara i te mea ko tēnei oranga tangata anake, engari

**he hononga noa iho i te mekameka o te
whanaungatanga mutunga kore me ō tātou hoa me ō
tātou whanaunga i tēnei ao me te ao e whai ake nei.**

Kia tau te rangimārie ki a koe

hua tika

**Ko te hinengaro te kaihanga, te auaha i ngā mea
katoa, nō reira me ārahi tika kia kore ai e waihanga i
ngā mea hou.**

**Ngā whakaaro me ngā mea pai anake. Ki te pupuri
tonu koe i tētahi whakaaro me te ngākau nui me te
whakapau kaha, ka tupu.**

**Ka kitea, ka kitea hoki tōna āhua ina taea e te
tangata te whakamahi i tōna hiahia mō ngā kaupapa**

**I a ia e whai hua ana, e whai hua ana hoki, ka
noho ko ia te rangatira o tōna ake ao.**

**E toru ngā huarahi nui hei whakakaha i tō kaha
hinengaro, hei whakapakari, hei whai hua hoki:**

**Te whiriwhiri i tētahi mahi, i tētahi umanga rānei
ngāwari i mua kāore i taea te mahi me te matatau, me
te whakatau ki te**

Angitu i roto i taua mahi, i taua umanga rānei

**Tuatahi, kia tino tutuki te mea kua whiriwhiria,
kātahī ka kaua e ngākau mārie i te wā e hinga ana.**

Me te korenga

**Te arotahi i ngā mahi ki tētahi whāinga kotahi, me
te whakamahi i ngā kaha me ngā whai wāhitanga
katoa e wātea ana hei whakatutuki i taua whāinga**

Koinā te whāinga

He mea tino nui kia whakarite tonu, i roto i te ngākau marino, ko te mea e hiahiatia ana, e whāia ana hoki e te tangata

Ko tana tono he mea pai mōna, ā, e ai ki te hiahia o te Atua. Kātahi ka taea e ia te whakamahi i tōna mana katoa.

Tōna hiahia ki te whakatutuki i tana whāinga, me te arotahi tonu ki te Atua, te pūtake o te mana katoa

Me ngā whakatutukitanga

Ka ngoikore te kaha o te ora e te wehi

He whare putunga nui te hinengaro tangata o te pūngao, o ngā mahi ora rānei.

Tōna whakamahinga tonu i roto i ngā nekehanga uaua me te mahi a te ngākau, ngā pukahukahu, me te diaphragm

Te pākia o ngā pūtau me ngā tauhohenga matū o te toto, me te mahi a ngā whekau tairongo

(Ngā io) Hei tāpiri, he nui te pūngao ora e pau ana i roto i

Whakaaro, kare ā-roto, me te hiahia

Ka ngoikore te mahi nui e te wehi. Ko tētahi o ngā hoariri nui o te hiahia kaha. Ko te wehi e ahu mai ana i

Mā te pēhi me te aukati i te mahi o te ora e rere noa ana ki ngā io, ka puta te āhua nei

Kua pararutiki, ā, ka ngoikore te tinana, ka tino heke te kaha me te hiranga o te ora.

Kāore te wehi e āwhina i a koe ki te whakakore i te pūtake o tō wehi; ka ngoikore te hiahia, ka nui rawa hoki te whakaohoho i te roro.

Hei tuku i tētahi tohu ārai ki ngā whekau o te tinana Ka mau te wehi i te ngākau, ka whakararu i te tukanga

He maha ngā raruraru tinana ka pā mai i te nakunaku Ina aro tonu te hinengaro ki te Atua

Kāore mātou e wehi i tetahi mea, ā, ka taea e mātou te wikitoria i ngā arai me ngā ārai katoa me te maia me te whakapono.

Ko te hiahia he hiahia kāore i te kaha. Ko te whāinga ko te whakatau ki te mahi i tetahi mea: ki te whakatutuki i tetahi hiahia, i tetahi mea rānei.

Ko te hiahia, i tētahi atu taha, ka taea te whakapuaki mā te kī: "Ka mahi tonu ahau me te kore e ngenge kia tutuki rā anō taku e hiahia ana"

"E hiahia ana ahau" Ina whakangungu te tangata i tōna hiahia, ka taea e ia te tuku i ngā kaha o te mahi nui

Me te ārahi i a ia, kua e hiahia noa ki tētahi mea me te kore e mahi i ngā mea e tika ana

Hei whiwhi i taua mea

I muri i te korenga o ngā mahi hou, ka puta te tipu tūturu

Ahako te korenga e angitu, me noho hei whakakorikori mō te kaha o te ngākau, mō te tipu tinana me te wairua.

Mō tētahi kaupapa, he mea pai te tātari i ngā āhuatanga katoa, ngā āhuatanga me ngā āhuatanga e tika ana hei whakakore i aua āhuatanga.

Te whakakore rawa i te tūponotanga o te whakahokinga anō i ngā hapa ōrite ā muri ake nei Ko te whakakore i te kore angitu te huarahi tino tika

Ā, ko te wā tino momona mō te rui i ngā purapura o te angitu

Ka pā mai pea ngā maru me ngā whara i ngā whiunga me ngā kuru i ngā āhuatanga, engari me noho marino te tangata.

Kia tika, kia ara ake ō tātou mahunga. Kaua e mutu te whakamātau, engari me whakamātau anō.

Haunga tēnā, ahakoa te maha o ngā wā ka hinga tātou, me kaha tātou ina whakaaro tātou he

Kāore he kaha o tātou ki te whawhai tonu, kia tae rā anō ki te wā e mōhio ai tātou i roto i tō tātou ngākau kua whakapau kaha tātou.

I whakapau kaha mātou, ā, ka whakapau kaha mātou kia angitu rā anō ā mātou mahi

Me u tonu tātou ki te pakanga o te ao tae noa ki te mutunga, me te whakamahi i tō tātou kaha nui

Te wikitoria i ngā uauatanga katoa o te ao

Ko ngā mahi hou i muri i te korenga e arahi ana ki te tipu tūturu, engari me whakarite me te whakakaha i aua mahi.

Me te aro nui me te kaha hihiri whai hua

Ahakoā kua hinga koe tae noa mai ki tēnei wā, he mea whakaarokore te mutu te whawhai me te whakaaro ko te hinganga he aituā

Ā, nā te mea i whakaritea, he pai ake kia mate te tangata i te whawhai i te mutu o te tohe i te mea kei a ia te wā.

Ka taea e ia te whakatutuki i ngā mea maha atu, nā te mea ka haere tonu āna mahi ki tētahi ao hou ahakoā kua mate ia.

Ko te angitu me te kore angitu he hua tika nō ngā mahi a te tangata i ngā wā o mua, hei tāpiri atu ki ngā mea kua mahia e ia

Kei te mahi ia i tēnei wā. Nō reira, me whakaoho ake ngā whakaaro o te angitu, me whakahou ake anō hoki i ngā āhua o mua.

Me te kaha me te hihiko kia taea ai te whakahaere i ngā whakaaro o te kore angitu i te ao o nāianei

Tērā pea he nui ake ngā uauatanga me ngā raruraru e pā ana ki te tangata angitu i ērā e pāngia ana e ētahi atu

I tūtaki te tangata kāore i angitu ki tēnā, engari i whakangungu te tangata tuatahi i a ia anō ki te whakakore i te whakaaro o te korenga.

Me te taipitopito i ngā wā katoa

Me neke te hinengaro mai i te pouri me te ngakaukore ki te wikitoria me te wikitoria, mai i te manukanuka ki te ata noho.

Mai i te pōhēhētanga hinengaro me te manukanuka hinengaro ki te arotahi hinengaro, mai i te pōhēhētanga me te raruraru

Ki te rangimārie, mai i te rangimārie ki te harikoa tapu wairua

Ina whiwhi koe i tēnei mōhiotanga ki a koe anō, kua karaunatia te kaupapa o tō oranga ki te angitu, ā, kua tutuki.

Kororia

Te hiahiatanga o te hinengaro

Mō te hunga e hiahia ana ki te angitu, ka tukuna atu e mātou ēnei tohutohu:

Ko tētahi atu mea ngaro ki te angitu ko te hinengaro. Ko te whakaaroaro hohonu he whakaata e taea ai e te tangata te kite.

Ka whakakitea ngā hōhonutanga huna o tō hinengaro, e kore nei e huna i a koe. Ngāna kia kitea ngā wāhi o te korenga.

Te wehewehe i waenga i ngā au me ngā hiahia pai me ngā au kino. Whakamahia te tātaritanga whaiaro kia marama ai koe ki tō tūnga inaianei.

He aha tāu e hiahia ana kia tutuki, ā, he aha ngā arai e ārai ana i a koe? Tautuhia te āhua o tāu mahi tuturu

Kia mōhio ki tō kaupapa i te ao. Kia kaha ki te pupuri i ngā āhuatanga katoa o te tuakiri pono.

Ā, ko te wahine rangatira, kāore e whakakorikoria e ngā kare ā-roto me ngā hiahia, me te pupuri tonu i tōna hinengaro kia rite ki te Atua

**Ka tere tonu tō ahunga whakamua, ka haumaru,
ka māia hoki koe i te ara e anga atu ana ki te whāinga
e hiahiatia ana e koe**

**Ko te whāinga matua ko te kimi i te ara ki te Atua.
Engari he mahi me he kawenga anō kei reira.**

**Me whakatutuki, me whakatutuki hoki ēnei mea i
tēnei ao. Mā te kaha o te ngākau me te whakaaro nui
e āwhina i a tātou.**

**Hei tautuhi i aua herenga me te whakatutuki i aua
herenga ki te taumata tino tika**

Te mana o te kaupapa auaha

**He aha te kaupapa auaha? He pūkenga auaha i
roto i te tangata: he mura mai i te kaihanga**

**Mā te mutunga kore ka taea te waihanga i tētahi
mea kāore anō kia hangaia e tētahi atu i mua, pērā i
tana tukunga mai**

**Te hihiri ki te mahi i ngā mea i roto i te huarahi
hou, auaha hoki Ngā whakatutukitanga a te tangata
whai wairua**

**Tērā pea he kaupapa kanapa, he mea
whakamiharo hoki, pērā i te whetu pupuhi, ā, te āhua
nei kei te waihanga i tētahi mea.**

**Mai i te kore, ka whakaatu ko te mea e ahua kore
e taea, he mea tino taea mā te whakamahi**

**Ko te tangata te kaha auaha nui rawa atu o te
wairua**

**Mā te wairua o te whakaaro nui me te auahatanga
ka taea e te tangata te tū ki runga i ōna waewae e
rua, te herekore me te motuhake;**

Ko tētahi o ngā āhuatanga o te angitu

Kei roto i te katoa te āhua o te Atua

He tokomaha te hunga e whakamārama ana i ō rātou ake ngoikoretanga, e whakahē tonu ana i ētahi atu. Me huri tēnei āhuatanga.

Ko te tūnga he wareware i ngā hapa o ētahi atu (kāore e kino ki te tangata) ā, me waiho ō tātou ake hapa ki raro i te...

Te karu hiko

He mea tika kia tātarihia ētahi atu i ētahi wā, engari i roto i tēnei āhuatanga, me pupuri ngā whakaaro o te tangata ki a ia anō.

Kore he whakaaro whakahāwea, he whakaaro tika, he whakaaro tōkeke hoki, he rite ki te whakaata.

Ko te whakaata mārama, kore e nekeneke, kāore e whakakorikoria e te whakahē tere, me ngā mea katoa e puta mai ana i roto i taua whakaata

Ka puta tōna āhua tūturu, kāore he whakapaipai, he whakapōturi rānei

Kia kite tātou i te āhua o te Atua i roto i ia tangata, ahakoa te iwi, te whakapono rānei. Ka reka te reka o te aroha.

Ko te tapu ko te wā e rongo ai tātou i tō tātou kotahitanga ki te tangata, kaua i mua i te mahi tahi

Ka wareware tātou ki te tangata iti (te ego) ka pā atu ki te tangata nui kotahi kāore he rohe, he here rānei.

Ki a ia: Ko te wairua atua e whakakotahi ana i ngā tāngata katoa, e whakakotahi ana hoki i a rātou

Ko ngā tikanga hinengaro e whakahaere ana i te oranga o te tangata

Kei ngā tikanga tangata te mana ki te whakatere, ki te whakaroa rānei i te angitu. Ehara i te mea he whakaohoho poto noa iho, he

Ko ngā whakaaro kanapa, ko ngā tikanga hinengaro o ia rā, e whakatau ana i te huarahi o ō tātou oranga

He aukume hinengaro ngā whanonga hinengaro e kukume ana i ētahi momo mea me ngā tāngata ki a tātou

Me ngā āhuatanga Mā ngā tikanga whakaaro pai ka taea e tātou te kukume mai i ngā whai wāhitanga pai me ngā whai hua, engari

Mā ngā whanonga hinengaro kino tātou e whakatata atu ai ki te hunga he āhua me he hiahia ā-ao ō rātou, me ngā āhuatanga kāore i te rite ki tēnā.

I tūtohutia

Ka taea te whakakore i ngā whanonga kino, me te whakakore i tō rātou kaha mā te karo i ngā mea katoa ka whakaoho i aua whanonga kino.

Me whakaora anō rānei, me te kore e aro tonu ki taua mea. Muri iho, me anga te hinengaro ki te tikanga.

Ko te atawhai me te mahi tonu ki te whakawhanake i tēnei mea kia noho hei wāhanga nui o ō tātou oranga, he mea ka taea e tātou te mahi.

Whakawhirinaki ki a ia, me te whakawhirinaki ki a ia

Kei roto i a tātou e rua ngā mana e whakahē ana i roto i tētahi pakanga mutunga kore: he mana e akiaki ana i a tātou ki te mahi i ngā mea kāore e tika ana kia mahia e tātou.

Ka mahia e mātou, ā, ka tūtohu mai ētahi atu ki a mātou me aha mātou, ngā mea e ahua nui ake ana

Uaua Ko te reo tuatahi te reo o te kino, ko te reo tuarua ia te reo o te pai, o te Atua rānei

Mā roto i ngā akoranga uaua o ia rā e akohia ana e tātou, ka kitea mārama e tātou ko ngā tikanga kino e whāngai ana i te rākau

Ko ngā hiahia mutunga kore mō ngā rauemi, ko ngā tikanga pai ia e whāngai ana i te rākau o ngā hiahia

Me ngā wawata wairua teitei Me aro nui ake ngā mahi ki te whanaketanga tika

Mō te rākau wairua tapu, kia taea ai e tātou te kokoti i ngā hua o te mātauranga whaiaro pakari i tētahi rā

Hiahia kai

Ki te taea e te tangata te whakawātea i a ia anō i ngā momo whanonga kino katoa, ā, ki te taea e ia te mahi i ngā mea katoa

Ko te pai, ko te rangatira, ko te aroha mā te rangatira me te atawhai, ehara i te mea nā te mea ka puta mai te pouri me te pōuri i te kino

Ka tipu tōna wairua, ka ahu whakamua i te ara

Ka herekore te tangata ina whakarērea e ia ōna whanonga kino, ā, mā te whiriwhiri anō hoki. Ka herekore noa iho rātou ina

Ka riro ia hei rangatira, ka taea e ia te whakahau i ōna kare ā-roto, ōna whakaaro, me tōna hiahia kia mahi i ngā mea e tika ana.

I taea e ia, ahakoa i whakahē i ana hiahia i roto i taua mana o te whakahaere i a ia anō me te whakahaere i a ia anō

Kei roto i a koe ngā purapura o te herekore mutunga kore

Kua whakahuatia e au ētahi āhuatanga nui o te angitu tae noa mai ki tēnei wā: te whakaaro pai, te ngākau hihiri,

Te tātaritanga hinengaro, te kaupapa matua, me te mana whakahaere. He maha ngā pukapuka e whakanui ana i tētahi, i ētahi rānei o ēnei

Nui atu i ēnei āhuatanga, engari kāore e whakaae ana ki te mana atua kei muri i ngā āhuatanga

Koinā te angitu. Ko te whakataurite ki te hiahia o te Atua te mea nui rawa atu hei whakatutuki i te angitu.

Ko te hiahia o te Atua te kaha e neke ai te whenua me ngā mea katoa i runga, me te ao whānui me ngā mea katoa i roto. Ko te hiahia o te Atua.

Ko te Atua te kaiwhakatere i ngā whetū i te wāhi, ā, ko tāna e pai ai te whakatakoto i ngā aorangi ki ō rātou ara.

Ā, ko ngā huringa o te whānautanga, te tipu, me te pirau e whakahaere ana i ngā momo ora katoa. Kia whakapaingia te Atua, kia whakapaingia hoki Tōna hiahia. Te hunga whakaaro nui, te hunga mōhio ki ngā mea katoa

Kia tau te rangimārie, te aroha me ngā manaakitanga o te Atua ki a koutou

te harikoa wairua

Ko te wheako tūturu o te harikoa wairua
Kua homai e te Atua ki a tātou te mana o te
whakaaweawe wairua: te kaha ki te wheako i te hari o Tōna
aroaro i roto i a tātou. Engari kua hangaia e ngā mana kino o
te ao ngā momo tinihanga me te tinihanga. Ko te harikoa
rangitahi o te waipiro me ngā tarukino he rūpahu o ngā
wheako wairua pono. Ko te whakamahinga o te waipiro me
ngā tarukino he maha ngā wā ka arahi ki te whakangawari i
ngā mahi moepuku e aukati ana i te whiwhinga o te
whakaaweawe wairua mā te whakawhāiti i te hinengaro me
.te mōhiotanga tinana kaha
He tokomaha te hunga e inu waipiro ana hei whakakore
i ngā āwangawanga me te muku i ngā maharatanga mamae,
whakararuraru. Engari ko tēnei momo warewaretanga ka
tango i te whakaaro nui wairua o te tangata—ae, ka tangohia
i a rātou te kaha tonu e āwhina ana i a rātou ki te wikitoria i
.ō rātou raruraru me te kimi i te harikoa pumau
Ko te Atua te pūtake o te hari me te harikoa, ā, e hiahia
ana ia kia rapua e tātou tana harikoa e whakahoutia tonutia
.ana, kia kitea hoki i roto i a tātou anō
Tērā tētahi mana tinihanga, he mana nui nō te ao tūroa
a Hātana – a Hātana, a Iblisi, te Anatikaraiti, te Anatikaraiti
rānei – e ngana tonu ana ki te whakararuraru i ngā
.whakaaturanga me ngā ariā ataahua katoa o tēnei ao

I roto i te hanganga, ka kite tātou i ngā mana takirua o
te pai me te kino e whakahē ana, e whakahē ana tetahi ki
tetahi: Nā te Atua i hanga te aroha, ā, nā te mana rewera i
hanga te mauahara Nā te Atua i hanga te atawhai me te
ngākau atawhai, ā, nā te mana rewera i hanga te hiahia
whaiaro me te aroha ki a ia anō Nā te Atua i hanga te
rangimārie me te rangimarie, ā, nā te mana rewera i hanga
.te ngangau me te pakanga

Mā te mōhio ki tēnei, me mārama te kaitono he tino kino
te waipiro me ngā raau taero ki tōna harikoa nā te mea ka
huna i te harikoa wairua pono, ka pakaru hoki ngā pūtau
roro, ka pā kino ki tōna hinengaro me tōna māramatanga.
Ahakoa te whakamahi kotahi i te waipiro, i te raau taero
rānei, ka arahi pea ki te waranga, inā koa mēnā he hiahia ki
ēnei matū kino mai i ngā oranga o mua. Me karo i ngā mea
.kino nā te mea he kino

Ina pā ki a koe te harikoa wairua pono, ka kitea e koe
kāore he wheako kē atu e taea te whakarite. Me whai tonu
ngā mātua ki te whakatō i te mōhiotanga wairua ki roto i ā
rātou tamariki mā te whakaako i a rātou ki te whakaaroaro
me te māramatanga mohio, kei taka rātou ki te
whakamatautauranga o te tākaro ki ngā ahi o ngā ahuaireka
.tinihanga me ngā ahuaireka teka

He mutunga kore te harikoa tuturu. Engari he poto noa
ngā ahuaireka e puta mai ana i te waipiro me te tarukino, ā,
.ko te pouri me ngā kare ā-roto whakangaro anake e toe ana
I ia pō, i a tātou e moe marino ana, e okioki ana, ka pā
mai te reka o te rangimārie me te harikoa ki a tātou. Ina moe
hohonu tātou, ka tukua tātou e te Atua kia noho i roto i te
wairua marino, te wairua marino, e wareware ai tātou i ngā
āwangawanga me ngā manukanuka katoa o tēnei ao. I roto i
te whakaaroaro, ka taea e tātou te wheako i tēnei wairua
manaakitanga ahakoa i a tātou e ara ana, ā, ka pā mai he
.rangimārie ki tētahi taumata anō

Ina heke iho te hari atua, ka marino taku manawa, ka
rere taku wairua, ka pā ki te harikoa o te mano moe i te wā
kotahi, engari kāore au e ngaro i ōku māramatanga noa. Ko
tēnei wheako ao whānui he mea whakarite mā te hunga e
ruku hohonu ana ki te whakatutuki i te taumata teitei o te
.hinengaro

Ina kī tonu tō wairua i te harikoa nui o te Atua, ka
marino rawa te tinana, ka mutu te rere o te manawa, ka
marino ngā whakaaro, ā, ka memeha haere. Ka rongo te
tangata whakaaroaro i te pono o tōna wairua me tōna tata ki
te Kaihanga, nō reira ka inu ia i te harikoa atua, ka reka hoki
i te harikoa o te hari e kore e taea e te mano horopeta waina
.te whakarato

Ka hiamoe te tangata noa i te rohe i waenga i te araara
me te moe, ka pāngia e te oranga mō te wā poto, engari ka
memeha haere tēnei kare i a rātou e moe hohonu ana. Ehara
te moe i te ngaronga o te māramatanga katoa nā te mea, i a
koe e araara ana, e mōhio ana koe mēnā i marino tō moe,
.kāore rānei

He maha ngā āhua o te moe—ko ētahi he māmā, ko
ētahi he hohonu. Engari ko ngā wheako wairua o te tangata
me te Atua i roto i te āhua mohio he nui ake te whakahihiri
me te whakahauora i te harikoa nui o te moe, o te moe pōuri
.rānei (te hiamoe, te moe rānei i mua i te moe)

Kei tua atu i ngā mea ngaro me ngā mea ngaro o te
moe kei roto ēnei hari tapu

Ka taea e au te noho i roto i tētahi āhua e hiahia ana
ahau. He maha tonu taku noho i waenganui i te ao o te moe
.me te mōhiotanga o te ao: i roto i tētahi āhua rangatira

He whānui, he mutunga kore te whānuitanga o te
hinengaro tangata, engari he maha ngā wā kāore e mōhiotia
ana e te tangata. Ka taea e au te wheako i ngā āhuatanga e
rua i te wā kotahi: te moe hōhonu me te ara tonu. Ka taea
rānei e au te moe, te moemoeā, me te whakarongo ki ngā
.mea katoa e tupu ana i te wā kotahi

I ētahi wā ka moe ahau pērā i te tangata noa. Ka taea hoki e au te moe me te mātakitaki i a au anō e tino mōhio ana. I te āhua teitei ake, kei te moe tō tinana me tō hinengaro, engari kei te tino mōhio koe ki ngā mea katoa e tupu ana. Ka taea anake tēnei mā te whakawhanake i te kaha ki te tomo ki te āhua teitei ake o te mōhiotanga me te .hoki ki te āhua o te ara ake

Kāore rawa he take e wehi ai koe ki te wehe atu i te tinana me te kore e taea te hoki mai mā te whakaaroaro, te rangimārie o roto, te whakaaro rānei. Kāore he pūtake o tēnei whakaaro, e whakatairangahia ana e ētahi. He tino kaha te piri ki te tinana, ā, he uaua ki te mawhiti atu. Ahakoa ka memeha haere te mōhiotanga, kāore e taea te wehe atu i te tinana katoa i te mea kei te hono tonu te hinengaro .papaku ki a ia

Ki te kaha rawa tō whakaaro ki tētahi mea, ka noho hei moemoeā noa iho taua mea, kāore he mooni whaiaro. Me mārama te rerekētanga i waenga i te whakaaro auaha me te mōhio ki a koe anō. Ko te tohu matua o te mōhio ki a koe anō—o te mōhiotanga o te Atua i roto i a koe—ko te tino .harikoa, me te kore mutunga

Ki te mea ka piki haere te harikoa me te haere tonu o te whakaaroaro, kia mōhio koe kei te kite koe i te aroaro o te Atua i roto i tō wairua. Heoi, ki te mea he wā okioki, he wā whakaroa rānei i te rere o te harikoa tapu, he tohu tēnei mō tētahi āhuatanga ke i roto i tō hinengaro me whakakore kia .whakahokia mai ai te harikoa o roto

Kotahi te hiahia o te kaiako wairua, e mōhio pono ana ki te Atua: kia tuku tohutohu wairua ki te hunga e rapu ana, kia whakatenatena i a rātou kia whakaaro ki te Atua, kia whakatata atu ki a ia i roto i te ngākau, te wairua, te hinengaro, me te mahi. Ko te hunga katoa e hono ana ki a ia ka whiwhi i ngā manaakitanga a te Atua mā roto i a ia, he taputapu whakaiti noa iho hoki ia i roto i ngā ringa o te Atua .Kaha Rawa

Kāore e taea e te tangata te noho ki te Atua mā te
whakaaro noa kua eke ia ki te māramatanga wairua. Ko te
whakapai ake i a ia anō me te whakatikatika i ngā tikanga he
mea nui hei whakatutuki i ngā taumata teitei ake. He
rerekētanga nui i waenga i te mōhio ki te Atua i roto i te
huarahi e taea ai, me te mōhio ki a ia i roto i te huarahi
tūturu. Mā te ngākau mahaki, te whakaaro nui, te pono, te
ngākau pai, me te hiahia nui anake ka taea e te tangata te
mōhio pono ki te Atua. Ko te hunga ngākau mahaki ka mōhio
.ki te Atua, ā, ka whakaaetia e te Atua
Ko te hunga e ruku hohonu ana ki te hinengaro o te ao
ka whakawhanake i ngā pūkenga wairua whakamiharo me te
whakahaere i ngā kaha o te taiao. Heoi, kāore tetahi e
whiwhi ana i te hinengaro atua pono e whakamahi i ō rātou
mana hei whakapehapeha me te whakaatu, me te kore
.whakaaro nui, me te kore tupato
E mārama ana te hunga whakaaro nui ko te Atua anake
te kaiwhakahaere o te ao, ā, me te whakaiti, ka mihi rātou ki
.a ia mō ngā taonga whakamiharo kua homai e ia ki a rātou
Ehara ianei i te merekara ngā mea katoa o te ao? Ā,
ehara ianei i te merekara anō hoki te tangata, nā tōna ao
?anake

Ki te kore te tangata e makona ki ngā mea
whakamiharo katoa a te Atua, he aha rā te hunga tapu me
?mahi ai i ētahi atu merekara
Kāore te hunga tapu tika a te Atua e mahi i tetahi mea
ki te kore te Atua e tono mai kia mahia e rātou, ā, i ētahi wā
.he take ngaro, he uaua hoki ki te mārama
Māku e whakaatu mā te tauira te rerekētanga o te
.hinengaro teitei mai i te hinengaro huna
Ko te hinengaro teitei ko te āhua e taea ai e koe – i a
koe e ara ana, e moe ana, e tino mōhio ana – te whakaoho i
tetahi kare ā-roto i roto i te tinana mā te hiahia, me te kore
.he whakaohoho o waho

I te ao o te whakaaro pohewa (te ao moemoeā), ka taea
e koe te inu i tētahi kapu miraka wera, engari ka tukuna
tēnei wheako ki a koe. I te hinengaro teitei ake, ka taea e
koe te wheako i taua mea anō, i tētahi atu mea rānei, mā te
.hiahia hinengaro

Ki te kore e taea e te tangata te mahi i tēnā, kaua e
tinihanga i a ia anō ki te whakaaro kua eke ia ki ngā teitei o
te hinengaro teitei ake. Ahakoa te roa o te ara, ka tīmata te
haerenga kotahi mano maero i te hikoinga kotahi. Ā, i te
mea kei te noho hihiri tonu te tangata, kāore he arai e ārai i
.te whakatutukitanga o te whāinga e hiahiatia ana

E miriona ngā tāngata e maumahara ana ki ngā mea
whakamiharo o te hinengaro huna e puta ana i te wā e moe
ana. Engari i te āhua teitei ake, ka taea e koe te kite, te
mōhio rānei ki tāu e hiahia ana, ehara i te mea mā te
whakaaro noa, engari mā te ao tūturu, ka taea e au te noho i
tēnei tūru, ka neke i tōku hinengaro ki tētahi wāhi, ka kite i
.te mea e tupu ana i reira

I ētahi wā ka noho ngā ākonga i te hinengaro huna, ā, i
ētahi wā ka piki ake rātou ki te hinengaro teitei ake. Ā, he
tokoiti noa iho ka taea te neke atu i te hinengaro teitei ake,
me te whiwhi i te hinengaro ao: te ao o te wairua atua, kāore
.nei he pūtake, kāore hoki he take

I roto i te āhua o te mōhiotanga wairua parakore, kāore
e hiahiatia ana e te kairapu he whakaaro auaha i mua hei
wheako i ngā mea. Ina honoa rātou ki te mōhiotanga ao, ka
whānui, ka hanumi hoki tō rātou mōhiotanga ki ia ngota o te
ao, ka mōhio ki te ao katoa me ngā mea ora katoa. Ko tēnei
wheako he toronga mutunga kore o te mōhiotanga. Ko te
hunga e wheako ana i tēnei mōhiotanga ka rongu kei roto i
ngā muka o te tarutaru me ngā tihi maunga, tae atu ki roto i
.ia pūtau o ō rātou tinana me ia ngota i te wāhi

Engari kei tua atu i tēnā te hinengaro ao whānui
Ina taea e te tangata te rongu i tōna aroaro i roto i ngā
mea katoa o te ao

E mōhio ana hoki te harikoa ki ngā mea kei tua atu i te
ao tūroa
Ka honoa ki te hinengaro atua whānui. Kia tau te
.rangimārie ki a koe

Te māramatanga

Ko te māramatanga te huarahi e taea ai e tātou te kite i te ao o ngā Āhua, kāore e kitea e ngā kare ā-roto e rima, e te hinengaro rānei. He pono kei te puta te ao o ngā Āhua i roto, ā, mā roto hoki i te ao kare ā-roto, ā, he pono ko te mōhio ki te mea whakamutunga ko te mōhio ki te mea tuatahi, engari he rerekē te mōhiotanga ki ngā mea e rua.

Ka taea e tātou te mōhio ki te ao pūoro me ōna āhuatanga katoa mā te tirohanga pūoro, mā te whakaaro rānei anake? Kāore rawa. He mutunga kore ngā pono, ngā āhuatanga, ngā ture, me ngā whanaungatanga, i roto i te taiao me roto hoki i ō tātou tinana, e noho tonu ana hei pukapuka hiri me ngā mea ngaro mō te tangata. Nō reira, me pēhea tātou e mārama ai ki ngā ao wairua kei tua atu i ngā whakaaro me ngā tirohanga pūoro katoa?

Ka pupū ake te māramatanga, ka mahi i roto i te wairua, engari ko te whakaaro ka puta mai i waho. Mā te māramatanga tātou e tū kanohi ki te kanohi ki te pono, engari ko te whakaaro e homai he āhua ā-korekore o te pono.

E kite ana te māramatanga i te pono hei mea katoa nā te hononga rerekē, whakamiharo hoki (i waenganui i te pono me te pono), ko te hinengaro ia e mahi ana ki te wehewehe me te wawahi i te pono.

Kei ia tangata te mana o te māramatanga, pērā i a rātou he hinengaro. Ā, pērā i te whakaaro ka taea te whakangungu me te whakapai ake, ka taea hoki te whakatipu me te whakawhanake i te māramatanga. I roto i te māramatanga, e tino ōrite ana tātou ki te pono. Te ao o te harikoa , me te kotahitanga o te tokomaha) me ngā ture o roto e whakahaere ana i te ao wairua, ā, e rite ana hoki tātou ki te Atua.

Me pēhea tātou e mōhio ai ki tō tātou oranga? Mā roto i ngā kitenga ā-pūmanawa? Mā ō tātou kare ā-roto tātou e whakamōhio mai mō tō tātou oranga, e whakaatu mai ana hoki i te pūtake o tō tātou mōhiotanga ki te oranga? Kāore rawa. Kāore te kare ā-roto o te oranga e whakawhirinaki ana ki ngā kare ā-roto, e kore nei e taea te mōhio ā-hinengaro ki tetahi mea me te kore tātou e mārāma tuatahi kei roto tātou i te tukanga o te kare ā-roto tonu.

E whakaatu mai ana rānei te tirohanga ā-pāpāho me te tukanga whakaaro kei te ora tātou? Kāore rawa, nā te mea ko ngā raraunga o te hinengaro he mea hanga mai i ngā kare ā-pāpāho, ā, kāore e taea e rātou te whakaatu mai kei te ora tātou.

Kāore e taea e te mahi whakaaro te homai i te mōhiotanga ki te oranga nā te mea kei roto tonu i te tukanga whakaaro te oranga. Ina whakaritea tātou ki te ao o waho, ā, ka ngana ki te whakaaro, ki te whakatau rānei kei te ora tātou, kei roto tonu i te mahi whakaaro me te whakaaroaro te mōhiotanga ki te oranga. I te mea he iti noa ngā herenga o te whakaaro me te koretake o ngā kare ā-roto, me pēhea tātou e mōhio ai kei te ora tātou? Kei roto anake i te māramatanga o te wairua te whakautu. He whakaaturanga tēnei o te māramatanga. Ka hipa atu i te whakaaro me ngā kare ā-roto, kāore nei he oranga ki te kore he māramatanga.

He uaua te tautuhi i te māramatanga nā te mea he tata rawa ki a tātou katoa. Ka rongo tātou katoa i tēnei. Kāore ianei tātou e mōhio he aha te māramatanga o te ao tūroa? He tino mōhio, ā, kāore e taea te tautuhi. Ki te pātai koe ki tētahi me pēhea rātou e mōhio ai kei te ora rātou, e kore e taea e rātou te whakautu. E mōhio ana rātou, engari kāore e taea e rātou te tautuhi. Tērā pea ka ngana rātou ki te whakamārama me te whakapuaki, engari kāore e taea e ā rātou kupu te whakaatu i ō rātou kare ā-roto i roto i a rātou anō. Kei a te māramatanga tēnei kaha i roto i ōna āhua me ōna whakaaturanga katoa.

Ko te tikanga tuawhā, kua whakamāramahia i tētahi atu wāhi, e ahu mai ana i te māramatanga. Mā te aro nui atu ki tēnei tikanga, ka nui ake tō tātou mōhio ki te Atua.

Mā te māramatanga, ka mōhio te tangata ki te Atua, ā, ka whakatūria he hononga i waenga i ngā ao pūoro me ngā ao tino pai. Ko te mea whakamutunga ka kitea i roto, mā roto hoki i te ao pūoro. Kātahi ka memeha te awe o ngā pūoro, ka ngaro ngā whakaaro whakararuraru, ā, ka mōhio tātou ki te Atua—te pūtake o te harikoa—ā, ka puta ake i roto i a tātou te māramatanga ki te Kotahi me te Katoa i roto i te Kotahi. Koinei te māramatanga kei ngā poropiti, ngā tino tangata, me ngā tohunga o te ao.

Ko te tikanga tuatoru, arā, te tikanga whakaaroaro kua whakamāramahia i mua ake nei, ka haria tātou ki te ao o te māramatanga ina mahi mārire, mā te kaha hoki, engari he tikanga ā-korekore, ā, me nui ake te wā hei waihanga i roto i a tātou i ngā mea e puta ana mā te māramatanga tika, mā te mōhiotanga rānei.

Nō reira, mā te māramatanga ka taea e tātou te mōhio ki te Atua i roto i Ana whakaaturanga katoa

Kāore e taea e ō tātou kare ā-roto te whakaatu i a ia ki a tātou, nā te mea ko ōna āhua anake ka kitea e rātou. Kāore he hinengaro, he whakaaro rānei e taea te mōhio pono ki te Atua, nā te mea kāore e taea e te hinengaro te hipa i ngā mōhiohio me ngā raraunga o ngā kare ā-roto. Ka taea anake e ia te whakarite me te whakamārama i ngā kare ā-roto.

Ina kore ngā kare ā-roto e whakatata atu i a tātou ki te Atua, ka kore hoki te hinengaro e whakawhirinaki ki a rātou. Nō reira, me tahuri tātou ki te tirohanga ā-roto hei whakaatu i te Atua i roto i Tōna āhua tapu me Ana whakaaturanga kē atu.

Heoi anō, he maha ngā arai ki tēnei tirohanga ā-roto, pērā i te mate, te ngoikore o te hinengaro, te ruarua, te mangere, ngā wawata rauemi, ngā whakaaro hē, me te kore pumau. Ko ēnei arai he mea tuku iho, he mea whiwhi rānei mā te hononga ki ētahi atu. Ka taea te wikitoria i ō tātou hiahia tuku iho ki ngā mea kino me ngā mea hauora mā te kaha hinengaro, pērā i tā tātou wikitoria i te korenga me te pouri mā te kaha o te ngākau. Mā te kaha tika me te noho tahi me te hunga pai—te hunga pono ki te Atua—ka taea e tātou te hutia ake i ngā whanonga kino mai i te māra o te wairua, ka whakatō i ngā whanonga pai ki tō rātou wāhi.

Ki te kore tātou e haere tahi me te hunga kua kite, kua pā, kua mārama hoki ki te pono i roto i ō rātou oranga, tērā pea kāore tātou e mōhio he aha taua pono.

He mea tūturu te wairua rapu i roto i te katoa, ā, ko ia tangata o tēnei ao he kai rapu i te pono, koia tōna taonga tuku iho mutunga kore, ā, e rapu tonu ana ia i te pono, ahakoa he whakaaro nui, he wairangi rānei, kia kitea rā anō e ia, kia tino whakahokia mai rā anō.

Kāore anō kia roa rawa. Ka angitu te hunga e tohe ana, ā, ka tae te hunga e u tonu ana ki tā rātou ūnga!

Te tangata e kore e kitea

Kaiwhakaako Paramhansa Yogananda

Ko te whakaaro tonu mō te tangata he mea e kore e kitea e te kanohi tahanga he āhua koretake, he koretake hoki. E kitea ana tātou e tātou anō i ia rā hei mea tinana. Engari he maha ngā huarahi e whakakitea ai e tātou tō tātou āhua huna, tō tātou āhua matua.

Hei tauira, ki te katia ō kanohi, ka ngaro tō tinana i a koe. Nō reira, me pēhea koe e mōhio ai kei te ora koe? Ka rongo koe i te taumaha o tō tinana, ā, ka taea e koe te whakarongo, te hongiri, te reka, me te pā, engari ko koe anake i roto i te whakaaro me te kare ā-roto. He uho huna koe e huri haere ana ngā whakaaro maha. Whakatuwheratia ō kanohi. Ko te pātai: ko te āhua koe e kite ana koe, ko te āhua o roto rānei i pā ki a koe i mua tata nei me ō kanohi e katia ana?

Kāore te tangata e kitea ana i te mea nui rawa atu. Ko te wairua huna, te mea tino nui. I a koe e moe ana, kāore koe e mōhio ki te tangata e kitea ana, engari e mōhio ana koe ki a koe anō, nā te mea i te oho ake ka mōhio koe mēnā i marino, i okioki rānei tō moe. Nō reira, he tūturu tō wairua huna. Ki te kore tēnei tangata e kitea ana, kāore he tikanga, he hiranga rānei o tō ahua e kitea ana.

Ki te kore te tangata huna, kāore he tikanga o te tinana, pērā i te tūpāpaku mate, i te tinana pakari rānei

Ko te tangata huna, ko te tangata pono. Heoi, he mea whakamiharo, kāore te tangata e ngana ki te tātari i te āhua o tēnei tangata huna! Ko tō rātou aro katoa kei te aro ki te āhua tinana, e taea ai e rātou te pā atu me te kite. Nō reira, ka pau ō rātou ao me ō

rātou pō ki te tiaki i ō rātou tinana me ōna hiahia, me te kore e mutu ki te whakaaro ko te tangata ngaro o roto te mea pono.

Kei roto i te tinana tūturu he tinana mārama he rite tonu te āhua. Ahakoa kāore e kitea e te tangata, ko te takai aorangi, ko te takai ethereal rānei o te wairua.

Ko te hunga kua tapahia ō rātou maihao, e whakaaro ana me te mea kei reira tonu. E mōhio ana te hunga kua ngaro tetahi peka o te tinana ki tēnei kare ā-roto. He mea huna, he mea ora, he mea ora anō hoki kei roto i ngā okana katoa o te tinana. Kei muri i te ngākau tinana he ngākau huna, me te kore e taea e te ngākau kitea te patu. Kei te tangata ngā okana e kore e kitea o te tirohanga, te whakarongo, te roro, ngā wheua, me ngā io. Ko ēnei okana, arā, ngā kiko o te māramatanga me te mahi, e hanga ana i te tinana aorangi e kore e kitea o te tangata. He rite tonu te tinana aorangi, te tinana ora rānei ki te tinana tinana e kitea ana. Ko te rerekētanga, he tino ngawari tōna āhua kanapa, ora.

Ina pāngia te tinana e te hauātanga, kaua e whakapono kua ngaro te tirohanga, kua ngaro rānei te ringa. Kei te mau tonu ngā kanohi me ngā ringa e kore e kitea. Ahakoa kua pararutiki te ringa tinana, kāore te ringa e kore e kitea i te hauā. Kaua rawa e whakapono kei te pāngia ngā whekau e kore e kitea e te mate o ngā whekau tinana, nā te mea ka ārai ngā whakaaro kino i te rere o te kaha ora ki ngā whekau o te tinana.

Ka rere te iahiko mā roto i te waea. Ko tēhea te mea nui ake: te waea, te hiko rānei? Ko te waea he mea noa hei tuku i te hiko kia haere mā roto. Kāore te noho o te hiko e whakawhirinaki ana ki te waea.

Waihoki, ko te tinana he mea hei whakamahi mā te mea ngaro, arā, te wairua, kaua ki te taha kē.

Engari, e herea ana tēnei tangata huna ki te tinana! Ki te kore, ka taea e tātou te hikoi i runga i te wai, te rere i te wāhi, ka hoki ki te tinana.

He nui ake ngā tirohanga a te tinana wairua o te tangata i tōna hoa tinana. Kua hangaia e te tangata ngā mīhini, i ētahi wā, he pai ake i te tinana tinana, he maha ngā herenga e herea ana. Engari i te whanaketanga o tō mōhiotanga ki te tinana wairua, ka kitea e koe ka taea e ia te whakarongo ki ngā mea kāore e taea e te taringa te whakarongo, me te kite i ngā mea kāore e taea e te kanohi te kite. Ka taea hoki e ia te hongī, te reka, me te pā ki ngā mea kei tua atu i te ao o ngā kare ā-tinana.

He āwangawanga tonu te tangata, he hiahia nui ki te rama o te tinana, engari kāore i puta ake te whakaaro ki a rātou ki te rapu i taua hiko ngaro e whakamārama ana i taua rama.

Ko te tangata e kitea ana he mea tito mai i ngā huānga tekau mā ono: he matū ka taea te hoko mai i te māketē! He iti noa te uara o te tinana tinana i runga i ōna huānga. Kua tae ki te wā kia pai ake te māramatanga o te tangata ki te tangata e kore e kitea. Ko tēnei tangata huna ko ia kei a ia ngā pūkenga, ngā whakaaro, me ngā hoa, ko ia e aroha ana, e whakaaro ana, ā, ki te kore ia, ko ngā huānga matū anake i titoa mai ai te tinana te mea kei roto i te tinana.

Me anga whakaroto te rama o te hinengaro, kia matara atu i te tangata e mauheretia ana, e kitea ana.

Ka pāngia te tinana e te mamae o te tuara me ngā kōroke, ā, ka pirau haere, ka pirau hoki i te

kaumātuatanga. E tangi tonu ana, e aue ana, e hiahia ana ki tēnei, ki tēnā rānei.

Kāore e taea e te tangata e kitea ana te tu atu i te hinganga kino, te pakaru wheua, ā, i ētahi wā ka memenge noa i te werohanga o te titi iti.

Kāore he whara o te tangata e kore e kitea. He herekore ia, kāore he here. Ka taea e ia te whakakore i ngā raruraru me ngā whakarihariha katoa o te tinana.

Ko te tangata huna i roto i a tātou ko tō tātou tuakiri tūturu

Ko te mea ora e takoto ana i muri i ngā ngota o te tinana ko te wairua, kāore e rerekē, kāore e rerekē, ā, kāore e pāngia e te piki me te heke, e te whakangaromanga rānei.

Tērā pea ka whakaaro te tangata ko ia te tinana, engari ehara i te mea koia. Ka taea te rewa i tētahi wahi hukapapa, ka ngaro atu i te tirohanga mā te mimiti. Ka taea te huri i tēnei tukanga mā te whakatōtō i te mamaoa hei wai, kātahi ka whakatio anō i te wai hei totoka.

He kino ki te wairua te noho i roto i te mōhiotanga o te tinana tinana anake, nā te mea ka ngāwari te tinana ki ngā mamae o te mate, te whara, te hiakai, me te mate. Kaua tātou e whakapono he tinana kitea noa iho tātou, ka pirau, ka whakangaromia.

Kāore e taea te whakamate, te whara rānei i te tangata ngaro i roto i a tātou. Kaua ianei tātou e kaha ake te whai kia mārāma ki tō tātou āhua mutunga kore, kāore e mōhiotia?

Mā te whakanui ake i tō tātou mōhiotanga ki tēnei tuakiri huna, ka taea e tātou te whakahaere i te tangata e kitea ana, pērā i ngā rangatira nui. Ko te hunga e rongo ana i ō rātou mana tapu, e kite ana

hoki i te aroaro o te tangata huna, o roto, ka taea e rātou te wehe i a rātou anō i te mamae tinana, ahakoa kei roto te tangata e kitea ana i te pouri me te mōrearea.

He aha te ara hei whakatutuki i taua mana motuhake?

Me nui ake te wā e pau ana i roto i te marino o te whakaaroaro me te rangimārie. Tērā pea he āhua kāore e hiahiatia tēnei i te tīmatanga, nā te mea ko te noho me te mōhio ki te tinana me te nui rawa o te hononga ki ōna kare ā-roto ka uaua ki te whakaaro ki tētahi atu mea i tua atu i ngā raruraru mutunga kore, ngā hiahia me ngā matea o te tangata. Engari ka tuwhera he taha hou i roto i te hinengaro o te tangata ina whakaū te tangata i tōna tuakiri wairua, ā, ka whakapono ia ki a ia anō kua hangaia rātou i roto i te ahua parakore o te Atua, kāore e taea te whakangaro i tō rātou oranga i tētahi ara, ā, ko rātou te mea ngaro, te mea ora tonu.

Ko te tangata e kore e kitea, he mea hanga ki te ahua o te Atua, he herekore pērā i te wairua atua. Kei roto i te tangata e kitea ana ngā here me ngā raruraru katoa o te ao. Ina mōhio tātou ki ō tātou tinana, ka herea tātou e ōna herenga. Koia te take e ako ai ngā mea nunui i a tātou kia kati ō tātou kanohi, kia whakamahara i a tātou anō—mā te whakaaroaro ki te tangata huna—kāore tātou e herea e ngā āheinga tinana iti o te tinana.

He maha aku whakaū me te whakapono nui me te māia, "Kāore au e herea e tōku tinana. Ahakoa te wāhi e hiahia ana ahau ki te haere, kei reira tonu ahau"

Tērā pea ka mea koe, "He whakaaro noa iho tēnā." Engari he aha te whakaaro? Ko ngā mea katoa e kitea ana e koe i tō taha he whakaaro tūturu Kāore

e taea e koe te whakaaro i tētahi mea me te kore whakaaro. Kāore te whakaaro e kitea, engari māna e tūturu ai ngā mea katoa e kitea ana e tātou. Nō reira, ki te taea e koe te whakahaere i ō whakaaro, ka taea e koe te whakaatu i ngā mea katoa, ā, ka taea e koe te kite i ngā mea katoa mā te mana o tō arotahi hinengaro.

Ina arotahi nui, hohonu hoki tō hinengaro, ka taea e koe te kite mā te kanohi o tō hinengaro i tāu e whakaaro ana, me te mea nei kei te kite koe mā ō kanohi tūturu. Ka taea te huri i ngā whakaaro kāore e kitea hei wheako e kitea ana.

Ki te katia ō kanohi, e kore e taea e koe te kite i tō tinana, engari he tūturu tonu ki a koe. Nō reira, he aha koe i whakaaro ai he mea kore tūturu te tuakiri ngaro nā te mea kāore e taea e koe te kite?

I roto i te whakaaroaro ka titiro koe ki te pōuri i muri i ngā kanohi kua katia, ka arotahi tō hinengaro ki te tangata huna, ki te wairua rānei i roto i a koe.

Mā te whakamahi i te whakahaere i a koe anō me te tahuri i tō hinengaro ki roto i runga i ngā tikanga whakaaroaro pūtaiao e whakaratohia ana e tō kaiārahi wairua, ka tipu haere tō wairua. Ka hohonu ake ō whakaaroaro, ā, ko tō āhua kāore e kitea—te āhua wairua o te Atua i roto i a koe—ka noho hei mea tūturu ki a koe. I roto i tēnei oho harikoa o te mōhio ki a koe anō, ka noho hei mea kore tūturu te hinengaro tinana iti i mua he mea tūturu, ā, ka ako koe kua kitea e koe tō āhua tūturu, kore e taea te hinga, ā, kua mōhio koe ki tōna kotahitanga ki te Atua.

Ka kite anō koe i te herenga o te tangata e kore e kitea ki te tinana mā roto i ngā herenga e rite ana ki ngā taura hinengaro, kare ā-roto, me ngā hiahia mō ngā mea motuhake o te whenua.

Engari ina, mā te whakaaroaro hohonu, ka taea e koe te wetewete, te momotu rānei i aua mekameka, ka wātea koe, ā, ka mōhio koe ko koe te ahua o te Atua. Rapua te tangata e kore e kitea e mauheretia ana i roto i te ngahere o ngā kare ā-tinana me ngā kare ā-tinana.

Me i mōhio koe ki taua tangata ngaro, kotahi noa te wā, kua mōhio koe ko te tinana tūturu tōna anga o waho, ā, he tinana kanapa, he tinana hinengaro o roto hoki, ā, kua mōhio anō koe he tangata rerekē koe!

Arotahi ō whakaaro ki taua āhua kāore e kitea. He mānukanuka, he tinihanga te tangata e kitea ana. Ko te āhua o roto, o te āhua kāore e kitea, koia te mea pono. Ina mōhio koe ki tēnei, ka mōhio koe ehara koe i te kikokiko me te toto, engari ko te āhua huna kei tua atu i te pirau me te whakangaromanga.

He wairua koe, ā, kāore te wairua e mate! Kaua e whakaaro ko te urupā tō mutunga Ina mate te tinana, ka neke te wairua ki tētahi atu taumata o te oranga Kāore he mea e tino whakangaromia Ko te āhua taketake o te tinana kei te noho tonu i roto i te ao tūroa.

E whakaaro ana te tangata kua riro atu ā rātou whanaunga kua wehe atu mō ake tonu atu nā te mea kāore i a rātou te arotahi hinengaro ki te kite i a rātou i roto i ō rātou āhua mārama i te ao wairua e noho nei rātou. Whakaarohia tonutia ēnei pono, me te kī anō ki a koe anō—ki te hiahia koe ki ēnei take—"Ko ahau te hoahoa mārama a te Atua. He mure ore ahau, ā, e kopikopiko tonu ana i roto i te rangatiratanga o te Atua."

Ko koe taua mea ngaro e kore e taea e te mate te pā atu, e kore hoki e taea e te aituā te pā atu, ā, ka noho tonu koe pērā ake ake. Nō reira, he aha koe te mōhio ai ki tōu ora tonu ināianei?

Mā ō tātou kanohi tinana tātou e tinihanga, e whakaaro ai tātou he ao rua tēnei. Whakatuwheratia tō kanohi wairua, kia kite i tō āhua kāore e kitea. Ina tuwhera tō kanohi wairua i te wā marino o te wā marino o roto, ka kitea te mea ngaro.

Ina whakaaro koe, ina moemoeā, ina arotahi hōhonu, ko koe te tangata e huna ana i te tirohanga Ko taua tangata tūturu, ā, ko te tangata e kitea ana ko tōna atarangi noa iho.

**Wareware ki te atarangi, mahara ki te mea tūturu
Kia kotahi koe me te tangata kāore e kitea
Ko te ahua parakore o te Ariki o ngā mea hanga katoa!**

Kia tau te rangimārie ki a koe

Te whakauru i te hinengaro ao

Kāore e taea te whakatutuki i te māramatanga ao whānui mena he iti noa te wiri hinengaro, he iti noa rānei te manukanuka hinengaro. Ka tino whakapai ake ngā tikanga whakaaroaro pūtaiao i te kounga o te arotahi hinengaro, ā, ka whakarei ake i te kaha o te tangata ki te whakahaere i ōna whakaaro, ā, ka whakaora i a rātou i ngā tau maha o te kopikopiko kore hua i te ao o te kore mohio. Kāore mātou e whakakahore i te whai huatanga o te kore mohio hei putunga mahara, hei ao moe me ngā moemoeā. Heoi, ka taea e tēnei ao te arai i te whakaaroaro, ā, he mea kukume ki te hunga e ngāwari ana ki ngā wawata me ngā hiahia ki te hono atu ki te ao wairua mā te tomo ki te ao o ngā moemoeā auaha kāore he mooni, he uara wairua rānei, ā, kāore i te tino rerekē i ngā moemoeā noa i te pō. Hei tāpiri atu ki te whakapau kaha whaiaro, ka hiki ake ngā tikanga whakaaroaro

pūtaiao i te hinengaro ki tētahi āhua rangatira o te mōhio ki a ia anō me te noho tahi me te Atua.

Ko te mea me karo ko te ao e kī ana i ngā wheako tinihanga, whakaaro noa e pohehetia ana e ētahi he wheako wairua, engari ehara i te mea wairua. Kāore e taea te whakatutuki i ngā wheako wairua pono me te whakatutukitanga pono o te pono me te kore e arotahi te hinengaro ki te Atua. Ko te arotahi whakaaroaro he āhua o te mimiti katoa o te hinengaro me te marino o te hinengaro. Ko te āhua o te orange he nekehanga, ko te āhua ia o te wairua he marino, he kore neke. Nō reira, he mea nui te arotahi mō te rangimarie tapu. Ko ngā tikanga me ngā mahi toi o te arotahi me te whakaaroaro e whakaakona ana i roto i ngā akoranga o te mōhio ki a ia anō ka arahi ki te whakataurite katoa o te hinengaro tangata ki te hinengaro atua.

Ko te huarahi o te ao he kauwhau nui, he whakamahi hoki i te iti. Tērā pea ka rongo koe i tētahi kauhau mō te honi kia rau ngā wā, engari e kore e mōhiotia tōna reka kia reka rā anō. Waihoki, ko te uara pono o tētahi whakaakoranga ka taea anake te maioha mā te mahi. Me whakamahi, me te ora i ngā whakaakoranga a ngā poropiti me ngā tino tangata. Ko reira ka noho ko ō rātou pono hei pono mā tātou, ā, ka mōhio tātou ka taea te whakamātau me te whakaatu i te pono, ā, he mea whānui. Ina haere tātou i te māramatanga o te pono, ahakoa he aha ō tātou whakapono, ahakoa he aha ō tātou ara, ka manakohia e te Atua ā tātou mahi, ā, ka whakaurua tātou ki roto i āna i whiriwhiri ai.

Me haere te tangata i te ara o te pono me te ngākau pono me te u tonu. Kia mahara, e te kai rapu,

i roto i ngā miriona tāngata, he tokoiti noa iho e rapu pono ana i te Atua. Ahakoa i roto i aua kai rapu, he tokoiti noa iho e u tonu ana tae noa ki te mutunga. Engari ko te tangata e u tonu ana ki te ara ka mōhio ki te Atua. I te mea kei te Atua tonu ō rātou ngākau, ka tae rātou ki tā rātou whāinga e hiahiatia ana, ahakoa te maha o ngā wā ka hinga, ka hinga. I te mea he parakore ō rātou whakaaro, he ma hoki ō rātou kaupapa, kāore he mea e wehi ai rātou, kāore hoki e pouri.

Nō reira, me whakapau kaha tātou ki te whakaaroaro ki te Atua hei wheako ora i roto i ō tātou ao. He mea nui te pono o te whakapono, nā te mea ko te tinihanga noa ka whakanui ake i te whakapehapeha o te tangata, ka wehe atu hoki i a ia i tōna kaupapa tūturu.

Ko tāku tumanako kia noho te Atua Kaha Rawa ki te tūranga tuatahi i roto i ō koutou oranga, ā, e kore rawa koutou e wareware ki a ia, ahakoa mō tētahi wā poto. Kaua koutou e makona ki ngā ahua e poto o tēnei ao, engari me waiho te Atua hei wāhi tapu mā koutou, hei whāinga matua hoki mā koutou i te ao. Kei muri i te tinana iti nei ko te Tino Mutunga Kore. Kāore au e kōrero mō ngā mea wairua ki te kore au e rongo i te Atua kei ahau, ā, kei te tino ōrite ahau ki a ia. Ā, ina kōrero ahau i runga i taua mōhiotanga, e mōhio ana ahau kei roto i aku kupu te wairua o te pono, ā, ka rongo ngā kai rapu pono katoa i te pono o taku e kōrero nei.

Kei reira ētahi e whakapoauau ana i ngā meka me ngā mānukanuka, e tohe ana he pūrākau, he mānukanuka ngā meka, ā, ko ngā mānukanuka he meka, he mārama e tiaho ana i te pōuri.

He mea nui te kaha ki te arotahi i te ara wairua mō te ahunga whakamua me te tipu wairua. Ki te kore te arotahi hinengaro, e kore rawa e kitea te Atua. Me ako tātou ki te kati i ngā matapihi o te hinengaro kia kore ai e tomo mai ētahi atu reo me ngā mea whakararuraru o te ao.

Ina whakatikatikahia te hinengaro, ā, ina whakahāngaihia te wairua, ka tae ki tētahi hononga wheako, ā, ka rongo te kairapu i te aroaro atua. Kei te noho tonu te Atua me te tangata, ā, i ngā wāhi katoa, ā, ake tonu atu. Heoi, ko te kore e taea te kite i Tōna aroaro i ahu mai i te aro nui o te hinengaro ki ngā mea o te ao whānui. Ko te arotahi, te whakaaroaro rānei ki te Atua, te taputapu e āhei ai tātou ki te rongo i Tōna tata. Mō tēnei, ka maumahara tonu ngā Sufi, ka whakahua anō i te ingoa o te Atua (pēnei i te "Kāore he atua engari ko te Atua" me te "E te Ora, e te Whai-Katoa") tae noa ki te mimiti o tō rātou tinana katoa ki te tikanga. Kātahi ka ngāwari te neke o tō rātou hinengaro ki te taha wairua, ā, ka wheako rātou i ngā āhua o te harikoa wairua e rite ana ki ngā mea e pā ana ki ngā yogi i roto i te whakaaroaro hohonu. Kotahi te wheako wairua, ahakoa ngā huarahi rerekē hei whakatutuki.

Kāore te Atua i tawhiti atu i te tangata. Ko te tangata e āta wehe ana i a ia anō i te Atua mā roto i ōna whakaaro me āna mahi. Ina kite koe i te māramatanga wairua pono i roto i te whakaaroaro, ngana ki te hopu, kia rongo hoki kei roto koe i taua māramatanga: kotahi ki a ia. Ko te Atua te pūtake o taua māramatanga—māramatanga ki runga i te māramatanga. Ā, ka tata atu koe ki taua māramatanga manaakitanga, ka tata atu koe ki te Atua.

Ko tētahi tohu motuhake o te māramatanga atua ko tōna tirohanga e haere tahi ana me te kare ā-roto o te harikoa, o te harikoa rānei e horapa ana ki roto i ia ngota o ia pūtau o ia kiko o te tinana. Ehara tēnei kare ā-roto o te harikoa i te mea mānumanu; engari, he uaua ki ētahi te mau ki te kaha o te harikoa wairua nā te mea kāore te hinengaro me te tinana i taunga ki tēnei. Ko tēnei harikoa te whāinga matua, ā, ka manaakitia te hunga e whakamātau ana i tōna nekita, nā te mea kua inu rātou i te puna o te wai ora o te ora.

Ka nui ake te rangimārie i a koe e arotahi ana, ka hohonu ake, ka angitu ake hoki tā rātou whakaaroaro ki te Atua. Mehemea i whakatapua te wā e pau ana ki te pānui pukapuka wairua ki te whakaaroaro, ka nui ake te ahunga whakamua, i te hinengaro me te wairua. Ka whakaitihia e ngā kaiwhaiwhai pono te moe, ka whakatapua he haora ki te whakaaroaro nā te mea he rau ngā wā ka nui ake te whakahauora me te whakahauora i te moe.

Ki te kore e taea e te tangata te whakangāwari i ngā reo i roto i tōna hinengaro, e kore e taea e ia te tae atu ki te Atua. Koia te take i rapu piringa ai ngā poropiti me ngā hunga tapu i roto i ngā ana, i ngā maunga, i ngā ngahere. He hiahia nui kia rumakina tonutia koe ki te ata noho o roto mā te mahi arotahi me te whakaaroaro, kātahi ka kitea te rangimārie nui me te harikoa nui. E ai ki ngā tuhinga whakaaro nui:

Ko te tangata kua watea i ngā hiahia hou me te hiahia ki ngā taonga, e whakahaere ana i tōna ngākau me tōna hinengaro (ōna kare ā-roto me ōna whakaaro) ā, e rapu ana i tētahi wāhi marino, me

ngana tonu ia ki te hono atu ki te wairua o te ao whānui.

Me nui ake te mahi i te wā puku whakaaroaro i roto i ngā wāhi karakia me iti ake tā tātou kōrero, me nui ake te whakaaroaro. I a au e whakangungu ana i te wairua ki Īnia, kotahi noa te kauhau a taku kaiako, a Sri Yuktiswar, i ētahi wā. I te nuinga o te wā, ka noho puku mātou i tōna taha, me te aro nui.

Ehara i te mea ko te mātauranga tuhituhi anake te mātauranga a te kaiārahi wairua pono. Mai i a ia, ka taea e tātou te ako i te whakaaro nui me te mātauranga atua-kotahi nā te mea e mōhio ana ia, ā, e mōhio ana ia e mōhio ana ia, nā te mea e mōhio ana ia ki te pono i roto i a ia anō, ā, kāore ia i te pānui pukapuka noa iho.

E rua ngā wāhanga o te wāhi, arā, ko te hanganga o tētahi wāhanga o te wāhi, ā, ko te Atua anake i tētahi wāhanga, kāore he hanganga o te ao. Koia te ao pōuri ehara i te pōuri, te ao mārama kāore e kanapa. Kāore he rā e whiti, kāore he marama e whiti, kāore he ahi e mura ana, kei reira te nohoanga mutunga kore o te Atua.

E pā ana hoki tēnei takirua ki te hinengaro tangata. E rua ngā āhuatanga o te tangata: tētahi e kitea ana, tētahi e kore e kitea. Mēnā ka tuwhera ō kanohi, ka kite koe i te oranga tūturu, ka kite hoki i a koe anō i roto. Mēnā ka kati ō kanohi, kāore koe e kite i tetahi mea engari he korekore noa iho. Heoi anō, kei te tino kitea, kei te kaha tonu tō hinengaro. Mēnā, mā te whakaaroaro hohonu, ka taea e koe te uru atu ki te pōuri i muri i ō kanohi ka kati, ka kite koe i te māramatanga i puta mai ai ngā mea hanga katoa. I roto i te āhua o te harikoa wairua, ka whiti te

hinengaro i te māramatanga tūturu, ka tomo ki te ao o te hinengaro whānui, e noho ana i muri i ngā āhua me ngā āhuatanga katoa o te hanganga. Ka hipa atu tēnei hinengaro i ngā tirohanga katoa. Mō tōna mauri, tōna harikoa, me ngā āhua e pā ana ki a ia, he uaua ki te whakaahua tika i a rātou nā te mea nō tētahi taha wairua e kore e kitea e te tangata, ahakoa tōna pono me tōna oranga.

Kua homai e te Atua ki a tātou te whai wāhi ki te wheako, i roto i ō tātou hinengaro, i te huarahi tonu e mahi ai ngā ture e whakahaere ana i te ao whānui. Ka taea te whakarite i tēnei āhua hinengaro kore āhua, e kitea ana ahakoa kua kati ngā kanohi, ki te ao mutunga kore (te pōuri kāhore he pōuri) me (te mārama kāhore he whakamārama), kei reira te Atua e noho wehe ana i ngā āhua, ngā āhuatanga, me ngā takirua e tohu ana i tana hanganga tinana. I roto i tēnei whānuitanga mutunga kore o te mutunga kore i tua atu i te hanganga, ko te Atua anake e noho ana i roto i te hinengaro o te harikoa tino, e noho tonu ana, e mōhio ana, e whakahoutia ana. Kāore e taea te whakaahua me te whakataurite i tēnei hinengaro nā te mea he tino ahurei. I roto i tēnei ao o te mutunga kore, kei reira te Tino me te Mutunga Kore e noho rangatira ana, kāore he ao, he mea hanga rānei o tētahi momo. Engari i tērā taha o te wāhi, ka rongo te Atua i ngā mea katoa—ngā hanganga katoa—i roto i a ia anō.

Kei roto i te ao o te mea kāore e kitea te whare hanga o ngā ao tūroa. I kī tētahi tohunga whetū he tino mīharo te wāhi; e puta mai ana ngā mea katoa i reira, ā, ka memeha i roto. Nō reira, kei hea ngā ngota, ō rātou wāhanga, me ngā ao katoa e ngaro atu ana?

Ina he āhua ātaahua, he āhua whakawai te āhua o te ao, katia ō kanohi. Tirohia ki roto i a koe anō, whakaarohia te pūtake o te ora. Kāore pea koe e kite i tetahi mea, kāore hoki e rongu i tetahi mea, engari ko ngā mea katoa e kitea ana e ahu mai ana i taua pūtake kāore e kitea (Ā, ka tiaho te māramatanga i roto i te pōuri) (Te Māramatanga o ngā rangi me te whenua) Ki te titiro tonu koe ki te pōuri me te ata noho, me te hohonu o te aro, ka kitea e koe taua māramatanga nui. Kei tua atu hoki i te pōuri te mōhiotanga wairua, ā, kei tua atu i te pōuri ētahi atu ao (He maha ngā whare rangatira kei roto i te whare o tōku matua) (Ā, he pai ake te kāinga o te ao tūroa, ā, he kāinga pai rawa atu mō te hunga tika!)

Kei tua atu tonu o te wāhi te Hinengaro Ao. Kei tua atu i te hinengaro tangata te hinengaro o te Atua. Kua nui te kore mōhio ki tōna aroaro. Me whakaoho, me whakakorikori tātou i te pōuri mā te whakaaroaro, kua e mutu kia kitea rā anō ia. Kei reira, i roto i te Tino Mutunga Kore, ngā tirohanga maha, ngā kitenga o roto maha, me ngā otinga mō ngā raruraru katoa o te ao.

Ko ngā pono kua mārama ki ahau mā te whakaaroaro hohonu e whakaatu ana i ngā ture ā-tinana kua kitea i roto i ētahi atu huarahi e te pūtaiao. Ina katia ōku kanohi, ka kite ahau i ngā ia mārama o te ora e rere ana i roto i tōku tinana. Kua e whakaaro kei a koe anake i roto i te marino e pā ana ki a koe. Kei a koe te Atua, ā, kāore he take e whakaaro ai koe kāore ia. Kī tonu te hau i te puoro e kohia ana e ngā kaiwhiwhi. Waihoki ko te Atua, kei a tātou ia i ngā wā katoa o tō tātou oranga. Engari kia kite ai i Tōna aroaro, me mahi tātou i te whakaaroaro hohonu. Kua e tukua ō tātou kamo kia katia i te moe

i mua i te whiwhinga i tētahi tohu iti rawa kei a tātou te Atua; ko reira anake ka taea ai e tātou te moe marie me te ata noho. Ā, ko koe, e hiahia ana, e roa ana te hiahia, titiro matatau atu ki te pōuri kia kitea rā anō e koe ōna mea ngaro whakamiharo.

I tētahi wā, i a au e noho ana i roto i taku whare pukapuka i te whā o te ahiahi, ka ngaro whakarere taku manawa, ka mārō ōku waewae, ka kite ahau i ahau anō e kite ana i te tukanga o te mate. Ka wehe atu te manawa me te nekehanga i tōku tinana, engari i noho mataara tonu ahau. He wheako whakamiharo. I kite ahau i tōku tinana me te taiao katoa he whakaahua ao nekeneke i titoa mai i te māramatanga atua. Ā, ka karanga ahau me te harikoa, "Kāore he mate, e tōku Atua! He taiwhanga whakaahua nekeneke noa iho tēnei ao katoa!"

Tērā pea ka mea te rangatira e noho ana i runga i tōna tūru, i tōna torona rānei: "Ko ahau te rangatira e ngohengohe ana, e piko ana ōku upoko ki ahau." Engari kia tukua e te mate kia whiua taua rangatira ngohengohe ki tētahi o ōna whiunga whakamate, ā, ka noho ia hei mea o mua.

E hoa mā, ko te kīngi pono ko ia e aroha ana ki te Atua, e rongono ana i Tōna aroaro i roto i ngā mea katoa i hangaia, e manaaki ana i ētahi atu pērā i tana manaaki i a ia anō. Ahakoa te mate, e kore ia e matakū, e matakū rānei, nā te mea e kite ana ia i tēnei hei huarahi ki te rangatiratanga o te Atua (ka noho tonu rātou ki reira ake ake).

E toru ngā huarahi hei whakawhānui i te hinengaro tangata ki te hinengaro ao whānui. Ko te tuatahi ko te ara pāpori, arā, te whakakore i te hiahia whaiaro i roto i ō tātou wairua, me te tino rite ki te

āwhina i te tangata me te mahi ki te hunga e matea ana. Me pono, me te pono ki ō tātou hoa, me te aroha ki te hunga katoa kua homai e te Atua ki a tātou ngā whānau, kia taea ai e tātou te whakawhānui i ngā rohe o tō tātou hinengaro mā te whakaatu i te aroha pono ki ētahi atu me te mahi mā rātou. Ka ako tātou i te aroha me te patunga tapu mō ō tātou whanaunga i roto i te oranga whānau, ā, nō reira ka tutuki i a tātou ētahi whakawhānuitanga i roto i tō tātou hinengaro. Engari kāore i te rawaka. Ko te aroha e herea ana ki tētahi porowhita whaiti ka herea, ā, kāore e taea te whakawhānui. Ina kore e whai whakaaro, ka tipu tōna porowhita, ka whānui tōna whānuitanga. Me atawhai tēnei momo aroha, ā, me ngana tātou ki te hoatu ki te katoa te aroha kotahi e pā ana ki ō tātou whanaunga me ō tātou whanaunga, me te mahi mā ētahi atu pērā i tā tātou mahi mā tātou anō (e aroha ana te Atua ki te hunga e mahi pai ana). Koinei te ara pāpori hei whakatutuki i te hinengaro ao whānui—te ara o te mahi me te aroha.

E aroha ana te Atua ki a tātou, he whānau nui kotahi nō te ao whānui, ā, e tumanako ana ia kia aroha tātou tetahi ki tetahi. Ki te aroha tātou, ka harikoa tātou; ki te kore tātou e aroha, ka whiua tātou e te mamae me te pōuri.

Me huri te whakaaro o te ao. Ko tātou katoa tēnei nā te mea ko tō tātou āhua tūturu he mea hipoki i ngā mea katoa.

Ka kitea e au te harikoa i roto i te hoatu ki ētahi atu, ā, ka kite ahau i te harikoa nui rawa atu i roto i te kitenga i tō rātou harikoa. Ina aroha tātou ki ētahi atu, ka aroha hoki ki a rātou, ka kitea e tātou he whakautu mai ngā mea ora katoa ki a tātou. Kua

whakakitea mai e ngā poropiti me ngā tino tangata te ara ki te whakatutuki i te māramatanga o te ao. Koinei te huarahi e tika ai kia tukua e tātou te aroha, te mahi, me te atawhai.

He tangata harikoa te tangata whai māramatanga whānui. Kāore e herea ana tōna aroha ki te hunga torutoru, e ārai ana i te katoa i roto i tō rātou porowhita aroha me te atawhai. Koinei te huarahi e tika ai kia tirohia te ao katoa hei whānau mā tātou. Kei ahau tonu tēnei māramatanga, ā, ki taku whakaaro nōku te katoa. E aroha ana te tangata whai māramatanga whānui ki ngā tāngata katoa pērā i tōna aroha ki ō rātou tuakana, teina, mātua, me ngā hoa.

Ko te ara tuarua ki te hinengaro ao whānui ko te whakahaere i a koe anō. Kaua te tangata e taka ki te taumaha rawa. He pai te pārekareka ki ngā mea, engari kaua te ngākau me te wairua e piri ki aua mea. Ko te hunga e hiahia ana ki te whakawhānui i ngā rohe o ō rātou hinengaro me noho noa i roto i te whakaaro me te mahi, me atawhai, me ngāwari, me te ahuaareka, me whakahaere i a rātou anō, me te whakahaere i ō rātou hiahia, me te karo i te herekore ki ngā tikanga kino, me te mahi i runga i ō rātou whakaponotika, he mea tika i runga i te tikanga matatika me te tikanga. He mea nui kia whakatipu i te whakahaere i a koe anō me te neke atu i ngā āhuatanga takirua o te wera me te makariri, te harikoa me te pouri, te hauora me te mate kia eke ai ki te hinengaro ao whānui.

Me whakamanawanui tātou i ngā mea katoa me te kore e pōrearea, e whakararuraru hinengaro rānei. Ko te tangata kāore e herea ana ia ki ngā taura o tēnei

ao, e kore hoki e tukua ngā kare ā-roto kia rukea, kia whakararuraru rānei i tōna rangimārie wairua, kei a ia te māramatanga pono me te whakaaro nui hohonu. Ko te tuatoru o ngā tikanga ko te tikanga matakite. Me whakawātea te kairapu i a ia anō i ngā here o te tinana mā te whakaaroaro tika kia kite ai i ngā pae tawhiti o te hinengaro me te pā ki ō rātou whānuitanga. Ka tutuki tēnei mā te whakamarie i te awhiowhio o ngā whakaaro e pupuhi ana i te roto o te wairua, e hanga ana i ngā ngaru me ngā raruraru i roto. Ina memeha ngā whakaaro pōhēhē, ka marino te mata o te wai, ā, ka puta te rangi me ngā mea katoa i roto me te māramatanga me te parakore.

Ki te whakatakoto koe i tētahi pounamu wai kua hiritia ki roto i tētahi tāke wai, ka noho motuhake ngā mea o roto i te pounamu mai i te wai e karapoti ana. Engari ki te tangohia e koe te hiri, ka konatunatua te wai o roto i te pounamu ki te wai o roto i te tāke. Waihoki, ka wehea te Atua e te hunga noa i ō rātou oranga nā te mea kua āraia te oko o ō rātou hinengaro e te kuware. Engari kia huraina te hiri mā te whakaaroaro tika, ka wheako te kaiwhai i te rangimārie o te Atua i roto, i waho hoki o te tinana. Mā te whakaaroaro nui haere, ka tipu te rangimārie, ā, ka whakahoutia te harikoa wairua.

E karapotia ana te tangata e te Atua i ngā taha katoa, engari kāore rātou e kite i a ia. Kāore e taea e rātou te rongu i Tōna aroaro tūturu i roto i a rātou, me te taha hoki o rātou, ki te kore rātou e tango i te puru, i te arai rānei o te kuware, ā, ka rumakina ō rātou hinengaro ki roto i Tōna mōhiotanga tapu.

Ki te toremi te tangata i te moana o ngā hiahia o te ao, ka toremi ia; engari ki te toremi ia i te moana o te Atua, ka ora tonu ia, ake ake.

Ā, ina kitea e koutou te Atua, e aku hoa, ka rongo koutou i te ngākau mārie pono, pumau tonu.

Ahakoā te pakaru me te motu o ngā whanaungatanga tangata, e kore te Atua e whakarērea koe

Ahakoā ka whakarērea koe e te katoa, ka whakarērea koe, i te mea kei a koe te Atua, māu katoa ngā mea.

Kia tau te rangimārie, te aroha me ngā manaakitanga o te Atua ki a koutou

Yoga me ngā Tirohanga Teitei

Ko te Yoga he kohinga tikanga pūtaiao hei whakakotahi i te wairua tangata ki te Atua. Nō te Atua tātou, ā, me hoki tātou ki a Ia. Kua wehea tātou i a Ia, ā, me whakahoki mai anō tō tātou kotahitanga ki a Ia. E ako ana te Yoga i a tātou me pēhea te neke atu i te whakaaro pohehe o te wehenga me te whakatutuki i tō tātou kotahitanga ki te Atua. I tuhituhi te kaitito Ingarihi a Milton mō te wairua tangata me pēhea e taea ai e ia te whakahoki mai i tōna harikoa. Koinei te whāinga matua o te yoga: te whakahoki mai i te pararaiha ngaro o te hinengaro wairua, e mōhio ai te tangata ko ia te .Wairua Tapu i mua, ā, e mau tonu ana

Ko ngā pūtake pono o te whakapono me waiho hei pūtaiao ka taea e ngā kairapu katoa te whakamahi kia tae .atu ai ki te Atua kotahi. Ko te Yoga taua pūtaiao

He hiahia nui tēnei mō tētahi huarahi pūtaiao ake ki te whakapono. Nā ngā momo whakaakoranga pakari kua

wehewehea te tangata, ahakoa kāore e taea e te whare e
wehewehea ana te tu. Nō reira, ka taea anake te
whakatutuki i te kotahitanga o ngā momo whakapono me
ngā karakia ina whiwhi ngā akonga me ngā kaimahi o aua
karakia i te māramatanga pono o roto ki te Atua. Ko reira
anake ka whai whanaungatanga pono tātou i waenganui i te
.tangata i raro i te mana matua o te Atua

E kōrero ana ngā karakia nui katoa o te ao mō te
hiranga o te kimi i te Atua, me te whanaungatanga o te
tangata, ā, kei roto i ā rātou whakaakoranga ngā turanga
matatika me ngā mātāpono matatika. He aha rā te take e
rerekē ai, e wehewehe ai ēnei karakia? He whakaaro nui
matapo tēnei i roto i ngā hinengaro o te tangata. Kāore e
taea e tātou te tae atu ki te Atua mā te arotahi ki te pakari o
ngā whakaakoranga, engari mā te mōhiotanga tūturu ki te
wairua atua. Ina mārāma te tangata ki ngā pono o te ao
whānui e hanga ana i ngā turanga matua o ngā karakia
rerekē, ka ngaro ngā uauatanga katoa e pā ana ki te
whakaaro nui ki ngā karakia. Ko te katoa o te tangata he
whānau, he hunga e arohaina ana e au, nō reira e karakia
ana ahau ki te Atua i roto i ngā temepara katoa i hangaia hei
.whakahonore i a la

Me tīmata tātou ki te hanga i tētahi kotahitanga o te ao,
e whakatauirā ana i te ariā o te Temepara Whakapono Katoa
(te Temepara o ngā Whakapono Katoa), me te whakaute i
ngā whakapono katoa e karanga ana kia karakia ki te Atua, e
ārahi ana hoki i ō rātou akonga ki a la. Me hanga aua
temepara, e whakatapua ana ki te Atua kotahi, e karakiatia
ana e ngā whakapono katoa, ki ngā wāhi katoa, ā, e tohu
ana ahau ka tupu tēnei ā muri ake nei. Me wetewete ake
tonu atu te iwi o te Rawhiti me te Hauāuru—me te
whakangaro—i ngā arai whaiti, hangai i roto i ngā whare o te
Atua. I a te tangata e whiwhi ana i te mōhiotanga whaiaro

mā te yoga, ka mōhio rātou he aroha, he whiriwhiri katoa
.rātou nā te Atua

E kitea ana tēnei hononga wairua i roto i te hunga nunui
e mōhio ana ki a rātou anō. Kāore e taea e te matapo te
ārahi i te matapo. Ko te kaiako wairua anake e tino mōhio
ana ki te Atua ka taea te tuku pono i te mātauranga atua ki
ētahi atu. Hei whakahoki mai i te atuataanga o te tangata, me
whai kaiako mārama pērā. Ko te tangata e whai ana i te
kaiako pono, i te kaiārahi wairua rānei, ka rite ki a rātou, nā
te mea ka mahi te tangata mārama pērā ki te whakaara i te
ākonga ki te taumata o tōna ake mātauranga whaiaro. I taku
kitenga i taku kaiako whakaute, ka whakatau ahau ki te whai
i a ia i ngā huarahi katoa: ki te whakanoho i te Atua anake ki
runga i te torona o tōku ngākau, me te tohatoha i Ana
.manaakitanga ki ētahi atu

E mea ana te hunga whakaaro nui, kia whiwhi ai te
tangata i te mātauranga hōhonu, me arotahi tōna titiro, me
.aro hoki ki te kanohi wairua e mōhio ana ki ngā mea katoa

I roto i te arotahi hohonu, ka kōkō te rae o te tangata
ehara i te yogi. Ko tēnei tonu te pokapū o te arotahi me te
wāhi o te kanohi porohita, koinei hoki te matapihi ki te
māramatanga wairua. Koinei te "pōro karaihe" pono e titiro
atu ai te yogi ki roto hei mārama ki ngā mea ngaro o te ao.

Ko te hunga e tae atu ana ki te hohonutanga o tā rātou
arotahi ka taea te uru atu mā tēnei kanohi "tuatoru" ka kite i
te Atua. Nō reira, me whakawhanake e ngā kaiwhai o te
pono te kaha ki te tuku i ō rātou hinengaro me te tirohanga
mā tēnei kanohi tuatoru. Ko te mahi yoga ka āwhina i te
ākonga ki te whakatuwhera i te kanohi kotahi o te
.mōhiotanga ā-hinengaro

Kāore te māramatanga, te mōhiotanga tika rānei, e
whakawhirinaki ana ki tētahi mōhiotanga ā-pūmanawa. Koia te
take e kiia ai he pūkenga ā-pūmanawa (te ono o ngā

tikanga). Kei te katoa tēnei tikanga ā-pūmanawa, engari kāore te nuinga o te tangata e ngana ki te whakawhanake.

Heoi, kua pā ki te katoa tētahi wheako ā-pūmanawa. Tērā pea kei a rātou te whakaaro kei te tata te tupu o tētahi mea, ā, ka tupu tonu ahakoa te kore o tētahi taunakitanga ā-pūmanawa

He mea nui kia whakawhanakehia te māramatanga tika, te māramatanga ā-roto, te mōhiotanga whaiaro rānei, nā te mea ko te tangata e tino mōhio ana ki te Atua, e māia ana ia ki a ia anō. E mōhio ana rātou, ā, e mōhio ana rātou e mōhio ana rātou. Me tino mōhio tātou ki te aroaro o te Atua, pērā i te mōhio ki te reka o te piki, o te karepe rānei. I tīmata noa ahau ki te whakauru i ētahi atu ki te Atua i muri i te whakakitenga mai a taku kaiako i te araki te tino rangimarie ki a ia, ā, i muri i taku wheako i Tōna aroaro, me te mōhio ki .Tōna noho i roto i ahau

Kua roa te Hauāuru e aro nui ana ki te hanga whare karakia nui me ngā whare karakia nui mō te karakia, engari kāore i te maha ngā wā ka āwhina ēnei hanganga nunui, whakahīhī hoki i te hunga e rapu ana i te Atua kia kitea ia. I te Rawhiti, ko te arotahi ko te whakatipu i ngā tāngata whai mātauranga atua. Heoi, kāore i te wātea tonu ēnei tāngata mārama ki ngā kaiwhai wairua, nā te mea he maha tonu rātou e noho ana i ngā wāhi whakatārewatanga tawhiti me te motuhake. Nō reira, he mea nui ngā pokapū wairua, hei wāhi e taea ai e te tangata te wheako i te aroaro o te atua, ā, ka taea e ngā kaiako mārama te āwhina i a rātou i roto i tēnei. Me pēhea te whiwhi mātauranga atua mai i tētahi kaiako kāore e mōhio ki te Atua? I whakatenatena mai taku kaiako i ahau ki te hiranga o te mōhio ki te Atua i mua i te ngana ki te kōrero mōna ki ētahi atu, ā, e ki tonu ana tōku ngākau i te whakawhetai mō tana arataki. He pono, i kotahi !ia me te Atua

Me kite tuatahi te Atua i roto i te tinana, ā, me whakapai
ake ngā whakaaro o ia tangata rapu i ia rā, me te
whakatakoto ki runga i te aata o tōna wairua ngā putiputi
harakore, kakara o te aroha parakore, tapu. Ko te tangata e
kite ana i te Atua i roto, ka kite anō hoki i Tōna aroaro i roto i
ngā temepara katoa, i ngā whare karakia katoa, i ngā
mosque, i ngā wāhi tapu, me ngā huihuinga katoa e tomo
.atu ana rātou

Ka hurihia e te Yoga te whakapono ariā hei wheako mahi

Ko te aroha ki te Atua me te ngākau pono ko te tango i
te hinengaro mai i ngā kare ā-roto, me te tuku atu ki te Atua.

Me tuku te arotahi katoa o te tangata ki te Atua i roto i te
whakaaroaro. Me ako ia tangata e rapu ana i te Atua ki te
arotahi i ō rātou hinengaro. He karakia teka, ā, kāore e
manakohia e te Atua. E mea ana ngā kaiako yoga, kia kitea
ai te Atua, me rapu tuatahi te tangata i a ia me te hinengaro
.katoa me te arotahi katoa o te whakaaro

E kī ana ētahi he pai ake ngā tāngata o Īnia ki te mahi
yoga i ētahi atu, ā, ehara te yoga i te mea mō te katoa. He
teka tēnei. He tokomaha ngā tāngata o ēnei rā kei te tūnga
ki te mahi yoga nui atu i ngā tāngata o Īnia, nā te mea kua
whakaratohia e ngā whanaketanga pūtaiao he wā wātea nui
ki te tangata. Me whakamahi te Rawhiti i ngā hangarau
matatau o te Hauāuru kia māmā ake ai, kia whai hua ai hoki
te ao, ā, me ako te Hauāuru mai i te Rawhiti i ngā tikanga
mahi, tikanga matatika o te yoga kia kitea ai e te katoa tō
rātou ara ki te Atua. Ehara te yoga i te whakapono, engari he
pūtaiao whānui, mahi, me te whai mana e taea ai e tātou te
.kimi i te Atua

He mea mō te katoa te Yoga: mō te hunga o te Hauāuru,
mō te hunga o te Rawhiti anō hoki. Kāore e taea te kī kāore
te waea i te mea mō te Rawhiti nā te mea i hangaia i te
Hauāuru. Waihoki, ko ngā mahi yoga i whakawhanakehia i te

Rawhiti ehara i te mea motuhake ki te Rawhiti engari he mea
.mō te painga o te tangata katoa

Ahakoia i whānau mai te tangata ki Īnīa, ki hea atu rānei
o te ao, ka mate ia i tētahi rā. Engari ka taea e te tangata te
ngaro i a ia anō i roto i te Atua i ia rā, ahakoia he poto noa
.iho. Mā te Yoga te tikanga me te kaha ki te mahi pera

E noho ana te tangata i roto i te tinana, pērā i ngā
herehere i roto i te herehere, ā, ina pau ō rātou wā, ka
whakama rātou i te peinga atu. Ko te aroha ki te tinana he
aroha noa iho ki te herehere. Nā te mea kua taunga tātou ki
te noho i roto i te whare herehere tinana, kua wareware
tātou ki te tikanga o te herekoretanga tūturu. Kāore he take
mō te kore rapu herekore. He mea nui te kimi i a koe anō me
te mārama ki te āhua mutunga kore o te tangata. Mā te
.yoga e whakamārama te ara

Me piki anō te wairua ki te Atua

I mua i te hanganga o te ao whānui, i noho te hinengaro
whānui He aha te hinengaro whānui, te hinengaro ao whānui
rānei? Ko te Wairua Tino Pai, ko te Atua mutunga kore,
mutunga kore, e noho tonu ana, e mōhio ana, e whakahou
tonu ana i te harikoa, e huna ana i muri i ngā āhua, ngā
āhua, me ngā āhuatanga o te ao whānui katoa I te hanganga
o te ao, i puta te hinengaro ao whānui i roto i te ao rauemi
hei hinengaro wairua, te whakaata parakore o te hinengaro
me te hinengaro o te Atua, e noho ana, e huna ana i roto i
ngā mea hanga katoa I te hekenga o te hinengaro wairua ki
roto i te tinana o te tangata, ka noho hei wairua, hei
hinengaro rangatira rānei: he harikoa atua, e noho tonu ana,
e mōhio ana, e whakahou tonu ana, e noho takitahi ana i
roto i te hanganga tinana Ina honoa te wairua tangata ki te
tinana, ka puta hei hinengaro-whaiaro, hei ego rānei E
whakaako ana a Yoga me piki te wairua i te arawhata o te
hinengaro kia tae atu ai ki te wairua atua

Te mea ngaro ki te harikoa: te rongō i te aroaro o te

Atua

He tino pai te koa ki te ora; ko te harikoa pono kei roto i

te kore e piri ki tetahi mea Kia pai te kakara o te putiputi,
engari ngana ki te kite i te Atua i roto i taua mea Kua puritia

e au ōku kare ā-roto kia mataara tonu ai ahau, mā te
whakamahi i aua kare ā-roto, ka taea e au te whakaaro tonu

ki te Atua me te rongō i Tōna aroaro i roto i tōku ngākau "I
hangaia ōku kanohi kia kite i Tō ataahua i ngā wāhi katoa, e

te Ariki I hangaia ōku taringa kia rongō i Tō reo whānui" Ko
te yoga tēnā: te kotahitanga ki te Atua Kāore he take ki te

haere ki te ngahere ki te kimi i a Ia Ka herea tātou e ngā
tikanga o te ao ahakoa kei hea tātou tae noa ki te wā e

wetekina ai tātou i a rātou E mōhio ana te yogi ki te kimi i te
Atua i roto i te ana o tōna ngākau Ahakoa kei hea ia e haere

ana, ka mauria e ia te mōhiotanga manaakitanga o te aroaro
atua

Kāore te tangata i heke noa ki te taumata o te
mōhiotanga ā-pāpāho, engari kua noho hei pononga hoki nā

ngā āhua rerekē o te mōhiotanga ā-pāpāho, pērā i te kakai,
te riri, me te hae. Me whakarērea e te tangata ēnei poke me

ngā hē kia kitea ai te Atua. Me wetekina ngā tāngata o te
Rawhiti me te Hauāuru i tēnei herenga ā-hinengaro. Tērā

pea ka riri te tangata noa nā te mea kāore i tukuna he
kawhe ki a rātou, me te whakaaro ka pāngia rātou e tēnei

.korenga! Ko te yogi tino tika he tangata kua wetekina

Kei te katoa te pūmanawa hei yogi ahakoa kei hea rātou

i tēnei wā. Engari e whakaaro ana tātou he mea rerekē, he
uaua hoki ki te whakatutuki tetahi mea kei tua atu i te pae

.tawhiti o ō tātou oranga me ngā tikanga o ia rā

Mā te mahi yoga ka herekoretia ētahi yogis e kawē te

wehenga me te noho whakatā ki ngā taumata teitei rawa
atu. E mea ana rātou me moe te tangata i runga i te moenga

whao me te kore e whakaohokia, ā, e whakahau ana rātou i ētahi atu momo whiu tinana kāore he pūtake i roto i ngā whakaakoranga Ihirama. He pono ko te tangata e taea te noho i runga i te moenga whao me te whakaaro tonu ki te Atua he nui tōna kaha hinengaro. Engari kāore e hiahiatia ana ēnei mahi whakamiharo; ka taea e te tangata te noho noa i runga i te tūru, i runga rānei i te moenga whakamarie, .me te whakaaroaro ki te Atua

E ai ki te tohunga yoga a Patanjali, ko te tū tinana e taea ai te pupuri i te tuaiwi kia tika, he pai mō te whakaaroaro, arā, te arotahi yoga ki te Atua. Kāore e hiahiatia te mahi i ngā takahurihi hei mahi i ngā mahi e hiahia ana ki te manawanui tinana me te ngāwari, pērā i te Hatha yoga. Ko te Atua te whāinga matua, ā, ko te rongoi i Tōna aroaro te mea e tika ana kia whai tātou kia tutuki. E mea ana te Bhagavad Gita: "Ko ia e tino uru ana ki te Atua, e rumakina ".ana ki roto i a ia, ko ia te mea tino taurite o te katoa

Kua whakaatu ngā yogi Inia i tō rātou ātete rawa ki te makariri me te wera nui, ki ngā ngau rānei a ngā waeroa me ētahi atu pepeke whakarihariha. Ehara ēnei āhuatanga i te mea e hiahiatia ana hei yogi, engari he āhuatanga tūturu o te tohunga pūkenga. Ngāna ki te whakakore, ki te manawanui rānei ki ngā āhuatanga kino mēnā e tika ana, me te kore e pāngia e te pouri hinengaro. Mēnā ka taea e te tangata te noho ma, kāore he take kia paru. Tērā pea ka rite te aroha o te tangata ki te noho i roto i tētahi whare iti ki te noho i roto i tētahi whare rangatira nui. Ko te mea nui rawa atu hei whakatutuki i te angitu wairua ko te uaua me te manawanui. He pono, he nui te kotinga, engari he tokoiti noa iho e pai ana ki te kokoti! E rapu ana te ao i ngā taonga me ngā manaakitanga a te Atua, engari e rapu ana te hunga .whakaaro nui i te Kaiwhakarato

Ko te tangata e hiahia ana kia noho hei yogi, me whakaaroaro. I te oho ake i te ata, kāore te yogi e whakaaro tuatahi ki te kai hei whāngai i tōna tinana, engari ka tukuna e ia ki tōna wairua te wai o te hononga atua. Ki tonu i te hihiri o te whakaaroaro hohonu, ka taea e ia te whakatutuki i ana mahi katoa o ia rā me te harikoa me te tumanako. Nā te Atua i hanga tēnei whenua kia rite ki tōna whakaaro. Ko tana mahere kia mahi te tangata ki te whakapai ake i te ao. Ko te hunga o te Hauāuru e anga whakamua ana ki te whai tonu i ngā mea hou me ngā mea kua whakapaitia, ko te hunga o te Rawhiti ia e anga whakamua ana ki te makona ki ā rātou mea. He mea e hiahiatia ana i roto i te wairua o te Hauāuru hihiri me te wairua o te Rawhiti āta whakaaro, ā, me kimi e .tātou he ara waenga i waenganui i ngā mea e rua

Ka hangaia e te whakaaroaro te yogi

Hei kimi i te Atua, me whakaaroaro te tangata i ia ata me te ahiahi, ā, i ngā wā katoa e taea ai i te awatea. Hei tāpiri, he mea nui kia whakatapua e te tangata e hiahia ana ki te whakaaroaro ētahi hāora i ia rā wiki ki te whakaaroaro. Ehara tēnei i te mea koretake. Ka whai tonu ētahi i ā rātou mahi whakangahau mō ngā hāora i ia rā, me te kore e ngenge, e hoha rānei. Ko te hunga e hiahia ana kia piki ake te wairua, me whakapau kaha ake ki te Atua. Me meinga e tātou te Atua kia rongohia te aroha tātou ki a ia i runga ake i ngā mea katoa. Ina matatau te tangata ki te whakaaroaro, ā, ka taea e ia te ruku ki te hinengaro teitei ake, kāore e neke atu i te rima hāora te moe e hiahiatia ana e ia i ia rā. Ka taea e te tangata te whakamahi i ētahi hāora o te pō, o te atatu, me ngā hararei hei whakaaroaro me te whakaaroaro ki te Atua. Pēnei, ka taea e te tangata, ahakoa te tangata tino pukumahi me te tino pukumahi, te noho hei yogi—mēnā e hiahia ana rātou—me te kore e mau i te potae, e whakaroa .rānei i ō rātou makawe

Ko ngā wāhi karakia ngā pūtau, ā, ko te honi te mōhiotanga pono he wairua te tangata, he kotahi ia me te Atua. He pono kei roto te Atua i ngā wāhi karakia katoa, engari kāore e ranea te haere noa ki aua wāhi tapu hei whakatenatena i te Atua kia whakakitea mai ia ia anō. He pai te haere pinepine ki ngā wāhi karakia, engari he pai ake te whakaaroaro i ia rā, ā, me mahi ngātahi ngā mea e rua nā te mea ka puta mai te hihiri i te haere ki ngā wāhi karakia, ko te whakaaroaro ia i ia rā ka arahi ki te ahunga whakamua wairua nui ake. Ina mura te ngākau o te kaitono, ā, ina inoi .ia i muri i te inoi, ka whakautua e te Atua tana karanga

He mea nui tēnei ngākau pono pumau hei kimi i a Ia. Hei yogi, hei pupuri hoki i te wairua me ngā tono o te wā, me whakaaroaro te tangata ki te kāinga, me whakahaere i a ia anō, me whakatutuki i ngā mahi katoa i runga i te aroha me te mahi ki te Atua. Ko taku hiahia nui ko te hanga temepara mō te Atua i roto i ngā wairua o te tangata, me te kite i te ataata kanapa o te Atua i runga i ō rātou mata. Ko te whakatutukitanga nui rawa atu o te ao ko te whakatapua e te tangata he temepara ki te Atua i roto i tōna ake wairua. Ka taea te whakatutuki ngāwari i tēnei, ā, koinei tonu te take i puta mai ai te mōhio ki a ia anō ki te ao. Ko te tangata e whakanoho ana i te Atua ki roto i tōna wairua he yogi ia, ā, ka taea e ia te kī tahi me ahau ko te yoga mō te Rawhiti, te Raki, te Tonga, me te Hauāuru. Mō ngā tāngata katoa, kāore he okotahi. Ko ngā ara whakapono he ara tuarua, ko te ara yoga te huarahi e arahi ana ki te whare o te harikoa atua, ā, .ina tae atu ki reira, e kore rawa e wehe atu

Kia tau te rangimārie ki a koe

ngā purapura wairua

Whakaakona ahau, e te Ariki, kia toa, kia maia, kia u tonu, kia manawanui, me te tupato, me te tūpato hoki.

Kei roto i tōku ngākau te Atua, kei te taha hoki o ahau, e tiaki ana, e mātakitaki ana i ahau. Nō reira, ka peia atu e ahau te pōuri o te wehi e huna ana i Tōna māramatanga ārahi i ahau, e meinga ana ahau kia hinga i roto i te pōuri o ngā hapa.

Ka rite tātou ki te hunga e noho tahi ana tātou, e whakahoahoa ana hoki, ehara i te mea mā te kōrero me te taunekeneke anake, engari mā roto hoki i ngā wiri aukume e kore e kitea e puta mai ana i a rātou. Ina uru tātou ki roto i tō rātou papa aukume, ka pāngia tātou e tō rātou aukume, kāore i te mōhiotia. Nō reira, he mea tino nui mō te hunga e hiahia ana ki te tipu wairua, kia whakahoahoa ki te hunga he hiahia wairua ō rātou, kia whakatenatenahia ai rātou, kia mau tonu ai tō rātou hihiri, kia poipoi ai hoki i tō rātou hiahia ki te Atua.

Ko te hunga whai māramatanga mārama ka kohi i ngā rōhi o te pono, ka mahi ki te whakamārama me te whakapaipai i ngā wairua ki ngā āhuatanga rangatira kia tomo ai ki te pararaiha o te whakaaro nui.

E te Ariki, he nui tōu aroha mō ngā mea katoa

Ahakoia e titiro mai ana te aroha o te ao whānui i ngā matapihi iti o te aroha tangata maha-āhua, i te wā tonu ka whakaaro koe kua kite koe i a ia, ka neke tonu, ka haere tonu kia kite rā anō koe i tōna āhua katoa mā te matapihi o tō hinengaro ao whānui.

He pai ake kia noho tahi tātou, kia kōrerohia ō tātou whakaaro me te hinengaro tuwhera, me te whakaute tetahi ki tetahi, me te maumahara kāore te hunga whakaaro nui e

tautohetohe engari e kōrero mārire ana, e whai whakaaro nui ana.

Me whakangungu te tangata i a ia anō me ōna whānau kia kaua e kōrero kino mō ētahi atu, kia kaua hoki e kōrero kino mō rātou, engari me arotahi ki te whakapai ake i a ia anō me te whakatika i ā rātou ake hapa. Kaua tātou e kino ki ētahi atu nā te mea he rerekē rātou i a tātou, nā te mea rānei he rerekē ō rātou whakaaro i a tātou, kaua hoki e tohe kia tika anake ō tātou ake whakapono.

E te puna o te aroha, tukua mātou kia rongu kua kī ō mātou ngākau, kua ngata hoki tō mātou matewai i te nui o tō aroha e rere tonu ana.

Me ako te tangata ki te whakarongo nui atu i te kōrero, ki te noho puku, me te pārekareka ki te noho tahi me ētahi atu

Ina arotahihia te hihi o te rā mā te karu whakanui ki tētahi pūwāhi iti, ka puta he wera, ā, ka taea e taua wera te mura i te rakau, te papanga, te pepa, me ētahi atu rauemi.

Waihoki, ina arotahi tika te hinengaro, ka taea e tōna kaha kua arotahi te tahu i ngā kino me ngā pūtake o te ruarua i muri i ia hinganga, ā, ka tiaho te māramatanga o te whakaaro nui me te kanapa me te kanapa.

Ina hono te hinengaro ki te Atua, te pūtake o ngā pai katoa, me te pūtake o ngā mana tapu katoa, ka mōhio ia ki te aroaro o te Atua, ā, kei a ia ngā āhuatanga katoa o te angitu. He hononga tata ēnei āhuatanga ki te mana nui o te Atua, e āhei ana ki te waihanga i ngā take hou me ngā whai wāhitanga mō te angitu i roto i ngā mara katoa.

Ina taka mai ngā anga o te mamae me te pōhēhē ki ahau, tukua ahau, e te Ariki, kia noho haumarū, kia tūpato hoki i roto i te pā kaha o tō aroaro tiaki.

Ko te aroha te himene a te ngākau e waiatatia ana e te wairua ki te Atua

Ka taea te whakamā i tōku matewai mau tonu mā tō pā manaakitanga ki tōku wairua, e mura ana i te hiahia nui ki a Koe. Kua marino te tupuhi o te ngakaukore, kua marino ngā hau o te kore tumanako, ā, kua whakamakukuhia e ngā pata o tō rangimārie ngā muka katoa o tōku wairua, e whakakī ana i tōku ngākau ki te ngākau harikoa, ā, ka waiatatia e au tōu ingoa manaakitanga.

E te Atua, meinga ahau hei manu o te pararaiha e pai ai ki te inu i ō puna whakaora e rere mai ana i ngā rangi o tō aroaro tapu rawa i ngā wāhi katoa.

Ka tae tuatahi mai te pono ki roto i ō tātou hinengaro, pērā i ngā pata tomairangi angiangi, mārama hoki [i runga i ngā rau rōhi]

Ahakoia te iti me te whakaiti o tō tūranga i roto i te ao, he rite tonu tōna hiranga ki te hiranga o ngā tūranga nui rawa atu e pā ana ki te whai wāhi atu ki te angitu o te tākaro.

Tukua ahau, e te Atua, kia titiro ki ngā ture o te ngākau pai, kaua e wehi, engari me te whakamarie me te aroha. Ā, kia mahara ahau ko te ngākau pai, e uaua ana ki te piri ki ōna mātāpono i te tīmatanga, ka waiho hei karauna o te harikoa me te ngākau māhaki ki runga i tōku mahunga ina whaihia ōna ture.

Āwhina mai i ahau, e te Ariki, kia kaua e wareware ki taua kino e whakaari ana i ētahi mea ahuareka me ngā mea

whakahari i te tīmatanga, ā, ka puta mai i muri i tēnā he nui te pouri me te mamae.

Me whakawhānui te aroha tangata, me whakawhanui hoki ki te aroha atua

E ngana ana te aroha atua ki te whakaatu i a ia anō i roto i ngā wairua tangata mā roto i ngā momo huarahi me ngā whakaaturanga o te aroha o te marena me te aroha o ngā mātua me te aroha o ngā hoa tetahi ki tetahi.

Ko ngā whanaungatanga maha, kanorau hoki i roto i ngā whānau me te hāpori, he mea nui ēnei hei pure i te aroha tangata mai i ngā poke, hei huri i taua aroha hei aroha wairua parakore.

Ngā Whakaū:

I te ata o ia rā, ka ringihia e ahau ki te hunga katoa e tūtaki ana ahau ki ngā ngaru o te hari

Ka waiho ahau hei hihi o te rā hinengaro ki te hunga katoa e whiti mai ana i tōku ara

Ka tahuna e au ngā rama ataata i roto i ngā ngākau o te hunga pouri me te hunga pōuri

Kāore mātou i whakaritea kia noho i te koraha o ngā hiahia koretake me te pōuri o ngā tumanako e memeha haere ana. Āwhina mai, e te Ariki, kia wahia e mātou ngā mekameka e here nei i a mātou, kia hanga hoki i tō mātou ara me te whakapau kaha, i roto i te koraha o ngā herenga, ki te whenua hou harikoa.

E te Ariki, tukua ahau kia rongo i tōu tata, kia rongo hoki i tōu aroaro i roto i te hohonutanga o ōku kare ā-roto, kia mōhio hoki ahau ko tōu whakaaro nui e tautoko ana i tōku māramatanga, ā, ko tōku ora he whakaaturanga o tōu ora ahurei, ahurei hoki.

He mate wairua te nanakia, ā, ko te tangata e uru ana ki
ngā mahi nanakia, ki ngā kare ā-roto rānei, ka pāngia ia e te
pouri, ka kino hoki tōna pūnaha io.

Ko te ngākau te pokapū o ngā kare ā-roto, kua hoki e
raweketia te ngākau o tētahi atu tangata

Ko te Atua tōku taonga pono, ā, e whai rawa ana ahau
nā roto i a ia

Te āhua o te rangimārie i roto i ngā kupu:
Te whakahaere i a koe anō
Te aroha ki ētahi atu
Te atawhai ki ngā kararehe
Te aroha ki ngā āhuatanga pai
Te aroha ki te rangimārie me te ata noho
Te aroha o te hunga nui
Te whakaatu i te aroha ki te hunga rawakore me te
hunga e matea ana, me te āwhina i a rātou
Te pono aunoa ahakoa ngā hua
Te whakatutuki i te kawenga i runga i te aroha me te
whakaute ki taua kawenga
Te aroha ki te tika me te whakarerekētanga
Te pārekareka ki te reka o te tuhituhi, me te mahi i ngā
mea e tika ana kia mahia
Te whakaute i a koe anō
Te ngākau māhaki
Rāka
Pono
Toa
manawanui
Manawanui
E whai ana i ngā tapuwae o ngā wairua nui me ngā
hinengaro mārama
Te pono

Hauora tinana
atawhai
Te māmā me te mārāma
Taurite
Ngā kare ā-wairua
Te ngākau māhaki
He aroha ki te ma o te tinana me te parakore o te
hinengaro
Te ngākau mahaki me te karo i te whakapehapeha
Te aroha ki te pai
Te tika
Te maumahara ki te atawhai i whakaaturia ki te hunga e
tika ana kia whiwhi
Te whakaute ki ngā mea tapu
Mai i te pukapuka iti: Tūtohi Hinengaro

Ka taea te wheako i ngā kare ā-wairua mā te
whakangungu i te hinengaro kia pārekareka ki ngā painga o
ngā whakaaro ataahua i te ao huna i roto i te tangata.

E te Ariki, nā te aroha e pupū ake ana i ngā ngākau o te
tangata ahau i whakamatautau kia rapu i te pūtake o te
aroha parakore i roto i a Koe.

I roto i te marino o tōku wairua, ka piko whakaiti ahau ki
mua i tō aroaro whānui, me te mōhio kei te ārahi tonu koe i
ahau i ngā ara o te mōhio ki ahau anō.

Ka rapu ahau i a koe, e tōku Atua, kia kitea rā anō koe e
ahau, ā, ina kitea koe e ahau, ka mihi ahau ki ngā
manaakitanga me ngā mea pai katoa e homai ana e koe ki
ahau.

I roto i te mokemoke o ōku whakaaro, e hiahia ana
ahau, e te Ariki, kia rongu i tōu reo. Whakarērea atu i ahau
ngā moemoeā kino o ngā reo nanakia e piri tonu ana i roto i
ngā papa o tōku mahara. E hiahia ana ahau ki te
whakarongo ki tōu reo marino, reka ake tonu atu i roto i te
marino o tōku wairua.

E te Ariki, tukua kia ringihia mai ngā ua o tōu aroha ki runga i ō mātou wairua, kia horoia atu hoki te paru o te kuware e piri ana ki a rātou, kia hoki mai ai tō rātou parakore me te māramatanga, kia tiaho ai ki tōu māramatanga atua.

Ahakoa i roto i ngā ana o te maunga, i waenganui rānei i ngā tiriti pukumahi, i roto rānei i ngā ngahere o te ao hou, ahakoa ko tēhea wāhi e haere ana mātou, ahakoa ko tēhea wāhi e tahuri ai mātou, ki te rawhiti, ki te hauauru, ki te raki, ki te tonga, ki ngā wāhi katoa, tukua mātou, e te Ariki, kia rongo i tō tata mai, kia whakamarietia ai ō mātou ngākau e tō aroaro tiaki.

Kia rite tātou ki ngā putiputi me ngā rōhi, ā, kia ruia ngā rau o te ngākau aroha me te atawhai ina hē te whakaaro ki a tātou, nā te mea mā te whakahaere i a tātou anō me te whanonga tika ka mōhio tātou he wāhanga nui tātou o te pai whānui.

Inuhia kia makona koe i ngā wai o te rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, me tō whakatau kia whai tirohanga pai, kia whai whakaaro whai hua hoki.

Kaua e rapua te harikoa i roto i ngā kākahu huatau, i ngā kai reka, i ngā taonga whakapaipai, i ngā mea papai me ngā mea whakaharikoa anake, nā te mea ka mau ēnei mea i tō harikoa i muri i ngā āhua o waho. Engari, tukua tō whakaaro kia rere ki runga ake i te rangatiratanga o ngā whakaaro mutunga kore.

Ina hoki, ka pāngia te katoa e te riri, ki tētahi taumata, ki te kore rātou e tae ki tētahi taumata matatau o te mōhiotanga, arā, te harikoa wairua, te āhua marino rānei.

Ko te riri – ahakoa te āhua – i ahu mai i te kore e taea te whakatutuki i te hiahia. I te korenga o te harikoa o roto e

puta mai ana i te hononga o te wairua ki tōna pūtake atua, ka ngana te tangata ki te whakatutuki i ana hiahia mā roto i ngā ahuareka ā-tinana e kore e pai i te mea he pumau, ā, he maha ngā wā ka puta he hua kino.

He maha ngā wā ka puta te pouri i aua hiahia, kātahi ka puta te riri, ka arahi atu ki te whakangaromanga o te hinengaro wairua.

Ko te huarahi tino whai hua ki te wikitoria i te riri ko te aro ki tōna pūtake: ngā hiahia Ka nui ake ngā hiahia, ka nui ake ngā pōuri

Kāore e taea te whakatutuki i ngā hiahia katoa nā te mea kāore e taea te whakamātau i ngā hiahia, ā, kāore he mutunga. I a tātou e kaha ake ana ki te whakatutuki i tētahi hiahia, ka nui ake tō tātou piri ki taua hiahia, ā, ka kaha ake tō tātou piri, ka nui ake tō tātou mamae i te tangohanga i ngā mea katoa e whakamātau ana i ō tātou hiahia, e whakatutuki ana hoki i ō tātou wawata.

Ka taea te whakatutuki i ēnei mea katoa mā te angitu, te oranga whakamarie, te whakaora i ngā mate kore e taea te rongoā, me ngā tikanga whakahaere.

Ki te mea kua pau katoa ngā tikanga me ngā mahi ā-tinana, ā, kua kitea he koretake, whakatuwheratia te tatau o roto, ā, ka rere mai te mana wairua ki roto, ka peia atu ngā ngoikore katoa, ngā hinganga me ngā pōuri.

Ki te rapu koe i te āwhina a te Atua mā te whakaaroaro me te arotahi hōhonu, mārie hoki, ka kitea e koe he puna kore e mutu o te kaha wairua.

Kāore te Atua e aro ki tētahi taha, ā, e aro ana ia ki te hunga katoa e rapu pono ana i tāna āwhina

I taku kitenga i te Atua i roto i ahau, ka kitea ia e ahau i ngā wāhi katoa

Mai anō i tōku tamarikitanga, he nui tōku hiahia ki a Ia, ā, i tētahi wā i ahau e tamariki ana, i tuhituhi reta ahau ki a

Ia. Ae, i tuhituhi reta ahau ki te Atua, ā, ko te taitara o taua reta koia tēnei:

"Ki te Atua i te Rangi" ā, ka tukuna e au ki roto i te pouaka mēra

Ina tuhituhi tātou ki tētahi, e tumanako ana tātou kia whakautua mai. I te korenga o taku whakautu, ka maringi ōku roimata. Engari i tae mai te whakautu ki ahau, ehara i te mea nā ngā kupu i tāia ki te pepa, engari nā te tirohanga whakamiharo, kanapa.

Ka taea e te katoa te whiwhi whakautu mai i te Atua mēnā he kaha te ngana, ā, he tonu te mahi.

Ki te tuku atu ō pātai ki te Atua, ka takai ki roto i te kare ā-roto hohonu, ka tukuna atu mā te mēra whakaaroaro, kātahi ka whiwhi koe i te whakautu me te pono, me te pono hoki.

Ka puta te rangimārie i roto i te wairua; ko te taiao manaaki o roto e puāwai ai, e tupu ai te harikoa.

Ka whakaae ngāwari te tangata ki ngā ariā rūpahu o ngā here, me te kore e pātai nui, ā, ka tukuna aua ariā ki te whakahaere i ō rātou oranga me ō rātou mutunga. Kāore ngā Kaiaro e whakaae ngāwari ki te āhua o nāiane; engari, ka whai rātou ki te whakarerekē, ā, koinei tonu te mea e taea ai te ahunga whakamua.

Ka whakaaroaro ngā kaipūkenga ki te taiao e karapoti ana i a rātou, ā, ka miharo ki tā rātou e kite nei. Ka titiro tata atu rātou, ka pātai he aha i puta ai, i kore ai rānei e puta ai ngā mea i tētahi ara.

Haunga te kai, te moe, me te mahi, e tumanakohia ana kia whiwhi te tangata i tetahi mea whai hua mai i tēnei ao

Me whakakore te hiahia whaiaro, ā, ka taea tēnei mā te whakatipu i te atawhai. Me manaaki tātou i ētahi atu, ā, ko te huarahi pai ki te whakaako i tēnei ko te tauira pai.

He uaua ki te whiwhi i te oranga pai me te oranga whakamarie i tēnei wā o te hiahia whaiaro me te apo. Ina taea e tātou te kī, "Mōku, mōu hoki ngā manaakitanga a te Atua," ka pai ake te ao nei.

Ina hiko tātou i ngā tiriti o te tāone, ka kitea tātou e karapotia ana e ngā taiepa, engari ina eke tātou ki te waka rererangi, ka ngaro ngā arai katoa, ā, ka kite tātou i te whānuitanga kāore i wehewehea. Waihoki, ina hiko tātou i roto i te tāone mokemoke me te whaiti o te hinengaro, ka rongo tātou i te herea e ngā whakaaro pakari me te iti. Engari ina eke tātou ki te waka rererangi tuwhera me ngā pae tawhiti, ka kite tātou i te wāhi mutunga kore o te tuakana me te aroha tangata.

Ko te tangata e paheke ana i ngā ara pari o te kino, kāore ia e māharahara ki te ātete, engari ina ngana ia ki te tū atu ki ngā tikanga kino me ngā au hē mā te tango i ngā ture wairua o te whakahaere i a ia anō, ka kitea e ia he maha ngā whakamātautau kua ara ake hei whawhai i ana mahi, hei aukati hoki i ana mahi rangatira.

I ētahi wā, he nui ake te whai hua o ngā whakaaro i ngā kupu. Ko te hinengaro tangata te kaituku me te kaiwhiwhi tino kaha. Ki te whakapāho tonu koe i ngā whakaaro pai, me te aroha, ka pā pai aua whakaaro ki ētahi atu. Waihoki, ki te tukuna e koe ngā whakaaro e kī ana i te hae, i te mauahara rānei, ka riro i ētahi atu aua whakaaro, ā, ka whakautu mai me ngā whakaaro ōrite.

Ka inoi atu ahau ki te Atua kia tautokona āu mahi me Tōna kaha me āna manaakitanga. Ki te pono te inoi, ā, he

parakore ngā whakaaro, ka puta te huringa e hiahiatia ana me te āwhina a te Atua.

Kua memeha haere ngā haruru o te tau kua hipa, me ōna pouri me ōna kata, ā, ināianei kei te waiata whakatenatena te haruru o te waiata o te Tau Hou, e whakapuaki ana i te tumanako, e **hāhā ana hoki** :

"Hurihia tō ao kia tino tika. Whakarērea ngā taru o ngā matakū tawhito. Mai i te māra kua whakarērea o mua, kohia, tiakina hoki ngā purapura o te harikoa, o ngā whakatutukitanga, o ngā tumanako, o ngā whakaaro me ngā mahi pai, me ngā hiahia rangatira, whakahīhī."

I roto i te oneone tomairangi o ia rā hou, whakatōkia aua purapura nunui, whakamakukuria, ā, tiakina kia tupu rā anō, kia whakakīia tō oranga ki ngā painga onge o te puāwaitanga.

Ka tangi te tau hou:

"Whakaarahia te wairua, e mauheretia ana e ngā tikanga, ā, akiakihia kia tīmata i ngā mahi hou, whai hua. Kaua e mutu te whakamātau, kaua hoki e okioki kia tae rā anō koe ki te herekoretanga mutunga kore, kia hinga rā anō i a koe te karma (ngā hua o ngā mahi o mua e whaia tonutia ana)"

Me te hinengaro hou, me te harikoa e whakahoutia ana, kia hari tahi tātou, kia hikoi ringa tahi ki te whare o te rangi e kore ai tātou e hoki atu anō.

Te riri me te maharatanga ki te arewhana

Ko te hunga e hiahia ana ki te rangimārie o roto, me mārāma rātou ki te pūtake o te riri, ā, he maha ngā wā ka puta he hua kino.

Nā te ngaronga o te taurite o roto i puta mai i te riri, he tokomaha kua tahuri ke ki ngā tāngata hara me ngā kaikōhuru toto.

Ka whakamatapo te hinengaro i te aukati i ngā hiahia. Ina mau te kohu o ngā hiahia ki te hinengaro o te tangata, ka ngaro ōna māramatanga, ā, ka whanonga ia i roto i te āhua kāore e tika mō te tangata rangatira.

Mā te ngaronga o te whakaaro nui ka whakapoauau i te māramatanga ā-roto, arā, te kaha e akiaki ana i ngā mahi tika me ngā whakaaro pai katoa.

Ina hē te urungi o te waka hinengaro o te tangata, ka pāngia rātou e te aituā, ā, ka noho pea rātou ki roto i te rua o te mamae me te pōuri.

Hei tauira: Kei te harikoa te taraiwa a te tāne, ā, i a ia e haere ana ki te pāka, ka tono tana wahine kia huri te huarahi ki te haere ki te whare o ōna mātua, kaua ki te pāka, ā, i konei ka huri tōna harikoa hei riri.

I whiriwhiria e au tēnei tauira nā te mea he mea noa tēnei. I ngā wā noa, ko te mutunga iho ko te whakahē a te tāne i te tono a tana wahine, te whakaae rānei me te riri me te kore harikoa, ā, koinei te mea e tupu whānuitia ana. I ngā wā e rua, ka kaha te riri, ka taupatupatu te āhuarangi, ā, ka pōrearea te rangimārie.

I ētahi wā, ka huri te riri hei aituā mō te hunga pukuriri. Tērā pea ka pā te riri ki te mahara, ka wareware rānei te taraiwa ki te taraiwa āta me te aro nui, ka wareware rānei ki te whai i ngā tohu huarahi, ā, ka hua ake he tukinga, he mate rānei, kaua rawa e mutu.

Hei whakamutunga, ka mau te riri i te urungi o te hiahia i roto i te hariata o te ora, ā, ka aukati i a ia kia tutuki i ana whāinga ā-tinana me ā-wairua.

Te mahara o te arewhana:

Ko te hinengaro e kīia nei ko te "mahara" he taonga nā te Atua ki te tangata, ā, he manaakitanga nui tēnei! Ka tukuna hoki te mahara ki ngā kararehe; ki te kore, e kore e taea e rātou te kite i ā rātou tamariki. He maharatanga pai tō ētahi kararehe, e ai ki te kōrero e whai ake nei mō te arewhana.

I a tētahi arewhana nui e kawea ana i ngā rakau, pērā i te mahi a te nuinga o ngā arewhana kua whakangungua i te Rawhiti, ka whakatata atu tētahi tamaiti ki a ia, ka werohia ki te ngira ki tōna tinana, ā, ka oma atu.

Kotahi tau i muri i taua aituā, ā, ka tūtaki te arewhana kotahi ki te tamaiti kotahi i te huarahi. He wā tino pai tēnei mō te arewhana ki te rapu utu. Nō reira, ka takai e ia tōna ngākau ki te tamaiti, ka whiua ki tērā taha o te huarahi. Nō reira, he maharatanga anō ō ngā kararehe.

Ina kī te ngākau i te aroha o te Atua, ā, ka whakamāramatia ngā kanohi e Tōna māramatanga, ka noho te aukume o te tangata hei wairua. He rerekētanga nui i waenga i te aukume wairua, me tōna awe whakahirahira, me te aukume kararehe, e peia ana e ngā kare ā-roto me ngā wairua. Ko te aukume wairua e ahu mai ana i te atawhai me te painga o ētahi atu, ko te aukume kararehe ia e peia ana e te hiahia whaiaro me te whakamahi kino i ētahi atu.

Ka taea e te tangata te tuku whakaaro pai ki a rātou anō, he pānga pai ki te hinengaro huna, ka pā ki te hinengaro mōhio. He kino ngā whakaaro kino, ahakoa nā te tangata ake, nā tētahi atu rānei, ki te roro, ā, me karo.

Ka homai e te tangata āna tohutohu ki a tātou, kātahi ka waiho mā tātou e kokoti ngā hua o ā tātou mahi [tērā pea he hua o āna tohutohu hē]

Ko te ara o te Atua e arahi tonu ana ki te hari me te pai

Me te mārama o te whakaaroaro hohonu, ka tukua e au te māramatanga atua e rere tonu ana ki roto i ōku hohonutanga, ā, ka ara ake taku aroha me aku wawata ki te Atua Kaha Rawa.

E rongoa ana ahau i tōu aroaro, e te Ariki, i roto i ngā hohonutanga o tōku wairua, ā, e kite ana ahau i a Koe e

puāwai ana i te māra o tōku aroha. Āwhiowhio mai ahau ki tōu aroha, tukua ahau kia koa ki tōu kakara tapu.

E te Ariki, homai he rangimārie ki ahau kia kitea ai e tōku wairua he okiokinga, kia kite ai hoki i ngā hihi o te tumanako i muri i ngā kapua o te kore aro. Kia tiaho te māramatanga o te pono i roto i tōku ngākau kia rongō ai ahau i te rangimārie me te whakamarie wairua.

Kia tiaho mai tōu korōria, e te Ariki, kia ngaro atu te kuware i ngā takutai o te whenua ake ake, me te ngangau me te hae. Whakakorea te pōuri o te kuware ki te māramatanga o tōu whakaaro nui. Whakarerekētia te ngoikore hei kaha, te ngoikore hei whakatau, me te iriiri i te hinengaro me te wairua ki tōu māramatanga whakaora.

Pērā i te māramatanga e tukuna ana ki te katoa, heoi anō kei reira ētahi e pai ake ana ki te noho i te pōuri, waihoki ka pupū te māramatanga o te whakaaro nui ki ngā wāhi katoa, engari kei reira ētahi e titiro ana ki te ao i muri i ngā matapihi o ō rātou whakaaro pōuri, kua poke i te kuware.

E te Ariki, whakaorangia mātou i te kuware me ōna pānga, i ngā wehi me ngā manukanuka, ā, tukua te waipuke o tō whakaaro nui kia horoia atu ngā para me ngā paru katoa o ō mātou ao.

Ko te tangata e mōhio ana ki te harikoa i tēnei wā, kua kitea e ia tōna ara ki te Atua

Ko au te kāpene o taku kaipuke whakaaro pai, ngākau pai, me ngā mahi whai hua, whai hua. Ka ārahi ahau i te kaipuke o tōku ao, me te titiro tonu ki te aorangi kanapa o te rangimārie i te rangi o taku whakaaroaro hohonu ki te Atua.

Ki te kore tātou e whiriwhiri kia harikoa, kāore he tangata e taea ai e tātou te whakahari i a tātou, ā, kua tātou e whakapae i tetahi mō tēnā. Ā, ki te whiriwhiri tātou kia harikoa, kāore he tangata e taea te tango i taua harikoa i a tātou.

Ko ngā mate urutā, ngā aituā, me ngā huringa tutu o te taiao e kawe mai ana i te whakangaromanga, te whakangaromanga, me te whara whānui, ehara i te "whakataunga atua". I ahu mai ēnei aituā i ngā whakaaro me ngā mahi a te tangata. I ngā wāhi katoa e whakararururuhia ai te taurite ngawari o te ao i waenganui i te pai me te kino e te kohikohinga o ngā ngaru kino me ngā wiri i puta mai i ngā whakaaro kino me ngā mahi hē a te tangata, ka puta te pōrearea me te whakangaromanga whānui. Ka haere tonu te ao ki te mamae i ngā pakanga, ngā aituā, me ngā aituā tae noa ki te whakatikatika a te tangata i ōna whakaaro me ōna whanonga hē. Kāore ngā pakanga e puta mai ana hei whakataunga atua, engari nā te hiahia nui ki ngā taonga whānui. Mena ka whakakorea e te tangata te hiahia nui ki te takitahi, ki te ahumahi, ki te tōrangapū, ki te wairua, me te motu, ka mutu ngā pakanga.

Ina noho te wairua rauemi ki te hinengaro o te tangata, ā, ka whakahaere i te whakaaro, ka tukuna e ia te hihi kino mārama. Ko te kaha kohikohi o ēnei wiri kino ka tino kino te taurite hiko o te taiao, ka puta he rū whenua, he waipuke, me ētahi atu āhuatanga kino.

Ehara i te Atua te kawenga mōna. Me whakahaere ngā whakaaro o te tangata i mua i te taea o te whakahaere i te taiao.

Ka ngana ahau ki te mahi i ngā mahi rangatira me ngā mahi tika anake, i runga i te aroha ki te Atua, me te whakamanawareka i a ia

Me parau te hinengaro ki te parau o te māramatanga tika, nā te mea he maroke, he pakeke hoki tōna oneone. Me whakamakuku te oneone ki te ngākau rite me te whakaae, ā, me whakatō ngā purapura o te whakapono ki ngā awaawa, kātahi ka whakamakuku ki te hiahia e hangai ana ki te hiahia o te Atua.

Ko te tangata marino, ka noho marino, ka noho rangimārie i roto i ngā āhuetanga katoa. Kāore hoki e tukua kia whakahaeretia rātou e ngā kare ā-roto me ngā hihiri, kia ārahi rānei i a rātou ki te whakatau i ngā whakatau hē.

Ko koe te kanapa i roto i ngā whetū, te kaha i roto i ngā ngota, te atawhai i roto i ngā ngākau, te ataahua i roto i te pono, me te nui i roto i te pono.

Manaakitia mātou, e te Ariki, kia whakakitea ai e mātou tō atawhai ki runga i a mātou i roto i tō mātou hauora, i ō mātou wawata hinengaro, me ō mātou oranga wairua. Āwhina mai kia whakakīia mātou ki tō mana nui, ki tō whakaaro nui mutunga kore, me tō pono mutunga kore, ā, kia mōhio mātou ko koe te puna o te hauora, te moana o te ora, me te puna o ngā māramatanga me ngā mātauranga katoa.

E te Aroha Atua, ko koe te haruru ngaro e puta mai ana i ngā ana o te ngākau me te reo o te kare ā-roto puku

Ko koe te tohunga makutu e kore e kitea o ngā wairua, te mea kanapa e puea ake ana i te hohonutanga o te whakahoahoa.

He anahera manaaki koe e kōrero ana i ngā kupu reka ki ngā wairua

Ko koe te reo wahangu o te hunga aroha, me te mangumangu ngaro e whakamahia ana e rātou hei tuhi karere ki ngā whārangi o ō rātou ngākau.

Ko koe te pūtake o ngā kare ā-roto rangatira katoa, ā,
ko tō ngākau e kukume ana i tōna manawa mai i te ngākau o
te ao tūroa

He kōrero puku te aroha i waenganui i ngā ngākau e
rua, ā, koinei te karanga teitei mō ngā mea ora katoa, me
ngā mea kore ora hoki kia hoki ki te whare o te kotahitanga
o te ao whānui.

Ko te aroha te pū o te ora

Ka tupu i roto i te māra o te puāwaitanga wairua, ā, ka
moe i muri i te pōuri o ngā herenga o waho.

Koinei te nekita tawhito rawa atu, tino reka rawa atu
hoki, e tiakina ana i roto i ngā pounamu ngākau.

Ko te aroha te māramatanga e wawahi ana i ngā taiepa
o te pōuri i waenganui i ngā tāngata takitahi, ngā whānau,
me ngā iwi

Ko te aroha te putiputi o te whakahoahoa, e puāwai ana,
e tupu ana i roto i ngā mara o te hunga taitamariki me te
hunga kaumātua.

Ko te aroha te kuwaha ki te rangi me te waiata a ngā
wairua pai

Ko te hunga e hiahia ana ki te whakahou i ō rātou
oranga, me tautuhi tuatahi i ngā mea pai e hiahia ana rātou
ki te whakauru ki roto i ō rātou oranga, kātahi ka whakatū i
tētahi kaupapa e piri tonu ai rātou i ia rā, ā, ka tino harikoa
rātou nā te pupuri i ā rātou whakataunga.

Ko te kore e piri ki tētahi kaupapa whakapai ake i a koe
anō ka ngoikore te hiahia, ā, ka ārai i te ahunga whakamua.

Ko te hunga e whai ana i te tikanga o te ao, ka tutuki i a
rātou ngā whakatutukitanga hua. Kāore he ture e aukati ana
i te tangata kia pai ake te hurihanga, kia tutuki ai hoki i ā
rātou wawata rangatira. Kāore he arai e aukati i te tangata
kia eke ki ā rātou whāinga teitei, ki te kore rātou e whakaae
puku ki aua arai, e whakaae ana hoki ki a rātou anō kāore e
taea e rātou te wikitoria.

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te wāhi e taea ai e au te whakarato i te ratonga tino pai.

Ko te aroha pono—te aroha o te ngākau me te wairua—he whakaaturanga o te aroha atua. E rapu ana te aroha atua ki te whakaatu i a ia anō mā roto i ngā ngākau me ngā wairua o te tangata. E whakaako ana te Atua i te tangata ki te aroha atua mā roto i te ara tino tika o te aroha tangata.

Ina tūtaki koe ki tētahi, ā, ka mea mai rātou, "Kei te pēhea koe? Harikoa rawa ahau ki te kite i a koe," ahakoa i roto i tōu ngākau kāore rātou i te tino māhorahora i a koe, ka kite tonu koe i ō rātou kare ā-roto, ā, kāore koe e hiahia ki te kōrero ki a rātou, ki te noho rānei ki a rātou. He pai ake ki ahau te pono i te tinihanga me te tinihanga.

Ko te kupu a te tangata te mea nui, ā, me noho māori, me pono, me whakaute i tā rātou kupu, me pupuri hoki i ā rātou kupu whakaari me ā rātou herenga ki ētahi atu.

Ko te Atua te pūtake o te kaha hinengaro, te whakaaro nui, me te hua. Inoi atu ki a Ia kia ārahi i a koe ki te ara tika hei whakatutuki i te angitu e rapuhia ana e koe. Tuatahi, kia tika tō whakaaro, kātahi ka whiwhi koe i te kaha hei whakatutuki i tō whāinga.

Ko te aroha te patu wairua e whakamutu ai i ngā pakanga katoa

He kaha rawa atu te ngākau pono i te teka me te kōrero kino. Ki te taea e koe te tiaki i a koe anō i roto i te pā o te ngākau pono, ko koe te rangatira honore i roto i tōu ake rangatiratanga.

Ka toa te pono, ahakoa kua hē ētahi atu ki a koe

Hoatu te whakaaro nui ki te hunga e rapu ana, i a rātou e hiahia ana ki te māramatanga, ā, kia kaha ki te piki i te arawhata o te mōhiotanga ki a koe anō.

Ki te Atua kua whakatapua e au, kua whakatapua hoki tōku reo, ōku ringa, ōku waewae, tōku ngākau, tōku tinana, ōku kare ā-roto, tōku hiahia me ngā mea katoa.

Kāore te mamae e mutu noa i te tinana; kei reira anō te mamae hinengaro me te mamae wairua

Kāore e taea te whakaaro ki te Atua ina kī tonu te hinengaro i te hae, i te wehi, i te whakapae i te kino, i te wā rānei e whawhai ana te tangata ki a ia anō.

E pāngia ana tātou e te pouri me te pouri, e ētahi atu āhua kino me ngā āhua hinengaro, me ngā manukanuka, ko te nuinga he matakū koretake. I te taumata wairua, e pāngia ana tātou e te kuware ki te āhua ora tonu o ō tātou wairua.

Ko te hunga e noho tahi ana me te Atua, ka kite i te ataahua whakamiharo, ka reka hoki i te reka whakaharahara e kore e taea te wheako i tētahi atu ara.

I te karangatanga o tōku wairua ki a Koe, ka pakaru mai ngā kapua o tōu wā puku, e te Atua, ā, ka ringihia te ua o tōu aroha noa, ā, ka huri hei waipuke nui o tōu aroha noa. I taupokina e tōu awa tapu ngā tahataha o tōku wairua, ā, ka ruku tōku wairua ki roto i ngā wai o te mutunga kore, ā, ka rewa te mirumiru o tōku ora iti ki roto i te moana o tōu orange whānui.

- Nā taku kaiārahi ahau i ako ki te whakamahi i te whao o te whakaaro nui hei hanga i ahau hei temepara e tika ana mō te aroaro o te Atua

Ki te hiahia koe ki te whakatutuki i tētahi whāinga rangatira, tīmata mā te hoahoa i tētahi tauira hinengaro mōna. Ka taea e koe te whakatū pakari i tētahi aronga i roto i tō hinengaro mēnā ka whakatō koe i tētahi whakaaro kaha

ki roto i tō hinengaro; kātahi ka rite tō tinana katoa ki taua whakaaro, ā, ka rite hoki ō mahi ki taua whakaaro.

- He mea nui te aroha me te manawanui mō te rangimārie me te whakaae tahi. Mā te aroha ka whakakotahi, ka whāngai hoki i ngā mea katoa e whai hua ana, e kaha ana ki te tipu, ko te mauahara ia ka wehewehe, ka whakangaro i ngā mea katoa ka taea te whakatika.

Ko te wehi te hoariri nui rawa atu o te angitu nā te mea ka whakakorea te hiahia ki te whakamātau, ā, ki te kore te wehi, e kore e taea e te tangata te angitu.

Ko te ngoikore o te hinengaro, te kore o te kaha, me te kore o te manawanui he arai katoa i te ara ki te angitu. Kaua te whāinga e ahu atu ki te angitu, engari he oranga tika e arahi ana ki te angitu. Ko te hiahia nui ki te angitu ka waiho hei arai. Ko te mahi auaha e tautokona ana e te kaha o te hinengaro me te hiahia nui ki te whakatutuki i te whāinga he mea nui hei whakatutuki i te angitu.

Ia whakaaro o roto i a tātou ka puta he wiri motuhake. Ina whakaaro koe ki te Atua me tō tinana katoa, tō hinengaro me ō waewae - ā, ka hāhā koe "E te Ariki" i roto i a koe anō, ka puta he wiri kaha e kawe mai ana i te aroaro o te Atua ki roto i tō koiora.

Ina mōhio tātou ko te Atua tō tātou aroha mutunga kore, ko ia hoki tō tātou hoa pumau, ā, ko tōna aroha ki a tātou he nui atu i tētahi atu aroha, ka rongo tātou i tōna tata, ka pā ki tōna aroaro, ā, ka marino ō tātou ngākau, ka rongo hoki tātou i te rangimārie wairua tino nui.

Ina whakaaroaro koe ki te Atua, ā, ka piki haere te harikoa i roto i tō ngākau me tō tinana katoa, ā, ka puta mai taua harikoa i ia wā, i ia wā, kia mōhio koe kua whakautua e te Atua ngā hiahia o tō ngākau, ā, ko ngā kare ā-roto o te harikoa e pā ana ki a koe he tohu mō taua whakautu.

Ina uru te hinengaro ki tētahi āhua o te hinengaro teitei ake, ā, ka pā ki te aroaro mutunga kore, ka mōhio ia kei te hono atu ia ki te Atua, ā, he reka te wheako, engari kāore e taea te whakapuaki i te āhua o taua hononga e kore e taea te whakaahua.

Kāore au i whakamahi i taku aukumetanga hei rapu i ngā mea ā-tinana, engari i whakamahia hei kukume i te aroaro atua e kore e memeha, e kore e pirau.

Homai ki ahau, e te Ariki, ngā hiahia hohonu o tōku ngākau, kia rongo ahau i tō reo tapu i roto i te hohonutanga o tōku wairua. E kore rawa ahau e wareware ki a Koe, e tōku Atua aroha, e kore hoki ahau e haere i ngā ara o te ora me te kore Koe. Hei manuhiri mutunga kore mōku, kia noho ki te wāhi tapu o tōku rangimārie me tōku hari wairua. Tukua tōku ngākau kia pā te ngākau ki tōu aroha, kia mahi tahi hoki ōku whakaaro, kia taea ai e au te hoatu i tōu rangimārie me tōu aroha ki ētahi atu. Kia puta te kakara o tōu aroha i te rōhi o tōku ngākau, e kukume ana i ngā wairua e rapu ana i te rangimārie, e kawē mai ana i a rātou ki a Koe.

Ko ngā tirohanga maunga i peitahia ki te ārai kikorangi, ngā mahi whakamiharo o te tinana tangata, ngā putiputi ataahua i hangaia, te rangatira o ngā wairua pai, te mana o ngā whakaaro teitei, me te hohonu o te aroha, e whakamahara ana i a tātou ki te Kaihanga whakamiharo, tino ataahua hoki.

Ka whakapau kaha ahau, ka mahi i ngā mea katoa e taea e au kia whai rawa ai ahau me ētahi atu i roto i te Atua. Ko te mea tuatahi, ka hanga e au ngā whare o te whakaaro nui i waenganui i ngā māra matomato o te rangimārie, kapi tonu i ngā puawai o ngā tikanga wairua ataahua.

Ahakoia he ngaru iti ahau, he ngaru nui rānei, engari me tautoko mai te moana nui o te ora i ahau.

Ka ruku hohonu ahau ki te whakaaro kia kitea rā anō e au te mea ngaro o ngā mea ngaro, ā, ka arotahi ahau i te māramatanga o te māramatanga - pērā i te rama - kia puta mai ai te mata tapu rawa ki ahau.

Kia tiaho tō māramatanga i roto i ahau, i te taha katoa, me ngā wāhi katoa

He ahi huna te aroha, e rewa ana i te taratara o te ao whānui, e ai ki te whakahau a te Atua, ā, ka hurihia hei taonga ngaro o te aroha mutunga kore.

Ka rite ki te rā e tuku ana i te māramatanga me te mahana, ka horahia hoki e ahau ngā hihi o te tumanako ki roto i ngā wairua o te hunga rawakore me te hunga kua peia, ā, ka whakatōkia e ahau he hihiri hou ki roto i ngā ngākau o te hunga e whakaaro ana kāore he tumanako.

E te Ariki, kaua ahau e tukua kia tahuna ahau me ētahi atu ki te ahi mura o te hae, engari tukua ahau kia whakaae me te ngākau pono me te ngākau māhaki ki te atawhai me te aroha e tika ana māku mai i aku hoa aroha.

Kei te haumarua ahau, kei muri i ngā pakitara o tōku hinengaro mārama. Kua tahuna e ahau te hītori pōuri, ā, ko tēnei rā anake taku e āwangawanga nei, ā, kāore au e wehi i tetahi mea engari ko au anō ina ngana ahau ki te tinihanga i tōku hinengaro.

I tēnei rā ka tahuna e au ngā pūtake o ngā manukanuka me ngā matakū, ka tahuna hoki te ahi o te harikoa hei whakamārama i te temepara o te wairua i roto i ahau.

Kāore he tangata e taea ai e au te whakapataritari i a au ki te reo kino, ki te whanonga whanoke rānei, ā, kāore he tangata e taea ai e au te āwhina ki te whakapatipati, ki te whakamoemiti, ki ngā kupu whakamihi hei mea i ahau kia nui ake, kia hira ake ahau i tōku ake āhua tūturu.

E te Ariki, kia whānuitia tōku ngākau kia mau ai tō aroaro tapu, kia pā mai hoki i tōu aroha ake tonu atu.

Ki te whakamahi tika koe i tō kaha hiahia, ka hangaia he karma hou māu, engari ko te nuinga o te iwi kāore e hiahia ki te huri, kāore hoki e hiahia ki te whakapau kaha, nō reira ka hinga rātou i te aroaro o ngā uauatanga, ā, kāore e taea te aro atu ki ngā wero.

E te Ariki, āwhina mai kia mōhio ahau ki te wehewehe i waenganui i te harikoa pumau o te wairua me ngā ahuareka poto noa iho. Kaua ahau e tukua kia toremi i roto i ngā ahuareka o ngā kare ā-roto e memeha haere ana, ā, āwhina mai kia whakapai ake i ōku kare ā-roto kia hari tonu ai ahau.

I wehea e au ngā hihi o tōku hinengaro mai i te ao whaiti, iti o ngā kare ā-roto, ā, i tukuna atu ki ngā pae tawhiti o te wairua, nō reira i tipu ake ai ōku tirohanga, ā, i horapa atu tōku mōhiotanga ki ngā taha katoa.

Kaua te tangata e māharahara, e noho pōuri rānei mēnā he āhua kāore e hiahiatia ana e hiahia ana rātou ki te whakakore. Nā, koinei te wā ki te wikitoria i aua āhua mā te whakatipu i te whakatau o mua me te mahi whakaaroaro tika, auau.

E te Ariki o ngā wairua me ngā ngākau, ko ngā hihi o te harikoa e horapa ana i te rangi o tōku marino o roto e tohu ana i te taenga mai o tō putanga tapu.

E te Ariki, e menemene ana ahau pērā i te menemene a te hunga māia, ā, e tau ana te ngākau, ahakoa kei te mānu ahau i runga i te mata o tēnei ao, kei te toremi rānei i raro i ngā ngaru o te mate, kei roto tonu ahau i te ngākau o tōu ora tonu, e whakarato ana i te haumaru me te tiaki, ā, ko tōu ringa kaha, manaakitanga e tautoko ana i ahau.

Ko te mate, te koroheketanga, me te mate ngā uauatanga me ngā arai e pā ana ki te tinana. Heoi, ka whakaekea te hinengaro e ngā mate hinengaro mā te pouri, te wehi, te riri, ngā hiahia kua pehia, te mauahara, te mauahara, ngā kare ā-roto, te kirika me te whakaohoho io, me te momo mate pukupuku hinengaro e whakararuraru ana i ngā āheinga hinengaro. Heoi, ko te mate tino morearea ko te mate o te wairua, e puta mai ana hei kuware, e puta mai ai, e horapa ai ngā mate katoa.

Kaua te puna o te whakaaro nui e whāngai ana i ō tātou kare ā-roto o te aroha me ngā kare ā-roto kua whakapaia e tukua kia maroke.

Ko ngā mea katoa e ātaahua ana ki waho, e ahu mai ana i te āhua o roto, ā, kāore he mea e whakapoke ana i te whakaata parakore o te wairua pērā i ngā whakapōrearea hinengaro pērā i te riri, te mauahara, te hae, me te mauahara. Ko te tangata e ngana ana ki te whakawātea i a ia anō i ēnei matū, he mea tauhou ki te āhua o te wairua, ka tukua e ia te māramatanga o te ataahua o roto kia whiti mai i roto.

Me whakaara ake te māramatanga mai i te ao tinana iti ki ngā pae tawhiti mutunga kore o te marino i roto i te wairua.

E te wairua o te parakore me te harakore, whakaorangia ahau i ngā hiahia taikaha e kore e taea te ngata, kia huri ai ngā hiahia apo katoa hei pungarehu i roto i te mura o te whakaaro nui, kia kaha ai ahau ki te pehi i ngā hiahia katoa o ngā kare ā-roto, kia rite ai hoki ki tāu e pai ai, me te whakatangi i taku rangi waiata māmā i roto i te rangimārie, me te whakatutuki i aku mahi iti, me te waiata i taku waiata whakaiti.

E te Ariki, āwhina mai i ahau kia whakamahia ōku kare ā-roto i runga i te whakaaro tika, kia whakatikatikaina hoki, kia whai wāhi ai ki te hari pono o tōku ngākau.

He mea whakamiharo te maitai o te whakaaro nui e tangohia ana e tātou i roto i ngā ahi mura o te wheako. Ka purea tātou e te ora mā te huri i ō tātou konganuku taketake hei huānga utu nui kia taea ai e tātou te noho i tēnei ao hei wairua parakore pērā i ngā kohatu utu nui, hei pakeke pērā i te maitai, ā, i te wā kotahi ka ngāwari, ka piko hoki, me te kore e whati i raro i ngā pēhanga o te uauatanga me ngā whakamātautau uaua.

He mana huna kei te mahi hei whakatinana i tētahi mahere matatika me te wairua hei whakatinana i te tikanga me te rangimarie i waenganui i te āhua o te koretake me te pōrearea i roto i te hanganga.

E taku hoa aroha atua, ko koe te hari mutunga kore, te hari e whakahoutia tonutia ana, ko koe te harikoa o te wairua, ā, ko koe te hari e hiahiatia ana e au.

Me tuku te inoi ki te Atua me te hiahia nui me te whakawhirinaki tino pono, ā, ka whakautua pukutia, ka ata noho hoki, he whakautu huna e whakamarie ana, e tere ai te huringa o te orange o te tangata.

Tuatahi, me wheako tātou i te hari o te hononga ki te Atua kia taea ai e tātou te whakarite ki ngā ahuareka iti iho o te ao. Kātahi ka teitei ake te āhua o ngā hiahia. He mutunga kore te hiahia; ina tutuki tetahi hiahia, ka puta mai tetahi atu, ā, pērā tonu. Engari ina kitea e koe te Atua, ka tutuki katoa ō hiahia.

He hunga atawhai, he hunga ngākau aroha e whakaae ana ki āu taonga atawhai, e tohatoha ana ki ētahi atu, e whānui ake ana ō rātou māramatanga, e whakatata atu ana ki tō aroaro tapu. I a mātou e whiwhi ana i ngā taonga me ngā manaakitanga maha mai i a koe i ia rā, i ia rā, tukua mātou kia tahuri atu ki a koe me te whakamoemiti me te whakawhetai, e te Kaituku o ngā taonga me ngā manaakitanga katoa.

I a koe e noho tahi ana me ahau, e te Ariki, e kore tetahi kino e pa ki ahau, no te mea ka tahuri ke koe i ahau, ka tiaki i ahau i te kino.

Kei te anga atu taku tira inoi ki a koe Kua āraia i konei, i reira e ngā awha o te ngakaukore Engari ina kite ahau i tawhiti i te puna o tō whakatenatena puku, ka hou ahau, ka whakahoutia tōku kaha, nō reira ka ruarua ahau i aku mahi kia tae atu ki a koe, me te hiahia ki te tuku i ōku ngutu matewai ki roto i te puna o tō harikoa me te inu kia mākona ra ano ahau.

E te Ariki, tukua ahau kia kite i te pai me te parakore anake, kia kōrero i ngā kupu whakaaweawe anake. Tukua ahau kia hongī i te kakara reka o tōu aroha, me tōna kakara rangi, kia kai i ngā kai māmā me te hauora, kia hongī hoki i ngā kakara reka e whakamahara mai ana ki ahau ki a Koe. Tukua ahau kia rongo i tōu pā manaaki.

I te mārā o te oho ake wairua, i kohia e au ngā pata o taku ripeneta, ā, i roto i aua roimata e arohaina ana e koe, i tino purea ai tōku ngākau.

E te Atua, kua mau ōku kanohi i ngā āhuatanga hurihuri o te ao me ngā whenua kanapa o te taiao, me ō rātou putiputi kanorau, maha ngā tae, me ngā kapua e rere puku ana i te pae tawhiti. Whakatuwheratia ngā kanohi o tōku wairua kia kite ai ahau i tō ataahua whakaharahara i roto i ngā mea pai katoa, ā, kua hoki ahau e tukua kia kite i tētahi mea i te ao engari ko Koe anake.

Tukua ahau e whatu i tētahi whāriki ngohengohe o te mōhio ki a koe anō hei hiko mā ō hoa aroha katoa i runga i tō rātou ara ki te oho ake tonu atu.

E maumahara ana te Atua ki a tātou ahakoa kāore tātou e maumahara ki a ia. Mēnā ka wareware ia ki te hanganga mō tētahi wā poto noa iho, ka ngaro ngā mea katoa i te ao. Ko wai atu i a ia hei tautoko i tēnei Ao e rere ana i te wāhi? Ko wai atu hei whakatupu i ngā rākau, hei puāwai i ngā putiputi? Ina hoki, ko te Atua te mea e patupatu ana i ō tātou ngākau. Ko ia te mea e keri ana i ā tātou kai, e whakahou ana i ngā pūtau o ō tātou tinana i ia rā, i ia rā. Heoi, he tokoiti noa iho ngā mea e maumahara ana ki a ia, e whakawhetai ana ki a ia!

E te Ariki, tukua mātou kia titiro ki te pai me te aroha, kia mōhio ai mātou ko te ngohengohe ki āu ture o te ao ka karaunatia mātou ki te karauna o tōu atawhai.

Kia mōhio mātou, e te Ariki, ko koe te puna o te ora, te moana o te ora, me te puna o ngā māramatanga me ngā mātauranga katoa. Whakaorangia mātou i te kuware me ōna pānga, i ngā wehi me ngā manukanuka, ā, tukua te waipuke

o tō whakaaro nui kia horoia atu ngā whakangaromanga me te whakamomori katoa i roto i ō mātou oranga.

He maha ngā wā i whakarongo ai ahau i roto i te whakaaroaro ki ngā waiata reka rawa atu a te hunga e tata ana ki a koe, ki ngā symphony wairua whakamiharo, whakahīhī hoki, hei whakaoti i ngā waiata a te wahinetanga mō ngā kare ā-roto o tōku ngākau, me ngā himene whakakoi e whakamārama ana i tōku hiahia tawhito ki a koe me tōku hiahia e tipu haere ana kia tūtaki ki a koe.

Kia pai ngā tirohanga whakamiharo o ngā whakaaro i roto i te ao ngaro me te ao ataahua i roto i ō koutou wairua

I waenganui i a Alexander rāua ko te Yogi Te Hiahia Tūturu: Te Kōrero mō te Kitea o te Arctic

Ko wai te tangata tuatahi i kī tonu ōna kanohi i te roimata (me te harikoa me te makariri pea) i te kitenga i te Arctic mō te wā tuatahi i roto i te hītori?

Nā te aha, ā, nōnahea tēnei i puta ai? Koinei tā mātou e ngana ai ki te rapu i roto i ngā rārangi e whai ake nei.

Mō ngā rautau, kua ngana te tangata ki te tae atu ki taua rohe makariri o te ao, ā, kāore anō kia kitea e te hītori tētahi haerenga māia atu i ēnei nganatanga, i mate ai rātou i te nuinga o te wā. Ko ngā taipitopito o ā rātou haerenga ki te raki e kōrero ana mō ngā mahi toa me ngā aituā.

He rau tau, he mano tau pea ki muri, i whakapono ngā tāngata o ngā rohe e karapoti ana i te Moana Mediterranean he rite te ao ki tētahi kōpae maeneene

e karapotia ana e tētahi awa nui i tapaina e rātou ko Oceanus.

Kāore i te nui ō rātou mōhiotanga mō ngā rohe i tawhiti atu i a rātou, engari i pai ki a rātou te moemoeā me te whakaaro mō aua wāhi i tawhiti, pērā i ngā mea kei tua atu o ngā maunga Alps me ngā whenua Balkans.

Mai i ēnei rohe, i tangohia te tine hei hanga parahi, ā, i keria te amipa hei hanga whakapaipai me ngā mea whakapaipai. Heoi, kāore i te rawaka ngā kōrero pono mō te raki, nō reira i riro i ngā kaitito te kawenga ki te whatu i ngā kōrero whakamīharo mō ngā mea kei tua atu o ngā maunga.

E kōrero ana tā tātou kaitito rongonui, a Homer, mō ngā Cimmerian i te raki kohu, me ngā nunui e noho ana i reira, he poto rawa ngā rā, ā, ka tūtaki te hepara e hoki mai ana i te ahiahi ki tētahi atu hepara e haere ana ki te whāngai kai i te ata. E kī ana ētahi atu kōrero i mōhio te iwi ki tētahi mea mō te Pou Raki, engari ko te nuinga o ō rātou whakaaro mōna he hē, he maha ngā wā he hē.

I te roanga o te wā, ka ngana te iwi ki te tae ki ngā pou. I te tau 500 BC, ka haere tetahi tangata ko Hamilcius o Carthage tōna ingoa ki te raki, ka tae ki Airana, ka tuhi i tana haerenga. Koinei te kōrero pono tuatahi. I whai ake ngā nganatanga i muri mai, me te hunga Scandinavian e rere ana i ngā moana hukapapa, ka kitea a Iceland. Mai i reira, ka haere tonu tā rātou rapu whenua me ngā taonga.

He tokomaha i ngana, ā, i rahua. Ka warewarehia e tātou ngā taipitopito o ā rātou nganatanga, ka neke atu tātou ki te kaiwhakakite tuatahi o te Pou Raki.

I whānau mai a Robert Edwin Peary i Pennsylvania i te tau 1856. I ako ia i te hangarau, kātahi ka uru atu ki te US Navy. I tino hiahia ia ki te tūhura i ngā rohe porowhita. I mōhio ia ki ngā tūponotanga me ngā arai katoa i pā ki ngā kaihōpara i mua i a ia, engari i whakatau ia ki te haere tonu, ā, i mōhio hoki ia i roto i tōna ngākau e kore ia e hoki whakamuri i tana whakatau.

I ngana tā mātou kaihōpara, a Peary, ki te rapu i ngā mea katoa e taea ana e ia mō te Arctic, ōna āhuatanga, me ngā taipitopito e pā ana ki reira.

I te tau 1886, i haere ia ki te raki o Greenland, ā, i muri i ngā tau e rima ka tīmata ia i tētahi haerenga tuarua, e ako ana i ngā tāngata, e whiti ana i ngā awaawa hukapapa, e whakaatu ana he takutai moana raki tō Greenland, ā, nā reira i whakaū ai i tōna mana hei moutere nui rawa atu o te ao. I muri i ngā tau e rua, ka hoki ia ki Greenland. I te tau 1898, ka tīmata ia i tētahi haerenga e whā tau te roa.

Ināianei kua rite a Perry ki te haere ki te wāhi ngaro. I tīmata ia i tana haerenga mōrearea i te tau 1902, engari i akiakihia ia kia hoki mai nā ngā āhuatanga ohorere. I te tau 1905, i ngana anō ia, i tēnei wā ka tae ki te rohe raki rawa. I te tau 1908, ka rere ia i runga i te kaipuke Roosevelt, ā, ko tana haerenga tuawaru i angitu. I heke ia me ana hoa, i eke ki ngā reti kurī, ā, i haere ki te Pou. I ētahi wā, ka whakaroa ētahi o ana hoa ki te whakatū puni me te kohi taonga mō tana haerenga hoki, me ā rātou āwhina.

I haere tonu ia i tana haerenga me tētahi pononga mangu me ētahi Eskimo tokowhā, me ā rātou kai e ranea ana mō ngā rā e whā tekau.

I poroporoaki a Perry ki te hunga i mahue iho i a ia i te teihana whakamutunga, ā, ka hiko atu ki te pou, ka tae atu ki reira i te 6 o Āperira, 1909, ā, ka tū ki te tihi o te ao.

I mua i te taenga atu o Peary ki te Pou Raki, i tukuna e te kairangi rererangi o Amerika a Frederick Cook tētahi waea mai i ngā Moutere o Shetland e kī ana kua tae atu ia ki te Pou Raki i te tau i mua atu. Heoi, i te wā i tirotirohia ai e ngā kaipūtaiao ngā kereme a Cook, i kitea he teka, ā, kāore ia i tae ki te Pou Raki. Heoi anō, i whakaae rātou ki ētahi o āna kitenga i te rohe.

He kaha whakaharahara te hiahia o Perry, ā, i akiaki ia i a ia anō ki te hiko tonu ahakoa te mamae nui o ōna waewae, nā te ngau o ōna matimati i te tau 1898, ā, i hiahiatia ai kia tapahia ōna waewae. Heoi, kāore tēnei hauātanga i aukati i a ia ki te hiko (me tana hoa pono, hoa aroha, te tangata mangu a Matthew Henson) 1,400 kiromita (mā runga i te hukapapa i roto i ngā āhuatanga tino uaua!) huri noa i te pito raki o Greenland hei hanga i tētahi mapi taipitopito o te rohe. He mahi toa tēnei!

Kei te kiia tonu a Perry ko ia tētahi o ngā tāne toa me te tino kaha ki te whakatutuki i ngā whāinga.

I roto i tēnei horopaki, e kī ana a Imam Ali (kia pai te Atua ki a ia):

"Nō reira, me uaua, me mahi nui, me rite, me whakanui hoki i ā koutou kai."

Kia tau te rangimārie ki a koe

I waenganui i a Alexander rāua ko te Yogi

He kōrero whakamīharo kei roto i ngā kaituhi hītori Kariki me ētahi atu i haere tahi me Alexander i tana pakanga ki Īnia. I whakamāoritia ēnei kōrero e Tākuta McCrendle hei whakamārama i te ao o Īnia onamata. Ko tētahi o ngā āhuatanga tino whakamīharo o te wikitoria kore angitu a Alexander ko tana hiahia nui ki te rapunga whakaaro Īnia me te hāpori o ngā yogi me ngā tāne karakia i tūtaki ia i ia wā, i ia wā, ā, i tino hiahia ia ki te hono atu ki a rātou. I tōna taenga ki Taxila i te raki o Īnia, ka tonoa e te toa Kariki a Onascritus, he ākonga nō te kura Kariki a Diogenes, ki te kawē mai i te rangatira hermit Īnia a Dandamus, e noho ana i Taxila i taua wā.

I mea atu a Oniskertius ki a Dundamus i muri i tana kitenga i tōna wāhi huna i waenganui o te ngahere:

"Ngā mihi me te rangimārie, e te kaiako o ngā Brahmins! Ko Alexander, te tama a te atua nui, a Zeus, te rangatira o ngā mea hanga katoa, e tono ana kia haere koe ki a ia. Ki te haere koe, ka hoatu e ia he utu nui ki a koe, engari ki te whakakahore koe, ka tapahia e ia tōu mahunga."

I ata whakaae te yogi ki tēnei karanga, me te ara ake i tōna māhunga i tōna moenga rau, ā, ka whakahoki:

"Ā, he tama anō hoki ahau nā te atua, nā Zeus; ki te mea ko Alexander, kāore au e tono i tetahi mea mai i ngā mea a Alexander, nā te mea e makona ana ahau ki aku mea, i a au e kite ana i a ia e neke haere ana me āna tāngata i runga i te wai me te whenua, ā, kāore he mutunga o tana kopikopiko ake ake."

"Haere ki a Arehanara, ko te Atua anake te rangatira e tika ana kia karakiatia, kia whakanuia. Ko ia te kingi tino nui e kore e whakahau i te kino kino, nā te mea ko ia te kaihangā o te māramatanga, te rangimārie, te ora, me te wai, me te kaihangā o te tinana tangata me ngā wairua o te tangata. Ki a ia ka hoki mai ngā tāngata katoa ina whakawāteatia rātou e te mate, kia kore ai rātou e pāngia e ngā kino o te mate."

I haere tonu te kōrero a te tangata whakaaro nui me te whakatoī ngawari:

"Ehara a Arehanara i te atua nā te mea ka tino pāngia ia e te mate. Ā, me pēhea e taea ai e te tangata pēnei i a ia te noho hei rangatira mō te ao, i te mea kāore anō ia kia piki ki te torona o te ao o roto, kāore anō hoki kia tomo ora ki te poka hohonu, kāore anō hoki ia e mōhio ki te ara o te rā i runga i ngā rohe whānui o te whenua, ā, kāore anō hoki ngā iwi tata kia rongu mōna?!"

I muri i tēnei riri, e kiia nei ko te whakaekenga tino kino ki ngā taringa o (te Ariki o te Ao), ka tāpiri te tangata tapu me te whakatoī: "Ki te kore e ranea ngā koroni o nāianeī o Alexander hei whakamātau i tana apo, tukua ia kia whiti i te awa o Ganges, ā, ka kitea e ia he whenua nui e taea ai te whakauru i ana tāngata katoa"

"He koretake ki ahau ngā mea e tukuna mai ana e Alexander ki ahau me ngā koha e whakaaria mai ana e ia. Ko ngā mea e tino whakanuia ana e au, e whakaarohia ana e au he mea whai hua, he mea nui rānei, ko ēnei rākau hei hanga i tōku kāinga, ko ēnei tipu putiputi e whakarato ana i te oranga mōku i ia rā, me te wai e whakamama ana i tōku matewai. Ko ngā

taonga katoa, ka kohia me te tino tupato, he kawenga ki ō rātou rangatira, ka waiho noa iho me te pouri me te pouri, te rota o te hunga kore mārama. Mōku nei, e takoto marino ana ahau i roto i ngā rau me ngā tarutaru o te ngahere, ā, nā te mea kāore he mea hei whakaara i ahau, ka moe pai ahau, e pārekareka ana ki te moe reka me te marino. Me i ahau he mea e hiahia ana kia tiakina me te mataara, ka whakararuraru i taku okiokinga, ka tango i te ahua reka o te moe. Ka whakaratohia e te whenua ngā mea katoa e hiahiatia ana e au, pērā i te whaea e whakarato ana i te waiū ki tana pēpi, ka haereere ahau ki ngā wāhi katoa e hiahia ana ahau, ā, kāore he āwangawanga hei whakararuraru i ahau, hei whakakino rānei i tōku ao."

Ahakoia ka tapahia e Alexander tōku mahunga, e kore e taea e ia te whakangaro i tōku wairua. Ko tōku mahunga, ka noho puku i muri i te mate, me tōku tinana, ka rite ki te kākahu pakaru, ka noho tonu ki runga i te whenua i hangaia ai rātou.

Ko ahau ia, hei wairua, ka piki atu ahau ki te Atua, nāna nei tātou i whakakakahu ki ngā tinana, i whakanoho hoki i a tātou ki runga i tēnei whenua kia taea ai e tātou te whakamatau ki a ia—i a tātou e noho nei i konei—mehemea ka ngohengohe tātou ki Tōna hiahia, ka noho hoki i roto i te ngohengohe ki a ia. Ā, ina tū tātou ki mua i a ia, ka tono ia kia utua ā tātou mahi. Ko ia te Kaiwhakawā tika e whakahē ana i ngā kino katoa, i te hara, i te takahi ture, i reira ka huri ngā tangi a te hunga e tukinotia ana hei whiu mō te kaitukino.

Tukua a Arehanara kia whakamahi i tēnei tūmomo whakawehi hei whakamataku i te hunga e hiahia ana

ki te taonga, e wehi ana rānei i te mate. He ngoikore te patu a Arehanara ki ngā yogi.

"Kāore mātou e aroha ki te moni, kāore hoki mātou e wehi i te mate." "Haere, kī atu ki a ia kāore a Tanemu e hiahia ana ki tētahi mea āu, nō reira kāore ia e pai ki te haere mai ki a koe." "Engari ki te hiahia koe ki a Tanemu, haere mai ki a ia." I aro nui a Arehanara ki te whakautu a te yogi i runga i te reo o Onehikiritu, ā, ka nui haere tōna hiahia ki te kite i a Tanemu, ahakoa tōna tū tahanga me tōna koroheketanga, i kitea e ia he toa i ngā tāone me te toa i ngā whenua, he nui atu i tōna rite."

a te Tangata : He Kōrero Whaiaro

Nā Paramhansa Yogananda

Ētahi tirohanga wairua

Mo te kaiako mohio a Paramhansa Yogananda

Kua homai e te Atua ki a tātou te mana whiriwhiri, ā, kua whakanohoia e ia ki roto i a tātou he hinengaro hei wehewehe i te pai me te kino, i te mea pai me te mea kino.

Ina rongo tātou i te mana wairua e mahi ana i roto i a tātou, ka rongo tātou kei te anga whakamua tātou, kei te ahu whakamua hoki, nō reira ka piki ake tō tātou whakapono ki te Atua, ki a tātou anō hoki, ā, ka heke te kaha o ngā uauatanga kia taea ai e tātou te whakatau i aua uauatanga me te whai whakaaro nui, te whakamarie, me te taurite.

Ko tō tātou āhua tūturu ko te wairua, ko tōna mauri ko te rangimārie, te marino, te ata noho, me te marino. Kei roto i a tātou ēnei huānga manaakitanga, ā, he wāhanga nui o tō tātou wairua.

He maha ngā wā ka kōrero te tangata mō ngā pēhanga e pā ana ki a rātou me te ahotea hinengaro e pā ana ki a rātou i raro i te taumaha o ngā tono maha, engari kua tātou e tuku i a tātou kia taka ki roto i tētahi momo uauatanga, ā, me mahara tonu tātou kua homai e te Atua he kaha ki a tātou hei whakatau i ngā wero katoa e pā ana ki a tātou.

Kia mau te Atua ki roto i ō koutou ngākau i a koutou e hiko ana i ngā ara o te ora

Kia tū ō waewae ki te whenua, kia tū tō mahunga ki runga ake i ngā kapua o te kuware i ngā pae tawhiti o te rā o te whakaaro nui mutunga kore.

Ina ngaro te kaha ki te pārekareka ki te ao, ki te whai wāhi atu hoki ki ngā mahi whakangahau hauora, ka nui ake tō tātou whakaaro nui, tō tātou matakū i te mea e tika ana. Ahakoa te āhua pōuri me te pōuri o te rangi, me mau tonu tō tātou whakapono ka ara anō te rā, ā, ka tae atu te hunga kei te ara tika, ahakoa te roa o te tawhiti me te tawhiti o te ūnga.

Kei roto i te ngākau mahaki te kaha wairua pono, te nui o te pono, te hohonu o te aroha, me te ataahua o te ngākau māhaki me te ngākau ngohengohe.

Ko te tangata whai whakaaro kaha, e noho tahi ana me te Atua, ā, kāore e tatari kia menemene mai ngā aorangi me ngā whetū ki a ia. Engari, ka haere tonu tana haerenga pērā i te whetu e wero ana, kāore e pāngia engari ko te whetū ārahi a te Atua, ko ia te rā o ngā rā, te Ariki o te ture me ngā wairua.

Kua te tangata e noho roa ki te ngaromanga me te hinganga, engari me ngana anō, ahakoa te maha o ngā nganatanga i rahua, me te kawa o aua nganatanga.

Āe, te teitei o tōu whenua, e te hoa, ā, te momona me te tapu o tōu oneone! Ko te aroha tōu kai, ko te pono tōu inu.

I haere mai tātou ki tēnei ao ki te whakawhanake i a tātou anō, ki te tūhura i tō tātou pūmanawa wairua, ehara i te mea ki te ruku ki roto i ngā moana pōuri o te mānukanuka e pā ana ki ngā tini tūponotanga.

Ko te tino harikoa o te ao ko te whakaaro kei te noho haumaruru tātou i te aroaro o te Atua

Ko te wā o te hinganga te wā pai rawa atu, te wā tino pai rawa atu hoki hei rui i ngā purapura o te angitu. Me whakakore te hinganga i ōna pūtake, ā, me whakatipu ngā mara o te ao me te ngākau nui me te whakapau kaha, me te rui ki ngā purapura o te pai kia nui ai te kotinga, ki te pai te Atua.

He tokoiti noa iho te hunga e tātari ana i ō rātou āhuatanga, e whakatau ana mēnā kei te anga whakamua, kei te whakamuri rānei rātou. Hei tangata whai tirohanga, whai whakaaro nui, whai māramatanga hoki, ko tā tātou mahi nui ko te whakamahi i ō tātou whakaaro nui me ngā tirohanga ki ngā huarahi tika.

Kāore he tangata wairua pono e ora me te kore e angitu i roto i te ao tūroa. Ā, kāore he āwangawanga ā-ao tūroa e tino taumaha rawa ana, e kore ai e taea e rātou te whakaaro ki te Atua, te whakatapua hoki i te wā e tika ana ki te whakaaroaro, ki te mahi, me ngā mahi wairua.

Me noho te tangata me ōna whakaaro katoa, ōna kare ā-roto, me ōna māramatanga katoa, ā, me mataara, me aro hoki ki ngā mea katoa e tū ana i tōna taha, pērā i te kaiwhakaahua mohio e tatari ana mō ngā wā tino tika hei hopu i ngā whakaahua tino ataahua o ngā tirohanga tino ataahua.

Kei ia tangata te pūmanawa kāore anō kia whakamahia. Kei a rātou te kaha katoa e hiahia ana. Ko te hinengaro tonu te mana nui, ā, me

**wetekina i ngā tikanga me ngā ariā tawhito,
whakawhāiti.**

**Kia maumahara tātou, i te mea kei te kaha tonu
te whakaaro "whaiaro", kei reira te āhua o te
whakatārewatanga i a tātou i te Atua, me te
whakaaro kei a tātou te kaha me te whakaaro nui hei
tū i runga i ō tātou waewae ake me te kore tautoko,
hei whakaoti rapanga i a tātou anō.**

**E wehi ana tātou, ki te ngohengohe tātou ki tā te
Atua i pai ai, e kore tātou e kite i te harikoa i roto i
ngā mea e tukuna mai ana e te Atua ki a tātou, ā, he
tohu tēnei o te ngoikore o te whakapono. Engari i
tētahi wā, i tētahi wā rānei, ka akiakihia tātou ki te
tahuri ki te Atua. Ā, ka kitea e te tangata katoa tēnei
pono i roto i ō rātou oranga, mēnā kāore anō kia kitea
e rātou.**

**Me tahuri tātou ki te Atua me te tino māia, me te
kōrero pono ki a Ia me te aroha noa, me te pono hoki i
roto i te reo tino māmā rawa - te reo o te ngākau - me
te tono ki a Ia kia āwhina i a tātou ki te rapu i a Ia, ki
te whakawhirinaki hoki ki a Ia kia whakamarie i ō
tātou ngākau, kia wetekina hoki tātou i te mamae me
te riri, me ngā mea katoa e arai ana i a tātou, e ngana
ana ki te tahuri ke i a tātou i tā tātou kaupapa wairua.**

**Kaua e tukua koe kia noho hei patunga o te ao me
ana mahanga. Me whakahaere e koe tōu ao, me
whakaara ake i tō kaha o roto, me te ārahi i te
kaipuke o tōu ao ki te tauranga haumaruru.**

**Ina ruia e ngā hinengaro te puehu o te kuware, ā,
ka pakaruhia ngā here e here ana i ō rātou mana, ka
kaha ake rātou ki te auaha me te taunekeneke pai ki
te ao.**

**Ki te kore te tangata e whawhai ki tētahi e kaha
ake ana i a ia anō, e kore rātou e kaha. Waihoki, ki te**

anga atu koe ki ō uauatanga me te maia me te kaha wairua, ka kaha ake koe, ka manawanui ake.

Kaua e whakaaro he ngoikore koe, kāore hoki e taea te aro atu ki ngā āhuatanga o te ao, ahakoa te uaua, te kino rānei. Kua homai e te Atua te kaha ki a koe hei wikitoria i ngā wero o ia rā. Kia mahara, ahakoa te nui o ō uauatanga, he nui tō kaha hei whakatau i aua wero. Kei a koe te Atua, ā, ka tautoko ia i a koe mēnā ka whakapono koe ki a ia, ka u tonu ki te maia o te hunga toa i roto i te pakanga o te ao.

Kua tae te wā mō te tangata ki te tautuhi i tōna tūranga, me te whakatau i te ara me haere e ia: ki te pōrearea me te whakangaromanga, ki te anga atu rānei ki ngā kaupapa whānui teitei ake e tautokona ana e ngā whakapono Āperahama hei whakaora i ngā wairua me te ao i te mamae me ngā aituā. Ki te mahi te tangata i tana mahi e tika ana, ā, e arahina ana e ngā mātāpono o te pai, te aroha, me te matatika, kātahi ka memeha te pōuri, ka memeha atu te pōuri.

Kei roto i a koe ngā mana rangatira me ngā taranata utu nui e takoto puku ana, engari kāore koe e whakamahi. Haere atu ki ngā pae tawhiti o te ao kua whakapaingia, kei reira te whakatutukitanga, te harikoa, me te rangimārie.

Ki te kī mai tetahi ki ahau kāore e taea e ia te mahi i tēnei mahi, i tēnā mahi rānei, kāore au e whakapono ki a ia, nā te mea ka taea e ia te mahi i tana e hiahia ana ki te mahi mēnā ka rite ia mōna.

I kite ahau i a koe e ngaki ana i te oneone o tōku wairua ki te parau o ngā whakamātautau me ngā raruraru, e ruirui ana i ngā purapura o tōu whakaaro nui ki roto i ōna awaawa. I haere tonu taku whakamakuku i aua purapura, ā, i te whitinga mai o te rā o tōu aroha ki runga i a rātou, ka tupu, ka

puāwai, ka hua mai he kotinga manaaki o te ngākau māhaki me te ngākau māhaki.

Ka miro te noke hiraka i roto i te kōkō. I mua i tana putanga mai i taua kōkō hei pūrerehua, ka kitea ia kua mate i roto i te whare herehere hiraka i hangaia e ia. Ka pā anō hoki tēnei ki te tangata. I mua i te tipu o ō rātou parirau o te māramatanga, ka mirohia e rātou ngā miro o te wehi, te manukanuka, me te kuware kia pā mai rā anō te mate, kia tae mai rā anō te hāora o te wehenga, ā, ko te mutunga tēnei.

He maha tonu ngā wā ka kitea tātou e mauheretia ana i roto i te whare herehere nā tātou anō i hanga. He aha te take o ēnei mamae katoa? Ō tātou ake whakaaro me ngā āhua noho hē, nā te mea ka mahi tātou i mua i te whakaaro. Me whakawātea tātou i a tātou anō i ngā whakaaro o te riri me te hiahia whaiaro, me te oranga koretake, kāore hoki e rite ki ō tātou wawata teitei. Ko te hunga katoa he wawata wairua, me pupuri tonu i te rere o ō rātou kaha me te kaha o ō rātou wairua mā te whakaaro pai, te tumanako pai, me te mahi whai hua.

Ko te kore wehi ko te whakapono ki te Atua me tana tiaki, me te whakapono ki tana tika, ki tana whakaaro nui, ki tana atawhai, ki tana aroha, me tona aroaro i nga wahi katoa.

Kāore he parenga, he haumarutanga rānei i waho i te Atua, me tahuri katoa tātou ki a la mēnā e hiahia ana tātou ki te haumarutanga me te rangimarie o te hinengaro.

Ko te hunga e whakaaro ana ki tō rātou ake haumaru me te whakamarie anake, e wareware ana, e kore rānei e aro ki ngā hiahia o ētahi atu, kei te rapu tonu rātou i te rawakore ka pā ki a rātou i tētahi rā.

Ko te hunga e pupuri ana i ō rātou taonga, kaua e whakamahi mō ngā mahi pai, kāore e whiwhi i te

oranga i muri i te ao; engari, i whānau mai rātou he rawakore, e peia ana e ngā hiahia me ngā wawata o te hunga whai rawa. Engari ko te hunga e tohatoha ana i ō rātou taonga ki ētahi atu, ka kukume mai i te oranga me te taonga ki ngā wāhi katoa e haere ana rātou.

Ina hoatu e koe ki te hunga e tika ana kia hoatu ki a rātou, ka kitea e koe kei a koe tonu te Atua, e kore rawa ia e whakarērea koe, ā, e kore koe e hiahia ki tetahi mea me tana awhina me tana manaaki. Nō reira, whakawhirinaki ki te Atua, ā, ka tae mai tana awhina ki a koe, ā, ka karapotia koe e tana manaaki.

E te mea e arohaina ana, e hunaia ana e te atua, ko koe te puna o te aroha e pupu mai ana i te ngākau o te whakahoahoa, ā, ko koe ngā hihi mahana e whakatuwhera ana i ngā puku o ngā kare ā-roto ki ngā rōhi hou o te pono me ngā whakaaro rotarota ngawari.

He tāngata tuku me te kaiwhiwhi tātou katoa: ka whiwhi koe i ngā whakaaro o ētahi atu mā roto i tō ngākau, koinei te pokapū o ngā kare ā-roto, ā, ka tuku koe i ō ake whakaaro mā roto i te kanohi wairua (i te rae i waenganui i ngā tukemata), koinei te pokapū o te arotahi me te hiahia. Kei roto i te roro tō pūihi, te pokapū o te mōhiotanga me te tirohanga teitei ake, ā-whatumanawa.

Mehemea kei tawhiti koe i tō kāinga, ā, e hiahia ana koe ki te mōhio ki ngā mea e tupu ana i reira. Mena he tino marino ō kare ā-roto, ā, he marino tō hinengaro, ka taea e koe te rongu i ngā kare ā-roto me ngā whakaaro o tō whānau i te kāinga.

Ina he kaha tōu ki te arotahi, ka taea e ō whakaaro te uru ki ngā wāhi katoa, ā, ka whakakīia ō kare ā-roto ki te kaha ora.

He pūngao, he wiri rānei ngā mea katoa o te ao whānui. He kaha ake te wiri o te kōrero i te wiri o te whakaaro. Ka rere ngā whakaaro o te tangata katoa i roto i te etere. Nā te mea he teitei te taumata wiri o ngā whakaaro, kāore anō kia whakakitea. Waimarie, kāore tātou e mōhio ki ngā whakaaro o te katoa!

Mā te pēhi, te huri rānei i ngā pātene reo irirangi (me ētahi atu huarahi i ēnei rā), ka taea e koe te whakarongo ki ngā rangi me ngā oro rerekē. Me i kore te mōhiotanga ā-roto i roto i ngā paparanga o te etere e haere ana ngā ngaru reo irirangi ki tō kaiwhiwhi, kua rongo koe i ngā oro katoa i te wā kotahi.

I hangaia e te Atua te etere, ā, i whakaaweawe i te hinengaro tangata ki te hanga huarahi hei tuku me te whiwhi i ngā wiri mā roto i tēnei reo. Ka whakawhirinaki ngā ngaru reo irirangi ki te etere mō tō rātou horapa, ā, ka whakawhirinaki hoki ki te hiko mō te tuku me te whiwhi. Ko ēnei ngaru reo irirangi wiri he whakaaro e tukuna ana mā te wāhi ki tētahi kaiwhiwhi haruru.

Ina tata koe ki tētahi e arohaina ana, ka rongo koe i ō rātou whakaaro, engari kāore pea koe e taea te rongo i ngā whakaaro o tētahi atu i tawhiti mēnā kāore koe i te tino matatau ki te kite i ngā āhuatanga o te pūoro. Ko te hunga e whakamahi tonu ana i ngā tikanga arotahi me te whakaaroaro ka rongo i te marino nui, ā, ka pai ake te āhua o ō rātou whakaaro nā tēnei mahi, ka taea ai e rātou te rongo i ngā whakaaro me ngā whāinga o ētahi atu ahakoa mai i tawhiti!

I pātai tētahi manuhiri: "Ehara ianei te whakaaro nui o te hunga tapu i te hua o te whiwhinga i tētahi manaakitanga motuhake mai i te Atua?"

I whakautu te kaiako #Paramhansa:

"Kāo, ko te mea he iti ake te tapu o te mātauranga o ētahi tāngata i ētahi atu, ehara i te mea e whakawhāiti ana te Atua, e whakawhāiti ana rānei i te rere o Tōna aroha noa ki te tangata. Engari, nā te mea he maha ngā tāngata e aukati ana i te rere o Tōna māramatanga e tiaho tonu ana, e ārai ana i a ia kia tiaho i roto i ō rātou wairua."

Ka mea tetahi o ngā ākonga, "Ka haere ahau ki ngā maunga ki te noho ko ahau anake ki te Atua"

Ka whakahoki te kaiako a Paramahansa:

"E kore koe e ahu whakamua i te taha wairua mēnā ka pērā koe. Kāore e taea e tō hinengaro te aro nui ki te wairua. Ko ō whakaaro ka noho noa i ngā maharatanga o te tangata me ngā ahua eka o te ao, ahakoa ka noho motuhake koe i roto i tētahi ana kua whakapūmautia. Ko te mahi pono me te pono o ō mahi o te ao me te whakaaroaro o ia rā te huarahi pai rawa atu."

Ngā kanapa wairua

He kaupapa whānui, he kaupapa whānui kei muri i ngā mahi a ngā tāngata o tēnei ao?

He hiahia whānui kei te akiaki i a tātou katoa ki te mahi?

Mā te tātari māmā i ngā hihiri me ngā whāinga a te tangata e whakaatu ana he mano mā tahi ngā whāinga, ko ētahi he tika, ko ētahi he kore tika, engari ko te whāinga matua tonu ko te whakatutuki i te harikoa tuturu, te harikoa rānei.

Ko te whāinga matua a te tangata he karo i te mamae me te hiahia, me te whakatutuki i te harikoa pumau. He mea anō te whakaaro mēnā ka taea e tātou te whakakore tuturu i te mamae me te hiahia, me te whakatutuki i te harikoa pumau. Engari e whakaatu ana te ao tūturu kei te kaha tātou ki te karo

**i te mamae me te mamae, me te whakatutuki i te
ahuareka, i te harikoa rānei.**

**He aha te take e mahi ai te tangata hei tīmatanga
i roto i tētahi mahi toi?**

**Nā te mea e hiahia ana ia kia noho hei tohunga i
tētahi o ngā mara mahi**

He aha ia i tika ai kia mahi i taua mahi?

Nā te mea ka taea e ia te whiwhi moni?

Ā, he aha hoki me whiwhi moni ai ia?

**Nā te mea ka taea e ia te whakatutuki i ana hiahia
whaiaro me ana hiahia whānau mā te whiwhi moni.**

Ā, he aha hoki me whakatutuki ai aua hiahia?

**Nā te mea ka āwhina tēnei rangahau ki te
whakakore i te mamae me te whakatutuki i te harikoa**

**Nō reira, e kite ana tātou ko te whakatutuki i
tētahi hiahia, te whakakore i te mamae, ahakoa te
tinana, te hinengaro rānei, ahakoa te iti, te kino
rānei, me te whakatutuki i te harikoa ko tā tātou
whāinga matua tēnei.**

**Kāore he take e pātai atu ai mō te take o te hari,
nā te mea kāore he whakautu mō tēnā, ā, koinā tā
tātou whāinga matua.**

**Nō reira, ahakoa te āhua o ā tātou mahi, o ā tātou
wawata rānei—te tīmata pakihi, te whiwhi moni, te
whai hoa, te tuhi pukapuka, te whiwhi mātauranga, te
whakahaere rangatiratanga, te koha miriona, te
tūhura whenua, te wawata ki te rongonui, te āwhina i
te hunga rawakore, te hiahia rānei kia aroha ki te pai
o te tangata—ki te tirotirohia e tātou tō tātou
kaupapa pono, ā, kia maumahara ki tēnā, ka noho te
rapu i te Atua hei mea pono, ā, he mea whai kiko, nā
te mea ko te Atua te harikoa e whai ana tātou kia
tutuki, ā, e hiahia ana ō tātou wairua ki tēnā.**

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Ahakoia ka hipokina e te tangata tōna mata ki te kopare, ka mōhio tonu koe kei reira te tangata. Waihoki, he rite te taiao ki te arai nui, kua pupuhi i te aroaro o te Atua. Kei muri i ngā arai me ngā kopare o te taiao te Atua, engari ka titiro pōturi te tangata, ā, kāore e kite i te aroaro o te mea ora e huna ana i muri i ngā ārai o te taiao.

Ki te kore he āwhina a te Atua, ka hinga te tangata nā te mea ko te kaha me te whakaaro nui hei toa i te pakanga o te ao e ahu mai ana i te pūtake mutunga kore.

Ina noho puku ahau, ina ata noho, ina whakaaroaro, ka rongo ahau i te wiri o te hari i roto i ahau, ā, ka rongo ahau i te Atua e kōhimuhimu ana, "Kei konei ahau"

Ko te hinengaro kua homai e te Atua ki a tātou ko te kūaha ki te rangi: ko te kūaha o waho o tōna rangatiratanga, engari kāore te iwi e whakamahi ana i te mea e tika ana.

Kāore tātou e hiahia kia tatari kia wehe atu tātou i te Ao nei ka whakamahi i ō tātou hinengaro ki te rapu i te Atua; ko te wā tēnei, ā, kei konei te wāhi. Ko te hunga kāore e whakamahi i ō rātou hinengaro ki te rapu i ngā mea ngaro o te ora me ngā mea ngaro o te oranga i a rātou e noho ana i runga i tēnei Ao, e kore rawa e kitea i hea atu.

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He whakaaturanga ia tangata i te mana mutunga kore o te Atua, ā, me whakaatu e rātou tētahi wāhanga o taua mana i roto i ngā mea katoa e tutuki ana i a rātou.

Ko te hunga e whai ana ki te kōrero ā-hinengaro ki te Atua, te Take Tuatahi, te Kaiwhakaoho Tuatahi rānei o te ao, ko rātou te hunga e tata ana ki te whakaoti i te mea ngaro o te ora.

Ki te hiahia koe ki te waihanga i tētahi mea, kaua e whakawhirinaki noa ki ngā puna o waho, engari rukuhia koe ki roto i a koe anō, ka rapu i te puna mutunga kore. Ko ngā tikanga mahi katoa mō te angitu, ko ngā mea hou katoa e whai hua ana ki te tangata, ko ngā wiri puoro kua whakatikatikaina, me ngā tuhinga tapu, kua tuhia ki roto i ngā pūranga a te Atua.

Ko te hunga e kore e aro ki te Atua ka tapahia e rātou tō rātou ake ara ora

He tino kaha te hiahia o te tangata ki te whakaputa i te kaha, ā, mā te whakamahi i te kaha me te hiahia ki te uru atu ki ngā pūtake kaha tūturu, ka taea e te tangata te hono atu ki te kaituku mutunga kore o ngā kaha o roto.

Ko te hunga kāore e hiahia ki te mahi i ā rātou mahi o ia rā, ka ngoikore te kaha, ko te kaimahi uaua ia e mahi ana me te hihiri me te ngākau nui, ka whakakī i tōna tinana me tōna hinengaro ki te ia o te ao.

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He kawenga mā te tangata te whakatutuki i ngā whāinga rangatira. Ko te aro ki ngā mea koretake, koretake hoki, he maumau noa iho o te kaha hinengaro.

Me hutia ngā taru i te māra o te hinengaro, me whakapaipai ki ngā putiputi o te aroha atua kia kukume mai ai i te Atua ataahua e aroha ana ki te ataahua.

te māra kia tupu tonu i roto i te oneone o te whakaaro nui, me whakangawari koe i te oranga me te tango i ngā uauatanga Mā te whakatutuki i ngā mea katoa me te hinengaro arotahi me te kore e whakararuraru, ka taea e koe te tātari i ō mahi, te whiriwhiri i ngā mea nui me ngā mea nui, me te

whakarērea i ngā mea papaku me ngā mea koretake. Kia oti te mahi, ka taea e koe te tango i tō hinengaro mai i reira ka whakamahi hei whai i ētahi atu wawata auaha.

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He maha ngā wā ka whakaaro te tangata ki tētahi atu mea i a rātou e mahi ana i tētahi mea, ā, kāore rātou e mōhio ki te huarahi tika hei arotahi i ō rātou hinengaro ki taua mea e mahia ana e rātou.

Me ako tātou ki te whakaaro ki tētahi mea i te wā kotahi me ō tātou hinengaro katoa. Me aro nui tātou katoa ki taua mea kotahi anake.

Kaua te tangata e mangere, e kore e hihiri, e whakaaro ana ka ngaro te ora i te mea ka oti pai ngā mea, ā, ka hinga, ka pouri hoki. Kaua te tangata e noho hei mīhini hinengaro e mahi ana i a ia anō. He rite ki te kararehe e mahi ana i runga i te kare ā-roto

He hapa nui te korenga o te tangata e ara ake, e whakahohe i ōna pūkenga hinengaro. Nā te Atua ēnei pūkenga i homai ki a tātou, ā, e hiahia ana ia kia whakamahia e tātou me te whakaaro nui, kia tino mōhio hoki ki ngā mea katoa e mahia ana e tātou.

Me ata whakaaroaro hoki tātou i mua i te mahi i tētahi mahi, me te whakamahi i ō tātou hinengaro ki ngā huarahi e āwhina ai i a tātou ki te tipu me te whakatutuki i tō tātou kotahitanga ki te Kaihanga Kaha Rawa. Ko ngā mea katoa e mahia ana e tātou me ahu mai i te whakaaro tika me te whakamahere whakaaro nui.

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He kupu whakarite tēnei mō te kāreti hōiho e arahina ana e te taraiwa e pupuri ana i ngā taura. E tohu ana tēnei kupu whakarite i te wairua e eke ana i roto i te kāreti tinana e tōia ana e ngā hōiho o ngā mātai. Ko te whakaaro e pupuri ana i ngā taura, ā, ko

te hiahia mārama e ārahi ana. Ko te rangatira o te kāreti te mea tino nui, ā, muri iho ko te taraiwa me ngā taura e tika ana hei whakahaere i ngā hōiho, kātahi ko ngā hōiho tonu, ā, i te mutunga ko te kāreti. Waihoki, ko te wairua te mea tino nui, ā, muri iho ko te hiahia mārama, kātahi ko te whakaaro e whakahaere ana i ngā taura, kātahi ko ngā hōiho, ā, i te mutunga ko te tinana.

Ko te hinengaro ao e ārahi ana i te tinana ngoikore i roto i te ao, ka tuku i ōna kare ā-roto kia rere whānui, kaua e whakapakari i tōna hanganga tinana, e whakapai ake hoki i ōna kare ā-roto mā te whakamahi i te mana whakahaere me te ārahi i a rātou me te māramatanga ā-roto ki tōna kaupapa wairua, arā, te pūtake o ēnei mea katoa.

I a ia e hiko ana i ngā ara taratara, tataramoa o ngā kare ā-roto, ka pakaru te hariata o tōna ao, ā, ka ngaro.

E mōhio ana te tangata rapu e rapu ana i te mōhio ki a ia anō ko te kaupapa nui rawa atu o te ao ko te rapu pono mō te harikoa wairua e huna ana i roto i te wairua, ā, i te wā kotahi ka ako ia ki te whakawhanake i ōna mana hinengaro, hinengaro rānei e huna ana, me te whakapai ake i ōna kare ā-roto kia haere tonu ai i ngā ara o te ahunga whakamua ki te whāinga e hiahiatia ana, me te ngana ki te karo i te taka ki roto i ngā mahanga o te mamae tinana me te hinengaro.

Ara, e mārama ana te ākonga ki te huarahi tika hei whakatutuki i te tipu wairua i ngā āhuatanga katoa, i ngā taumata katoa.

Mō te tangata ao pōhewa, ko tana anake e aro nui ana ko te whakatutuki i ōna hiahia tinana me te whakamanawareka i ōna hiahia, me te kore e aro ki

tana kawenga ki te whakawhanake i ōna pūkenga hinengaro me te wairua.

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Ka taea te rongoā i ngā mate io. Me tātari e te hunga e pāngia ana e ēnei mate tō rātou āhua, me te whakakore i ngā kare ā-roto me ngā whakaaro kino e whakangaro haere ana i a rātou.

Ko te tātāritanga whai kiko o ngā raruraru whaiaro me te pupuri i te marino i roto i ngā āhuatanga katoa he mea nui ki te whakaora i ngā mate io mau tonu. Me mārama te hunga e pāngia ana e te manukanuka ki tō rātou āhua, me te mōhio ko te noho tonu ki ngā whakaaro kino te pūtake o tō rātou kore taurite me te kore e taea te aro atu ki te ao.

Ka whakamarie te tinana marino, wātea hoki i ngā io, ka kawe mai hoki i te rangimārie hinengaro

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Kia mōhio: Ehara tēnei i te kī kāore koe e tika kia kōrero ki ngā tohunga mō tēnei mara, nō reira tēnei whakamārama

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I ngā wā me ngā wāhi rerekē, kua riro mai i te tangata, nā roto i te whakaaro nui, he maha ngā whakaaro mō te ora me te wairua.

Hei tauira, ina pāngia tetahi mema o tētahi iwi taketake e te mamae o te upoko, ka whakaaro tōna whānau kua mawhiti tōna wairua i tōna tinana, nō reira ka karanga rātou ki te tākuta makutu kia whakahokia mai te wairua ki a ia. Ka haere te tākuta ki te ngahere ki te rapu i te wairua, ka kitea e ia, ka mauria mai i roto i tētahi pouaka ka whakahokia ki te upoko o te tūroro, ā, ka ngaro te mamae o te upoko e ai ki te whakapono o te iwi whānui.

I tētahi atu ahurea, ko te "tihe" o te tangata tūroro ka mahia mā te whakatakoto matau (he rino

piko he koi ngā pito) ki roto i tōna tinana kia kore ai tōna wairua e mawhiti ina tihe ia, engari ka mau i ngā matau!

Pērā i ētahi tāngata kua tae ki ngā whakatau hē mō te hinengaro tangata nā runga i ngā tikanga whakaaro hē, kua tae ētahi atu - mā te tirohanga tūturu - ki tētahi māramatanga rerekē, whai kiko, whai kiko ake hoki.

E mōhio ana tātou kāore te wairua i rite ki te manawa, nā te mea kei reira ētahi tāngata kua roa e noho pōrearea ana, kāore hoki e manawa, ā, e whakaatu ana tēnei kāore e taea te here i te wairua ki te manawa. He teitei ake te wairua i te manawa, he teitei ake i tētahi atu āhua tinana.

Ahakoia te whakapono o te tangata he wairua ia, e hiahiaitia tonutia ana e te ture whānui kia whakakitea e ia tōna āhua wairua.

Ahakoia te mahi a te tangata, te āhua rānei o tōna orange, ka whanake, ka whānui hoki tōna mōhiotanga ina whakamahia e ia tōna hinengaro ki te auaha me te whai hua. Ka whai wāhi ia mahi whai hua ki te whanaketanga o te tangata, ā, ka whānui ake hoki tōna māramatanga.

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He pai ki ahau te pānui, engari e rua whārangi anake ka taea e au te pānui i mua i te karangatanga mai ki ahau kia mahi i tētahi atu mea, ā, koia te take i whakakapia ai e au te pānui ki te whakaaroaro.

I a au e ruku ana ki roto i ngā hōhonutanga o tōku wairua, ka puta mai ngā māramatanga kanapa, ā, ka puta mai te hari nui rawa atu, he hari e haere tahi ana me ahau i te roanga o te rā. Koinei ngā mea kua pā ki ahau i roto i tōku ao, me ngā mea hoki e pā ana ki te hunga katoa e kōrero ana ki te Ariki tapu i roto i te reo o te wairua me te hiahia o te ngākau.

He mea utu nui rawa te wā hei moumou. E hiahia ana te Atua kia taurite tātou. Ko te tangata e tuku ana i tōna oranga kia pōrearea, ka whiua ia e te ture whānui.

Ki te noho ngāwari koe, ki te whakakorikori tinana i ia rā, ki te pānui pukapuka whai hua, ā, ki te whakawhanake i te tikanga o te whakaaroaro ki te Atua i ia rā, ka pā mai te harikoa ki ō kare ā-roto, ka rere ngā iahiko ora i roto i ō toto, ā, ka kī ngā pūtau o tō tinana i te māramatanga me te kaha kāore anō kia kitea e koe i mua. Ka whiwhi koe i te mātauranga katoa e hiahia ana koe mai i te wairua i roto i a koe.

Koinei te āhua o tōku ao i ngā wā katoa, kāore anō kia rua tekau ngā pukapuka i pānuihia e au i roto i ngā tau e rua tekau. Kāore au i te whakahīhi ki tēnā, ā, me i kore te whiwhi i te māramatanga wairua atua mā te whakaaroaro, kua tino kuware ahau.

Ina titiro ahau ki tētahi pukapuka, ka kite ahau kua whakakitea kētia mai e te Atua ki ahau ngā kōrero o roto

Ko ngā whakaaro me ngā pono whakahirahira katoa e ahu mai ana i te Atua, te Mātanga Katoa, ā, ki te whakaaroaro koe ki a ia, ka whiwhi tika koe i Tōna whakaaro nui.

Nō reira, he pai ake te pānui pukapuka pai i te moumou taima ki ngā mahi kore hua, ā, he pai ake i te pānui te whakaaroaro me te whakatū i te mōhiotanga ki te pono tuturu, arā, ko te Atua.

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He tokomaha te hunga e pānui pukapuka tonu ana, engari kāore e taea te tuku atu i tētahi mea whai hua ki a koe. Ko te huarahi pai ki te pānui pukapuka ko te whakaaroaro ki ngā ihirangi o roto, me te kite me pēhea te whai pānga ki tō ake oranga.

He mea nui anō hoki kia whakamahia te māramatanga kia kore ai e whakaae noa ki ngā mea katoa e pānuihia ana e koe. Me makona tō hinengaro me tō arorau i ngā mea e pānuihia ana e koe. Kia tino whai hua ai te pānui, me whakaoho te pukapuka i tō whakaaro, ā, ka rongo koe i te whanaketanga me te whānui o tō hinengaro.

Ko te hunga kāore e pānui, e whakaaroaro rānei, engari e ora ana i te ao papaku, kāore he kaupapa, kāore hoki he tikanga, kāore e whakawhanake i te māramatanga hohonu, kāore hoki e whiwhi i tētahi mātauranga.

Mā te rangimārie tātou e hono ai, e taurite ai hoki ki te mana atua e whakaoho ana i ō tātou whakaaro, e whiti ana ki ō tātou hinengaro me ngā rama o ngā whakaoho teitei ake.

Ko te whakaaroaro te huarahi ki te whakatutuki i te whaiaro teitei ake

Ka hē te tangata i a rātou anō mēnā kāore rātou e pānui, engari he pai ake te whakaaroaro i te pānui {Mō te iwi e whakaaroaro ana}

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He mea nui te taurite i roto i ngā āhuatanga katoa o te ao. He mea tika kia noho wātea tonu ngā rauemi pānui whai hua, kia pānuihia hoki i ngā wā wātea. Ko ngā mea tino nui o ēnei rauemi ko ngā pukapuka wairua, ā, whai muri ko ngā tuhinga pūtaiao, ētahi hītori, rapunga whakaaro, tuhinga nui, kōrero mō ngā oranga o ngā tino tangata, ngā kōrero haereere, me ētahi atu mea hei whakawhānui ake i te tirohanga me te whakahihiko hohonu.

He hoa pono ngā pukapuka, ā, ki te kounga teitei ō pukapuka, ka nui ake ō painga mai i aua pukapuka.

Ahako te uaua ki te mārama i te timatanga ki ngā whakaakoranga wairua me ngā whakaaro o ngā

kaitātari nui, ā, i muri i tētahi wā, ka kitea e koe te whakaaroaro ki ā rātou tuhinga me te whai wāhi atu ki ō rātou whakaaro. Ka rongo koe kua whiwhi koe i tētahi mea nui, nā te mea i ahu mai aua tāngata whakaaro nui i ō rātou whakaaro nui me ō rātou mātauranga i te taonga mutunga kore o te whakaaro nui o te Atua—ngā whakaaro kāore pea i puta ake ki a koe i tō oranga katoa.

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He ataahua, he kanapa ngā putiputi me ngā rōhi, engari kei muri i a rātou he māra tino ataahua, tino ataahua hoki. Ahakoa he mārāma rawa tēnei māra, ā, he uaua ki te kite i te tīmatanga, ki te taea e koe te uru atu ki te taha wairua mā te kuwaha o te kanohi wairua, ka taea e koe te tūhura i taua ao wairua me te koa ki ōna mea whakamiharo.

E noho ana ahau i taua ao ngawari, he mea reka ake, he mea kakara ake ngā āhuatanga ataahua me ngā whakaaro ngawari, ngawari atu i tētahi putiputi, i tētahi rōhi rānei o te ao. Kei reira, e mitimiti tonu ana te pī o tōku hinengaro i te waihonga o te aroaro o te Atua.

Ina arotahi tātou ki roto, ā, ina noho nui atu tātou i roto i taua ao huna i roto i a tātou, ka kitea e tātou ka puta ō tātou āhuatanga wairua ki ngā āhua motuhake e mahi ana hei matapihi e kite ai tātou i te reka o te Atua e kore e taea te whakaahua me te whakaaro.

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Ko te hunga e rongo ana, e pānui ana rānei i ēnei kupu, e mōhio ana rātou kei te kōrero pono ahau

Mehemea ka whakaaturia e au ngā mana katoa kua homai e te Atua ki ahau, ka rere mai te iwi ki ahau, ehara i te mea nā te aroha ki te Atua, engari nā ngā merekara. Engari kāore au e hiahia ki tēnei momo ākonga papaku. Kua rātou e kukumea e te mana,

engari e te aroha o te Atua, ā, koinei taku kaupapa i roto i te ao.

Me i kore ahau e mōhio ki te Atua, kua kore ahau e kōrero pēnei. Ā, ka taea e te katoa te mōhio ki a la mēnā e hiahia ana rātou.

Kāore au e ngana ana ki te kukume i te tangata mā te kukume i ō rātou kare ā-roto, engari e kōrero ana ahau ki ō rātou hinengaro, e aro atu ana ki ō rātou whakaaro arorau me ō rātou māramatanga. Kāore he hua o te whakapono matapo. Me whakahohe te tangata i ngā pūkenga mārama kua homai e te Atua ki a rātou, kaua e whakaae noa ki ngā mea i te āhua noa, engari me mārama ki ngā take, ngā pānga, me ngā whakaaro arorau kei muri i ō rātou aronga wairua me ā rātou mahi.

Me i kotahi mano ōku mangai, ka kōrero ahau ki a rātou katoa mō te Atua me te hiranga o te tahuri ki a la me te mōhio ki a la.

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Kāore te Atua e tono ana i te tangata kia pōuri, kia pōuri, kia mokemoke, kia pōuri rānei, ehara tēnei i te māramatanga tika mō te Atua, ehara hoki i te huarahi tika hei whiwhi i Tōna manako. Ko te nui ake o te rangimārie e pā ana ki te tangata, ko te nui ake o te rongo i te aroaro o te Atua. Ko te nui ake o te harikoa o te tangata, ko te nui ake o te noho tahi me te Atua. Ko te hunga e mōhio ana ki te Atua, e hari ana rātou nā te mea ko te Atua te pūtake o te harikoa nui rawa atu.

E ngana ana te tangata ki te kimi i te harikoa i roto i te waipiro, te taatai, me te moni, engari kua kī tonu ngā whārangi o te hītori i ngā kōrero mō ō rātou tumanako kua pakaru me ngā moemoeā kāore anō kia tutuki. Nā te wā i pau i ahau ki te whakaaroaro kua tino whai hua ai tōku ao.

Kei roto i te harikoa wairua te arataki me te whakaaro nui o te Atua

Ina noho tahi te tangata me te Atua, ahakoa he hē tana mahi, ka mōhio ia ki te whakatika i te hapa, ā, ki te whakapuaki ia i tētahi whakaaro hē, ka whakatikahia e te Atua, ka whakatikatikaina hoki i runga i te aroha ki tāna akonga.

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Me taurite te mātauranga wairua me ngā pūtaiao taiao. Ki te kore tēnei taurite, ka hinga ngā tāngata takitahi me ngā iwi i waenganui i te mamae me te whakangaromanga. Me i mārama ngā kaiārahi o te ao hou ki te wairua, ā, me i mahi tahi rātou, ka taea e rātou te whakakore i te pakanga me te rawakore i te ao i roto i ētahi tau torutoru.

Ko te mōhiotanga wairua ko te mōhiotanga o te tangata ki te aroaro atua i roto i a ia anō, me ngā mea ora katoa.

Mā taua mōhiotanga anake ka taea te whakaora i te ao, ā, ki te kore, kāore au e kite i te tumanako mō te rangimārie. Me tīmata te tangata i a ia anō, he nui rawa hoki te utu mō te wā, kāore e tika kia moumouhia.

E mea ana te kawenga kia mahi tātou i tā tātou wāhanga ki te kawē mai i te rangatiratanga o te Atua ki te Ao nei

He tokomaha e mangere ana ki te rapu i te Atua, e wehi ana kei pōuri, kei ngenge te ao, kāore he ataahua, he harikoa. Engari ko te ritenga kē! Ko te harikoa parakore e kitea ana e te hunga e tino mōhio ana ki te Atua i roto i te tino hononga ki a ia, e kore e taea te kī.

Kei roto ahau i te harikoa wairua i te ao me te pō. Ko taua harikoa ko te Atua, ā, ko te mōhio ki a ia ko

te hipoki i ngā mamae katoa me te tanu i aua mamae me te kore e pouri.

*** * ***

I a ia e noho poto ana i konei, he mea nui ki te tangata tēnei whakaaturanga. Engari kua ia e tino aro nui ki tēnei mea me ōna huihuinga mutunga kore, nā te mea ki te pērā ia, ka wehe atu ia i te Atua, e ngana tonu ana, i ngā huarahi katoa, ki te kukume mai i a tātou ki a ia anō i roto i Tōna aroha nui ki a tātou me Tōna aroha nui ki a tātou.

Ka whakatakotoria ki mua i a tātou ngā merekara katoa e hiahia ana tātou kia kite: ngā mea whakamiharo o te tipu haere o ngā mea me te raupapa mutunga kore o te taiao.

Kei muri i ngā putiputi me ngā rōhi, ā, ko te tangata e rapu pono ana, ka kitea tonutia e ia.

Kāore ngā kaipūtaiao taiao i tae ki ā rātou kitenga mā te inoi matapo, engari mā te whai i ngā ture o te pūtaiao wheako. Waihoki, ko te hunga e whakamahi pono ana i ngā ture o te pūtaiao wairua ka kitea tonutia te Atua i tō rātou taha.

Kua tae te wā kia whakatuwheratia e te tangata ōna kanohi wairua, kia mōhio ai ko te kimi i te Atua me whai hiahia nui, pumau hoki, me te āta pupuri i ngā ture a te Atua.

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E patuki puku ana te Atua i ngā tatau o ō tātou ngākau, e karanga ana kia hoki tātou ki a ia, engari ko te nuinga o te iwi kāore e pai ki te hoki mai. Heoi, ina pōuri te ao i mua i ō rātou kanohi, ā, ka raru rātou i ngā raruraru, ka pāngia rānei e te mate, ka hohoro rātou ki te inoi ki a ia me te rapu i Tōna awhina.

Ko te hunga e whakakaha ana i ō rātou hononga o te rangimarie me te whakaae ki te Atua i ngā wā o te harikoa me te whai rawa, ka kitea te Atua i tō rātou

taha ina hiahia rātou ki a Ia. Engari ko te hunga e whakaroa ana ki te whakatipu i tēnei whanaungatanga ka whakahe i a rātou anō ki te aro atu ki ō rātou uauatanga me te tohe ki ō rātou whakamātautau ko rātou anake kia taea rā anō e rātou—me te whakaaro nui me te ngohengohe katoa—te tahuri ki tō rātou hoa mutunga kore me te patuki i Tōna tatau atawhai.

I roto i te tini o te tangata, he tokoiti noa iho e rapu pono ana i te Atua. Kei hea te hunga i whakaaro nō rātou tēnei ao i ngā tau e rua rau ki muri? Kua riro katoa rātou, ā, he tokoiti noa iho pea, ko te hunga i tahuri ki te Atua, ā, i mōhio ki a rātou anō, i tino mārama ki te ao tūturu. Heoi, e whakaaro ana ia whakatipuranga he ao tūturu tēnei!

* * *

I mua i te taenga mai o tētahi atu tangata ki a tātou, ko wai i noho ki a tātou? Te Atua Ā, ina wehe atu tātou i tēnei ao, ko wai hei hoa mō tātou? Te Atua, kāore he atu Engari ka uaua ki te mōhio ki a Ia i taua wā ki te kore tātou e kaha ki te mōhio ki a Ia ināianei Ki te rapu pono koe i te Atua, ka kitea e koe, ā, ka kaha ake tōu tino mohio kei a koe tonu Ia. Ka wehe atu ngā āwangawanga me ngā whakaaro pohehe i a koe, ā, e kore koe e tinihangatia anō.

He whakamatautauranga ngā mea katoa o te ao hei kukume i te tangata kia matara atu i te Atua. Engari he nui atu te ataahua o te Atua i ngā whakamatautauranga o te ao nei. Mēnā ka kite koe i a Ia, ka mōhio koe ki tēnei pono, ā, ka taea e koe te kimi i a Ia mā te inoi, te whakaaroaro wairua, me te whakatau pumau.

* * *

Ko te temepara e tino arohaina ana e te Atua ko te temepara o te marino me te rangimārie o roto mō

āna akonga, te wāhi e tomo ai rātou ki te whakaaroaro me te kōrero, me te whakarērea te ao me ōna āwangawanga mutunga kore.

Kaua tātou e miharo ki tēnei tira hurihuri tonu o te tangata. I a te tira o te wā e haere tonu ana, ka mōhio koe he wāhanga nui koe o te mea nui. Ina whakatūria e te tangata he temepara ataahua me te rangimārie wairua i roto i a rātou anō, ka taea e rātou te rongo i te aroaro o te Atua me te rongo i Tōna tata. Ki te kore, he maha ngā mānukanuka o te ao, kei te noho tonu, ā, e whakakīia ana ō tātou ngākau e ōna manukanuka.

Ka tangohia atu tātou katoa i tēnei ao i tētahi wā, nō reira me mārama tātou ki te kaupapa o te ora. Ko te kaupapa matua o te wheako tangata i tēnei ao he akiaki i a tātou ki te rapu i te tikanga o te ora. Me whai i te mōhio ki te Atua hei whāinga māu, ā, kia mōhio koe mā te rapu pono me te pono mō te mea ngaro o te ora ka ārai i a koe i ngā uauatanga maha, ka whakaora hoki i a koe i ngā matakū maha .

Ko te wehi o te mate, te korenga, te raruraru, te pouri rānei ka ara ake te matakū nui i roto i te tangata. Ina kore e taea e te tangata te āwhina i a ia anō, ā, kāore hoki e taea e tōna whānau me ōna hoa te tuku āwhina, ka taupokina rātou e te ngakaukore, ā, ka pōuri te ao ki a rātou. Engari kāore he take kia tae atu ki taua āhua. Mena ka whakaaro rātou ki te Atua i roto i ō rātou oranga katoa, ā, ka mau tonu te hononga ki a ia, ka kitea e rātou ia e tata ana i ngā wā uaua me ngā rā uaua.

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Ki te kite te nuinga o te tangata he kino te āhua o tētahi tangata, me tirotiro rātou i a rātou anō. Tērā pea ētahi āhuatanga e whakarihariha ana. Tērā pea he nui rawa ā rātou kōrero, he ngāwari ki te

whakauru ki ngā mahi a ētahi atu, he tikanga rānei ki te kōrero ki ētahi atu he aha te hē o rātou me pēhea te noho i ō rātou oranga, me te kore e whakaae ki tētahi whakaaro hei whakapai ake i a rātou anō. He tauira noa iho ēnei o ngā āhuatanga hinengaro ka kore ai tātou e ataahua ki ētahi atu.

He rerekē ngā mea e rua, arā, te whakapono ki te Atua. Kāore he painga o te whakapono ki te kore tātou e wheako, e ora ai i runga i taua whakapono. Ko te whakapono ka huri hei wheako ka noho hei whakapono, ā, ko te whakapono pumau e kore e taea te whakahē, te whakahē rānei, nā te mea he whakapono ā-roto, ā-whakaarokore hoki ki te pono. He mana nui, ā, he tere tonu, he mīharo hoki ōna hua. Ka mahi te whakapono me te tino tika, ā, kāore e waiho he wāhi mō te hapa.

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Kei roto i ngā kanohi o te tangata te hītori katoa o tōna oranga, ā, e kore e taea te huna i te hunga e mōhio ana ki te pānui. He kanohi wairua, he kanohi ao, he kanohi tinihanga, he kanohi mānumanu, he kanohi hiahia, ko ngā mea katoa e mahia ana e te tangata ka tuhia ki roto i ōna kanohi, ā, ki te tātarihia e au taku e kite nei i roto i a rātou, ka miharo te iwi ki taku māramatanga.

Me karo tātou i ngā mahi e whakapoke ana i te hinengaro, e whakapōrearea ana hoki i te wairua. Mā ngā mahi hē ka puta he wiri hinengaro kino, kino rānei e whakaatahia ana i roto i te āhua me te āhua o te tangata. Engari, me mahi tātou i ngā mahi me te whakaaro ki ngā whakaaro e poipoi ana i ngā āhuatanga pai e hiahiatia ana e tātou. Mā te hunga e whakaaro ana ki ēnei pono ka kitea e rātou te ataahua o ō rātou oranga.

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Kāore e maha ngā wā ka hē te mārama o ngā hoa pono ki a tātou. Ka taea e koe te kōrero pono ki tētahi hoa me te kore e hē te mārama, engari kāore e taea te tupu me te puāwai o te whakahoahoa mena he tohutohu, he tono rānei mai i tētahi ki tētahi.

Ka taea anake te hanga i te whakahoahoa i runga i te turanga o te mana motuhake me te ōritetanga wairua. Nō reira, me ahu mai ngā taunekeneke i waenga i ngā hoa i runga i tēnei mātāpono, ā, i runga anō i tēnei pono. Ki te tukino koe i tētahi, e kore rawa koe e kite i te reka o tā rātou whakahoahoa.

He tokomaha e hikoi ana i ngā ara o te ao, kāore he hoa, kāore au e whakaaro me pēhea rātou e haere tonu ai!

Kāore e maha ngā wā ka hē te mārama o ngā hoa pono ki a tātou, ā, ki te pērā rātou, he wā poto noa iho. Ki te tukua tō whakawhirinaki me tō pono e tetahi, me whakaatu tonu tō aroha me tō māramatanga me te mea kāore he mea i tupu, pērā i tō hiahia kia whiwhi i te whakawhirinaki me te pono hei utu.

Engari ki te haere tonu taua tangata ki te whakahawea me te mauahara ki a koe, me te papaki tonu i te ringa hoa ki a ia, he pai ake te unuhia o tō ringa mō tētahi wā.

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Ka tangohia atu tātou katoa i tēnei ao i ngā wā e haere ake nei, nō reira me mārama tātou ki te kaupapa o te ao ināianei.

Ko te whāinga matua o te wheako tangata i konei ko te whakaoho me te whakatenatena i te rapunga mō te tikanga me te kaupapa o te ao. Kaua tēnei haerenga tangata e whakanuia rawatia i a tātou e haere tonu ana te tira o te wā, ā, ka mōhio tātou kei

roto tātou i tētahi oranga nui ake, nō reira, me waiho e tātou te mātauranga ki te Atua hei whāinga matua.

Ko te wehi o te mate, te korenga, te raruraru, te pouri mamae rānei ka whakaoho i te matakū nui i roto i te tangata

Ina kore e taea e te tangata te āwhina i a ia anō, ā, ina kore e taea e tōna whānau te tuku āwhina, he kino rawa atu tōna āhua hinengaro. Engari e kore te Atua e whakarērea te hunga e whakapono ana ki a ia, e whakawhirinaki ana ki Tōna kaha ki te āwhina i a rātou.

I mua i te taenga mai o te tangata ki a tātou, i noho te Atua ki a tātou, ā, ina wehe atu tātou i tēnei ao, ka noho te Atua ki a tātou.

Engari, e kore e taea e tātou te mōhio ki te Atua ki te kore tātou e whakapau kaha ināianei, e whakapau kaha hoki ki te kōrero ki a ia me te whakatata atu ki a ia.

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I ōku tau tōmua i pāngia ahau e te tino aro, ā, nā reira ko ahau te tangata i tino pāngia

He tukanga whakamamae i a au anō Nā te mea he tino tairongo ahau, ki taku whakaaro i pai ētahi ki te whakapataritari i ahau, ki te tango i te rangimarie o tōku hinengaro.

Kaua e tukua tetahi kia tangohia tō rangimārie

Ehara i te mea nā te whakato i me te tawai a ētahi atu anake taku riri; i puta mai anō hoki i tōku aro ki ā rātou kōrero. I kitea e au ko te nui o taku tautohetohe ki aku kaitukino, ko te nui ake o tō rātou pai ki ahau.

Hei whakamutunga, ka whakatau ahau kāore he tangata e taea te whakangaro i tōku rangimārie o roto, ā, ka mea ahau ki ahau anō: "Tukua rātou kia whakahē i tā rātou e hiahia ai, engari kāore ahau e aro atu ki ā rātou whakahē"

Ā, koinā tonu te mea i tupu. Kāore au i aro ki ā rātou kōrero whanoke, mamae hoki, me te mea kāore i te ora. Nāwai ā, ka ngaro haere tō rātou hiahia ki te tawai i ahau, ā, ka noho hei hoa mōku; ko ētahi i whai i ōku tapuwae.

Kāore he hua o te ngana ki te tono i te atawhai me te whakaute i ētahi atu; engari, me tika tātou mō tēnā.

Ki te pono tātou ki ētahi atu, ki te whakaute i a rātou, ki te whakahoki i ō rātou atawhai me ō rātou aroha, ka whakaute tonu mai rātou ki a tātou.

Kaua tātou e whakakore i te ngākau aroha o ētahi atu ki a tātou mā te tino aroha ina whakahē mai rātou i a tātou, engari me mahi tahi tātou me te hunga katoa e ngana ana ki te āwhina i a tātou.

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Ka pā tonu ngā raruraru me ngā raruraru ki tēnei ao, kaua e tukua ki te wehi me te manukanuka, engari me tahuri te tangata ki te Atua, kia whiwhi ai i te rangimārie, i te haumaru, me te oranga tonutanga, ehara i te mea mōna anake, engari mō āna hoa aroha hoki kua tukua mai e te Atua ki tana tiaki.

Kaua tātou e tino piri ki ngā moemoeā o tēnei ao memeha noa, engari kia piri tātou ki te Atua.

I waho atu i te Atua, kāore he haumarutanga i hea atu. Me mōhio tātou ki tō tātou hononga ki te Atua kia taea ai e tātou te whakakore i ngā whakaaro pohehe mō ake tonu atu.

Mā te whakaaroaro ki te Atua, ka rongo tātou i Tōna aroaro harikoa, ā, ka whakarērea ngā moemoeā kino o te ao.

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He mahi whakakori tinana hei whakangāwari i te tinana, hei whakamarie hoki i te hinengaro:

Whakakīhīhia ngā uaua o tō tinana mā te whakamahi i te kaha o te ngākau. Mā te kaha o te ngākau, ārahihia te kaha ora (i te wā e whakakī ana i te uaua) kia whakakīia te tinana, tetahi wāhanga rānei o te tinana ki te mahi.

Ka rongo ahau i te kaha e wiri ana, e pāorooro ana, e whakakī ana i te tinana, e whakaora ana hoki i a ia ki te ora.

Whakangāwaritia, kia rongo hoki i te ngaru o te ora me te kaha e rere ana i roto i ngā pūtau me ngā kiko o tō tinana

Ki tōku whakaaro ehara koe i te tinana, engari ko te ora e tautoko ana i te tinana

Kia rongo i te rangimārie, te herekoretanga, me te ata noho e puta mai ana i te mahi i tēnei mahi

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Ki te arahina koe e te māramatanga atua, ahakoa te āhua pōuri o te heke mai, ka pai tonu ngā mea, ā, e kore koe e hinga i a koe e haere ana i roto i te māramatanga o te Atua, e arahina ana hoki e Tana aratohu.

Me whakarērea e tātou te whakaaro kei tawhiti te Atua, me ōna mana whakamiharo katoa, i te rangi, ā, kei raro tātou i ngā puranga uauatanga me ngā raruraru o tēnei ao.

Kia maumahara tātou kāore tātou i te mokemoke, kei muri i tō tātou hiahia tangata te hiahia nui o te Atua, ā, ko te tangata e rapu pono ana i te āwhina, ka tino whiwhi ia.

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He hononga tata ngā mea katoa o te ao whānui ki ētahi atu

Mā te whakamahinga tika o te hinengaro tangata i homai nei e te Atua ki a tātou, ka mōhio tātou e hono ana ngā mea ora katoa ki te Hinengaro Matua.

Tērā pea ka whakaaro tātou i ētahi wā he taonga takaro tātou i roto i ngā ringaringa o te aituā, engari ina tukuna e tātou tō tātou hinengaro ki tua atu i ngā āhua here, tinihanga, ā, ina whakamātautauhia te whānuitanga o tō tātou mōhiotanga me te māramatanga, ka mōhio tātou kei roto i a tātou he mura o te mana atua e hanga ana, e tautoko ana i te ora katoa, ā, kei te tatari kia ara ake.

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Ka whānau mai te matatini o te whakaiti i te ngākau i te mōhiotanga huna o tētahi ngoikore tūturu, ngoikore rānei e kitea ana

Hei whakamātau i te whakakapi i taua ngoikore, ka tahuri pea ētahi tāngata ki te mau i te whakangungu rakau o te whakapehapeha rūpahu, me te whakapehapeha i a rātou anō.

Ko te hunga kāore e mōhio ki te tino take o taua āhua hinengaro rerekē, ka kī pea he whakaaro rangatira tō te tangata.

E tohu ana ēnei matatini e rua i te korenga o te rangimarie o roto, ā, he mea whakangaro i te tipu ake o te tangata. I whānau mai ēnei i te whakaaro auaha me te kore aro ki te mooni, ā, kāore he hononga ki te āhua o te wairua kaha.

Me whakatū te whakapono ki a ia anō i runga i ngā turanga o ngā whakatutukitanga tūturu, me te mōhio kāore he mea e hapa ana i ngā wairua mārama, nā te mea he taonga rātou i roto i te Atua.

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E rua ngā mahi a te pūnaha io:

Mā te pūnaha io tātou e taunekeneke ki te ao. I kitea e ngā yogi o mua he hononga anō hoki te pūnaha io ki te Atua.

Ko te mauri ora i roto i te tinana tangata ka rere ki waho, mai i te roro me te taurakira mā roto i ngā io

ki ngā kare ā-roto me ō rātou wheako kare ā-roto o waho.

Ina whakahaerehia taua kaha ora - mā te whakaaroaro - ka hurihia tōna rere ki roto, kaua ki waho, ā, ka tōia te hinengaro ki ngā toki mārama, ki ngā pokapū rānei e noho ana te tirohanga wairua me te mātauranga o te Atua.

Ko te manukanuka—arā, ko te whakaohoho nui rawa atu i ngā io—ka whakawhāiti i te hinengaro o te tinana, ko te marino ia ka kukume mai i te hinengaro atua.

Ina whakaaroaro koe, ka whakaweto i te kaha io o waho, ka whakamarie i a koe anō, ka hoki te kaha ora mai i ngā kare ā-roto ki ngā pokapū o te hinengaro wairua, ā, ka whakatūria he hononga i waenganui i tō pūnaha io me te hinengaro teitei ake, kia rongo ai koe i te aroaro atua, ka noho ki te whenua māramatanga i tua atu i te rohe moe me te kore mohio.

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He tokomaha e hiahia ana ki te hou o te taitamarikitanga, i te mea kei te rapu te katoa i te "puna o te taitamarikitanga mutunga kore," engari he aha te taitamarikitanga?

Ehara i te mea he taitamariki tonu te katoa o ngā rangatahi, nā te mea ko ētahi he tino kaumātua, ā, he ahua ngoikore ake i tō rātou tau tuturu. I tetahi atu taha, kei reira ētahi kaumātua e mau tonu ana tō rātou taitamarikitanga ahakoa kua pakeke. Ka mau tonu te koi o ō rātou hinengaro, ka rere te ora mai i ō rātou wairua kaha ki ō rātou tinana me ō rātou mata, ā, ka pupuhi ō rātou toto i te harikoa o te oranga.

Engari, kei reira ngā tāngata kino, pōuri, pouri, whakahē, me te whakapōrearea, me te mea kua mate rātou - kia roa ō koutou oranga.

Kāore he whakamārama mō ngā āhua hinengaro hē. Me noho pai tonu tātou, me noho hihiri, me noho ora, me noho pūmau ki te ngākau mahaki, me te maioha ki ngā manaakitanga a te Atua, me te rumaki ki roto i te ngaru o te taitamarikitanga wairua e puta mai ana i te hohonutanga o tō tātou wairua.

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E aku teina, e aku tuahine i tēnei ao, kia mahara ko te Atua kotahi, ā, he mema tātou katoa nō te whānau kotahi o te ao whānui. Nō reira, me whai huarahi whai hua tātou hei āwhina i tētahi ki tētahi—i ngā taha tinana, i ngā taha matatika, i ngā taha pūtea, i te taha wairua hoki—kia noho ai tātou hei tāngata tauira o tēnei ao.

Mehemea ka tahuri ia tangata i roto i tētahi haporī o te 1,000 tāngata ki te tinihanga, ki te mānumanu, ki te whawhai hoki hei whakarangatira i a rātou anō i runga i te utu mō ētahi atu, ka 999 ō rātou hoariri. Heoi, ki te ngana ia tangata ki te mahi tahi me ētahi atu, kaua ki te whawhai ki a rātou, ka 999 ō rātou hoa.

Waihoki, mehemea ka āwhina ngā whenua katoa tetahi i tetahi i runga i te aroha, ka tau te rangimārie o te ao, ā, ka maha ngā whai wāhitanga hei whakatutuki i ngā hiahia o te katoa, hei whakapai ake hoki i tō rātou oranga.

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Ko te hunga kua whiwhi i te māramatanga wairua, kei roto i a rātou ngā āhuatanga tino pai o te tāne me te wahinetanga. Ina tutuki i te tangata te taurite tino pai i waenga i te hinengaro me te kare ā-roto, kua ako ia i tētahi o ngā akoranga tino nui i haere mai ai ia ki tēnei ao. Me mārama te tangata ko tōna āhua tūturu he wairua, ehara i te tinana.

Ina titiro te tāne me te wahine ki a rāua anō hei huarahi anake hei whakatutuki i ō rāua hiahia, ka tūpono rāua ki te whakangaro i te rangimarie, ka ngaro hoki te harikoa pono. Me meinga e te tāne te wahine kia mōhio ehara ia i te mea kei a ia hei whakatutuki noa i ōna hiahia taikaha, engari hei hoa mahi, hei hoa hoki e whakanuia ana e ia, e whakautehia ana e ia, e whakaarohia ana hoki he whakaaturanga o ngā tikanga tino ataahua me te hohonu o te ao.

Ina aroha te tāne me te wahine tetahi ki tetahi me te aroha pono, ka kitea e rāua te hototahitanga tino pai i te taumata tinana, hinengaro me te wairua.

Ina whakapuakina e rāua tō rāua aroha i roto i te huarahi ātaahua, ka puta he hononga angitu me te harikoa hou.

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Ina kore te tangata e harikoa i roto i te ao, e mōhio ana ia ki tēnā āhuatanga i roto rawa i a ia. Kotahi anake te ara tika ki te harikoa, ko te hononga ki te Atua.

E kore rawa te Atua e whakarere i te hunga e whakawhirinaki ana ki a ia, e kore hoki e whakarērea e ia te hunga e aroha ana ki a ia

Ka taea e te hunga whai māramatanga wairua te whakatakoto i te ara me te tohu i ngā arai me ngā mahanga, engari me whakapau kaha ngā kaiwhai pono, me whakawhiti hoki i te tawhiti. Ko te noho tahi a te wairua me te hunga he hononga pono ki te Atua ka hoatu he painga wairua ki te hunga e hiahia ana ki te hikoi i te ara me te whakatutuki i te whāinga e hiahiatia ana.

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Te rangimarie o te hinengaro

Ina ngaro te wera o ngā manukanuka e mura ana

**Ka puta te marino, ka kawea mai te rangimārie
me te ata noho**

**Ko te pou ma o te poti o te ora
Kī tonu i te hau o te harikoa pumau, kāore he
whakahihiri**

**Nā reira ka āta panaia e ia te poti ki runga i te
mata o te roto o Al-Rida**

**Ko te marino te rerenga mārie o te ngākau mārie
ki te moana o te rangimārie, kāore e pāngia e ngā
ngaru o te manukanuka. Koia te maru o te wairua, e
horapa ana ki te hinengaro me te ngākau o te tangata
hei tiaki i ngā harikoa o tōna ao, ahakoa iti, ahakoa
nui, i ngā ua o te wehi me te manukanuka.**

**Ko te oro rangi tēnei e puea mai ana i te hapa o te
ora. Ko te tote tapu tēnei i runga i te tēpu o te ora, ko
te rehu e rere ana i ngā rerenga wai o te
whakatutukitanga, me te wairua whakamiharo,
marino e whakahaeretia ai te rangatiratanga o te
wairua i roto i te rangimarie me te whakaae tahi.**

**Kāore te marino e motuhake ki ngā wāhi whakatā
motuhake**

**Kāore hoki he mawhiti i te ngangau me te haruru
Engari, ka tae mai i te wā e manakohia ana e te
ngākau**

**Ā, ka noho ia ki te wāhi e kitea ai e ngā wairua te
whakamarie i roto i a ia**

**Ahakoa te wā me te wāhi
He putiputi ngawari, he pakarukaru
Kāore e taea te aro atu ki ngā pā kino
Engari, ka ora, ka puāwai, ka puāwai
Ki te whakamakukuhia ki te wai māori, ki te wai
parakore**

**He roto marino o te kare ā-roto te marino
He waatea mai i ngā kita o te pouri
Ko ia e maringi ana ngā roimata o te wehi**

**Mō te iti o te manukanuka me te mamae
Ina kapi te whārangi o te wairua marino
He paparanga hukarere mā, kanapa:
Te hukarere o te marino me te rangimarie o te
hinengaro**

**E kore e kaha ngā tupuhi o te wehi me ngā tupuhi
o te manukanuka**

**Te whakararuraru i te rangimārie me te ata noho
I raro i tēnei paparanga mārō, kanapa
Mō tēnei kanapa manaaki, kanapa**

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**Ko te whakahoahoa te momo tino parakore o te
aroha atua**

**Nā te mea i whānau mai i te kōwhiringa herekore
o te ngākau**

**Kāore i te mea i akiakihia mai ki a tātou e te kare
ā-whānau**

Kāore ngā hoa tino pai e wehe

**Kāore he mea e taea te momotu i ngā here o te
aroha o ō rātou teina**

**Ko te taonga o te whakahoahoa te taonga tino utu
nui**

**Nā te mea ko te whanaungatanga pono e hono
ana ki te wairua**

Kei tua atu i ngā rohe o tēnei ao

Ngā hoa katoa e hono tahi ana tātou i te aroha

Ka tūtaki anō tātou ki a rātou i te whare o te rangi

Nā te mea kāore te aroha pono e mate

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**He tokomaha e haere mai ana ki te ara wairua,
engari ko te hunga e u tonu ana ki te mutunga ka
reka ki te hari wairua, ka koa hoki ki te rangimārie
pono.**

**Ko ngā ākonga pono - e mōhio ana ko ngā ara
pōuri, paru o te ao e arahi ana ki te pouri me te pōuri**

- ka tahuri ki te Atua, ka rapu i a Ia me te pono katoa, ā, kāore he ruarua o rātou mō Tōna kaha ki te whakaora i a rātou me te whakamarie i a rātou.

Ahakoia ka whiwhi te kaitono i tētahi whakautu ā-tinana mai i te Atua, kāore rānei, e ngaro tōna whakawhirinaki ki a Ia, engari ka inoi tonu ki a Ia i roto i te hohonutanga o tōna wairua, me te tino whakapono ka rongoa ia i te inoi, ā, ka whakautu ia ki te karanga o te ngākau i te wā tika.

* * *

Kua whakamātauhia e te pūtaiao kāore e taea te whakangaro i ia matūriki o te matū, ā, kāore e taea te whakangaro i ia ngaru pūngao.

E pā ana hoki tēnei ki te tangata tonu, ki tōna wairua ora tonu rānei

Ka huri te ao tūroa, ā, ka pāngia te wairua tangata e ngā wheako hurihuri

Ko te huringa whakamutunga ka kiia ko te mate, engari ko te mate, ko te huringa āhua rānei, kāore e whakarerekē, e whakangaro rānei i te mauri wairua.

* * *

E te Ariki o te ao whānui, e te Aroha o ngā ngākau, kia haere tahi mai tō manaaki me mātou. Kia mōhio mātou ko koe anake te Kīngi Atua, e noho ana i runga i te torona o ā mātou wawata.

I tua atu i te kūaha o te ora me te mate, ko koe, e te Ariki, te whāinga kotahi me te whāinga nui rawa atu

Ko koe te ora tūturu, ā, kāore he mea e ora ana mēnā kāore koe

Kia manaakitia tātou kia kite ai i te pai, kia rongoa ai i te pai, kia whakaaro ai ki ngā whakaaro whakahihiko, whai hua hoki.

Ko te hunga whakaiti te hunga nui o te ao

Me rapu te tangata rapu i te Atua tonu, nā te mea kāore he tangata e taea te hoatu i taua mātauranga ki a ia; engari, me mahi ia kia whiwhi ai i te taonga whakamutunga.

Ina whakatau pūmau te tangata rapu ki te kimi i te Atua, ā, ka whakakotahi i taua whakatau me te whakaaroaro nui, ka kitea e ia ia.

Kia pā atu koe ki te aroaro o te Atua, ka whiti atu koe i te ture o te take me te pānga

Ko te hari e whakaarohia ana, e rapua ana e te tangata, e kitea ana i roto i te Atua, ā, ko te hunga e pā ana ki a ia, ko rātou te hunga tino hari.

Manaakitia mātou, e te Ariki, kia waiho ai koe hei tūranga tuatahi i roto i ō mātou ao, kia kore ai hoki mātou e tuku i ngā whakamatautauranga o te ao kia whakataetae ki tō aroha i roto i ō mātou ngākau.

Kia whakatuwheratia ō tātou ngākau ki te aroha atua kia uru mai ai ki roto i ō tātou ao, kia whakakīia ai ki te māramatanga, kia whakapaipaihia ai ki ngā rōhi o te harikoa.

He haumitanga angitu ia mahi pai e mahia ana e tātou ake ake

Kei muri i te hinengaro iti o te tangata te mana mutunga kore o te Atua

Mā te oranga māmā ka homai te herekoretanga

Ina marino ngā whakaaro, ka taea te whakarongo ki te hōtaka atua mā te reo irirangi o te hiahia. Ā, ina mau i a tātou te ngākau pono, ka kukume mai tātou i ngā tāngata ngākau pono ki a tātou, ā, mā roto i a rātou, ka wheako tātou i te pai me te aroha o te Atua.

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Ahakoā tō tau, ki te mea koe "Ka taea e au" he taitamariki koe

**He taputapu kaha te hinengaro kua homai e te
Atua ki a tātou, ā, e hiahia ana ia kia whakamahia e
tātou hei mahi i te pai**

**Ko te nui ake o taku whakaaroaro ki te Atua i roto
i ahau, ko te nui ake o tōna aroaro e kitea ana e au i
te ao e karapoti nei i ahau.**

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**Manaakitia mātou, e te Ariki, meinga hoki mātou
kia aroha ki a Koe me te aroha nui**

**Kia reka ai tō aroaro, kia miharo ai mātou ki a koe
I ngā rā katoa o ō tātou oranga**

**Kia kore ai e taea e te ao me ana
whakamatautauranga te pupuri i o tatou ngakau**

**Ki te whakararuraru rānei i a mātou, kia kore ai
mātou e whakaaro ki a koe**

**Manaakitia mātou kia ora ai mātou i ia rā i roto i
tōu māramatanga me tōu rangimārie**

**E hiahia ana mātou ki a koe, e tatari ana hoki ki tō
whakapā mai**

**Engari i te hiahia nui ki ngā mea o te ao kāore e
pumau**

**Aratakihia te huarahi o ō mātou oranga ki a koe
Nō reira, ina ngana ngā tikanga kino**

**Hei pupuri i a tātou, hei here i ō tātou hinengaro
ki ngā here o tēnei ao**

Kei te rere tere atu ā mātou whakaaro ki a koe

**E te Ariki, e hanga ana te ao i te manukanuka i
roto i a mātou**

I a koe e whakaaroaro ana

**Ka kawea mai e ia te haumarua me te rangimārie o
te hinengaro ki ō tātou wairua**

Ko koe tō mātou ora

Ā, ko koe tō mātou aroha

Me te reka o tō tātou aroaro

Me te ngākau nui ka piko atu mātou ki a Koe

**E te Ariki o ō mātou ngākau
Ka inoi mātou kia whakakīia ō mātou oranga ki
tōu aroha**

Ā, kia whakakitea mai koe ki a mātou

Ā, ki ō akonga me ō hoa aroha katoa

Buddha me tana hoa aroha: Kaiwhakaako #Paramhansa

He maha atu ngā kauhau a te kaiako

Paramhansa Yogananda

I te hononga e whai ake nei:

[wwwswaidayogacom](http://www.swaidayogacom)

**I Īnia, e kiia ana a Buddha he tinana atua. I ora ia
i te rima rau tau i mua i a Ihu Karaiti, ā, ko ia te tama
a te kingi Īnia.**

**I karapotia e te matua o Gautama (nāna i muri
mai ka mōhiotia ko te Buddha, ko te tikanga "te
tangata mārama") tana tama rangatira mai anō i tōna
whānautanga ki ngā mea papai me ngā mea ataahua
katoa, me te whakakī i a ia ki ngā manaakitanga
mutunga kore. E kiia ana he tino ataahua, he nui hoki
te whakapaipai o te marena o Gautama, kāore anō kia
kitea e ngā kingitanga onamata tētahi mea pērā.**

**Nō konei, ka tipu ake a Gautama, ka pakeke
haere, me te whakapono ko te ao e karapoti nei i a ia
he wāhi harikoa mutunga kore, he wāhi harikoa
mutunga kore hoki.**

**Heoi, i hiahia nui a Piriniha Gautama ki te tūhura i
te ao i tua atu i ngā kūaha o te whare kingi me ngā
māra matomato. I tētahi rā, ka haere ia me tana
taraiwa hariata i roto i te huna i a ia anō.**

I ohorere te taitama ātaahua, ā, i tino pāngia hoki e te mamae i tana kitenga tuatahi i tētahi koroheke, ngoikore, me tētahi atu tangata e manawa ana i ōna manawa whakamutunga, me te kitenga anō hoki i tētahi tūpāpaku kua mate.

I titiro ia ki tōna tinana ora, hihiko, ā, ka pātai atu ki te pailate mēnā ka koroheketia anō hoki tōna tinana i tētahi rā, ka pirau, ka ngaro tōna mura ora. Ka whakahoki ā-roto te pailate:

"E te Ariki, e ngāwari ana ngā tinana tangata katoa ki te mate, ki te ngoikore, ki te koroheketanga, nō reira ko te mate tō rātou mutunga."

I te rongonga i tēnei, ka tīmata te tamaiti rangatira ki te whakaaroaro nui ki ngā mānukanuka o te ao tūroa. I tētahi pō, i a tana wahine me tana tama kotahi e moe ana, ka titiro whakamutunga a Gautama ki a rāua, ā, me ngā kanohi roimata, ka wehe atu ia i te whare kingi ki te rapu i te pono e whakaora ake ai te tangata i te pouri me te mamae, ā, ka hoatu ki a rātou he māramatanga pono mō te mea ngaro o te ora me te mate.

He maha ngā momo mahi a te rangatira i mahi ai i te whakatārewatanga me te whakakorekore i a ia anō. E kīia ana e whitu tau ia e nohopuku ana me ētahi atu mahi wairua. I a ia e whakaaroaro ana i raro i tētahi rākau banyan (piki) i te rohe o Bodh Gaya o Īnia, ka tutuki i a ia te māramatanga katoa.

Kātahi ka hoki anō ia ki te kai i te āhua noa hei whāngai i tōna tinana, ā, ka horahia puta noa i Īnia ngā mātāpono o te aroha me te ōrite o te aroha ki ngā mea ora katoa—te tangata, te manu, me te kararehe. I tohutohu anō hoki ia kia kaua e piri ki ngā mea o te

**ao me te tumanako ka eke ki te nirvana, te āhua wehe
rānei e whakaora ana i te wairua mai i te
whānautanga anō.**

**Nō muri mai, ka horahia e āna akonga āna
whakaakoranga puta noa i Īnia, i Hapani, i Haina, me
ērā atu wāhi o te ao.**

**Ko te āhua o Nirvana, te ngaro rānei o te takirua,
e hē ana te whakamārama ko te whakangaromanga o
te tangata. Engari ko te tikanga o Buddha ko te
whakangaromanga o te tuakiri iti, te tangata rūpahu
rānei. Me whakangaro tēnei tuakiri whaiti kia taea ai
e te wairua ora tonu te whakatutuki i te whakaoranga
mai i te huringa o te hokinga ki te tinana tangata.**

**Ko te whakaakoranga Buddhist mō te
whakangaromanga, i whakaarohia koinei te whāinga o
te ora, i whakakapia i muri mai i Īnia e te
whakaakoranga Swami a Shankara, te kaiwhakaū o te
raupapa Swami i Īnia, nāna i whakaako ko te whāinga
o te ora ko te whakatutuki i te kotahitanga hinengaro
harikoa me te wairua o te ao me te kore e
whakangaromia te mōhiotanga ki a ia anō.**

**I te noho takakau a te Ariki Buddha me āna
ākonga. I a rātou e haereere ana i Īnia, ka pā mai
tētahi āhuatanga rerekē ki a Buddha, ā, ka pōhēhē
ana ākonga, ka ruarua hoki ētahi o rātou i te
whanonga a tā rātou kaiako.**

**I a te Buddha nui e okioki ana me rātou i raro i te
atarangi o te rākau, ka whakatata atu tētahi wahine
ki a rātou, ā, ka kukumea rawatia ia e te tinana me te
mata o te Buddha, ka puta mai he kanapa
whakamiharo. I aroha tonu ia ki a ia. Nā te nui o te
ngākau aroha, ka oma atu ia ki a ia me ngā ringa**

tuwhera ki te awhi me te kihi i a ia, me te karanga, "E te hari me te māramatanga o te ora, e pā ana tōku ngākau i te aroha ki a koe!"

I miharo ngā ākonga i te rongonga i tā rātou ariki e whakahoki ana ki te wahine whakawai, "E aroha ana ahau ki a koe, engari kua e pā mai ki ahau ināianei, kāore anō kia tae mai te wā."

Ka whakahoki ia: "E mea ana koe 'e taku aroha', ā, e ārai ana koe i ahau kei pā atu ki a koe!"

Ka whakahoki te Buddha nui: "Kia māia koe, e taku e aroha nei, ka pā atu ahau ki a koe ā muri ake nei, engari kāore i nāianei, ā, ka whakamārama ahau i te nui o taku aroha ki a koe."

I te kitenga kāore ia i te tino whakapono ki āna kupu, ka mea atu ia: "Whakawhirinaki ki aku kupu, e taku e aroha nei, kua rawa e ruarua. Ā muri ake nei, ina wehe atu ō hoa aroha i a koe, ka haere atu ahau ki a koe."

I pōhēhē ana ākonga i te rongonga i ēnei kōrero aroha a tō rātou rangatira, ā, i whakaaro ētahi kua taka tō rātou kaiako ki roto i te mahanga a te wahine whakawai.

I muri i ngā tau i muri mai i taua mahi, i a Buddha e whakaaroaro ana me āna ākonga, ka karanga ohorere ia: "Me haere ahau, kei te karanga mai taku ipo whakaipoipo ki ahau. E hiahia ana ia ki ahau ināianei, ā, me whakatutuki e ahau taku kupu whakaari ki a ia."

I te mutunga iho o tana kōrerotanga i ēnei kupu, ka whakatika ia, ka oma atu, ā, ka oma ngā ākonga i

muri i a ia me te ngana nui ki te whakaora i a ia i te whakamatautauranga a te wahine whakawai.

Hei whakamutunga, ka tae te kaiako nui me āna ākonga ki te rākau kotahi i tūtaki ai ia ki te wahine whakawai i ngā tau kua pahure. He aha tā rātou i kite ai i raro i taua rākau?

I kite rātou i taua wahine anō e takoto ana i runga i te whenua, ko tōna tinana ataahua kua kī tonu i te rewharewha, kua kī tonu i ngā puku kakara kino, pirau.

I wiri ngā ākonga, ā, i neke atu i a ia, engari ko Buddha, me tōna ngākau aroha me tōna aroha nui, i noho ki tōna taha, i hiki ake i tōna tinana pirau, i whakatakoto ki runga i tōna uma, ā, i kōrero pōhewa ki tōna taringa:

"E taku aroha, i haere mai ahau ki te whakamatau i te nui o taku aroha ki a koe, me te whakatutuki i taku kupu whakaari ka pā atu ahau ki a koe. Kua roa ahau e tatari ana ki te whakamatau i taku aroha pono ki a koe. E aroha ana ahau ki a koe ina mutu te aroha o te katoa ki a koe. Ā, ka pā atu ahau ki a koe ina kore ō hoa - ngā rā o te kororia - e hiahia ki te pā atu ki a koe."

I tana whakapuakitanga i aua kupu, ka whakaorangia tonutia e ia tōna āhua pouri, ka tono atu kia uru atu ia ki te whānau o āna ākonga, ā, ka whakautu ia ki te tono me te whakapau kaha me te harikoa nui whakaharahara!

Kia tau te rangimārie ki a koe

Ngā Whakapumautanga Mō te whakaora whānui

I runga i te torona o ngā kare ā-roto katoa, o ngā whakaaro me ngā hiahia katoa,

E te Ariki, kei te noho koe, kei te tiaki i tōku wairua

Ko koe te whakaaro, te hiahia, me te kare ā-roto

Ko koe hei ārahi Ko koe hei ārahi i ngā whakaaro, ngā hiahia, me ngā kare ā-roto katoa

Kia taea ai e koe te mahi i runga i ōu tohutohu

Ā, whai i tāu aratohu

Ā, kia waiho hei tauira māu

Kei roto i te temepara o te hinengaro te māramatanga

Ko tō māramatanga te kaiwhakaora nui

Ko ngā mea i kitea e ōku kanohi i mua, ka kite ahau ināianei

Kua mārama taku temepara inaianei, kāore he pōuri i roto!

I moe ahau, ā, i moemoeā ahau mō te whakangaromanga o te temepara

Me ngā toki o te wehi me te kuware, me ngā ahi o te manukanuka

I whakaarahia ahau e koe kia kite i te hanganga e mau tonu ana, ehara i te mea kua ururuatia!

E hiahia ana ahau ki te karakia ki a koe, e hiahia ana ahau ki te kite i a koe

I roto i tōku ao, i roto i ngā whetu

I roto i ngā pūtau o te tinana, ka mahi auau rātou

Ka whakatikatika, ka whakatikatika i ngā hapa katoa o te tinana

Āe, nui atu tōku hiahia ki te karakia ki a koe

Ka kite ahau i a koe i roto i tōku tinana, i tōku taha, me ngā mea katoa o te ao

Kei te ora tonu koe

Kāore he mutunga o tōku aroha ki a koe, e te Ariki!

Kei te mahi tōu hiahia, e te Ariki, i roto i ahau

Ko tōku hiahia he mura o tō māramatanga

I roto i ahau, e tiaho ana te māramatanga, e pana ana te pōuri ki muri

Ka whai whakaaro ahau, ā, ka hiahia

Ka mahi ahau, ka hanga hoki

Kaua e tukua taku ego kia ārahi i ahau

Engari, ko koe te kaiwhakahaere

Ā, ko koe te tangata e whakarongo ana ahau

Ka tutuki i ahau mā te kaha o te ngākau

Kaha tonu te mahi

Nā reira whakakahangia taku whakaaro, e te Ariki

Nā tōu hiahia nui

Tukua mātou, e te Ariki, kia

Pērā i ngā tamariki harakore

**Ka rite ki te hunga e pai ana ki te rangatiratanga
o te rangi**

Ko tō aroha i roto i a mātou he tino tika

Ā, i te mea ko koe te tino tika

**Koinei te huarahi e ora ai tātou, i te taha tinana
me te taha hinengaro**

**Kei ngā wāhi katoa koe, ā, kei tō aroaro te tino
pai**

Ka tiaho tō māramatanga i roto i tō tinana

He ora ōna pūtau e kukume ana i tō māramatanga

**Kia mōhio ahau kei roto koe i tōku hinengaro e
noho ana**

Me tōku wairua me tōku noho

Me ia ngota o tōku tinana

Kia mārama ahau!

**E te ora o tōku ao, he tino tika koe, he whānui ōu
mea katoa**

**Kei roto koe i tōku ngākau, kei roto hoki koe i
tōku hinengaro**

Me ōku kanohi, tōku mata, me tōku tinana

**Ko koe te mea e neke ai ōku waewae kia hiko ai
ahau**

He pai te tangi o rāua tokorua

Ko tō kaha tō tautoko; ko tō mahi tō kaha

**Kāore au e hinga nā te mea kei te tautoko koe i
ahau**

Kāore au e hinga nā te mea

Ka whakawhirinaki ahau ki tōu kaha!

Kei roto koe i tōku korokoro

Kei roto koe i tōku kōpū, kei roto hoki i ōku kiriuhi

Ka tiaho ia okana i te māramatanga

I roto i tōku tuaiwi ka pīataata koe, ka tiaho koe

He kaha tōna kaha, he tino ora

Ka rere koe i roto i ōku io, he pūngao parakore

Kei te pai rawa ia

I roto i ōku uaua i roto i ōku uaua ka rere

He ahi koe e pau ai ngā poke katoa

Ka purea te tinana i ngā mate katoa

**Pērā i a koe taku e aroha nei, pērā anō ahau ki
tāu e aroha nei**

Kei roto i tōku hinengaro tō aroaro

E pāorooro ana i te ia o te ora

**Tukua taku whakaaro kia rere ki tua atu i ngā
rohe katoa**

**Tukua kia rere ki ngā rohe katoa, me te kore he
arai, he here rānei**

**Ki te whakaaro ahau ki ngā mate, tera pea ka
pāngia ahau e te mate**

**Ina whakaaro ahau ki te hauora, ka ora ahau
la wā, ia hāora, ia rā**

**He kaha tōku wairua, he hauora tōku wairua
Kei te harikoa ahau, kei te hihiko, kei te koa hoki
I moemoeā ahau kei te mate ahau**

**I ara ake ahau, ā, ka kata ahau i taku kitenga
E turuturu ana ōku roimata i roto i ōku kamo
He roimata harikoa ēnei, ehara i te roimata pōuri
He tino hauora ahau, ā, he ora tonu**

Ahakoā ngā moemoeā o te mate

**E te Atua, tukua ahau kia rongō i tōu harikoa
Ā, e aroha ana ahau ki a koe me tō aroaro**

Ahakoā he ngohengohe ahau, he pakeke rānei

**Ka noho tonu ahau hei aroha māu, e te Ariki, ake
tonu atu**

Kia rongō ahau kei te ora tonu ahau

Ā, kei te harikoa ahau i roto i tōku ao

Tukua ahau kia whakakī i tō harikoa

Kia mārama ahau, e te Atua Mōhio

Mō Tō whakaaro nui!

Te tātāritanga whaiaro: Te kī ki te oranga harikoa

Kaiwhakaako Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

Kia whakarērea ngā here o te ego, kia kopikopiko tātou i roto i ngā mania whānui, mutunga kore o te ahunga whakamua wairua. Pērā i te tira o te wā, e haere tonu ana i ngā ara o te ora, me haere anō hoki te tira o te wairua i ngā ara o te whānui mutunga kore ki te paepae o te wairua atua.

Ko te kaupapa ki te whakatutuki i ngā mahi tino nui o te ao ka noho tonu i raro i ngā ururua me ngā para o ngā tikanga tangata. Me whakawātea te tangata i a ia anō i te awe o ēnei tikanga, ka tīmata ki te rui i ngā purapura o te angitu e hiahiatia ana e te tangata ki te oneone o tōna ao. Ka whiwhi uara me te hiranga o te ao ina oti i a tātou te mahi tino nui me te taketake: te kimi i te tikanga me te uara tūturu o tō tātou oranga.

Me mārama te tangata kāore ēnei whakaahua hihiri o te ao tūroa e whakaatuhia ana me te kore take. I ia rā ka kite tātou i ngā āhuatanga hou, ā, i ia rā ka puta mai ngā akoranga hou me ako e tātou mā te arotahi ki te kaupapa matua o te oranga o te tangata: kia mōhio ki te Atua Nui e huna ana i muri i te arai o te ora.

E miriona tāngata kāore e uru ki te tātari i a rātou anō. I roto i te hinengaro, ka taea te whakarite i a rātou ki ngā hua aunoa o tō rātou taiao. Ka pau ō rātou oranga ki te parakuihi, te tina, te kai pō, te mahi, te moe, me te haereere ki konei, ki reira ki te rapu whakangahau me te ngahau. Kāore rātou e

mōhio he aha tā rātou e rapu ana, he aha rātou i rapu ai, he aha rānei kāore i kitea e rātou te harikoa me te ngākau māhorahora tuturu. Ki te kore he tātari i a rātou anō, ka noho tonu te tangata hei mīhini, e whakahaerehia ana e ngā āhuatanga o tō rātou taiao. Ko te tātari tika i a rātou anō te huarahi tino whai hua ki te ahu whakamua me te whakawhanake i te pūmanawa o te tangata.

Me whakahaere te tātari i a koe anō me te pono me te ngākau tapatahi. Ko te huarahi pai ki te mahi i tēnei ko te tuhi i ō rātou whakaaro me ō rātou wawata i ia rā, kia taea ai e rātou te tū atu ki tō rātou ake āhua tūturu me te kore whakapaipai, te kore whakaari rānei. Ko te nuinga o te tangata kāore e huri hei pai ake nā te mea kāore rātou e kite i ō rātou ake hapa.

He hua te katoa o te tangata nō tōna taiao me tōna ira tuku iho. Ko te tangata i whānau ki tētahi whenua motuhake ka whakaatu i ngā āhuatanga motuhake o taua whenua. Ko te tangata i whānau ki Haina, ki tētahi whenua o te Hauāuru rānei, tera pea ka whakaatu i ngā āhuatanga me ngā kounga e pā ana ki aua whenua. Ko te taiao e noho ana te tangata he hua nō ngā āhuatanga ira tuku iho: ko ngā painga me ngā hiahia i riro mai i ngā oranga o mua. Ko ngā āhuatanga i riro mai i ngā whakawhānau o mua ka ārahi i te whānautanga o te tangata ki roto i te whānau, ki te taiao rānei e noho nei rātou.

Ina pānui tātou mō ngā whānau rongonui, ka kite pinepine tātou kāore ngā tamariki a ngā tāngata nunui i te taumata hinengaro ōrite ki ō rātou mātua. Nā tēnei ngoikore o te koiora me te ira i roto i te tangata ka ara ake te whakapae me ngā pātai: He aha

tātou kāore ai e kite i ngā hua ōrite i roto i te oranga tangata e kitea ana e tātou i roto i ngā rangatiratanga tipu me ngā kararehe, i te nuinga o te wā ka puta mai ngā momo pai i ngā momo pai? Me ruku hohonu tātou ki roto i ngā mahi o roto o te oranga tangata ki te rapu i te whakautu.

Ehara i te mea onge te kitea o tētahi tamaiti i roto i tētahi whānau e tohunga ana ki te tuhituhi me te pūtaiao, kāore rawa he hiahia ki te tuhituhi. He pono i whānau mai ia, i tipu ake hoki i roto i tētahi taiao tuhituhi i waenga i ngā kaingākau tuhituhi, engari kāore ia e whai i ngā hiahia ōrite. He aha, ā, me pēhea hoki te puta o ēnei āhuatanga rerekē? Kāore te taiao me te ira tuku iho e tuku anai tētahi whakamārama arorau mō tēnei āhuatanga. Engari kei muri i ēnei āhuatanga katoa ko te pono o te whānautanga anō. I whānau mai tātou ki roto i tētahi whānau motuhake nā te mea he rite ētahi āhuatanga. Engari he takitahi motuhake ia mema o te whānau, me ōna āhuatanga i ahu mai i ō rātou oranga o mua. Nā reira, ahakoa ētahi āhuatanga koiora me ngā ira i waenga i ngā mema o te whānau, he rerekē te āhua me te tuakiri o ia tangata i ia tangata.

Ka whiriwhiri te tangata kia whānau ki roto i tētahi whānau motuhake, ki roto hoki i tētahi taiao pāpori, ā-motu rānei, mō ngā take motuhake i whakatauhia e āna mahi o mua. Mai i tēnei tirohanga, ko te tangata te kaihoahoa o tōna ake ao, me te kaiwhakamahere hoki o tōna ao. Ka taea e te tangata te matapae, ki tētahi taumata, he aha rātou ka noho ki tō rātou ao ā muri ake nei mā te tātari i ō rātou hiahia me ngā whanonga matua o tēnei ao.

Koinei te hiranga o te tātari i a koe anō mō te tipu wairua. Ko ētahi tāngata e hiahia ana ki te pānui i ngā pukapuka pōuri, e whakaaro ana koinei te momo pukapuka tino pai ki a rātou, ā, e whakaaro ana ka mau tonu tā rātou pārekareka ki ēnei pukapuka mō te toenga o ō rātou oranga. Engari ki te tātarihia e rātou a rātou anō, ka kitea e rātou he maha ngā wā ka pouri, ka riri rātou i te pānui tonu i tēnei momo tuhinga. Nā te pouri nei, tera pea ka hiahia rātou ki te whakamutu i te whanonga, engari ki te whakatipu i te whanonga ki te pānui i ngā pukapuka wairua e whakahihiko ana i ō rātou whakaaro, e whāngai ana i ō rātou kare ā-roto ki ngā whakaaro pai, whakahīhi hoki. Ki te hanga e rātou tēnei huringa, ka kitea e rātou kua haere ō rātou oranga ki tētahi ara hou whakamiharo nā te māramatanga me te whakapau kaha.

He pono ka taea e tātou te whakarerekē wawe i a tātou anō mēnā e hiahia ana tātou, engari ko te whakarerekē i ngā tauira me ngā tikanga o ngā tau e hiahia ana ki te whakapau kaha me te hiahia kaha.

Hei whakakore i tētahi whanonga kua mau ki roto i te hinengaro, me whakamahi ngā kaha katoa o te whakatau ki te taha kē kia whakakorea rā anō te whanonga kino, kia kore rawa hoki tōna mana. He tokomaha te hunga kāore i te manawanui me te manawanui e tika ana mō tēnei. Heoi, me mārama te tangata ka taea te muku, te whakakore rānei i ngā mea kua hangaia, kua mahia rānei e te tangata.

Ina tātari koe i a koe anō, kia kaha te hiahia ki te whakakore i ō ngoikoretanga, kia noho ko koe te tangata e tika ana kia noho koe. Kaua e ngakaukore, e pōuri rānei ina kitea e koe ngā hapa e whakaatuhia

ana e te tātari pono i a koe anō; engari, whakaarohia he whai wāhitanga ki te tautuhi i ngā mea e tika ana kia whakatikahia i roto i tō tuakiri.

Kua puta ake tētahi ariā e kī ana ko te whakaaro he hua nō ngā repe endocrine Kāore he pūtake o tēnei ariā Kāore e taea e te kikokiko me te wheua te whakaputa whakaaro Ko te hinengaro te kaihoahoa matua o ngā mea katoa, whānui me ngā mea motuhake Pērā i te wai e huri ana hei hukapapa mā te whakamatao, ka puta ngā āhua ā-tinana o te whakaaro mā te whakapūpū Ko ngā mea katoa o te ao he whakaaro i roto i ngā āhua ā-tinana Ahakoa ko te okana endocrine he whakaaturanga ā-tinana o tētahi tauira iti o te whakaaro

He hononga tata te āhua tinana me te āhua hinengaro o te tangata. Hei tauira, kua kitea ko te hunga whai mate ate ka riri, ka pukuriri hoki. Ina pāngia te tangata e te nui rawa o te tukunga o te au, e te ngoikore rānei o te ate, kāore pea rātou e pai ki te menemene, ki te harikoa rānei ki te hunga katoa e tūtaki ana rātou. Engari, ka riri, ka pukuriri pea rātou. Ka pāngia ngā whakaaro me ngā kare ā-roto e te āhua tinana.

Ina pakaru ngā whekau, ka pā kino ki te kaha o te hinengaro, ā, ka ngoikore ai. Ko te hunga e kai nui ana i te mīti ka ngawari ki te riri me te pukuriri. Mena ka kai noa te tangata i te wai karepe mō te wiki, ka ora ake, ka noho tahi me te katoa.

Mā te kai nui me te kai i ngā kai kāore i te tika ka hangaia, ka puritia hoki he nui o ngā paitini i roto i te tinana, ā, kāore e kore ka pā kino tēnei ki te hinengaro, ka puhoi, ka ngenge, ka ngawari te riri. Mā te nohopuku ā-wā i runga i te wai karepe, i te wai

karaka rānei ka āwhina i te horoi i te tinana, ka āwhina hoki ki te whakaora i te roro me te whakakaha i a ia. Hei tāpiri, ko te nohopuku whakaora mō te rā kotahi i te wiki, ā, i ētahi wā mō ngā rā e toru i te wā kotahi (me te inu wai me te wai hua i te wā nohopuku), kua whakaatuhia hei āwhina i te horoi i te tinana i ngā paitini me ngā para kua kohia. Me nohopuku mō te neke atu i te toru rā i te wā kotahi i raro i te tiro tiro a te tākuta, a te tohunga nohopuku rānei.

I tūtaki ahau ki tētahi tangata e whitu tekau tau te pakeke e mau ana i ngā kākahu māmā, kāore he koti, kāore hoki he tōkena, ahakoa he tino makariri. I whakamana mai ia kāore ia i te mātao! Kua taunga ia ki tōna tinana ki te makariri. He nui ake te awe o te hinengaro ki te tinana i te awe o te tinana ki te hinengaro, ahakoa he pānga tonu ngā matū o te tinana ki te hinengaro.

(Tuhipoka: He maha ngā tau i mua i te kitenga a Paramhansa i tēnei. Ko te hunga i tipu ake i roto i te rawakore, ā, i kore i kai tika i te kai, i tino whakaatu i te ngoikore o te whanaketanga hinengaro me te puhoi o ngā urupare. I tua atu, kua whakaatuhia e te pūtaiao kua pai ake ētahi momo porangi [e kiia tonu ana kāore e taea te rongoā] me te whakamahi noa i ngā huaora. Waihoki, ko ngā take o ētahi momo pouri, manukanuka, me ētahi atu kare ā-roto ka taea te whai i te kore taurite o ngā huānga matū i roto i te tinana.)

Ahakoa he nui te awe o te hinengaro ki te tinana, he mea koretake te wareware i te tinana. Me whakarite te kai hauora i te kai kino. Mena ka hiahiatia koe e ngā āhuatanga kia noho tahi me te hunga e whakapataritari ana i a koe, he mea tika kia

whakarerekētia tō taiao i ia wā. Engari he mea pai ake i tēnei katoa ko te whakarerekē i tō āhua hinengaro kia kore ai koe e raruraru i ngā mahi a ētahi atu. Hurihia koe anō, ā, ka taea e koe te noho i runga i te rangimārie me te harikoa i ngā wāhi katoa.

He rite te ao whānui ki tētahi whare tiaki hinengaro. Ko ētahi tāngata e pāngia ana e te hae me te hae, ko ētahi e te riri, te mauahara, me te hiahia. He patunga rātou nā ō rātou whanonga me ō rātou kare ā-roto. Engari ka taea e koe te waihanga i te rangimārie i roto i tō taiao. Tātarihia koe anō. He pānga tino pai tō ngā kare ā-roto ki te hinengaro me te tinana. Mā te hae me te wehi ka puta te kiri mā, ko te aroha ia ka whiti. Ina taea e koe te noho marino, ka harikoa tonu koe.

Ahakoia te āhua o te tangata e ngana ana ki te whakatipu, me whakapau kaha rātou ki te tātari i tō rātou āhua tūturu me te whakawhanake i ōna āhuatanga pai rawa atu. Tērā pea he tuakiri matatika, he tuakiri pono, he tuakiri aroha whenua, he tuakiri toi, he tuakiri pakihi rānei tō te tangata, me ērā atu mea. Ki te mea ko tā rātou whāinga he hono atu ki ngā wawata matatika teitei, me noho pono rātou, me te whai whakaaro pai me ngā whakaaro atawhai ki te katoa. Koinei te mauri o te whanonga pai. Ko te whakapehapeha te mea e akiaki ana i te hunga e whakatika ana i a rātou anō ki te whakahē me te whakahē i te hunga ngoikore e karapoti ana i a rātou. Engari ko te hunga he pai te āhua me te wairua mārama, ka aroha ki ētahi atu, ā, kāore e whakahē i a rātou mō ngā hapa i puta mai i te kuware me te whakatau hē.

Ko te hunga whai āhua taonga he maha ngā wā ka mamae koretake. Me ako ēnei tāngata ki te whakahaere i a rātou anō, ki te kore, ka rite rātou ki ngā wahi nekeneke o te ao tūturu, me kai i ētahi kai motuhake, ka pāngia rātou e te mamae o te upoko mēnā ka ngaro tā rātou kawhe, tina rānei, ā, ka taea anake te moe i runga i te moenga he āhuatanga motuhake. Ahakoa he pai ngā whakamarie, kaua e tukua kia herea rātou e rātou anō. He mea nui te taurite, ā, ki te kore e taurite te āhua o te hinengaro, te tinana, me te wairua, e kore te tangata e mōhio ki te harikoa. He mea kuware te tuku i te āhua o te ao kia whakahaere i te whakaaro nui me te māramatanga o te tangata. Ko te kupu whakamutunga me te whakatau whakamutunga me waiho tonu mā te hinengaro me te māramatanga.

Ko te oranga ngāwari me ngā whakaaro rangatira ngā whāinga a te tangata. Me mau tonu i a tātou ngā āhuatanga katoa o te harikoa i roto i a tātou. Ka taea tēnei mā te whakaaroaro me te whakarite i ō tātou hinengaro ki te harikoa wairua e whakahoutia tonutia ana. Ko te Atua te harikoa o te ao katoa, ā, i roto i te hononga ki a Ia, ka rongo tātou i Tōna harikoa, ka reka hoki i Tōna reka. Kaua rawa e tukua tō tātou harikoa ki tētahi awe o waho. Ahakoa te taiao e noho ana tātou, e mahi ana rānei, me tiaki e tātou tō tātou rangimārie o roto mai i tōna awe. Tātarihia koe, kia noho ko koe te mea e tika ana kia noho koe, me te mea e hiahia ana koe kia noho. He onge te ako a te tangata i te whakahaere pono i a koe anō; engari, ka mahi rātou i ngā mea e kino ana ki tō rātou ake oranga, engari e whakapono ana kei te harikoa rātou! Engari he mea tinihanga tō rātou harikoa. Ko te kī pono ki te harikoa me te angitu kei roto i te mahi i

ngā mea e hiahia ana koe ki te mahi nā te mea ko tāu mahi tēnā, ā, ko te karo i te mahi i ngā mea kino nā te mea he pai ake te karo i aua mea.

Kaua e aro nui ki ngā āwangawanga me ngā hiahia maha. Arotakehia kia mōhio ai mēnā he mea nui. He mea utu nui te wā, ā, kaua e moumou. Mā te pānui i tētahi pukapuka whai hua ka nui ake te pai o tō oranga tinana i te mātakitaki kiriata. He maha taku kī, "Ki te pānui koe mō te haora kotahi, tuhituhi mō ngā haora e rua. Ki te tuhituhi koe mō ngā haora e toru, whakaaro mō ngā haora e toru. Ki te whakaaro koe mō ngā haora e toru, whakaaroarohia te wā katoa."

Ahakoia te wāhi e haere atu ai ahau, ka mau tonu taku rangimārie me te ata noho wairua. Ka tohu tonu te ngira kāpehu ki te raki. Waihoki, me anga tonu te hinengaro ki te pou o te hari wairua; kātahi ka kore tetahi e taea te whakararuraru i tō rangimārie, te whakararuraru rānei i tō taurite.

Me whai te tangata kia pai ake i ia rā i tērā o mua, ki te kore, tera pea ka hoki whakamuri rātou i runga i te hauora, te rangimārie o roto, me te harikoa. He aha ai? Nā te mea kāore rātou e whakapau kaha ana ki te whakahaere i ō rātou whakaaro me ā rātou mahi. Ka hangaia e te tangata ā rātou tikanga, ā, ka taea e rātou te whakarerekē. Mena ka kitea e koe he ngāwari ki te whakaaro kino, karapotia koe ki ngā tātanga pai, pānuihia ngā pukapuka pai, me te whakaaroaro. Ko te whakarerekē i ō hoa, ki te tika, ka pā pai ki tō oranga.

Ina whakatau koe ki te huri hei pai ake, kia mahara he mea nui te noho tahi me ngā awe pai hei whakatutuki i ō whāinga. Ko te awe o te taiao—pai,

kino rānei—he kaha ake i te kaha o te ngākau, nō reira kia maumahara ki tēnei ina mahi tahi koe me ētahi atu.

He mea nui hoki te tātari i a koe anō hei whakapai ake i a koe anō. Ki te taea e koe te tātari i a koe anō me te maia, me te kore wehi, ka taea e koe te tu atu ki ngā tātari a ētahi atu, ā, e kore ā rātou whakahe e pā ki a koe.

Ko te hunga e noho noa ana i runga i ngā hapa o ētahi atu he kaipahua. Kī tonu te ao i te kino, nō reira kua te tangata e kōrero kino, kua hoki e whakaaro kino, kua hoki e mahi kino. Engari, me rite te tangata ki te rōhi, e hora ana i te kakara o te atawhai, o ngā whakaaro parakore, me te aroha ki te tuakana, kia rongo te tangata he hoa pono koe—he kaihanga, kua he kaiwhakangaro. Ki te hiahia koe kia pai ake i a koe, tātarihia koe, ā, whakatipuria ngā āhuetanga rangatira i roto. He nui ake te kōrero a te wairua atawhai mō tōna rangatira i ngā kupu, nā te mea ka puta he wiri ahurei e kitea ana, e māramahia ana e ētahi atu me te kore he. Whakaarohia te māramatanga, ā, ka memeha te pōuri. Akohia, whakaaroarohia, ā, meatia te mea ka taea e koe hei āwhina i ētahi atu, hei tango i te taumahatanga o te manukanuka, te mamae, te wehi, me te hē i ō rātou pakihiwi.

He tokomaha te hunga e kopikopiko noa ana i te ao, kāore he whāinga mārama Tautuhia tō kaupapa, ā, mahi kia tutuki ai. Whakaritea he wā mō te whakaaroaro me te inoi takitahi. He maha ngā mea whakahihiri e tatari ana kia kitea, engari he maha tonu te wā e moumou ana i tō tātou wā me tō tātou kaha ki ngā mea koretake. E kore te harikoa e tae mai

ki te kore tātou e aro ki te whakaaro nui o ngā tino tangata, ā, e arahina ana e tō rātou māramatanga. Kei roto i ētahi atu pukapuka wairua me ngā tuhinga hei āwhina me te ārahi i a tātou ō rātou whakaaro.

He pai te pārekareka ki ngā ahuareka o te ao, engari kāore he mea hei whakakapi i te oranga o roto me te whakaaroaro hohonu, nā te mea ko te harikoa e whakawhirinaki ana ki te whakaaroaro me te mōhio ki ngā hinengaro nui mā roto i ō rātou whakaaro kua tiakina i roto i ngā pukapuka, pērā i te karapoti i a koe ki ngā tāngata pai me ngā tāngata rangatira.

He mea ahuareka te noho mokemoke mō te hunga e aroha ana ki te whakaaroaro, engari ehara i te mea me wehe atu koe i te tangata, me wehe atu rānei i a koe anō. Ki te hiahia koe ki te whakawhanaunga, me mahi i tēnā me te ngākau pono, me tō aroha me tō whakahoahoa, kia kitea ai e ō hoa te whakamarie i a koe, kia tumanako tonu ai hoki ki te kite i a koe me te koa ki tō hoa pai.

Kia tau te rangimārie ki a koe

Mōrearea whai hua

Paramhansa Yogananda

I tomo atu ahau ki te whare karakia, ā, i hoatu e ahau me te whakapehapeha ki taku kaiako, ki a Sirri Yuktsuwar, he kete huawhenua, me te kī atu:

"He koha tēnei māu, e te rangatira! Nāku ake ēnei kāpeti nunui e ono i whakatō, ā, i tiaki i a rātou puta noa i te wā tipu me te ngākau aroha o te whaea ki tana tamaiti pēpi."

Ka whakahoki a Sri Yuktiswar me te ataata whakawhetai, "Ngā mihi. Tēnā koa puritia ki roto i tō rūma; ka hiahiatia e au āpōpō mō tētahi tina motuhake."

I tae atu ahau ki te tāone o Puri ki te whakapau i te hararei raumati ki te whare karakia o taku kaiako i te takutai moana. E rua ngā papa o tēnei wāhi whakangāhau, e titiro atu ana ki te Moana-a-Bengara, ā, i hangaia e te kaiako me te āwhina a āna ākonga.

I ara ake ahau i te ata i muri mai, he mea whakahauora i te hau tote o te moana me te ataahua marino o te whare karakia. I rongo ahau i te kaiako e karanga mai ana ki ahau me tōna reo waiata, nō reira ka titiro atu ahau ki ngā kāpeti kōpura, kī tonu i te aroha me te ngākau aroha, kātahi ka ata whakarite i raro i taku moenga.

Ka mea te kaiako, "Me haere tātou ki te takutai." I haere ia i mua, ā, i aru atu ahau i a ia me tētahi rōpū ākonga taitamariki. Ka titiro whakahe mai te kaiako ki a mātou, ā, ka mea:

"Hīkoi kia rua ngā rarangi, kia rite tonu ō koutou hikoinga tetahi ki tetahi"

Kātahi ka tirotirohia mātou e ia i a mātou e whakarongo ana ki a ia, ā, ka tīmata ia ki te whakahua i tētahi mea penei:

E ngā tama, kia kaha koutou, kia tika te haere!

I miharo ahau ki te maeneene o te kaiako ki te whai i ngā hikoinga ataahua o āna ākonga taitamariki.

I titiro mai te kaiako ki ōku kanohi, ā, ka mea mai, "Kati! Kua katihia e koe te tatau o muri o te whare karakia?"

Ka whakahoki ahau, "Ki taku whakaaro, e te rangatira"

I noho puku a Seri Yuktsuwar mō ētahi meneti, me te ataata ngoikore, me te mea kua pehia, kātahi ka mea ia:

"Kāo, i wareware ahau kua te whakaaroaro tapu e whakamahia hei take mō te kore e kai i ngā kai tinana."

I mahara ahau he kata ia, engari i kī atu ia: "Ka huri ō kōpura e ono hei rima"

I hoki mātou i runga i ngā tohutohu a te kaiako, ā, i tō mātou taenga atu ki te wāhi karakia ka mea ia:

"Taria, tirohia, e Mukunda (Paramhansa), ki tō taha mau i tērā taha o te marae e anga atu ana ki te rori. Tērā pea ka tae mai tētahi ki reira, ā, ko ia te take o tō whiu."

I huna e au tōku riri ki ēnei kōrero koretake. I kite ohorere ahau i tētahi tangata o te kāinga i te huarahi e kanikani ana me te koretake, e tohu ana i ōna ringa me te koretake. I tata ahau ki te ngaro i te hiahia, ā, ka titiro matatau atu ki te tirohanga tino whakakatakata. I te wā tonu e tata ana te tangata ki te ngaro atu i tō mātou tirohanga, ka mea a Sri Yuktswar, "Inaianei ka hoki mai ia."

I huri tonu te tangata whenua i te huarahi, ā, i anga atu ki muri o te whare karakia. I muri i tana whiti i te ara onepu, ka tomo ia ki te whare mā te

tatau o muri, kāore i raka e au, pērā i ngā tohutohu a taku kaiako. I muri tata mai, ka puta mai ia me tētahi o aku kōpura putiputi tino pai, e kitea ana tōna whakapehapeha i a ia e hiko ana me te āhua whakaute me te mana.

Ko tēnei whakaaturanga whakakatakata, i puta ai ahau hei patunga, kāore i aukati i ahau ki te whai i te tahae, i whaia nei e au me te tere whakaharahara. Kāore anō kia tae atu ahau ki waenganui o te wāhi ka karanga mai a Sri Yuktiswar ki ahau, me te wiri i te kata mai i te mahunga ki te waewae, me te tono kia hoki ahau. I waenganui i ngā pakūnga o te harikoa, ka whakamārama ia:

"I hiahia taua tangata rawakore ki te kāpeti kōura. Nō reira i mahara ahau kāore he kino ki a ia te tiki i tētahi o āu kāpeti kōura kāore i tiakina pai e koe!"

I oma atu ahau ki taku rūma, ā, i kite ahau he tangata aroha huawhenua te tahae, nā te mea kāore ia i pā ki aku mowhiti koura, ki taku mātaaratanga, ki taku moni rānei, e marara noa ana i runga i te paraikete. Engari, i ngokingoki ia i raro i te moenga ki te kete kāpeti huna, hei whakatutuki i te hiahia o tōna ngākau.

I taua ahiahi ka tono atu ahau ki a Sri Yuktwar kia whakamārama mai i taua kaupapa, ā, he āhuatanga whakapoauau anō hoki. Āta ruru ana te kaiako i tōna māhunga, me te mea:

"Ka mārama koe, ā tōna wā ka kitea e te Pūtaiao ētahi ture kāore i te mōhiotia"

I muri i ētahi tau, i te putanga ohorere mai o ngā mea whakamiharo o te reo irirangi ki te ao i roto i te miharo, ka maharatia te poropititanga a te kaiako. I ngaro atu ngā whakaaro tawhito mō te wāhi me te wā ake tonu atu, nā te mea i nāianei kāore he kāinga kotahi, ahakoa te iti, kāore e taea te tae atu e te tini o ngā hongere reo irirangi (me te amiorangi) o te ao. Ahakoa ngā hinengaro tino kuware kua whakatuwheratia, kua whānui hoki i mua i te taunakitanga kore e taea te whakahē o tētahi o ngā āhuatanga matua o te tangata: te katoa o te oranga.

Ka taea te mārama ki te pūrākau katakata mō te kāpeti mā te whakarite ki te reo irirangi. He kaiwhakawhiti me te kaiwhiwhi tino pai taku kaiako. He wiri ngawari, he wiri wairua noa iho ngā whakaaro. Pērā i te reo irirangi tairongo e tango ana i tētahi kaupapa motuhake mai i roto i ngā mano tini e pāhotia ana i ngā wāhi katoa, pērā anō hoki a Sri Yuktiswar i aro ki tētahi whakaaro—te whakaaro o te wairangi e matenui ana ki te kāpeti—mai i roto i ngā whakaaro tangata maha e pāhotia ana i tēnei ao. I a mātou e hikoi ana ki te takutai, ka kite te kaiako i te hiahia o te tangata kāinga noa, ā, ka mahi tonu ia ki te whakatutuki i taua hiahia. I kite te kanohi tapu o taku kaiako i te tangata e kanikani ana i mua i ngā ākonga. Nā taku wareware ki te raka i te tatau o te whare karakia i hoatu he take watea ki te kaiako ki te tango i tētahi o aku tipu tino pai. Nō reira, ko Sri Yuktiswar, i te mea he kaiwhiwhi ia, he kaiwhakawhiti anō hoki ia. I tēnei tūranga, ka taea e te kaiako te ārahi i te tangata kāinga ki te huri i ōna hikoinga me te haere ki tētahi rūma motuhake ki te tiki i tētahi kāpeti kotahi.

He kaiārahi te māramatanga mō te wairua, ā, ka kitea pono i roto i te tangata i ngā wā marino. Tata ki te katoa kua pāngia e tētahi māramatanga ā-roto e kore e taea te whakamārama, kua taea rānei te whakapuaki i ō rātou whakaaro ki tētahi atu tangata.

Ko te hinengaro tangata e kore nei e pāngia e te manukanuka, ka taea e ia te mahi i ngā mahi uaua katoa o te reo irirangi: te tuku me te whiwhi whakaaro, me te tātari i ngā mea kāore e hiahiatia. Pērā i te kaha tuku o te teihana reo irirangi e whakawhirinaki ana ki te nui o te hiko e whakamahia ana e ia, ko te whai huatanga o te hinengaro tangata, pērā i te reo irirangi, e whakawhirinaki ana ki te kaha o te tangata.

Ka noho tonu ngā whakaaro katoa ki te ao whānui. Mā te arotahi hohonu, ka taea e te kaiako mārama te hopu me te pānui i ngā whakaaro o tētahi tangata, ora, mate rānei. He ao whānui ngā whakaaro, ehara i te takitahi. Kāore e taea te hanga i ngā pono engari ka kitea. Ko ngā whakaaro hē—iti, nui rānei—i ahu mai i te kore e ranea te kaha ki te mārama. Ko te whāinga o te yoga he whakamarie i te hinengaro kia rongorongo ai i te arataki pono o te reo o roto, me te kore e whakapohehe, e whakapoauau rānei.

I kawea mai e te reo irirangi me te pouaka whakaata ngā reo me ngā whakaahua o ētahi atu i tawhiti ki roto i ngā kāinga o te miriona. Koinei te tohu pūtaiao tuatahi e whakaatu ana he wairua ao whānui te tangata. Ahakoa e ngana ana te whakaaro takitahi matapo ki te whakahaere me te hopu i te mauri o te tangata, ehara i te tinana e herea ana ki

**tētahi wāhi motuhake o te wāhi, engari he wairua o te
oranga ao whānui.**

**Mō tēnei whakaaro, i tuhituhi a Charles Robert
Richet, te toa Nobel mō te Physiology, i ngā kupu e
whai ake nei:**

**"He mea tino miharo, he mea whakamiharo hoki
te puta tonu mai o ngā āhuatanga taiao kāore e tino
kitea. Ina whakapumautia, kāore e miharo tātou pērā
i te pūtaiao i te rautau kua hipa. Ko ngā āhuatanga e
whakaaetia ana e tātou i ēnei rā, e whakaarohia ana
kua mutu te miharo i a tātou nā te mea kua mārama.
Engari ehara i te mea koinei te āhua. Ki te kore tātou
e miharo, ehara i te mea nā te mea kua mārama tātou
ki a rātou, engari nā te mea kua mōhio tātou. Ki te
hiahia tātou kia miharo ki ngā mea katoa kāore e taea
te mārama, me miharo tātou ki ngā mea katoa: ki te
kōhatu e whiua ana ki te rangi, ki te hua oki e tupu
ana hei rākau ōki nui, ki te mēkuri e horapa ana ina
wera, me te rino e kukumea ana e te aukume."**

**"Kāore te pūtaiao i te uaua i ēnei rā. Ko ngā meka
whakamiharo, ohorere hoki ka kitea e ā tātou uri, kua
tata mai ki a tātou, e titiro mai ana ki a tātou, ahakoa
kāore tātou e kite ana i a rātou. Engari kāore e ranea
te kī kāore tātou e kite i a rātou: kāore tātou e hiahia
ki te kite i a rātou, nā te mea i te wā tonu ka puta mai
he meka ohorere, kāore hoki i te mōhiotia, ka ngana
tātou ki te whakauru ki roto i te anga whānui o te
mātauranga kua whakaaetia, ā, ka riri tātou mēnā ka
maia tetahi ki te whakamātautau i muri i tēnā!"**

Puna: Te Rātaka a Yogi: Te Haurongo Whaiaro

I kite ahau i a koe e huna ana

I titiro atu ahau ki tētahi putiputi, ā, i inoi ahau, ā, i kite tonu atu ahau i a koe, e te Wairua Tapu, e huna ana i roto i a ia. I puta mai te kakara o tō aroaro, i kapi ōna rau i tō harakore whero, ā, i tiaho tōna ngākau i te koura o tō whakaaro nui.

Ā, i kite ahau i tō mana whānui e tautoko ana i tōna kakau kikokore me ōna rau matomato. Mō ngā mea ngaro o te ora me te mutunga kore, i kite ahau i a rātou e moe ana i roto i te puehu hae, ā, i whakaohokia e tō pā mutunga kore te pī, i whakawerawera i tōna ū, nō reira ka tīmata ki te mitimiti i tō reka.

Homai ki ahau te mātauranga mō ngā mea whakamiharo o tāu hanganga, ā, whakakitea mai ki ahau āu mea ngaro mutunga kore, e huna ana i roto i ngā taru ririki e tupu ana i te taha o te rori.

Ngā hāhā mai i te ao mutunga kore

Te whakamāmā i te āhua o te tangata, te wikitoria rānei i ngā āhuatanga kino

Ehara i te mea ngāwari te tautuhi i te āhua o te tangata, engari e mōhio ana tātou he aha te āhua. Ina kei roto koe i te āhua o te ohorere me te riri, ehara tō whanonga i te mea noa, ā, ehara koe i te tangata e tika ana kia noho koe. Nō reira, ka pōuri koe, ka noho motuhake hoki. Ā, he aha atu te mea kuware atu i te whakapouri i a ia anō mā roto i āna mahi me āna tauhohenga?

Kāore he tangata e pai ana ki te mamae. Kaua rānei te tangata e tātari i a ia anō ina pōuri ana te wairua? Ki te pērā, ka kite rātou kei te whakapōuri noa iho rātou i a rātou anō. Ina pōuri ana te wairua, ka kite ētahi atu i tō rātou mamae, ā, ka karo i a rātou.

Ahakoia te wāhi e haere ai te tangata, ka nui ā rātou kōrero, nā te mea ka whakaatahia te wairua whānui ki roto i ō rātou kanohi, ā, ko te hunga e titiro atu ana ki a rātou ka rongohia i te kino e puta mai ana i a rātou. I te kitenga i ngā kare ā-roto pōuri, kino e whakaatahia ana i roto i ō rātou kanohi, ka matakū ētahi atu, ka pai ake ki te wehe atu i aua wiri whakararuraru. Me peia tuatahi te riri i te whakaata o te hinengaro i mua i te muku i tōna whakaata i roto i ngā kanohi.

I tēnei ao, e noho ana te tangata i roto i te whare karāhe, e tūwhera ana ki te aroaro o ētahi atu, kāore e taea te whakaari, te whakaari rānei. Nō reira, me noho ia i roto i te oranga tūturu. He aha e kore ai e mahi i roto i te huarahi e whiwhi ai ia i te whakaute me te whakamoemiti? He aha e kore ai e kite i te rangatira i roto i ōna kanohi me te harikoa i runga i tōna mata? Ko ngā āhuatanga pai me ngā pai katoa o te tangata kei roto i te huna, i raro i te paparanga o te pōuri me te mamae.

Ehara i te mea ko tana whanonga anake ka kitea e ētahi atu, engari ka mātakitaki anō hoki ia i ā rātou. Nā te mea ka whakataurite ia i a ia anō ki ētahi atu nā te mātakitaki tonu i te hunga e karapoti ana i a ia, ka taka ia ki te pōuri hinengaro. Tērā pea ka pōuri, ka pōuri rānei ia i ngā uauatanga e pā ana ki a ia i tēnei ao. He maha ngā wā ka puta te āhua o te āhua o te tangata nā ngā awe o te taiao. He rerekē te pānga o te ao e karapoti nei i a tātou. Engari kaua tātou e tuku i a tātou kia hinga ki te pōuri nā ngā āhuatanga o waho. Ā, he aha ai tātou me pikau i te taumahatanga o ngā awe whakararuraru o tō tātou taiao?

Ko ētahi tāngata ka whakaatu i ngā kare ā-roto kino hei karo i te tūtaki ki tētahi raruraru, ki tētahi

āhuatanga rānei. Heoi, ehara ēnei whanonga kino i te mawhiti, ehara hoki i te kupenga haumaru kare ā-roto. He mea maori te hinga wā poto ki te pouri me te ngākau pōuri i ētahi wā, engari kua ēnei kare ā-roto e tukua kia whakahaere i a koe.

He take motuhake kei roto i ia āhuatanga o te tangata. Hei whakakore i tētahi āhuatanga, me aro atu ki tōna take. He mea nui kia mutu, kia whakaaroaro i ia rā, kia tirohia ō whakaaro me ō hihiri kia mārama ai koe ki tō āhua, kia ako ai hoki i te huarahi tika hei whakatau me te whakatika mēnā he kino. Tērā pea ka kitea koe i roto i te āhua o te kore aro, kāore e pai ki te whai whakaaro ki ngā whakaaro a ētahi atu. I tēnei āhuatanga, he mea nui kia whakapau kaha koe ki te whakawhanake i ngā wheako pai me te whakahihiri. Kia tūpato ki te kore aro, e aukati ana i te ahunga whakamua, e whakararu ana hoki i te kaha o te hiahia.

Tērā pea ka ngākau pouri, ka ngākau pōuri rānei te tangata i te mate, me te whakapono kāore e taea e ia te whakaora anō i tōna hauora. I tēnei wā, me whakamahi ngā mātāpono o te oranga hauora hei waihanga i tētahi oranga hauora, whai hua hoki i runga i ngā kaupapa matatika me ngā tikanga. Hei tāpiri, me tahuri te tangata ki te Atua Kaha Rawa i roto i te inoi kia nui ake ai te whakapono ki Tōna mana whakaora.

Ki te mea kua whakapono te tangata he tangata rahua ia, ā, kāore e taea e ia te angitū i tētahi mea, me tātari te raruraru, ā, me mārama mēnā kua whakapau kaha ia.

Ko te Atua te kaiwhakahaere o te ao whānui, tae noa ki ngā kōrero iti rawa, ā, i hangaia te tangata kia rite ki tōna āhua. Nō reira, kāore e taea e tātou te rapu whakamārama, te whakamārama rānei mō te

korenga e angitu. Kaua e wehi i te mahi, ahakoa te uaua, nā te mea ka "whakakaha" te mahi i te tinana, ā, kāore e whara i tetahi. Heoi anō, me ako te tangata ki te mahi me te whakaaro marie. Ina kaha koe, ka marino hoki, ka taea e koe te whakatutuki i tāu e hiahia ana, nā te mea he mārama tō hinengaro.

Haunga te kore e whakapau kaha ki te angitu, he maha ngā tātanga kāore e mahi hinengaro ana. He nui te wā e pau ana i a rātou ki te kore whakaaro. Ki ētahi he okiokinga tēnei. Engari i roto i te okiokinga pono, he mahi, he marino hoki te hinengaro. I aua wā marino, ka whakaaro pea te tangata ki te Atua, ki tētahi tirohanga ataahua, ki tētahi wheako ahua eka rānei. He mea whakahauora, he mea whakahihiko hoki te mahi hinengaro pai, marino. Heoi, he maha ngā tātanga e whakapoauau ana i te mahi auaha me te ahotea, ā, he mahi i roto i te āhua maku, manukanuka.

Ko te whakaaro auaha te rongoā pai rawa atu mō ngā āhua kino. Ka mau ēnei āhua i te hinengaro ina noho kino, ina ohorere rānei te tangata. Ina kore he whakaaro pai i roto i te hinengaro, ka pouri te rangatira, ka taumaha hoki i ngā manukanuka. Ā, i te pouri me te manukanuka ka puta mai te rewera, e noho ana i roto i ngā whakaaro o taua tangata, ā, ka whakahaere katoa i te ope!

Nō reira, e hoa, whakapau kaha ki te whakawhanake i ngā whakaaro auaha. Ina kore koe e mahi tinana, mahia he mahi auaha i roto i tō hinengaro. Kia pukumahi, kia kore ai he wā e toe ana ki te whakaaroaro i te ahotea me te manukanuka.

He mea whakamiharo, he mea whakamiharo hoki te whakaaro auaha, he rite ki te noho ki tētahi ao kē. Me whakawhanake e te katoa tēnei pūkenga. Kāore au i te tino whakaaroaro i tētahi kupu o aku kauhau—

ā, koinei tētahi o aua kupu—i mua i te tukunga atu. Engari i taku ruku hohonu ki te kaupapa, ka tīmata taku wairua ki te kōrero mai ki ahau mō ngā mea whakamiharo. Ina whakaaro auaha koe, kāore koe e rongō i te tinana, i ngā kare ā-roto raruraru rānei, nā te mea i aua wā kei te noho tahi koe me te wairua atua.

Ko tō tātou hinengaro he mea hanga e te ahua o te hinengaro atua, auaha hoki, e taea ai ngā mea katoa. Ki te kore tātou e noho i roto i taua mōhiotanga, ka noho tātou hei paihere o ngā āhuatanga uaua. Mā te whakaaro auaha, pai, ka hinga i a tātou aua āhuatanga. Hei tāpiri, mā te whakaaro auaha, ka kitea e tātou ngā whakautu me ngā otinga ki ā tātou ake pātai katoa me ngā pātai me ngā raruraru a ētahi atu.

He rite te pukuriri kino ki te mate pukupuku, e ngau ana i te rangimarie o roto. Koia tonu te take e kore ai e taea e te hunga pukuriri kino te mawhiti i ō rātou uauatanga me ngā raruraru.

Ahakoia te kino o te āhua o te tangata, kaua rātou e hinga ki te ngakaukore. Ka taea e rātou te wikitoria i roto i ō rātou whakaaro. Ina hinga te tangata pukuriri, ka tukua e rātou ōna ringa ka whakaae kua hinga. Engari ko te tangata e pupuri ana i tōna hinengaro kia kaua e whati, ko ia te toa tūturu i te pakanga o te ao, ahakoia kei te mura te ao e karapoti ana i a rātou, pērā i te puia.

E hiahia ana te tangata kia mauheretia, kia wātea rānei? Ina tino kaha rawa tā rātou whakawhāiti i a rātou anō ki ō rātou āhua, ka kore e taea e rātou te aro tonu ki ngā wero o te ao. Ina tukua e rātou ngā kare ā-roto kino kia pōuriuri i ō rātou hinengaro, ka ngoikore ō rātou kaha hiahia, ka ngoikore hoki ō rātou whakatau. Ka taupokina te roro e ngā āhua

pukuriri i roto i te kohu o te pōhēhē me te pōhēhē, ka whakararu i te whakaaro tika, ā, ka kore e whai hua ngā mahi katoa.

Ka taea e te tangata te wikitoria i tōna riri, ahakoa te āhua kino me te koretake. Tuatahi, me whakatau rātou kāore rātou e pōuri, e riri tonu. Ā, ki te puta he huringa wairua ahakoa tō rātou whakatau, me tātari e rātou kia mārama ai me pēhea te ngokingoki mai, ā, me mahi i tētahi mea whai hua mōna.

Hei tāpiri atu ki tēnā, kua tetahi mea e mahia mā te kore whakaaro nui, engari me arotahi hohonu ki te hinengaro me te āta whakaaro. Me whai wāhi tātou ki ngā mahi auaha nā te mea kua homai e te Atua ki a tātou he pūmanawa mutunga kore. He aha te take e tukua ai tātou ki te korenga o te hinengaro mā te uru atu ki ngā whakaaro ngoikore me te kore hauora? Me whakawātea te tangata i a ia anō i ngā āhua hinengaro whakangaro e mahi ana hei aukati i ngā wira o te ahunga whakamua pono. Ki te kore ngā wira e whakawāteatia i ngā aukati e mau ana, kāore e taea te neke me te ahunga whakamua. Kia maumahara koe i ia ata kei a koe te Atua, ā, ahakoa ō uauatanga, kei a koe te mana ki te wikitoria i aua mea. Ko koe te uri tika ki ngā mana o te Wairua Tino Kaha, nō reira, he kaha ake koe i ngā āhuatanga, he nui ake hoki i ngā kaupapa.

Kāore te tamaiti mārama, mātau e pai ki te whakatau i ngā raruraru ngāwari; engari e pai ana ki a ia ngā mea uaua. Engari he tokomaha te hunga e matakū ana i ngā wero o te ao. Kāore au i wehi i aua wero, nā te mea kua inoi tonu ahau, "E tōku Atua, whakanuia mai tō kaha i roto i ahau, kia mau tonu tōku hinengaro pai, kia taea ai e au te wikitoria i ōku uauatanga me tō āwhina."

Whakaarohia he raruraru kia kore ra ano e taea e koe te whakaaro anō. Ina pa ana ahau ki tētahi raruraru, ka mahi ahau i ngā mahi katoa hei whakaoti rapanga, kia taea ra ano e au te kī pono me te pono: "Kua whakapau kaha ahau, ā, koinei anake te mea ka taea e au." Kātahi ka wareware ahau ki te raruraru.

Ko te tangata e noho pūmau ana ki ngā raruraru ka riri, ka tere hoki te pōuri. Āta karohia tēnei. Ina puta he raruraru, kaua e aro ki taua raruraru, whakaarohia ngā huarahi katoa hei whakatau. Mena kāore e taea e koe te whakaaro mārama, whakaritea ō āwangawanga ki ngā raruraru rite e pā ana ki ētahi atu, ā, ako mai i ō rātou wheako hei tautuhi i ngā ara ki te hinganga me ērā ki te angitu. Kōwhiria ngā mahi e tino arorau ana, e tino pono ana hoki, ā, whakapau kaha ki te whakatinana i aua mahi. Kei roto i a koe te whare pukapuka katoa o te ao whānui. Kei reira kē ngā mea katoa e hiahia ana koe ki te mōhio. Hei whakaatu i tēnei, me whakaaro auaha me te auaha noa koe.

Ka whakapōuri te ngākau kino i te māramatanga, ka whakapakeke hoki i ngā kare ā-roto, ā, kāore e taea e te tangata te noho tahi me ētahi atu. Me waiho te kāinga hei wāhi whakaruruhau, engari mā te ngākau kino ka huri hei reinga pōuri. Ka hoki mai te tāne ki te kāinga ka kitea tana wahine e pouri ana, ā, kāore e taea te kōrero ki a ia. Tērā pea ka hoki mai ia me te ngākau kino, ā, kāore e taea te kōrero ki a ia. He maha ngā raruraru ka pā ki te tangata nā te ngākau kino. Ina riri ana, ina kore rānei e aro tetahi mema o te whānau, ka pāngia tonutia koe e tō rātou ngākau kino. Tērā pea ka toro atu koe ki tētahi e kī ana i te harikoa, ā, ka kitea e koe he totohe, he mamae hoki rātou, ā, ka huri tonu tō harikoa hei

roimata, ā, ka hiahia koe ki te utu. Kaua e tukua kia pāngia koe e te ngākau kino o ētahi atu.

He māmā te rapu utu, engari ko te tuku aroha te huarahi pai hei whakamarie i te riri o ētahi atu, hei karo hoki i te kino. Me parakore te aroha, nā te mea ina puta mai i te ngākau, he pānga makutu tōna.

Kaua e whakaaroaro ki ngā hua ka puta, ahakoa kāore e arohia te aroha. He kaha ake te aroha i te mauahara, ā, he kaha, he mīharo hoki tōna pānga.

E mōhio ana koe kei roto i tō wairua tētahi māra ataahua? He māra whakamiharo o ngā whakaaro, he kakara ki te aroha, ki te atawhai, ki te māramatanga, me te rangimārie—he māra e hira ake ana tōna ataahua me tōna ahuaireka i ngā putiputi me ngā otaota kakara katoa o te ao. Ka hangaia e koe he putiputi kakara ina he te māramatanga o tētahi ki a koe i roto i te riri, ā, ka tuku tonu koe i te aroha. Ehara ianei te kakara o taua aroha me te māramatanga i te mea pumau, i te mea parakore i tētahi rōhi tūturu? Nō reira, kia mahara tonu ko tō hinengaro he māra, ā, kia ataahua, kia kakara ki ngā whakaaro parakore, tapu. Kaua e tukua kia waiho hei repo paru e kī ana i ngā āhuatanga kino o te mauahara. Ki te whakatipu koe i ngā putiputi o te rangimārie me te aroha, e whakakīia ana ki te kakara o te rangi, ka kukumea te pī o te mōhiotanga wairua ki tō māra. Pērā i te pī e rapu ana i ngā putiputi anake e whakaputa ana i te honi reka rawa atu, ka pērā anō te haerenga mai o te Atua ki a koe ina kī tonu tō orange i ngā whakaaro reka, rōhi. Whakatauhia kia kaua e tukua kia tupu ngā taru kino, pirau o te kino me te riri i roto i te māra o ō āhuatanga wairua pai. Ko te nui ake o tō whakatipu i ngā āhuatanga tapu e rite ana ki ngā putiputi puāwai, ko te nui ake o te

whakakitenga a te Atua i tōna aroaro tapu i roto i a koe.

E mea ana ngā tuhinga mātauranga o te Rawhiti, ko te tangata e marino ana, e mārīe ana i te aroaro o te hoa me te hoariri, e kore e pāngia e te mahana me te makariri, te ahua eka me te mamae, he tino aroha ki te Atua. Mā te tuku tonu i te aroha ki te hunga he āhua nanakia, he rangimārīe ki te hunga e awangawanga ana i te wehi me te taumahatanga o te manukanuka, te reka ki te hunga he pukuriri, te harikoa ki te hunga e taumaha ana i te mamae me te pōuri, me te whakatakoto tauira mō te hunga e kotiti ke ana i ngā ara o te hē me te hara, ka hinga i a koe ngā āhuatanga kino mā te pupuri i tō hinengaro kia aro ki ngā mahi whai hua me te auaha.

He maha aku kupu, "Ki te pānui koe mō te haora kotahi, tuhituhia mō ngā haora e rua; ki te tuhituhi koe mō ngā haora e rua, whakaarohia mō ngā haora e toru; ki te whakaaro koe mō ngā haora e toru, whakaaroarohia i ngā wā katoa"

Ko te Atua te pūtake o te hari katoa, ā, e taea ana te tae atu ki a Ia i roto i ō tātou oranga o ia rā. Engari he maha ngā wā ka noho puku te tangata i roto i ngā mea e arahi ana ki te pouri. Ko te whakaaroaro te huarahi pai ki te whakakore i ngā whanonga kino me te noho i roto i te ao whakamiharo—he ao rite ki te ao i kitea e te tohunga nui i tana kīnga, "E te Ariki, i waiata ahau i Tōu ingoa tapu, ā, i ngaro ahau i roto i a Koe. I taku hokinga mai ki tēnei mōhiotanga, i kitea e au kua whakarērea e au tōku tinana tawhito kia kitea ai ahau i roto i tētahi tinana hou i homai e Koe ki ahau!"

He kōrero rite anō kei Inia mō tētahi atu tangata tapu. Nō tata mate tētahi taitama, ā, e haria ana tōna tinana ki te tahunga ahi. I te mea kua tata te hunga

tangi ki te tahu i te ahi, ka puta whakarere mai tētahi koroheke, e oma ana, e karanga ana, "Kati! Kaua e tahuna te ahi! Ka whakamahia e au taua tinana!" I tana kōrerotanga i ēnei kupu, ka hinga te tinana o te koroheke ki te whenua, kua mate, i te mea ka ara ake te taitama i te puranga ahi, ka hohoro ki te ngahere. He tangata tapu nui te koroheke, ā, kāore i hiahia ki te whakakore i tana karakia mā te hoki ki te ora i roto i te tinana mate o tētahi pēpi hou, nō reira ka whakatau ia ki te whakamahi i te tinana o te taitama hei whakahaere i ana mahi wairua.

He maha ngā mea whakamiharo mō te ora me te mate e tatari ana kia kitea. Ko te whakaaroaro te huarahi e tika ana kia noho tahi tātou me tō tātou āhua atua, me te Atua hoki. He whakamataku te mate i te tangata nā te mea kua puritia te Atua i roto i ō tātou oranga.

Ka whakakīia tātou e ngā mea mamae katoa ki te wehi me te matakū nā te mea e aroha ana tātou ki te ao, engari kāore e mārama ki tōna tikanga me tōna kaupapa. Engari ina kite tātou i te Atua i roto i ngā mea katoa, ka ngaro te wehi. Ka "whānau" tonu tātou i roto i te ora, i te mate hoki. Ko te pono, he ingoa hē te mate nā te mea kāore he mea e kiia nei ko te mate. Ina ngenge te ora, ka whakarerea e tātou te koroka matotoru o te kikokiko, ka hoki ki te ao ngawari, rangimārie.

Ko te mate te mutunga. He waka kua whati ngā wāhanga, he waka mate nā te mea kua tae ki tōna mutunga. Engari kāore e taea e te wairua ora tonu te mate. I ia pō, i a tātou e moe ana, ka noho te wairua i roto i te tinana eterika, kāore e mōhio ki te tinana tinana. Me i mate te wairua i a tātou e moe ana. Engari kāore tātou e mate i a tātou e moe ana, kāore hoki e ngaro katoa te hinengaro, nā te mea i te oho

ake, ka mahara tātou mēnā he marino, he koretake rānei tā tātou moe. Waihoki, kāore tātou e mate i muri i te matenga.

Ko te hunga e tuku ana i ō rātou hinengaro kia pakari, kua mate tūturu. Hei whakaoti i te mea ngaro o te ora, me whānau anō koe i ia rā. Ko te tikanga o tēnei, me whai tonu i ia rā ki te whakapai ake i a koe anō i tētahi ara. Engari, me inoi tātou ki te Atua kia homai he whakaaro nui ki a tātou, nā te mea ka puta mai ngā mea katoa i roto i te whakaaro nui.

Me whakatipu te māramatanga, te whakaaro auaha, me ngā mahi whai hua, hei whakapai ake i a tātou anō, hei whai hua hoki mō ētahi atu. Me āwhina te hunga katoa e hiahia ana ki te tomo ki te rangatiratanga o te Atua i ētahi atu i ia rā, i ia rā, ki te pai o ō rātou kaha. Mā te whai i tēnei ara, ka pā mai he hari oraora e whakakore ana i ngā āhuatanga kino. He tohu pumau hoki tēnei hari mō te ahunga whakamua o te hinengaro, te tinana, me te wairua. Kāore e kore ka eke ki ngā taumata teitei ake, nā te mea koinei te ara e arahi ana ki te rangatiratanga o te Atua.

Me whakapau kaha ki te wikitoria i te āhua o te wairua, nā te mea i te wā tonu ka pōuri te tangata, ka ruia e ia ngā purapura o te hē ki te oneone o ia anō.

He mate haere te whai i ngā tikanga kino. Engari ko te ngana ki te harikoa me te hihiri i ia rā, ahakoa ngā whakamātautau whakararuraru me te mamae, he tohu mō te whānautanga whakahīhi. Ki te kore tēnei whānautanga tangata e huri hei whānautanga wairua whakahīhi, e kore e taea te whakahou i te tangata; ka noho pūmau tonu rātou.

He mea hopu te āhua o te tangata, ā, i ngā wā o te manukanuka me te pouri, ka pā kino ki te nuinga o te taupori. Kaua e tino aro ki ngā āhuatanga kino o te

**ao. He pai ake te kata iti i te pouri me te tangi i ngā
aituā katoa ka pā mai ki a koe.**

**He mea whakamiharo te noho hihiri, me te ngana
tonu ki te menemene**

**Ina whakaatu te tangata i te maia, i te harikoa, i
tētahi atu āhuatanga pai rānei, ka whānau hou ia,
arā, ka whakahoutia tōna hinengaro mā te whakaatu i
tōna āhua wairua tūturu.**

**Ā, koinā te whānautanga wairua hou e āhei ai
tātou ki te kite me te tomo ki te Rangatiratanga o te
Rangi**

Kia tau te rangimārie ki a koe

Te Hoahoa: Ngā Tūāpapa me te Manawanui

Ko te whakahoahoa te whakaaturanga tino teitei a te
tangata i te hiahia o te Atua ki te whakaatu i tōna aroha ki te
tangata

Ka homai e te Atua te aroha me te ngākau māhaki ki te
pēpi hou mā te matua tāne me te whaea. He mea ā-roto, he
mea hangai hoki ō rāua kare ā-roto ki te pēpi, nā te mea kua
whakatau te Atua kāore e taea e ō tātou matua te kore e
aroha ki a tātou. Nō reira, ka tae mai te whakahoahoa ki a
tātou hei whakaaturanga parakore o te aroha mutunga kore
.o te Atua ki a tātou

E rua ngā tāngata tauhou e tūtaki ana, ā, he hiahia tonu,
he ngākau pono, e hiahia ana rāua ki te āwhina tetahi i
tetahi. Kua tātarihia e koe tēnei āhuatanga? Ko tēnei hiahia
tūpono, ā-tahi mō te hoa i ahu mai i te ture tapu o te
kukume. Ko ngā mahi whakahoahoa ā-tahi me te
whakapakari i waenganui i ngā wairua e rua o ngā oranga o
mua ka āta hanga he hononga wairua e kukume ana i a rāua
.i tēnei ao—ahakoa kei hea rāua

Ki te kore tēnei hihiri e poke i te hiahia whaiaro me te
kukume ki te ira tangata kē, he parakore, he kore poke.

Engari, heoi anō, he maha ngā wā ka poke i ngā whakaaro
.poke

Ka puāwai te whakahoahoa, ka puāwai, pērā i te putiputi
tomairangi i runga i te rākau o ō tātou kare ā-roto, ā, ka
poke i ngā hiahia kino, whakarihariha me ngā whanonga
.whaiaro, whakahīhi

Ki te tāpirihia he momo tongi rerekē ki ngā pakiaka o te
rākau, ka iti, ka pōturi hoki ngā hua. Waihoki, ki te whāngai
tētahi i te rākau o te whakahoahoa me ngā kare ā-roto
whaiaro, ka whakapohehetia, ka whakakinohia hoki ngā hua
o taua whakahoahoa e ōna hiahia koretake. Ko te hiahia ki
tētahi nā te mea he whai rawa, he whai mana rānei, ā, ka
taea e ia te mahi i tētahi mea mā tātou, kāore e taea te kī he
whakahoahoa. Waihoki, ko te kukume ki tētahi nā tōna mata
ataahua, ehara i te whakahoahoa. Ina ngaro te ataahua
taitamariki, te ataahua hopu o taua mata, ka memeha haere
.te "hoahoa" ka noho hei mea o mua

He pono he uaua te kimi i te whakahoahoa i ngā wāhi
katoa; ētahi tāngata e kitea ana e koe i ia rā, ā, kāore koe i
te tino mōhio; ētahi atu e mōhio ana koe ahakoa kāore anō
koe kia tūtaki ki a rātou; me ako, me whakawhanake hoki i
.taua māramatanga pono o roto

Kia tūwhera tonu ō kanohi ahakoa kei hea koe, ā, ki te
mea kei te tino hiahia koe ki tētahi, me whakapakari te
.whanaungatanga ki a ia nā te mea he hoa ia nōu i mua
He maha ngā hoa kua mōhiotia e tātou i ngā oranga o
mua, engari kāore aua hoahoa i pakari, i eke rānei ki tō rātou
taumata teitei. He pai ake te hanga i runga i ngā turanga
kua oti kē te whakarite, kaua e kerī ki runga i te onepū o ngā
hoa mōhio poto noa. He ngāwari ki te whakaaro he maha ō
hoa tae noa ki te wā e mamae ai koe, e whara ai rānei, ka
.waiho koe me te pouri nui

Whakahoa ki te hunga e mōhiotia whānuitia ana mō ō
ā, whiriwhiria tō hoa i roto i te hunga rātou mātauranga,
(whai tikanga pai

He tokomaha ngā tāngata e hē ana ki te whiriwhiri hoa
nā te mea kua tinihangatia rātou e ngā āhua o waho. Ko te
huarahi anake hei wehewehe i ngā hoa pono ko te
whakaaroaro me te tono ki te Atua kia whakakotahi koe i a
rātou. Me whai kaha koe ki te kimi hoa i roto i te huarahi
parakore, tapu. Ko te tikanga tēnei ko te pure i tō hinengaro
i ngā whakaaro katoa mō te ataahua tinana, i tētahi atu
āhua rānei e whakaarohia ana e koe he mea nui e whakatau
ana i ō kare ā-roto ki ētahi atu. Ki te mahi koe i tēnei, i tētahi
rā, mā te aroha noa o te Atua, ka taea e koe te kimi hoa
pono i tō taha ahakoa kei hea koe, ā, ka whakakotahi anō
hoki te Atua i a koe, ahakoa he wairua noa iho, me ngā hoa
kei tawhiti, nā te mea kāore ngā kare ā-roto parakore i raro i
ngā ture o te ao, ā, kāore hoki e herea e te wā me te wāhi.
Ka rongo koe i te aroha o te Atua mā roto i aua tikanga
tangata whakaiti e kore e ātete ki a Ia engari e tuku ana i
Tōna aroha kia rere mā roto i a rātou he parakore, he
mārama. Mai i te ngākau parakore ka puta mai ngā
manaakitanga o te whakahoahoa tapu ki a koe, ā, ka whiti
.mai tō rātou māramatanga ki a koe
Kāore e taea te kukume i ngā hoa pono ki te kore te
tangata e horoia i te hiahia whaiaro me ngā āhuatanga kino.
Ko te toi nui rawa atu o te whakahoahoa me te noho tahi ko
te mahi rangatira me te whakaute. Ko te tikanga he wairua,
he parakore ngā kaupapa me ngā whāinga, he kore
whakaaro whaiaro, he wātea i ngā mānukanuka me ngā
pōhēhētanga, me te tīmata ki te hanga i te whare nui o te
whakahoahoa i runga i ngā turanga i whakatakotoria i mua
.noa atu
E tōu oranga, kāore he mea o te ao katoa e rite ana ki
E hari ana ōku kanohi i te whakaae mai o tētahi hoa
Me ngā hoa katoa kāore nei tōna aroha i runga i te
whakaaro ki te Atua
Kāore au i te tino whakapono ki tōna aroha

Me noho te whakahoahoa me te aroha i roto i ngā
whanaungatanga tangata katoa: i waenganui i ngā mātua
me ngā tamariki, i waenganui i ngā tāne me ngā wāhine, i
waenganui i ngā tāne me ngā tāne, i waenganui i ngā
wāhine me ngā wāhine, ā, i waenganui i ngā tāne me ngā
wāhine hei tuakana, hei teina, hei tuahine. He parakore, he
kore here, he kore tikanga hoki. Ina hiahia koe ki te noho
.tahi me ētahi atu, ko tāu e rongo nei ko te aroaro o te Atua
He hihiri atua te whakahoahoa. Kāore te Atua e manaaki
ana i āna tamariki tangata mā roto i ngā mātua me ētahi
whanaunga; e whakarato ana hoki ia i ngā hoa hei homai i
ngā whai wāhitanga ki a tātou ki te whakapuaki i te aroha
.parakore me te pono mai i te hohonutanga o ō tātou ngākau
Ko te iti o ngā hapa tangata, ko te nui ake o ngā
āhuatanga pai o te tangata, ko te nui ake o ngā hoa. He hoa
ngā poropiti me ngā tino tangata ki te katoa, ā, kia rite ai
tātou ki a rātou, me pure tātou i tō tātou aroha i te poke o te
.hiahia whaiaro
Ina taea e tātou te whakatenatena i ētahi atu ki tō tātou
aroaha
Ā, ina tino mohio tātou i roto i ngā whakamātautau o te
wā me ētahi atu whakamātautau
He tangata e aroha pono ana ki a tātou mai i te hohonu
o tōna ngākau
Ā, koia anō hoki ō tātou whakaaro ki taua tangata
Ehara i te mea hei painga mōku ake, engari hei rongo
noa i te manawa o te whakahoahoa
Ka kite tātou i te whakaata o te Atua, ka rongo hoki i te
aroaro o te Atua
Ā, ka rongo tātou i te reo o te Atua i roto i taua
whakahoahoa manaakitanga
Kaua e tukua tō tātou aroha kia herea ki te tangata
kotahi, engari me whakakaha ake i ngā turanga o tēnei
.aroha tapu i roto i ētahi atu o ngā kaupapa rangatira

Ki te ngana koe – kia tiakina koe e te Atua – ki te hanga i
tētahi whanaungatanga ki tētahi tangata he kino ōna
whakaaro, ka pouri koe. Kia whakahoa koe ki ngā tāngata
pai i te tuatahi, kātahi ka hora tonu i ngā kare ā-roto o te
whakahoahoa ki ētahi atu kia tae rā anō ki te wā e aroha ana
koe ki te katoa, ā, ka taea e koe te kī, "He hoa ahau ki te
."katoa

I aroha ngā poropiti nui ki ētahi atu, nō reira i tino aroha
rātou ki te muru hara, ā, i akiaki i te tangata kia murua ngā
.hara, kia kaua hoki e rapu utu
He aroha tapu te whakahoahoa pono nā te mea he
pono, he parakore, he pono, he pumau
I whakaahua ataahuatia te whakahoahoa e tētahi
:tohunga whakaaro wairua i tana kīnga

Ko te kawenata tino ataahua rawa atu ka taea e tātou"

te whakarite ki ō tātou hoa ko te kī atu: Kia mau te pono i
waenganui i a tātou ake ake. He ataahua te kī atu mō tēnei
tangata: Kāore au e hiahia kia tūtaki ahau ki a ia, kia kōrero
ki a ia, kia tuhituhi atu rānei ki a ia hei whakaatu i tōku
whakahoahoa ki a ia, ā, kāore hoki e hiahiatia kia tukuna atu
he koha hei whakaū i tō mātou whakahoahoa me te
maumahara tetahi ki tetahi, nā te mea e whakawhirinaki ana
ahau ki a ia, e whakawhirinaki ana hoki ki a ia, pērā i taku
whakawhirinaki ki a au anō ahakoa kei hea ia, ahakoa pēhea
".ia

Ka taea e tātou te kōrero noa, me te tuwhera ki ō tātou
hoa, me te kore rātou e mārāma ki a tātou. Engari kāore e
taea e te hoahoa te tupu, te puāwai rānei mēnā he tohutohu,
.he kōrero, he tono rānei mai i tētahi ki tētahi

Ka taea anake te hanga i te whakahoahoa i runga i ngā
turanga o te herekoretanga me te ōritetanga wairua. Nō
reira, me atawhai tātou i te katoa kia rite ki taua
māramatanga manaaki, me te mōhio he mea hanga ia
tangata kia rite ki te ahua o te Atua. Ki te tukino koe i tētahi,
.e kore rawa koe e kite i te reka o tā rātou whakahoahoa

He tokomaha e hikoi ana i ngā ara o te ao, kāore he
hoa, kāore au e whakaaro me pēhea rātou e haere tonu ai i
.tā rātou haerenga

Kāore e maha ngā wā ka hē te mārama o ngā hoa pono
ki a tātou. Ā, ki te pērā rātou, he wā poto noa iho. Ki te tukua
tō whakawhirinaki me tō pono e tetahi, me whakaatu tonu tō
aroha me tō māramatanga me te mea kāore he mea i tupu,
pērā i tō tumanako ka whiwhi koe i te māramatanga me te
.aroha mai i ētahi atu

Engari ki te haere tonu taua tangata ki te whanonga e
whakaatu ana i te whakahawea me te mauahara ki a koe, ā,
ka haere tonu tana papaki i te ringa hoahoa e totoro atu ana
ki a ia, he pai ake te unuhia o tō ringa kia whakatikahia rā
anō e ia tana whanonga, kia tika ai hoki ia mō te honore o te
.hoahoa

Me tīmata te whakahoahoa i te kāinga. Ki te kitea e koe
tētahi i roto i tō whānau e tino hototahi ana ki a koe, ngana
ki te whakatipu i taua hononga i te tuatahi. Kātahi, ki te
hiahia koe ki tētahi i roto i tō hoa e rite ana ngā uara, ngana
.ki te whakapakari i taua whakahoahoa

Me whakakore ngā hiahia whaiaro me ngā kare ā-roto
whakarihariha katoa i waenganui i ngā hoa. Me whakapakari
ngā whanaungatanga hoahoa ki te hunga pai. Mā te
whakaaroaro nui ake, ka mōhio ake koe ki ngā hoa o mua.
Mā te whakaaroaro ka ara ake ngā mahara moe o ngā hoa i
.mōhiotia e koe, i arohaina hoki i mua

He tokomaha ngā tāngata i kite tuatahi ahau i roto i
tētahi whakakitenga wairua, ā, i muri mai ka tūtaki ahau ki a
.rātou anō

He mana nui te whakahoahoa. Ina kaha tō hiahia mō te
whakahoahoa, ahakoa he tangata ke e hono ana ki a koe i te
taha wairua, ahakoa kei te Pou Tonga, mā te aukume o te
.whakahoahoa koe e whakatata atu

Ko te hiahia whaiaro anake te mea ka taea te
.whakangaro i te aukume o te kotahitanga i roto i a tātou

Ko te tangata e whakaaro ana ki a ia anō anake, e
whakararu ana i ngā turanga o te whakahoahoa, e
.whakakino ana hoki i ōna uara tapu
Kāore e taea e ēnei tāngata te kukume hoa nā te mea
kāore e taea e rātou te whakawhānui i ō rātou tirohanga me
te awhi i ngā manaakitanga o te ao. Kua manaakitia koe e te
Atua ki tētahi whānau, e hoa, kia ako ai koe ki te aroha ki
.ētahi atu, kātahi ka hora i taua aroha ki te katoa
Ka tangohia atu ō tātou whanaunga i a tātou nā te mate
me ērā atu āhuatanga, kia ako ai tātou ehara i te mea ko te
aroha ki te tangata anake i roto i ngā whanaungatanga
tangata, engari ko te aroha ki te aroha tonu—ko te aroha ko
te Atua, kei muri i ngā kanohi tangata katoa. Ā, mā te aroha
atua, ka taea e tātou te aroha ki te katoa hei whakaaturanga
.rerekē o te Ariki o te Ao Whānui
Ko te tikanga o te hoahoa he whakangao i tō tātou
aroha me te kore e whai whakaaro whaiaro. I roto i te
marena, he herenga moepuku, ā, i roto i te oranga whānau,
he kare ā-roto tuku iho. Engari i roto i te hoahoa, kāore he
herenga, he akiaki rānei, kāore he wāhi mō te akiaki, te
akiaki rānei o tētahi momo. Engari, he aroha ohorere e puta
ake ana i te ngākau, ā, kāore e herea e ngā tikanga engari
ko te tikanga o te pono, e kore e taea e te hoahoa te tu atu.
Ko tēnei tikanga te kawenga o ngā hoa e rua, nā te mea e
!rua ngā hoa e hiahia ana ki te tango
Kia aroha tātou ki te katoa. Kia inoi tātou kia tūtaki tātou
ki ō tātou hoa o mua, kia whakapakari hoki i tō tātou
whakahoahoa ki a rātou, kia mārama ai tātou, kia tika ai hoki
.mō te whakahoahoa a te Atua
Ki te kore tātou e aroha ki ngā tamariki a te Atua mā te
wairua aroha me te rangimarie, e kore tātou e rongo i te
.aroha o te Ariki o te tangata
Kāore au i te mōhio ki tētahi tangata ke, Āe, te nui o te
!harikoa me te harikoa

Ahakoia te tangata e whakaaro ana ko ia tōku hoariri,
kāore e taea e ia te mea kia whakaaro ahau e kino ana ahau
ki a ia

Ina tae mai taua oho ake, ka rongo koe i te aroha o te
katoa

Ko te aroha e pā ana ki a koe mō ngā mea hanga a te

Atua, e kore e mate ake ake, engari ka tipu haere, ka nui
haere, kia tae rā anō ki te wā e rongo ai koe i roto i te aroha
o ō hoa te aroha atua e puta mai ana i te ngākau o te Atua i
.te rangi

Kia tau te rangimārie ki a koutou, e ō mātou hoa aroha
Te whanaketanga o te mahara

**He mea ahurei te tangata nā te kaha o te mahara,
e wehewehe ana i a rātou i ngā mea ora katoa. E
hiahia ana ia wairua ki te rapu i tōna pūtake atua mā
te mahara kore mohio ki tōna pūtake tapu. E
whakamārama ana tēnei i te whanaketanga āta haere
o ngā mea katoa o te ao. E ai ki te mahere atua, i muri
i te whiwhinga o te tinana tangata—tae atu ki te roro
me te pūnaha io kua whanake—ka whiwhi ia wairua i
te huarahi hei mahara ā-hinengaro ki tōna
kotahitanga nui ki te atua.**

**Ko te mahara te āheinga e taea ai e tātou te
maumahara ki ō tātou wheako; ki te kore, ka
wareware tātou ki tō tātou māramatanga ki te ao, ā,
me tīmata hou i ia rā, pērā i ngā tamariki. He tangata
kua ngaro tōna hinengaro, ā, nō reira, he rite tōna
mahara ki te tamaiti.**

**Kāore he uara, he hiranga rānei o te
whakamātautau mēnā kāore e taea e tātou te
maumahara me te whakaora anō i aua
whakamātautau. Ka ako tātou mā te tiro tiro i ō tātou
whakaaro, i ō tātou kare ā-roto, i ō tātou hihiri, me te**

tātari i ā tātou mahi o mua. Kei roto i te mahara pakari te uara me te hiranga o te tangata.

Hei tauira, ka maumahara a "Sami" ko ia te Sami i ia ata ina oho ake ia, ā, mā te maumahara, ka hono ia i ōna wheako ora ki te ingoa Sami.

Ina hiahia tātou ki te maumahara ki tētahi wheako o mua, ina hiahia anō rānei tātou ki taua wheako, ka taea e tātou te whakahoki mai mā roto i tō tātou hinengaro huna. Mā te maumahara ki ngā mea i mahia e tātou, ki ngā mea rānei i pā ki a tātou i mua, ka taea e tātou te whakatutuki i tētahi mahi e hiahia ana ki tētahi pūkenga kua akohia, kua whakaharatauhia rānei e tātou i mua. Ka taea hoki e tātou te wehewehe i waenga i ngā mea me mahi me ngā mea me karo, i runga i te āhuatanga.

He mataara tonu te hinengaro papaku, e tuhi ana i ngā wheako katoa o te tangata i te awatea, ā, e mahi tonu ana ahakoa i te moe, e tiaki ana i te tinana pērā i te kaitiaki pō. Ina oho ake, ka mōhio tonu te tangata mēnā i marino, i okioki rānei tā rātou moe. Ko te mana o te mahara o te hinengaro papaku tētahi o ngā āheinga o te hinengaro atua mataara tonu, manaaki hoki.

Kua whakatōkia te purapura o taua mōhiotanga ki roto i ngā wairua katoa, nā te mea e mārama ana te wairua, nā tōna āhua tonu, kei roto ia i te Atua e ora tonu ana. Ko te mahara te purapura o te mutunga kore; ki te atawhaitia, ki te whakawhanaketia hoki e tātou, ka taea e tātou te maumahara ki ngā mea katoa o tēnei ao me ō tātou orange o mua.

Hei tangata, ka taea e tātou te maumahara ki ngā whakamātautau katoa i pā ki a tātou i tēnei ao. Nō reira, he aha tātou te maumahara ai ki ngā whakamātautau wairua katoa i pā ki ō tātou wairua?

E rua ngā āhua o te mahara: ko te mahara tangata, e maumahara ana ki ngā wheako katoa o tēnei ao, me te mahara tapu, e maumahara ana ki ngā wheako o te wairua puta noa i ōna whakatinanatanga katoa. Ko te mahara tangata anake te mea e mōhiotia ana e te nuinga o te tangata.

Engari he aha rā te take e takoto kau ana tō tātou mahara tapu, e tū tonu ana, e ngaro ana i roto i te moe hohonu?

Kei ētahi tāngata te kaha ki te maumahara i ngā momo wheako whānui: tangata me te wairua. Ko ētahi kāore e taea te maumahara mārama ahakoa ō rātou wheako tata nei.

He taumata, he nekehanga hoki tō te mahara, e ai ki te kaha o te hinengaro ki te mārama. He mea nui te mātauranga, te arotahi hinengaro, te whakaaroaro, me ngā wheako katoa e maumaharatia ana hei whakawhanake i te mahara pai. Ki te kore e whanake te mahara, e kore e taea e te tangata te whiwhi i te māramatanga whai kiko, whānui hoki. Ki te tango tetahi i tētahi whakamātautau, kātahi ka wareware, ka ngaro te uara me te hiranga o taua whakamātautau.

Mā te whakapai ake i te kounga o tō tātou mahara, ka taea e tātou te whakapakari ake kia tae ki te wāhi e taea ai e tātou te maumahara ki ngā mea katoa, tae atu ki tō tātou takenga mai i te rangi. Ā, mā te whakaara ake i tō tātou mahara tapu—kia taea ai e tātou te maumahara ki ngā wheako katoa o ō tātou tinana o mua, tae atu ki tō tātou āhua wairua matekore—ka eke tātou ki te matekore.

He pai te tū tika me ngā mahi whakakori tinana tika mō te whakawhanake i te kaha o te mahara. I tēnei wā, kua whakakapia te mahi ā-ringa e ngā mīhini i roto i ngā mahi me ngā āhuatanga o te ao,

kua noho puku te tangata, ā, me tino hiahia ki te whakakori tinana auau. Nō reira, kua whakawhanakehia he tikanga whakakori tinana aunoa hei whakamahi i roto i ngā kāinga me ngā whare.

I te wā e whakakorikori tinana ana, he mea nui kia arotahi tō hinengaro ki te kaha ora hei kokoti i ngā hua nui rawa atu. Kāore e ranea te totoro noa me te whakakorikori i ō uaua; me whakaoho koe me te whakahaere i te kaha ora e whakarato ana i te kaha me te ora ki tō tinana.

He pai ētahi kai mō te roro, ko ētahi mō ngā uaua me ngā io, ā, ko ētahi anō mō te whanaketanga tinana me te tiaki i ngā momo okana me ngā wāhanga o te tinana. Hei whakarei ake i te mahara, me kai ngā kai hei whakanui i te kaha o te roro. Hei tauira, mā te kai i ngā nati me ngā aramona whenua i konatunatua ki ētahi pata wai raima, wai karaka rānei i mua i te moenga ka taea te whakapai ake i te mahara.

E kī ana hoki ngā Yogi he kai whakapakari roro te miraka me te tihi. E kī ana rātou i ngā wā o te ngenge me te manukanuka, me inu te tangata i te ranunga o te wai o te raima kotahi, e rua rānei i roto i te karāhe wai, ka horoi i tōna mahunga ki te wai matao, ka ringihia hoki ki runga i ōna rākau, i waenganui i ōna tukemata, ki runga i ōna ihu, me roto hoki i ōna taringa. Nō reira, ka marino ngā io, ka marino te hinengaro, ā, ka ara ake te mahara pai.

Me karo i te kai nui rawa i ngā kai momona, nā te mea ka puta he putunga ngako, ka piri tahi ki roto i ngā uaua toto i te mata o te roro.

E ai ki ngā tohunga wairua Inia he kino te poaka me te mīti kau ki te hauora o te tangata. He nui te waikawa uric kei roto i ēnei momo mīti e rua. Hei tāpiri, e kīia ana he ngoikore te mahara o te poaka me te mīti kau. Mā te kai i ā rāua mīti, e ai ki a rātou, ka

taea e te tangata te whakarei ake i ngā pūkenga tinana me te hinengaro.

Ka taea te whakapai ake i te mahara mā te mahi. He hē te kī he kore e taea e te tangata ngoikore te tinana mai i te whānautanga te kaha. He maha tonu ngā mea ka taea te whakatutuki i ngā mea nunui i ngā āhuatanga katoa o te ao.

Me mōhio tātou ki te rapu i te ara tika, me te huarahi tika hoki

E ai ki ētahi tākuta, ka noho tonu te tangata he hauātanga hinengaro tuku iho pērā mō tōna oranga katoa. Heoi, kua whakakitea he maha ngā hauātanga hinengaro ka taea te wikitoria mā roto i ngā mahi arotahi hinengaro. He iti noa ngā rangahau i tēnei mara i te Hauāuru, nō reira he maha ngā tohunga hinengaro kāore i te tino mōhio ki ngā tikanga arotahi hohonu i whakaakona e ngā yogi rongonui o Īnia i ngā rautau kua pahure.

Kāore te nuinga o te tangata e mōhio ki ngā tikanga tika mō te whakawhanake i te arotahi. Kua kitea kētia ngā pūkenga hinengaro engari kāore anō kia tino whanake. Ko te korenga e whakawhanake i ngā pūkenga hinengaro me te aro o te tangata ka arahi ki ngā raruraru nui. Pērā i te tinana, me whai korikori tika te roro mō te hauora, te mahi, me te ora.

Nō reira, ko te whakawhanake i te mahara pai me whakakorikori tinana, me kai i ngā kai hauora, me te whakaaro pai.

Ngāna ki te maumahara ki ngā mea motuhake, me te whai wāhi ki te whakaaroaro i roto i tō hinengaro. Tirohia tētahi mea, tētahi tirohanga, tētahi tirohanga ataahua rānei, kātahi ka ngana ki te hanga anō i taua whakaahua i roto i tō hinengaro. Ko te ngana ki te maumahara ki ngā rangi o ngā waiata me ngā himene,

me te waiata i aua mea i roto i tō hinengaro, ka āwhina hoki ki te whakawhanake i te mahara.

Ko ngā mea katoa e mahia ana me te aro nui me te aro nui ka whakarei ake i te mahara

He āhuatanga kare ā-roto ahurei tō te rotarota me te puoro. Ka maumahara ngāwari tātou katoa ki ngā pouri tino hohonu me ngā harikoa nui o ō tātou ao. He aha ai? Nā te mea he kaha te kare ā-roto i muri i aua wheako. Ko ngā mea katoa e pāngia ana e te kaha ka whakapakari i te mahara. Hei tāpiri, ko te tito rotarota me ngā mahi hinengaro pēnei i te tāpiri me te tango he tikanga pai hoki mō te whakawhanake i te mahara me te arotahi hinengaro.

Hei whakarei ake i te kaha o te mahara, me mahi i ngā mea katoa me te arotahi hohonu ki te hinengaro. Ko te nuinga o te tangata e mahi ana i ā rātou mahi me te hinengaro kopikopiko, ka hua ake he āputa nui i waenga i ā rātou mahi me ā rātou whakaaro. Koia te take kāore rātou e maumahara pai ki tetahi mea. Ki te hiahia te tangata ki te maumahara ki tetahi mea, me mahi e rātou me te tino mōhio me te aro nui.

Ki te hunga e aroha ana ki te Atua, ko te whakaaro ki ā rātou mahi i a rātou e mahi ana i aua mahi kāore e aukati i a rātou ki te whakaaro ki te Atua i te wā kotahi. Heoi, i te wā e whakaaroaro ana, me whakaaro te tangata ki te Atua anake. Me mōhio ka whakapakarihia te mahara, ā, ka whānuitia tōna kaha ki te mārama mā te whakaaroaro.

He aha te whakaaroaro? He hononga ki te wairua o te ao whānui, e whiti ana i ngā herenga katoa o te tangata, me te ngana ki te mahara ko te tangata he wairua, ehara i te tinana. Ina tīmata te kaiwhakaaroaro i te ngana hinengaro mohio ki te hono i a ia anō ki te wairua ora tonu, kaua ki te tinana e nohoia ana e ia mō te kotahi noa iho o te ora, ka

mahara ia ki te maha o ōna wheako o mua, ā, i te mutunga ka mahara ia i ahu mai ia i te ngākau o te Atua.

Kei roto i te Atua te maharatanga o te oranga tangata katoa me te oranga o ia tangata. Ina noho tahi te tangata me tōna wairua, ka puta ake anō ngā wā o mua me ngā mana kua warewaretia o te wairua tapu korekore i roto i tōna hinengaro. Ko te whakaaroaro he mahara ehara te tangata i te tinana mate engari he wairua matekore: he kotahi ki te Atua.

I te awatea ka whakaaro tātou he tangata iti tātou, engari i te pō, i a tātou e moe hōhonu ana, e kore e moemoeā, ka wareware tātou ki tō tātou āhua tangata.

Mā te whakaaroaro, mā roto i tā tātou ake mahi ka taea e tātou te mawhiti, ahakoa he wā poto noa iho, i ngā here o te ao. Ka taea e tātou te whakarērea te mōhiotanga tinana, me te mahara he wairua atua tātou. Ko te hunga e u tonu ana ki tēnei mahi ka noho hei rangatira mō rātou anō, hei kaiārahi pono hoki.

I homai e te Atua te mahara kia taea ai e tātou te waihanga me te maumahara ki ngā mea pai me ngā mea rangatira katoa. Ka nui te kino o te whakamahi hē i te mahara ki te tangata.

Ko te tangata e pupuri ana i te riri me te mauahara ki tētahi atu tangata nā te mamae o mua, kei te whakamahi hē i tōna mahara. Heoi, kāore he he o te mahara ki ngā wheako pouri hei ako mai i aua wheako. Mā tēnei, ka tātarihia e te tangata āna mahi o mua, ā, ka karohia te whakahoki anō i ngā hapa kotahi i puta ai ngā hua kino me ngā hua mamae.

Kaua ngā whakaaro teka e hoki anō ki te hinengaro, nā te mea ka roa ake te noho o aua whakaaro i roto i te hinengaro i homai e te Atua kia mau tonu ai ngā akoranga o te ao me ngā wheako pai.

Me whakakore atu ngā whakaaro teka o mua mā te karo i te maumahara. Ki te uru kaha mai ki roto i te hinengaro, me whakakahore tātou ki te manaaki, ki te manaaki rānei i a rātou.

Ka kī anō mātou: ko te noho tonu ki ngā wheako kino, me te whakahoki anō i ēnei wheako, he whakamahi hē i te mahara kua homai e te Atua ki a tātou. Engari, me whakatau te tangata ki te whakamahi i ō rātou mahara mō ngā whakaaro pai me ngā wheako rangatira anake, me te whakakore i ngā mahara kino me ngā mahara whakarihariha katoa i roto i ō rātou hinengaro.

Me kite, me whakarongo, me whakamātau, me pā, me rongo, me hiahia hoki tātou ki ngā mea pai katoa, ngā mea ora, ngā mea ora, me ngā mea whai hua. Ā, me pupuri e tātou ngā wheako me ngā whakamātautau harikoa ki roto i te whare o ō tātou mahara.

He tangata e pai ana ngā kare ā-roto, e whakaaro rangatira ana, ā, e kite ana i te pai anake i roto i te taiao, ā, ko ngā mea pai anake ka maumahara te tangata.

Kua homai te mahara hei taonga tapu kia taea ai e tātou te maumahara ki ngā mea pai tae noa ki te wā ka taea ai e tātou te maumahara ki te mea nui rawa atu: ki te Atua

I a tātou e kite ana i te pai me te tika i roto i ngā mea katoa, ka kitea e tātou i tētahi rā ka pakaru, ka whakamararatia hoki e te mana atua huna ngā whakatuwheratanga iti katoa o ngā whakaaro, ngā kare ā-roto, me ngā kare ā-roto i kitea ai e tātou ngā kanapa o te ataahua atua me te rangimarie i roto i te hanganga, ā, mā roto i te matapihi o te hinengaro wairua ka kite tātou i te pai katoa me te tino pai.

**Ka inoi mātou ki te Atua kia āwhina mai i a mātou
ki te whakaara me te whakakā anō i te mura mutunga
kore o te mahara tapu kia tahuna rā anō te pōuri o te
warewaretanga me te mangere, kia maumahara ai
mātou i mua, ā, kei te kotahi tonu tātou me te wairua
o te Atua me Tōna aroha whānui.**

**Ki te mahara koe ki te Atua i te ata
I te poutumarotanga me te ahiahi
Ka tino hihiko koe, ka harikoa hoki
Rere atu pērā i te ěkara i te rangi
Ka noho koe i tō wā i roto i te
whakamarie**

**Ā, ka haria ki te rangi, ano he
kakara**

**Ko tō whakawhirinaki ki te Kaihanga
te patu koi rawa atu**

**E mau ana koe i te tumanako me
te māia**

**Ki te rapu koe i te Atua, te pūtake o
te tika**

**Ka whai rawa ia, kāore, ka riro ia
hei tangata whai rawa o te hunga whai
rawa**

He meka kua whakamātauhia

Kaiwhakaako Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

**Kaua e whakahē i aku kupu me te ruarua i mua i
te whakamātau i te tikanga mā koutou anō. Tērā pea
kua hoha koutou ki te whakarongo ki ngā ariā maha
kāore he pānga ki ō koutou oranga. Ehara taku e
kōrero nei i te ariā, engari he meka kua
whakamātauhia, ā, ka ngana ahau ki te hoatu ki a**

koutou he whakaaro mō ngā mea ka taea te whakamātautau.

I waimarie ahau ki te ako i tēnei pono pūtaiao mai i tētahi o ngā tohunga nui o Īnia i ngā tau maha kua pahure. Tērā pea ka miharo koe he aha ahau i whakatenatena ai i a koe, i kukume ai hoki i tō aro ki ēnei meka. He hiahia whaiaro tōku? Ehara rawa taku whakautu i te mea ko tāku anake e hiahia ana ko te whakaatu i ēnei pono ki a koe, me te tumanako ka whiwhi koe i te hari parakore mō te āwhina i a koe ki te kimi i tō harikoa mā te mahi i aua mea me te wheako i ō rātou harikoa.

Ināianei me whakamahi au i ētahi āhuatanga o te tinana kia mārama ai ahau ki te tukanga. Ka kōrero ahau mō te mahi a ngā pokapū matua, ngā toki rānei, me te iahiko e rere ana mai i te roro—mā roto i ēnei pokapū—ki ngā whekau rongo o waho, o roto hoki, kia ora tonu ai, kia hihiko ai hoki.

E ono ngā pokapū matua e tukuna ai te ia ora, te hiko ora rānei, ki te pūnaha io katoa. Ko ēnei pokapū ko:

1 Pokapū Medula

2 Pokapū o te Uha

3 Pokapū Tua

4 Pokapū Lumbar

5 Pokapū Tapu

6 Pokapū o te Tutu

Ko te roro te kaituku hiko tino nui (te pokapū teitei), ā, e hono ana ngā pokapū katoa tetahi ki

tetahi, ā, e mahi ana i raro i te mana o te pokapū tino nui (ngā pūtau roro). Ka tukuna e ngā pūtau roro te iahiko ora (te hiko rānei) mā roto i ēnei pokapū, mā roto rānei i ngā axon tuaiwi, ka tukuna atu ai ō rātou utu hiko ki roto i ngā io afferent me ngā io tuku e tango ana i ngā mahi o ngā kare ā-roto me ngā kare ā-roto o te pā me te tirohanga, me ētahi atu.

Ko tēnei iahiko hiko e tukuna ana e te roro te toto ora o te tinana (tae atu ki ōna whekau o roto, o waho hoki). Mā tēnei ara hiko, ka tukuna ngā mōhiohio kare-ā-roto ki te roro, ka tīmata ai te tukatuka whakaaro.

Ki te hiahia te wairua ki te aukati i te rere o ngā pūrongo whakararuraru o ngā kare ā-tinana (e āwhina ana i te putanga mai o ngā koropiko whakaaro honohono), me whakahaere e ia te iahiko me te huri i tōna rere mai i te pūnaha io katoa ki ngā pokapū matua e whitu (tae atu ki te roro), kia taea ai e ia te hoatu i te okiokinga tino ki ngā whekau o waho me roto.

I te wā moe, ka motuhia ngā hononga hiko i waenga i te roro me ngā whekau pārongo, ka kore ai e tae atu ngā kare ā-roto pēnei i te whakarongo me te pā ki te roro. Nā te mea kāore i oti tēnei motuhanga, ka taea e tētahi whakaohoho kaha o waho te whakatū anō i tēnei hononga hiko, ka taea ai e te whakaohoho te tae atu ki te roro, ka whakaara ake i te tangata. Heoi, i te wā moe, ka rere tonu te iahiko hiko ki ngā whekau o roto—te ngākau, ngā pukahukahu, me ētahi atu—kia ora ai, kia mahi ai hoki.

Nā te mea kāore i te tino whakahaerehia ngā mahi hiko o te tinana i te wā e moe ana, ka taea e ngā

kare ā-tinana pēnei i te kore whakamarie, te mate, me ngā whakaohoohe kaha o waho te whakararuraru i te tangata moe. Heoi, mā te whakamahi i tētahi tikanga pūtaiao tika, ka taea e tātou te whakahaere i ngā mahi o roto me waho o te tinana i te wā kotahi - koinei te tihi o te mahi. Engari ko te whakatutuki i te mana whakahaere katoa me maha ngā tau o te mahi whakatapua.

Pērā i te whakahauora i ngā whekau o waho i muri i te moe, he okiokinga tēnei mō te tinana, waihoki ka tino whakahauorahia ngā whekau o roto nā te whakamahi i tēnei tikanga pūtaiao, ā, ka piki ake tō rātou kaha, ka āwhina i te whakaroa i te oranga.

Pērā i a tātou e kore e wehi i te moe kei noho puku ō tātou kare ā-roto, ā, kāore e taea te mahi, waihoki kua tātou e mangere ki te mahi i te mate mohio, arā, ki te whakangāwari i ō tātou whekau o roto. Ko reira ka noho te mate ki raro i tō tātou mana, kia kitea ai kua pakaru tēnei whare tūturu, ā, kāore e taea te noho, ka taea e tātou te wehe atu me te ngākau nui me te marama katoa. "Ko te hoariri whakamutunga kia hinga ko te mate"

Ka taea e tātou te whakaatu i tēnei tikanga mā te tauira e whai ake nei:

Mena kei te honoa te waea matua o te tāone ki ngā wāhanga rerekē o te tāone, ka taea e ngā kaikaea o aua wāhanga te hono tonu ki te waea matua mā te iahiko e rere ana i roto i ngā waea, ahakoa te whakahaere, te mana whakahaere rānei a te waea. Heoi, ki te hiahia te waea matua ki te momotu i ngā waea rerekē, ka taea e ia te whakaweto i te pana hiko

matua, ā, ka mutu te rere o te hiko ki ngā wāhanga rerekē o te tāone.

Waihoki, mā te tikanga pūtaiao tātou e whakarato ki te tukanga e tika ana hei kukume i te ia ora—e horahia ana puta noa i ō tātou tinana—ki ō tātou rohe pokapū, arā, te tuaiwi me te roro. Mā te aukume i te tuaiwi me te roro, kei roto nei ngā pokapū pūngao matua e whitu, ka kukumea te kaha ora e horahia ana puta noa i te tinana, ka tukuna mā te tuaiwi ki te roro. Kia tae atu ki te roro, ka rongohia, ka pāngia hoki e te māramatanga. I tēnei āhua, ka taea e te wairua te whakawātea i a ia anō mai i ngā mea whakararuraru tinana me te hinengaro.

Ka whakararururuhia te wairua wairua e ngā pūrongo waea e tae mai ana—engari kāore i te pai—mai i ngā momo "tangata" e rua: he momo teitei (ngā whakaaro) me te momo iti (ngā kare ā-tinana). Hei motu i ngā hononga ki ēnei momo e rua, me kukume e ia te hiko e rere ana i roto i ngā waea waea ki te pākahiko matua mā te whakaweto i te pana hiko (arā, mā te whakaaroaro) kia taea ai e ia te whiwhi i te rangimārie me te herekoretanga.

Ko te aro te kaiwhakahaere matua me te tohatoha o te pūngao, ko ia te kawenga mō te tuku i te iahiko ora mai i te roro ki ngā io pūngao me ngā io nekeneke. Hei tauira, ina peia atu e tātou he namu whakarihariha, ka whakamahia e tātou te mana o te aro ki te tuku i te iahiko ki ngā io nekeneke, ka hua ake te nekehanga o te ringa e hiahiatia ana. Ka whakahuatia e au tēnei hei whakaatu i te mana o te aro, e taea ai te whakahaere me te tuku i te iahiko i roto i te tinana ki ngā pokapū kua whakahuatia ake nei.

I konei ka hiahia ahau ki te whakaahua i ngā āhua e whai ana i te mana whakahaere katoa o te iahiko koiora. I te tīmatanga, ka pāngia te tangata e te kare tino ataahua nā te aukumetanga o te tuaiwi. Heoi, mā te mahi tonu me te roa ka puta he āhua harikoa e whakakore ana i te whakaohoho o te hinengaro tinana.

Kua whakaahuahia e tātou tēnei āhua harikoa hei whāinga matua, hei mea nui hoki mō te ao whānui, nā te mea i roto i tēnei ka kite tātou i te māramatanga pono ki te Atua, ki te harikoa rānei, ā, ka rongohoki i te whānui haere o tō tātou hinengaro. Ko te nui haere o tō tātou wheako i tēnei āhua, ka nui haere te hekenga me te memeha o tō tātou tuakiri (tō tātou ake, tō tātou ego rānei), ā, ka tere ake tō tātou whakatata atu ki te hinengaro ao whānui, ka piripono, ka hono tika atu ki te Atua.

Ko te whakapono, ko te pono, ehara i te mea ke atu i te whakangaromanga o tō tātou ake āhua i roto i tō tātou hinengaro ao. Nō reira, i roto i tēnei āhua harikoa, ka piki tātou i te arawhata o te whakapono, ka mahue te āhuarangi whakakōkī o ngā kare ā-roto me te ngangau o te whakaaro, ka tomo ki ngā ao o te harikoa atua.

Mā tēnei tikanga ka kitea e tātou ngā pono o te ao whānui, ā, ina tūturu tēnei āhua manaakitanga - mā te mahi tonu - ka kitea tonutia tātou e te Ariki manaakitanga i roto i a tātou, ā, ka pai ake te mahi a tātou i ā tātou mahi, me te kore e titiro ki ngā hua o te mahi, nō reira ka nui ake tō tātou aro ki ngā mahi i tō tātou ake (te ego) me ngā kare ā-roto o te harikoa me te mamae e puta mai ana i taua ego.

I roto i ngā whakaakoranga o ngā whakapono katoa—te Karaitianatanga, te Ihirama, me te Hinitū—he pono taketake tēnei: ki te kore te tangata e mōhio ki tōna mauri hei wairua—te pūtake o te harikoa—ka herea tonu rātou e te whakaaro iti, ā, ka noho ki raro i ngā ture uaua, kore e taea te whakarerekē o te taiao. Mā te mōhio ki tōna mauri tūturu ka puta te herekore mutunga kore. Kāore e taea e tātou te mōhio ki te Atua engari mā te mōhio ki a tātou anō, he rite hoki te mauri o tō tātou mauri ki a ia. I hangaia ngā tāngata i te āhua o te Atua. Mā te mahi uaua me te pono o te whakaaroaro pūtaiao pono, ka mōhio koe ki a koe anō—arā, ka mōhio koe he wairua manaakitia koe—ā, ka mōhio koe ki te Atua.

Kei roto i ngā tikanga whakaaroaro wairua ngā huarahi katoa e tika ana hei mōhio ki te Atua. Kāore rātou e aro ki ngā rerekētanga o ngā whakapono me ngā whakapono, nā te mea ka whakapoauau ētahi o ēnei rerekētanga i te whakaaro o te tangata.

Ko te hiranga o te whakaaroaro pūtaiao i runga i ētahi atu tikanga kei roto i tōna hononga tata me tana mahi tika ki te mea tonu e herea ana tātou ki ō tātou ake āhua iti: te pūngao ora. Engari ko te huri i tēnei pūngao, arā, ko te whakawhiti ki roto, me te whakauru ki ngā mana whānui me te whānui o te wairua, ka rere ki waho, ka pupuri i te tinana me te hinengaro kia neke haere tonu, ka whakararuraru i te wairua i roto i te ahua o ngā kare ā-tinana me ngā whakaaro poto.

Nā te mea e rere ana te kaha o te ora ki waho, ka whakapohehetia e ngā kare ā-roto me ngā whakaaro te āhua o te wairua parakore, marino. Ka akona tātou e tēnei tikanga ki te whakahaere i te kaha o te ora ki

roto. Nō reira, he tikanga tika, he tikanga tonu hoki, e kawe tika ana i a tātou ki te hinengaro o te wairua: ki te hinengaro manaaki o te Atua, me te kore e hiahiatia he atu ara.

Ko tā tēnei tikanga he whakatikatika me te whakahaere i te rere o te pūngao ora mā te whakatikatika me te whakahaere i tētahi o ngā āhuatanga e mōhiotia ana e pā tika ana ki te pūngao ora tonu.

He mea tika kia mōhiotia ko ngā ara whakapono katoa o te ao e taunaki ana kia whakamahia he tikanga tika, he tikanga ā-kore rānei, he tohu, he tikanga mārama rānei, hei whakahaere i te rere o te kaha ora me te huri i tōna ahunga kia taea ai e tātou te whiti atu i te tinana me te hinengaro, kia mōhio ai ki te wairua mā te mōhio ki te mauri o tōna āhua me te mauri o tōna mauri.

Ko te noho mai o te ora i roto i te tangata ko te oranga tonutanga, ā, ko tōna ngaronga ko te whakangaromanga. Nō reira, ko te tikanga e ārahi ana i te tangata ki te whakahaere tika i te ora te tikanga pai rawa atu.

Kua tūtohu ngā tāngata whakaaro nui o ngā whakatipuranga me ngā whenua rerekē i ngā tikanga e tika ana mō ngā hinengaro me ngā āhuatanga o te iwi i noho tahi rātou. Ko ētahi i aro ki te inoi, ko ētahi i aro ki ngā kare ā-roto, ko ētahi i aro ki ngā mahi, ko ētahi i aro ki te aroha, ko ētahi i aro ki te whakaaro nui, ki te whakaaroaro hoki. Engari he rite tonu ō rātou hihiri.

I tautoko katoa rātou i te hiranga o te whakawhiti i te hinengaro tinana mā te huri i te rere o te pūngao

ora kia rere ki roto. I tautoko anō hoki rātou i te hiranga o te mōhio ki a ia anō me tōna putanga mai i muri i ngā arai, pērā i te āhua o te rā e puta mārama ana i roto i te wai marino, marino. I tautoko katoa rātou i te whai mana me te whai huatanga o te tikanga whakaaroaro, me te kore e hiahiatia he takawaenga kē atu.

Me mōhio anō hoki, ko te whakamahi i tēnei tikanga kāore e aukati i te whanaketanga o ngā kaha hinengaro, tinana rānei, pērā i te kore e tū hei arai ki ngā mahi pāpori whai hua e arahina ana e ngā kare ā-roto tino ngawari, tino pai, me ngā kaupapa rangatira rawa atu e whakatapua ana ki te mahi ki te tangata.

Ina hoki, e tautoko ana mātou, e taunaki ana hoki i te whanaketanga whānui o te tangata takitahi, nā te mea ka āwhina tēnei whanaketanga i te mahi i tēnei ara, kua e whakararu. Ko te mea anake e hiahiatia ana ko te mārama me te mahi i te ara me te ngākau nui, ā, ko ngā mahi me ngā wawata katoa ka waiho hei painga mō te kaitono.

Ko te mea nui o tēnei tikanga ko te mārama tika ki te pūngao ora e tautoko ana i te tinana tangata, e pupuri ana i tōna ora me tōna hihiko.

Ngā whakapumautanga poto mō te whakaora

E te Ariki, e tiaho ana tō mārama tapu mai i ngā poropiti, i ngā hunga tapu, i ngā tāngata whakaaro nui o ngā whakapono katoa, ā, mai i ahau anō hoki. Kei roto i ngā pūtau me ngā kiko katoa o tōku tinana tēnei mārama tapu, ā, nā tōu atawhai i ora ai ahau, i ora ai.

E te mahi ao mārama

Kei te ora koe i roto i ahau!

**Ka hurihia ngā kai totoka, wai, me te hau e te
mana o te Atua hei pūngao ora.**

Hei tautoko i tōku tinana

**E te Ariki, he māramatanga ngā pūtau o tōku
tinana**

**Nōu ake tēnei, nā te mea ko koe te wairua o te
tino pai**

**Kua ora ia i reira, nā te mea ko koe te pūtake o te
whakaora**

**Ko tōna mauri ko te wairua, ā, ko koe te wairua i
te ao whānui**

**Ā, he mea pumau tonu nā te mea ko koe te
pūtake o te ao**

Nā te mea ko koe te tikanga o te mutunga kore

Kei te hou ahau, kei te kaha, kei te hihiko hoki

Kī tonu tō mahi i te ora

Ā, e rere ana tōku tinana i roto i a ia

Te mana whakaora o te wairua

I hangaia ahau he māramatanga

Mai i te mauri parakore o te Atua

Kei te ora tonu ahau

Nā te mea kei roto i ahau

Kei reira tōna kaha

I ngā wāhanga katoa o te tinana

**He kaha te puku nā te mea kei roto i a ia tōna
māramatanga**

Te Kaiwhakaora o ngā mate katoa!

**E tino mōhio ana ahau ko ngā mate katoa, i roto i
ō rātou āhua, ka puta mai i**

**Mō te kore e aro ki ngā ture hauora, ka
whakakorea e au te mate mā te kai hauora.**

**Te whakakori tinana tika, te whakaaro tika, me
ngā whakaaro pai**

**E te Ariki, kei roto i ngā ngota katoa o tōku tinana
tōu māramatanga**

I roto i ia pūtau o aku pūtau

I roto i ia pūtau toto,

Me ngā io katoa o tōku tinana

I roto i tōku roro me ōku kiko

Nō reira, kei te ora pai ahau, kei te ora pai hoki

**Nā te mea kei roto koe i ahau e noho ana, ā, ko
koe te mana whakaora**

**E whiti ana te māramatanga me te oranga o te
Atua i ngā kokonga pōuri o ōku mate tinana**

**E tiaho ana tōna māramatanga whakaora i roto i
ngā pūtau katoa o tōku tinana**

**Nō reira he ora, nā te mea kei roto Tōna
māramatanga**

Waihoki, ko Tōna tino pai

He aro nui ki te mana o te whakaaro

**Ki taku whakaaro, ā, e mōhio ana ahau kei te
tīmata taku mahi**

Mai i te roro ki te tinana

Ka rere mai te pīataata o te māramatanga

Mai i ngā pakiaka o ōku kiko

Ā, ka rere mai i roto i tōku roro

Ki ngā pūtau me ngā io

Ā, i roto i ngā paraka ka tīmata ia

Te rere o te mana whakaora

Mai i te tuaiwi

Hei pahuka, hei rehu rānei

Hei whāngai i ngā pūtau o te tinana

Te oranga parakore!

E te Ariki, e karakia ana ahau ki a Koe

I ngā mea pai katoa

Ā, ka kite ahau i tō tika

I roto i ngā whakaaro kanapa katoa

Ko tō mana nui te rongoā mō ngā mate katoa

Kei roto i ahau, nō reira kāore au e ngenge

Kia tiaho mai tō māramatanga whakaora

Mai i te pōuri o te kore mohio hohonu

**Kei hea te māramatanga, kei reira te tino pai me
te parakore**

I roto i te kare ā-roto, te hiahia, me te whakaaro

Aratakihia ōku kare ā-roto, me ōku hiahia me ōku whakaaro

Kia taea ai e au te whai i ngā tohutohu me te whakaaro nui me te whakaaro nui

I ia rā ka rapua e au te hari o te wairua i roto i ahau

Ehara i te mea nā roto i ngā ahuareka

E mātakitaki ana te Atua i ōku whakaaro, ā, e ārahi ana i a rātou ki

Te ao o te haumarua me ngā tūmanako mō te rangimārie

Ka horoia e ahau tōku hinengaro i ngā wehi katoa

Te mōhio kei te tautoko, kei te ārahi hoki te Atua i ahau

Māna e whakangawari taku ara

Ā, ka whakangawari ia i ngā mea māku

I ngā āhuatanga katoa me ngā mara katoa

Ko tōku whakawhirinakitanga pono ki te Atua te rongoā

Ā, he painga, he whakaora hoki tōku mai i tēnā

Kia tau te rangimārie ki a koe

Te whakaaro nui me ngā māramatanga wairua
Me noho te tangata hei rangatira mōna ake, me mahi i
runga i tēnā, kua e ārahihia e ngā mahi o ia rā me ngā
hiahia noa, engari e ārahihia ana e te hiahia noa me te
.whakaaro nui

He tika, he āheinga hoki nō te tangata ki te hanga i tōna
ake pararaiha, me te pārekareka ki reira, nā te mea kei a ia
ngā huarahi katoa hei whakatutuki i tēnei, nā te mea kua
homai e te Atua ki a ia te āheinga ki te anga atu i tōna
.hinengaro ki a ia, kia mōhio ai hoki ki a ia

Ko te mea nui rawa atu o te ao ko te noho i roto i te pā o
tō hinengaro mārama, rangimārie hoki

Mā te arotahi o te hinengaro ki te Atua, me te inoi mai i
te ngākau, ka taea e te tangata te wheako i Tōna aroaro
manaakitanga
* * *

:whakanui

E whakakī ana te māramatanga o te Atua i ahau, e whiti
ana i roto i ahau, e whakakore ana i ngā mate katoa, e
homai ana hoki ki ahau te hauora me te oranga ngākau. E
whiti ana tōna māramatanga atua i roto i ngā pūtau katoa o
.tōku tinana, nō reira he ora tōku tinana, ā, he ora ahau
* * *

I taua rā ka mahara koe ki tō takenga mai i te rangi, ka
whānau houtia tō hinengaro i roto i te whare tapu nui o te
.Wairua

Te āhua nei kua tanumia te hinengaro me te hiahia o te
tangata ki raro i te oneone o te kuware. Ki te kore te koura o

te whakaaro nui e tangohia [mai i te maina o te wairua], e
rewa, e hangaia hei taputapu hinengaro koi, e kore e taea te
tapahi me te whakakore i te tipu o te kino e tipu ana i roto i
.te māra o te hinengaro tangata

Ngā maunga whakahīhī, ngā maunga whakahirahira,
ngā mahi whakamiharo o te tinana tangata, ngā rōhi me ngā
putiputi hou, kanapa, te whāriki tarutaru matomato, te nui o
ngā wairua rangatira, me te hiranga o ngā whakaaro kua
.whakatikatikaina

Ā, ko te hohonutanga o te aroha, e whakamahara ana
ēnei katoa i te Atua, ko ia te pūtake o ngā rangatiratanga
.katoa, o te nui, o te ataahua katoa

* * *

Ko te arotahi i te hinengaro te kī ki te whakaoho me te
whakahohe i te mana huna i roto i te tangata. Ko te arotahi
ko te arotahi i te whakaaro ki tētahi pūwāhi kotahi. Ko te
take matua o ngā hapa maha ko te kore arotahi. Ka taea te
whakarite i te aro ki tētahi rama; ina horapa tōna hihi ki
tētahi wāhi whānui, ka ngoikore tōna kaha. Engari ka kaha,
ka mārama taua hihi ina arotahi ki tētahi pūwāhi motuhake.

Ko te hunga he hinengaro tino pai, he tino arotahi, he kaha
ki te arotahi i ō rātou kaha hinengaro katoa ki tētahi mea i te
.wā kotahi

* * *

Ko te aroha pono—te aroha o te ngākau me te wairua—
he aroha atua. E whai ana tēnei aroha atua ki te whakaatu i
.a ia anō mā roto i ngā ngākau me ngā wairua o te tangata

He ngaru kei tawhiti rawa atu i te mata o te moana,
kāore e pakaru ki uta, ā, kei roto i te wāhi tapu o te wahangu

ngā whakaaro hohonu rawa e kore e taea e te ngākau te
.whakapuaki

Ko te māramatanga te taurite i waenga i te hinengaro
marino me te hinengaro mārama

Ko te toi o te mahi tika kei roto i te kaha ki te mahi āta
haere, ki te mahi tere rānei, me te kore e ngaro te
.rangimārie o roto

Kāore e taea e tātou te ako i tētahi mea kāore tātou e
mōhio ana ki te kore he mea kē atu hei whakarite. Nō reira,
e whakaako ana te Atua i te tangata ki te aroha atua mā te
.ara tino tika o te aroha tangata

Me tohu tonu te ngira o tō aro ki te raki aukume o te
hari wairua, ā, kāore he tangata e taea te whakararuraru i tō
.taurite

Whakakahangia tō whakapono ki te Atua, me te
whakawhirinaki mā te Kaihanga koe e manaaki, e tiaki hoki

Ko te tangata e haere tika ana, e aroha ana ki te Atua,
ā, e arohaina ana hoki e te Atua, ahakoa kei roto i te
ngahere tūturu, kei roto rānei i te ngahere o te ao hou e
mahī ana ia, nā te mea kei roto i ngā mea e rua ngā
raruraru, ngā uauatanga, ngā whakamātautau, me ngā
whakapataritari. Kei roto i te mea tuatahi ngā kararehe
nanakia, ko te mea tuarua ia e whakaatu ana i ngā wehi
kāore i te iti iho te kaha, e whakaatuhia ana i roto i te
pakanga kaha ki ngā hiahia kore here me ngā hihiri e mura

ana. Mā te tangata anake e pehi i ōna hihiri ki tōna hiahia ka
.reka ia i te harikoa pono

I ētahi wā, ka rongoa pea koe kei te haere mai tētahi hoa
ki te toro mai, ahakoa kāore he tohu mō tā rātou haerenga
mai. Kāore anō rātou kia kōrero mai kei te haere mai rātou,
engari he kaha tō whakaaro ka kite koe i a rātou, ā, i te
ahiahi, ka patuki rātou i tō tatau! I ētahi wā rānei, ka rongoa
koe i te rā katoa kei te tata te tupu o tētahi mea pai, kino
rānei, ā, ina tupu, ka ohorere koe i te kitenga he tika tō
pūmanawa hinengaro. Koinei ētahi tauira o te pūmanawa
hinengaro (te māramatanga o roto) me tana mahi ahakoa te
.kore taunakitanga me ngā tohu

Kua homai e te Atua he wairua, he hinengaro, he tinana
ki a tātou, ā, me whakatipu tātou i ēnei taonga i roto i te
huarahi taurite, taurite hoki. Kua tātou e tuku i a tātou kia
noho hei pononga mā te taiao, hei herehere rānei mā te
whanonga noa. Ka taea e ngā mātua kua whanake wairua te
āwhina i te ao mā te whakatipu tamariki me ngā wairua
wairua, me te noho i tētahi momo noho ngāwari e tohuhia
.ana e te whakaaroaro me te whakahaere i a ia anō

Ko ngā whakaaro rangatira katoa e whakaoho ana i roto
i a koe e whakatata atu ana i a koe ki te Atua. He rite ēnei
.whakaaro ki te awa e rere ana ki te moana o te wairua atua

Me waiho ia rā hei rā whakawhetai, hei rā whakamihi mō
ngā manaakitanga o te ora mai i te rā, i te wai, me ngā
huawhenua me ngā hua pai, he koha ā-korekore ēnei nā te
.Kaiwhakaora Nui rawa atu

Ko te aroha parakore, ko te aroha atua, ka whakakore i
ngā arai i waenganui i te tangata me tōna Kaihanga

Ka pirau ngā whakahoahoa, ā, ka memeha haere te
aroha i waenganui i te tangata nā ngā āhuatanga paitini o te
mana pupuri, te hiahia whaiaro, ngā whanaungatanga
whānau ā-ringa, te hiahia moepuku, ngā herenga ā-tinana,
ngā pahūtanga o ngā kare ā-roto, me ngā
whakawhitiwhitinga whai hua, nā te mea ka whai mai ngā
herenga poto i te mauahara ohorere, ka arahina atu ki te
matenga o te aroha tangata. Engari kei roto i te ngākau o ia
tangata he aroha mutunga kore, he aroha atua e noho puku
.ana mō tētahi wā, engari kāore e tino mate

I roto i te oneone o tō ngākau, ka tupu ngā purapura o
te aroha. Whakatipua aua purapura, whakamakukuria ki te
.aroha me te ngākau whānui

He aroha te Atua, ā, mā te aroha tātou e hono ki te
Atua. Ki te hiahia tātou ki te aroha ki te Atua, kaua e wehea,
e whakawhāiti rānei i tō tātou aroha, engari me hono atu ki
.te aroha atua

Ko te mana katoa me ngā mea katoa o te ao whānui he
hua nō te hinengaro atua, pērā i ngā mea e kitea ana e koe i
.roto i te moemoeā he mea hanga nā tō hinengaro

Ko te huarahi anake hei karo i te mahi hē ko te
whakawhanake i te whakaaro tika kia mōhio ai koe ki te
mahī hē, kia whakatau ai koe kia kaua e mahi i taua mahi
.hē

Kāore te whawhai ki tētahi hē e hua mai i te tika. Ko te
kuware te hoariri tūturu o te tangata, ā, me pei atu i tēnei
.ao

Kei a tātou ngā mea katoa e hiahiatia ana e tātou i tēnei
ao hei ārahi i tētahi wā o te whai rawa, te harikoa, me te tika
tino tika. Ko te arai anake ko te hiahia whaiaro o te tangata,
e kore ai e taea tēnei. Ko te mamae kino, kāore e taea te
whakatika, nā te apo me te hiahia whaiaro o te tangata i
puta ai, me te kore whakaaro ki ētahi atu. Ko te moni hei
whāngai me te whakakakahu i te hunga rawakore, engari hei
.whakangaro me te whakangaro

Ko te pūtake o ngā raruraru o te ao ko tēnei hiahia
whaiaro i whānau mai i te kuware. E whakaaro ana te katoa
kei te tika tā rātou mahi, engari ki te whai noa rātou i ā rātou
ake whāinga whaiaro, ka whakatinanahia e rātou te ture
karma o te take me te pānga, ka whakangaro i tō rātou ake
.harikoa me te harikoa o ētahi atu

Ko te nui haere o taku kitenga i ngā aituā o te ao i puta
mai i te kuware o te tangata, ko te nui haere o taku mōhio
he mea memeha noa te harikoa, ahakoa kua wharikihia ngā
tiriti ki te koura. Ko te harikoa pono kei roto i te whakahari i
ētahi atu. Me i pērā te katoa, ka harikoa te katoa, ā, ka
.whiwhi te katoa i tā rātou wāhanga o te taonga o te ao

Ko te mōhiotanga atua ki ōna hari me ōna ahua reka
mutunga kore o te rangi, he rite ki te tokotoko makutu e huri
tonu ana i te konganuku iti o te ao noa hei koura kanapa o te
.hari wairua pumau

Ko te whakahoahoa te kukume wairua o te ao whānui e
whakakotahi ana i ngā wairua ki te here o te aroha atua

maru o te wairua, te marino rānei o te wairua
Ina ngaro te wera o ngā manukanuka e mura ana
Ka puta te marino, ka kawea mai te rangimārie me te
ata noho

Ko te pou ma o te poti o te ora
Kī tonu i te hau o te harikoa pumau, kāore he
whakahihiri

Nā reira ka āta panaia e ia te poti ki runga i te mata o te
roto o Al-Rida

Ko te ata noho te awa o te ngākau māhaki
E rere mārie ana ki te moana o te marino
Motuhake mai i ngā ngaru o te manukanuka
Koia te maru o te wairua
Ka horapa ki runga ake i te hinengaro me te ngākau o te
tangata

Hei tiaki i ngā hari o tōna ao, ahakoa iti, ahakoa nui

Mai i ngā ua o te wehi me te manukanuka

Ko te reo rangi

E puta mai ana i te hāri o te ora

Ko te tote tapu ia

I te tēpu o te ora

Me te rehu e rere ana mai i ngā rerenga wai o te

whakatutukitanga

He wairua ataahua, he wairua marino

Mā tēnei e whakahaere te rangatiratanga o te wairua

I roto i te rangimarie me te whakaae taki

Kāore te marino e motuhake ki ngā wāhi whakatā

motuhake

Kāore hoki he mawhiti i te ngangau me te haruru

Engari, ka tae mai i te wā e manakohia ana e te ngākau

Ā, ka noho ia ki te wāhi e kitea ai e ngā wairua te

whakamarie i roto i a ia

Ahakoa te wā me te wāhi

He putiputi ngawari, he pakarukaru
Kāore e taea te aro atu ki ngā pā kino
Engari, ka ora, ka puāwai, ka puāwai
Ki te whakamakukuhia ki te wai māori, ki te wai
parakore

He roto marino o te kare ā-roto te marino
He waatea mai i ngā kita o te pouri
Ko ia e maringi ana ngā roimata o te wehi
Mō te iti o te manukanuka me te mamae
Ina kapi te whārangi o te wairua marino
:He paparanga hukarere mā, kanapa
Te hukarere o te marino me te rangimarie o te
hinengaro
E kore e kaha ngā tupuhi o te wehi me ngā tupuhi o te
manukanuka
Te whakararuraru i te rangimārie me te ata noho
I raro i tēnei paparanga mārō, kanapa
Mō tēnei kanapa manaaki, kanapa
* * *

Te Kāreti o te Aroha Atua
Ina uaina mai ngā anga o te mauahara ki a koe
Horoia te pā o te aroha
Ā, ki te haere tonu ngā pōma o te marama kore
Kia kaha tonu i roto i ngā ana o te aroha
I raro i ngā rūma o te aroha me te ngākau māhaki
Ā, ki te ngana ngā kohu paitini o te tinihanga
Hei whakapōrearea i te ora o tō whakaaro nui
Whakatakotoria he kopare o te aroha parakore ki a koe
anō

He piringa haumaruru te pā o te aroha atua
Mai i ngā whakaekenga a ngā ope o ngā wawata me ngā
whakamatautauranga
Keria he awaawa o te pono me te pumau

Whakakīia ki ngā wai o te aroha
Kia kore ai e taea e te whaiaro te kauhoe ki runga
Hei whakangaro i te whakaaro nui o tō wairua

* * *

Ko te hunga e whakaaroaro ana ka wheako i te
rangimārie o roto. Ko ngā mea e akohia ana e tātou i roto i
te whakaaroaro me whakamahi ki ā tātou mahi me ngā
kōrero o ia rā, ā, kua e tukua tetahi kia tahae i tō tātou
.rangimārie, kia whakararuraru rānei i tō tātou marino
He rite te whakaaro kore whakaaro ki te whakaata
mārama, kanapa, pumau, kāore e whakangaueuetia e ngā
whakatau hohoro

He māra te aroha atua, he rōhi me te pēpara, he
whakaaro hou, he mārama, he pūtake hoki o te aroha
.parakore e pā ana ki ngā ngākau pono

Kia māmā noa iho, ā, ka miharo koe ki te harikoa me te
.kore uaua o tō ao

Ko te harikoa tūturu o te whānau e ahu mai ana i te
mārama me ngā kupu atawhai

Mā te rumaki hohonu ki te whakaaroaro, ka puea ake he
ata hou o te oho ake. Ka memeha haere te kohu o te
wahangu me te mea ngaro e iri ana i runga i ngā mea katoa,
ka ngaro atu i mua i te māramatanga o te oho ake wairua
.me te hiahia nui e tipu haere ana ki te Atua
I roto i ā tātou mahi tahi me ētahi atu, he mea tino nui
kia mōhiotia ngā āhuatanga motuhake me ngā kounga
rangatira kua ahu mai i ō rātou wheako, kua hangaia hoki i
.roto i ō rātou oranga, ā, kia maioha hoki ki aua āhuatanga
Ki te ako tātou i te tangata me te hinengaro tuwhera, ka
taea e tātou te mārama ki a rātou me te mahi tahi me rātou

me te whakamarie, ā, ka taea e tātou te mōhio tonu ki te
.āhua o te tangata e mahi tahi ana tātou
Kaua e kōrero ki tētahi tohunga whakaaro mō te reihi
hōiho, kaua hoki e tautohetohe ki tētahi kaipūtaiao mō te
mahi whare. Kimihia he aha te mea e pārekareka ana ki te
tangata, kia hopukia ai tōna aro, ka kōrero ki a rātou mō
.tēnā, kaua rawa mō ngā mea e pārekareka ana ki a koe

Ki te hiahia tātou ki te mārama ki ētahi atu, me mutu tā
tātou whakahē me te whakahē i a rātou. Engari, me titiro
tātou ki roto i te whakaata o tō tātou ake mōhiotanga kia
kite ai i ngā mea e hiahia ana kia whakatikahia, kia
whakapaitia. He rerekē rawa tēnei whakaata o roto i te
whakaata e tirohia ana e tātou i ia ata. I ia rā, ka titiro ahau
ki roto i tēnei whakaata o roto, ā, ki te kitea e au tētahi mea
e kore e pai ki ahau, ka whakahē ahau i a au anō, ka whai
kia whakatikahia. Pēnei, ka kite te tangata i tōna whakaata
pono i roto i te whakaata o tōna wairua, ā, ka ahū whakamua
.ia rā, ia rā, i te ara ki te harikoa me te rangimārie o roto

* * *

E te Ariki, e tata atu ana koe ki ahau i tōku ake manawa,
ā, e rongo ana ahau i tōu aroaro i te taha o tōku hinengaro

Ina roa rawa te aro o te tangata ki ngā ngaru o te
moana, ka wareware ia ki te aro ki te moana tonu. Waihoki,
ina aro te tangata ki te ngaru iti o tōna ao, ā, ka piri rawa atu
ki taua ngaru, ka wareware ia ki te moana nui o te wairua,
he ngaru noa iho tōna ora i runga i te whānuitanga o tōna
.ngākau

Pērā i ngā rama hiko e whakakāhia ana ki ngā wāhi
rerekē e te pūkaha hiko kotahi, waihoki ka whakakāhia ngā
rama o te tangata e te pūkaha ao kotahi e pupuhi ana i te

mātauranga ki roto i ngā hinengaro, e whakakī ana hoki i
.ngā tinana ki te pūngao ora

He mea nui ia pata wai ki te oranga o te moana. Ahakoa
te āhua o te oranga o te tangata he pata iti noa iho i roto i te
moana o te tangata, he mea tino nui te pānga o taua oranga,
.ā, kua e whakahaweatia

ngaru moana e ngaru ana
Ngā awhiowhio o te pūnaha rā
me ngā ia o ngā mana o te ao tūroa
me ngā aorangi e rere ana i te wāhi
He rite ki ngā hukapapa i waenganui o te moana
E kanikani ana rātou katoa i runga i te uma o te
nekehanga mutunga kore
He tohu aroha te whaea e ki ana i te ngākau aroha me
te ngākau aroha
E whakakitea ana e te Atua tōna aroha i roto i ngā
putiputi
Whakatūria i roto i a koe he temepara o te ataahua me
te rangimārie, ki te wāhi e kitea ai e koe te Atua i roto i te
.wāhi tapu o tō wairua
I roto i ā tātou whanaungatanga pai katoa, me mahara
tātou ko te aroha o te Atua kei muri i ngā ngākau atawhai
.katoa e pā ana ki te aroha me te rangimarie
* * *

Kei te takoto te ora i te whenua taratara, e moemoeā
ana ki te ataahua i roto i ngā putiputi, e oho kaha ana i roto i
ngā kararehe, ā, i roto i te hinengaro tangata ka kitea tōna
.pūmanawa mutunga kore
Kāore e kore ka uru te hinengaro ki te noho me te tata o
te Atua ina kite te kairapu ko te ao katoa he whakaaturanga
o te hanganga atua. Ka puta mai ngā mea katoa i te mea
kāore e kitea, ka noho ki tēnei whenua mō te wā poto, kātahi

ka hoki ki te āhua kāore e kitea i te mutunga o tōna oranga
.whenua

I roto i ia ngota o tēnei ao whakamiharo, kei te hanga
tonu te Atua i ngā mea whakamiharo me ngā merekara
Ko te wikitoria ka noho tonu ki te pono me te ngākau pai
i te mutunga, ahakoa te roa o te wā

Kaua e tukua te mamae me te mate kia ngoikore tō
whakatau, kia whakangawari hoki i tō wairua. Tērā te rā ka
uru koe ki te ao o te wairua, ka pā ki a koe te hari e kore e
taea te whakaahua me te tumanako. Mā te mamae, me ako
tātou ki te aroha ki ētahi atu, ki te mārama ki ō rātou kare ā-
.roto, me te whakapau kaha ki te āwhina i a rātou

Ko ngā mea katoa o te ao tūroa e whakaatu ana i te
nekehanga, te huringa, me te kore pumau, engari ko te āhua
.o te Atua he marino, he ata noho, he marino

He mea nui te ngākau pono ki te ara wairua, nā te mea i
roto i te parakore o te ngākau me te māramatanga o te
.whakaaro ka whānau mai te ata o te wairua
I roto i ngā mārā o te ora, ka neke harikoa ahau i tētahi
rākau ki tētahi rākau, ā, ka tau ahau, e te Ariki, ki tō ringa e
.totoro mai ana e manaaki ana i ahau

* * *

:Te whanaketanga whaiaro

Me whakarite te tangata i tōna ao, me pānui i ngā
pukapuka pai rawa atu i hangaia e ngā hinengaro tangata,
kaua e moumou taima ki ngā pānuitanga koretake, ā, me
kimi mahi e pai ana ki a ia i te ao, me te whai kia mahi i tana
.mahi me te whai hua

He tokomaha te hunga e whakapau kaha ana i roto i ngā
mara maha, engari kāore e angitu. Ko te hunga e hiahia ana
ki te whakawhanake i a rātou anō, kāore e taea te mārama
ki ngā mea katoa mō ngā mea maha, engari ka taea e rātou
te mōhio ki ngā mea katoa, me te mōhio ki ngā mea katoa
.mō te mea kotahi

He moana nui te mātauranga, ā, he mutunga kore te
whakaaro nui wairua. Ahakoa he iti noa te Ao i roto i te ao
.whānui, he nui whakaharahara ki ō tātou kanohi
Ahakoa rā, nā te ahunga whakamua o te tangata, kei te
iti haere tō tātou ao nā ngā huarahi hou o te kawē waka me
te [whakawhitiwhiti kōrero], ā, e kore e roa ka tīmata tātou
!te whakaaro ki te haere ki ētahi atu aorangi
Me pupuri te taurite. Ko te hunga e wareware ana ki te
ao tūroa mā te arotahi anake ki te taha wairua ka whiua mā
.te ngaro o te taurite hinengaro

He mea nui ngā mahi ā-tinana, ā, e pā ana ki ngā
herenga pāpori, ā-motu, me te ao whānui. He nui ake te
herenga hinengaro i te herenga ā-tinana, ā, me matua
whakarite ngā herenga wairua me ngā herenga matatika. Me
whakawātea te hinengaro i ngā āhuatanga iti e nui rawa ai
.te aro o te tangata ki ngā mea ā-tinana
Wetekina ngā pūtake o tōu pūkenga me ōu mana huna,
ā, ataata mai i te ataata o te ngākau māhaki e kore e taea e
.tetahi te tango atu i a koe

E rua ngā mana e peia ana tēnei ao: te mana o te pai
me te mana o te kino. Ko te tangata e tango ana i te pai hei
kaiārahi, hei kaiārahi hoki, ka pai ōna rā, ka harikoa hoki
tōna oranga, ā, ko te tangata e tuku ana i te kino kia ārahi i
tōna ara, kia whakahaere hoki i ōna kare ā-roto, ka pāngia ia
.e te mamae me te pōuri

Ko te kupu matua mō te nuinga o te tangata ko "au,"
engari ko te hunga wairua e whakaaro ana ki ētahi atu pērā i
.tā rātou whakaaro ki a rātou anō

Ko te hunga e whakaaro ana ki a rātou anō anake ka
kawea mai te mauahara me te whakahāwea o ētahi atu ki a
rātou anō, ko te hunga ia e whakaaro ana ki ētahi atu, e
rongo ana i ō rātou kare ā-roto, ka kitea e rātou ka whakaaro
.anō hoki ētahi atu ki a rātou, ka aroha ki a rātou

He whakaiti i te tangata te whānautanga, te ora, te
mate, me te kore e mōhio ki te take i whānau mai ai ia ki
.tēnei ao hei tangata

Ko te wareware ki te Kaihanga ko te kore e mōhio ki te
kaupapa o te oranga, engari ko te whakaaro ki a ia me te
hiahia pono ki te rongō i Tōna aroaro ka hua mai he maha
.ngā painga wairua me ngā manaakitanga i roto i te wā
Ehara te whiwhi taonga me te taonga i te taurangi mō te
pouri me te pōuri. Tērā te rā e kore ai te tangata e āwhina, e
kore e whai mana, he mea takaro i roto i ngā ringa o te
aituā; kātahi ka mōhio rātou ko te Atua anake tō rātou
.tautoko, tō rātou tiaki, me tō rātou piringa haumaruru

Ia wā ka miharo koe ki tētahi mea whakamiharo, ki
tētahi mea hanga kē rānei, katia ō kanohi, tahuri ki roto, ka
.whakaaroaro ki tōna pūtake atua

Ko ngā hua matotoru anake e puta mai ana i te
wheketere atua e huna ana i muri i te hanganga e kitea ana
e te tangata, ā, me i taea e ia te tomo ki roto i te wheketere
tonu, kua kite ia i te huarahi whakamiharo e puta mai ai ngā
.mea katoa o tēnei ao

* * *

I tono ahau ki a koe
I ia ata ka tukua atu e au tōku tinana, tōku hinengaro,
me ngā pūkenga katoa kei a au ki a koe, e te Kaihanga
Mutunga Kore, kia whakamahia e koe i roto i tāu e pai ai, kia
.taea ai e koe te whakaatu i a koe mā roto i ahau
Ka waiatatia aku rangi ngākau o te hiahia ki a koe ki te
manawataki o ōku ngākau
E mōhio ana ahau nāu ngā mahi katoa, ā, kāore he mahi
uaua, he mahi iti rānei, mena ka tukuna atu ki a koe me te
.atawhai

I roto i ngā kupu wairua, ka tono ahau kia mōhio ahau ki
tō aroaro. Ko koe te pūtake me te mauri o ngā mea ora
katoa. Tukua ahau kia kite i a Koe i roto i ngā ngota katoa o
tōku ao, kia rongohoki i a Koe i roto i ngā whakaaro katoa
.kei roto i ahau

E te Ariki, arahina ngā awa o ō mātou hari kia kore ai e
ngaro i roto i te onepū o ngā ahuareka o te tinana mō te wā
.poto

Kia kaua ngā awa iti o tō tātou aroha e maroke i roto i
ngā koraha mokemoke o te hiahia whaiaro
Tukua ngā awa motuhake o ō tātou kare ā-roto kia
.hanumi ki te roto mutunga kore o tō aroha

Kia whānuitia ngā awa kuiti o ō mātou orange e ngā ua
nui o āu manaakitanga, kia whiti ai rātou i ngā mania
whānui, whānui o te ngākau mahaki, te patunga tapu, me te
whakaaro ki ngā kare ā-roto o ētahi atu, kia tae atu ai rātou
.ki roto i tō moana nui, i roto i te parakore

Ko te hinengaro atua, me tōna harikoa rangi, ko te matū
makutu e whakarerekē tonu ana i te mata matotoru o te
orange kino o te ao ki te koura kanapa o te harikoa e
.whakahou tonu ana

Ina tīmata te paru o ngā whakaaro pōrearea ki te tau, ka
tīmata te whakaata o te mana o te Atua i roto i ngā wai
.mārama, parakore o te hinengaro

* * *

I kōrero mai te reo mutunga kore ki ahau i roto i te reo
:mārie, iti, e mea ana

Kua kōrerotia e au ki tō taringa i ō tau katoa o te moe:"

'E ara!' Nā, kua mutu tō moe; ko taku kupu tēnei ki a koe:
Whakaarahia ō tuakana, me mahi tahi māua, kia rongohoki ai te
"katoa i taku kupu

:Nō reira i oati ai ahau, me te mea

Ka whakapau kaha ahau ki te hora i tāu karanga, ki te"

hora hoki i tāu karere, ā, ina wehe atu ahau i tōku āhua

whenua, ka tangohia e ahau tō reo e noho nei i ngā wāhi
:katoa hei hāhā ki ngā ngākau marino

Whakarongo ki ana himene tapu o te whakamarie

wairua, kei te karanga tonu hoki ia ki a koe

Ka tatari ahau mō aku teina me ōku tuahine tini; i a

rātou e hikoi mārire ana i roto i tētahi tira roa, roa ki te

whāinga tapu o te mōhio ki a ia anō, ā, mā roto i (Ngā

:Whispers from Eternity) ka whisper ahau ki a rātou

E ara ake, e ōku teina, kia whai tātou i tōna reo e"

karanga mai ana ki a tātou, kia hoki tahi tātou ki te kāinga i
"te rangi

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou

ngākau i runga i te rōhari o te hiahia me te aroha atua, ā,

.koinei te karakia pono e pā ana ki te ngākau o te Atua

He kohukohu, he whakaute te whakahua i te ingoa o te

Atua me te ngākau makariri me te hinengaro kopikopiko. Ina

inoi te tangata, me whakakī te ngākau me te hinengaro i te

.aroha o te Atua

* * *

Ko te tahuri ke atu i te kukume o te ao, me te

whakarērea o ngā hiahia o te ao, ehara i te āhua kino, engari

he āhua pai. He tuku noa iho i te pouri, he tuku noa iho i te

.mamae

Kaua te noho pūmau e whakaarohia he ara patunga

tapu. Engari, he haumitanga manaakitanga, arā, ko ngā

moni iti e pau ana i a tātou ki te whakahaere i a tātou anō ka

hua mai he miriona tāra wairua. Ehara ianei i te mea

whakaaro nui te whakapau i ngā moni koura o ō tātou rā

poto nei ki te hoko i te rangatiratanga o te hari mutunga

?kore

Me rumaki tātou i a tātou ki roto i taua kare ā-roto

parakore, hōhonu e whakaohoho ana, e hurihuri ana i roto i

a tātou ina titiro tātou ki ngā mea whakamiharo o te

hanganga a te Atua. Koinei te huarahi ki te mōhio ki te Atua

.mā te tirohanga ataahua

Ko te tangata e mahi ana i ngā mahi pai, ahakoa he
whakatauirā noa iho, ka whai wāhi ia ki te hongī i te kakara
whakahauora, ataahua hoki o te pai, e akiaki ana i a ia ki te
mahi i ētahi atu. Engari ko te tangata e mahi ā-ringa ana i
ngā mahi kino hei whakatauirā i ētahi atu, ka honoa ia ki ngā
.kakara kino, whakarihariha hoki o te kino

* * *

Kāore he tangata rite te āhua ki a koe. Kāore he tangata
rite te mata. Kāore he tangata rite te wairua ki a koe. Nā te
Atua koe i hanga, he ahurei hoki, ā, kāore he tangata rite ki
.a koe

Me tango e te tangata te mauri o te tuhinga e pānuihia
ana e ia, kia whiwhi ai i ngā painga mahi mai i taua tuhinga
Ka taea te hanga i te hua Peace i roto i ngā wheketere
.wheako ora hei whakamahi i ia rā

Ko te rangimārie te rongoā mō ngā mate hinengaro
katoa. Ko te hunga e whai mana whakahaere ana i a rātou
anō, ahakoa i roto i te kai, i te whanonga, i ngā
whanaungatanga marena rānei, ā, he pono, he pono, he
penapena, ko rātou te hunga e whiwhi ana i te rangimārie
.pono

Ka kitea te rangimārie i roto i te hanganga o ngā ture a
te Atua me ngā ture o te ao whānui. Ko te hunga e aroha
ana ki te Atua, e noho humarie ana, e koa ana ki te mahi i te
pai, e whakaaro ana, e whakaaroaro ana ki a ia, ko rātou
.ēnei e kite i te rangimārie
He tohu aroha te whaea e ki ana i ngā kare ā-wahine
ngawari

Ko te puāwaitanga o te rangimārie atua me ngā
whakatutukitanga wairua o roto he hua tūturu o te
whakaaroaro o ia rā, ā, he harikoa hohonu ake, hohonu ake i
.ngā taonga me ngā taonga o te ao
Kāore he mea reka ake, he mea whakaharikoa ake i te
aroaro o te Atua. Ina mōhio koe ki tēnei pono, ka tino
harikoa koe i roto i te hunga harikoa, ka tino whai rawa hoki.

Ka taea anake te whakamahi i te taonga i konei i runga i
tēnei ao; kāore e taea te whakamahi i te ao e whai ake nei.

Engari ko te koura o te hari o te Atua, i tangohia mai i ngā
maina o te whakaaroaro, he konganuku manaakitanga, e
whakahoutia tonutia ana, he mea whai hua i ngā ao e rua, ā,
.e kore e pirau ake tonu atu

* * *

I te oho ake o te wairua, ka mārama ake ngā tae, ka
reka ake te haruru o te oro, ka ngawari ake ngā kare ā-roto,
ka rongo te wairua i tōna whānui i te wāhi, ka mōhio te
hinengaro ki ngā wiri e puta mai ana i ētahi atu, ā, ka piki
.ake te kaha ki te pārekareka ki te ora

* * *

E amuamu ana te tangata mō te whakaaro ki te
whakarērea i ētahi mea o te ao, engari i te ao tūturu, he
maha ngā mea utu nui e whakarērea ana e rātou, tae atu ki
te rangimārie o te hinengaro. I ētahi wā ka patu whakahere
rātou i a rātou anō mō te moni, he mea memeha noa iho, he
mea pirau. Ka taea te tango i te taonga i te tangata, ka taea
rānei te tango atu i a rātou, ina wehe atu rātou i tēnei ao, ā,
kāore e taea te kawē tahi. Ko te uara tūturu o te moni kei
roto i te whakapaunga ki ngā mahi whai hua, me te kawē
mai i te harikoa ki a koe anō me ētahi atu i runga i te
.huarahi e pai ai te Atua me te hinengaro o te tangata
Kī tonu te ao i ngā awha ā-taiao me ngā awha ā-tangata,
ā, ko te Atua te whakangungu rakau kaha me te piringa
haumarū mai i ngā awha, ngā awhiowhio, me ngā kino o
.tēnei ao

Ahakoia kei hea te Atua, kāore he wehi, kāore he pōuri.
Ko te tangata whakapono pono e tū pakari ana, e whakahīhī
ana i roto i te pakanga o te ao me te pakanga o ngā
kaupapa, me te tino whakapono kei a ia te Atua, e tiaki ana i
a ia i te kino, ā, e kore rawa e whakarērea ia ia mō tētahi wā
poto. Nō reira, ka ngaro te wehi i roto i tōna ngākau, ā, ka

mau te tino whakapono, he parenga e kore e taea te
.whakatakoto

* * *

:Ki te hiahia koe ki tana whakautu
Ahakoa i whakautu ia, kāore rānei
Haere tonu te karanga ki a ia
Haere tonu āu inoi ki roto i te wāhi tapu o ngā inoi tonu
,Ahakoa tae mai ia, kāore rānei
Whakapono mai kei te tata mai ia ki a koe, kei te tata
mai hoki

Me ngā hiahia katoa o tō ngākau
,Ahakoa ka whakamanahia e ia tāu tono, kāore rānei
Kia mau tonu te whakaatu i te aroha ki a ia
Ahakoa kāore ia e whakautu mai
,Pērā tonu i tāu e tumanako ai
Whakapono ka whakautu mārire ia
Ā, i roto i te pōuri hōhonu, āu inoi
I waenganui i te kanikani o te ora, te mate, me te
mamae

Ki te karanga tonu koe ki a ia
Me te kore e whakapouri i a koe tana wahangu
Ka whiwhi koe i tana whakautu

* * *

Kia mahi tātou ki te hanga i tētahi ao kotahi, e whai
wāhi ai ngā iwi katoa ki te mahi, e arahina ana e te Atua mā
.te hinengaro mataara o te tangata
I roto i ō tātou ngākau, ka taea e tātou katoa te
whakaharatau i a tātou anō i te hiahia whaiaro me te
mauahara

Kia inoi tātou mō te rangimārie i waenganui i ngā iwi
katoa, kia haere tahi ai rātou i roto i ngā kūaha o tētahi ao
.hou, rangatira
He rite ngā kupu pono, ngākau pono, reka ki te nekita
whakahauora mō ngā wairua matewai. E hiahiatia ana, e
.matea ana hoki ēnei kupu i ngā wāhi katoa, i ngā wā katoa

Mō ngā kupu kino, whakarihariha, me ngā kupu mamae,
he mea whakamate ki te wairua o ētahi atu, ā, he mea
whakangaro hoki ki te rangimārie o roto. He pōro
whakangaro i te hanganga o te whakahoahoa, he ahi hoki e
.tahu ana i ngā kāinga haumarū, pumau
Me pupuri e te tangata ngā kupu kino kia matara atu i
ōna ngutu ake tonu atu, ā, me tiaki tōna kāinga i te raruraru
.me te wehenga ohorere
Mā ngā kupu atawhai ka harikoa ngā ngākau o ngā hoa
me ngā hoariri, i roto i ngā hāpori, i ngā wāhi karakia, i ngā
tari, i ngā wāhi mahi, me ngā wāhi katoa. Ka harikoa te
tangata ina wehe atu tētahi tangata uaua, pōuri hoki i a
rātou, ā, ka koa ki te kite i tētahi hoa pono, kōrero pai,
.ngākau atawhai, me te ngāwari
Ki te whakapau kaha koe ki te whiwhi i tāu e hiahia ana,
ā, ki te makona koe ki ngā mea e whakangawaritia ana e te
Atua māu, ka nui ake tō wairua, ka nui ake tō makona i te
.hunga e hiahia nui ana ki te ao, e apo ana ki ōna taonga
Ka mahi te Atua ki te whakawhanake i te toi o te noho
tika mā te whakakite i Tōna pono mā roto i te ranunga o ngā
.iwi rerekē, ngā hinengaro, me ngā iwi rerekē
Kāore he iwi e tino tika ana i a ia anō, ā, mā te
whakakotahitanga o ngā āhuatanga pai rawa atu o ngā iwi
katoa ka homai ki a tātou ngā māramatanga pai rawa atu ki
te toi o te noho taurite me te oranga angitu. He mea tika kia
mōhiotia ko ngā tino tangata katoa i eke ki te tihi o te
whakatutukitanga ā-iwi, ā, i whakaatu i ngā wawata me ngā
.mātāpono tangata teitei rawa atu i roto i ō rātou oranga
Kei roto i te wairua te temepara o te Atua. Tomo ki te
marino o taua temepara, ka noho ki te whakaaroaro, kei
reira te māramatanga o te māramatanga e whiti ana ki
runga i te aata o te wairua. Tomo ki taua temepara kāore i
pāngia e ngā ringa tangata, kāore he manukanuka, he wehi
.rānei

Haere mai ki te rangimārie o te mokemoke wairua, ā, ka
rongo koe i te reo o te Atua e kōrero ana ki a koe i te reo o te
wā puku, ā, ka mōhio koe kua kitea te mea e kore e kitea, ā,
.ko te mea e ahua kore nei e tupu kua tūturu
He ataahua te taurite, ā, me waiho hei tūāpapa mō ō
tātou kare ā-roto, whakaaro, me mahi, me te pou e huri
.haere ai ō tātou oranga
Ka mau tonu te marino me te rangimārie o ngā wairua
nui, ā, ka āwhina i a rātou ki te puta i ngā whakamātautau
me ngā raruraru o te ao me te kore e ngaro te whakaaro pai,
.te taurite rānei
Kei ngā wāhi katoa te Atua, e whakahaere ana i ngā ao,
e ārahi ana i ngā tupuni whetu i roto i ngā porowhita
mutunga kore. Ā, ko te tangata, i hangaia kia rite ki tōna
āhua, kei a ia te kaha ki te whakahaere i tōna oranga me te
whakarite i ana mahi me te kore e manukanuka, e
.whakararuraru rānei
Me tuku tonu e tātou ngā whakaaro o te aroha, te
ngākau pai, me te rangimārie ki ētahi atu
I roto i te hanganga o te whakaaroaro, te wāhi e tiaho
tonu ai te māramatanga o te māramatanga ki runga i te aata
o te wairua, kāore he manukanuka, kāore he ahotea, kāore
he taumahatanga, kāore he manukanuka, engari he marino,
.he marino, he whakapono ki a ia anō, me te harikoa pono
E te Ariki, āwhina mai kia hinga i a mātou ngā rewera o
te hiahia whaiaro e hanga ana i te wehewehe me te ngangau
i waenganui i te tangata, e aukati ana hoki i ngā wairua kia
.huihui mai i roto i te aroha ki te pai me te rangimarie
E manakohia ana ngā mahi pai katoa e te Atua, mena ka
mahia me te mōhio ki te wairua. Ko ngā mahi ā-iwi ko ngā
mea e hihirihia ana e ngā whakaaro whaiaro. Me wawahi te
arai i waenga i te mahi ā-iwi me te mahi wairua. Ko ngā mahi
katoa e mahia ana me ngā kaupapa tika he parakore, ā, ka
.āwhina ki te horoi i te wairua i ngā poke me ngā poke

Kōwhiria ō hoa kia āta, kia whai whakaaro hoki. Kia noho
hei hoa pono ki a rātou, engari kia mau tonu te tawhiti, ā, kia
waiho te whakaute hei hononga i waenganui i a koe me
.rātou. Kaua e takahi i ngā rohe o te tika ki a rātou
He ngāwari te noho tahi me ētahi atu, engari ki te hiahia
koe kia mau tonu tō rātou aroha me te whakaute ki a koe,
.me whai i tēnei tohutohu

* * *

Mā te inoi, te whakaaroaro, me te whakapono, ka
whiwhi te tangata i te arataki wairua, ā, kāore e taea e te
tangata te noho i roto i te rangimārie me te marino me te
kore tēnei rangimarie o roto. Heoi, ki te whiwhi arataki tika
mai i te Atua, kaua ki te whakawhirinaki ki ngā
whakamārama e puta mai ana i ngā hiahia, i ngā kare ā-roto,
i ngā tikanga rānei, me whai mātauranga ā-roto me te
.māramatanga hohonu

Kia mōhio koe, ko ngā mea katoa e whaia ana e koe, me
.te nui atu i tēnā, e tatari ana ki a koe i roto i te Atua
I tētahi ahiahi, ka mea te kaiako a Paramahansa ki ngā
:ākonga

Kāore he tikanga o te taonga ki ahau, engari he mea"
tino utu nui te whakahoahoa. I roto i te whanaungatanga
pono, ka kitea te kanapa pono o te hoa o ngā hoa: ko te
".Atua

Kātahi ka tāpiri atu ia: "Kia tūpato kei tinihanga koe i tō
hoa, kei tuku rānei i tō tangata, ko tētahi hoki tēnā o ngā
".hara nui rawa atu e ai ki te ture o te tika atua

* * *

Whakawhanakehia te kaha hinengaro. Whakatipuhia
taua kaha kia taea ai e koe te tū pakari pērā i te toa i roto i
te pakanga o te ao, me te aro atu ki ngā wero katoa, ahakoa
.te aha

Ki te aroha koe ki te Atua, me whai whakapono koe, kia
rite hoki ki te manawanui me te u tonu ina tae mai ngā
.aituā, ngā aituā, me ngā whakamātautau

Kaua e ngakaukore, kaua hoki e wehi i te mamae,
engari me mahi kia mau tonu te pai me te kaha o tō
hinengaro

Ina pārekareka koe ki te horopeta tuturu o te harikoa
wairua, ka kitea e koe kāore he wheako kē atu e taea te
.whakarite ki tēnei

Me whai tonu ngā mātua ki te whakatō i te
māramatanga wairua ki roto i ā rātou tamariki mā te
whakaako i a rātou ki te whakaaroaro me te māramatanga
kia kore ai rātou e taka ki te whakamatautauranga o te
tākaro ki ngā ahi o ngā ahuaireka tinihanga me ngā ahuaireka
.teka

Ina heke iho te hari atua, ka marino taku manawa, ka
rere taku wairua, ka pā ki te harikoa o te mano moe i te wā
kotahi, engari kāore au e ngaro i ōku māramatanga noa. Ko
tēnei wheako ao whānui he mea whakarite mā te hunga e
ruku hohonu ana ki te whakatutuki i te taumata teitei o te
.hinengaro

* * *

:Te kanohi o te ngākau

Ka whakaatu ia tangata, i ngā taumata rerekē, i te mana
o te kanohi o roto, o te māramatanga rānei. Ka puta mai i te
pae tawhiti o te marino me te rangimārie, ka homai he
mōhiotanga tika me te pono mō ngā mea me ngā tāngata,
me te kore e hiahiatia he taunakitanga whakatau tata, he
taunakitanga ā-pūmanawa rānei; e mōhio ana tātou ki tēnei
.mai i ō tātou ake wheako

Ka puta te māramatanga pono hei kare ā-roto marino,
pono hoki, he rerekē i ngā manukanuka kare ā-roto me ngā
whakapae whakararuraru. Ka puta tēnei māramatanga hei
reo o roto, hei hāhā rānei o te ngākau, ā, he mea nui kia
wehewehea te arataki pono o roto me ngā reo tinihanga o te
.hinengaro huna

Ehara te māramatanga pono (te pūmanawa) i te
whakapono pakari engari ko te mārama tika ki te pono, ā, ko

te whakaaro auaha te rongoā pai rawa atu mō ngā āhua
.rerekē

Ka mau te hinengaro i ngā āhua pōuri ina noho pōuri,
ina ohorere rānei te tangata. Ina kore he whakaaro pai i roto
i te hinengaro, ka pouri te rangatira, ka taimaha hoki i ngā
manukanuka. Ā, i roto i te pouri me te manukanuka, ka noho
te rewera hei manuhiri i roto i ngā whakaaro o taua tangata,
!ka whakahaere katoa i te ope
Nō reira, e hoa, me mahi koe ki te whakawhanake i ngā
whakaaro auaha. Ki te kore koe e mahi ā-ringa, me mahi he
mahi auaha i roto i tō hinengaro. Kia noho pukumahi, kia
kore ai he wā e toe ana ki te noho i roto i te ahotea me te
.manukanuka

Kāore ngā whakahoahoa e makona ai ō tātou wairua ki
te kore e ahu mai i te aroha tahi ki te Atua. Ko tō tātou
hiahia ki te māramatanga me te whakahoahoa mai i ētahi
atu, ko te pono, ko te hiahia o te wairua kia kotahi ki tōna
.pūtake: ko te Atua

Ko te nui ake o tā tātou ngana ki te whakamātau i taua
hiahia mā roto i ngā mea o waho, ko te iti ake o te
.tūponotanga ka kitea e tātou te hoa rangatira ake
Ki te mea he hinengaro pakari tōu, ā, ka whakawhanake
koe i te whakatau pumau, ka taea e koe te whakahaere i tōu
aituā. Whakamātauria tō kaha hinengaro i ngā mea iti i te
tuatahi, ā, mahi ki te whakapakari i taua kaha kia tutuki ai
ngā mea nunui maha. Kua pā ki ahau tēnei i roto i tōku ao, ā,
.e kōrero ana ahau me te whakapono

Ko te huarahi anake hei karo i te mahi hē ko te
whakawhanake i te whakaaro tika kia mōhio ai koe ki te
mahi hē, kia whakatau ai koe kia kaua e mahi i taua mahi
.hē

Kāore te he e puta mai i te whawhai ki tētahi atu, he
tika. Ko te kuware te hoariri tūturu o te tangata, ā, me pei
.atu i tēnei ao

Kei a tātou ngā mea katoa e hiahiatia ana e tātou i tēnei
ao hei ārahi i tētahi wā o te whai rawa, te harikoa, me te tika
tino tika. Ko te arai anake ko te hiahia o te tangata, e kore ai
e taea tēnei. Ko te mamae kino, kāore e taea te whakatika,
nā te hiahia o te tangata me te whai i ōna ake painga, me te
.kore whakaaro ki ētahi atu

* * *

Mai i ngā pūranga: Te kotinga o te mauahara
I kino a Nasi rāua ko Zakir tetahi ki tetahi. I tīmata te
pakanga i waenganui i a rāua i a rāua e tamariki ana i te
kura, ā, i tō rāua pakeketanga, ka tipu te mauahara i
waenganui i a rāua, ā, ka noho rāua hei hoa whakataetae i
.roto i te pakihi hoko hu

I tētahi wā, i whakataetae rāua mō te ringa o tētahi
kōtiro hei marena, ā, nā te mea he kaha ake a Nasi i a Zakir,
ka whiua kinotia ia e ia, ā, ka ngaro tōna mōhio. I te hokinga
ake o te māranga o Zakir, ka taupokina ia e te whakama, te
.pouri, me te whakariharia ki ngā mea i pa ki a ia
I muri i ngā tau, ka whakatau a Zakir ki te neke ki tētahi
tāone nui ki te mahi me te noho

Kua wareware a Nasi ki ngā mea i tupu, engari kāore i
taea e Zakir te ūkui i te whakama me te whakaiti i a ia i roto
i tōna mahara. Heoi anō, i kōrero tonu ia, i whakaū tonu ki a
ia anō, "Ka murua e au ngā hara o Nasi, ā, e kore ahau e
".mahara ki tana hara ki ahau

Engari i muri i ētahi marama, ka kite a Zakir i a ia e kī
taurangi ana mō te murunga hara i ia rā, i roto i tōna ngākau
e hiahia ana ia ki te rapu utu, ā, e tatari ana ia mō ngā whai
wāhitanga ki te patu i tētahi atu whiu hei whakamātau i tōna
.hiainu ki te rapu utu

I muri i tētahi wā, ka rongo a Nasi i tētahi kukume
rerekē e kukume ana i a ia ki te tāone i neke atu ai tōna hoa
tauwhanga tawhito, a Zakir. Kāore ia i ruarua kei te tata
tetahi mea te tupu. Heoi, i mōhio a Zakir ki te aroaro o Nasi i
.te tāone, ā, ka tīmata ia ki te aroturuki i ana nekehanga

I tētahi ahiahi, ka hikoi a Nasi ki te "hongī i te hau hou,"
.ahakoa he pōuri, he ua hoki te rangi
I a ia e hikoi ana ko ia anake i tētahi huarahi motuhake,
ka hipa ia i mua i tētahi whare putunga tuwhera, ko Zakir ia
e whai puku ana i a ia me te āta tupato, ā, i te putanga mai o
te wā, ka whakatau ia ki te whakatau i te kaute me te
.huamoni tāpiri

I tōna harikoa nui, ka kite ia kua taka mai tētahi pereki
totoka i tētahi o ngā pakitara o te whare putunga, nō reira ka
hopukia e ia, ka patua te māhunga o tōna hoa whawhai o
mua, ka whiua ia ki te whenua, ā, ka hoki whakamuri i te ara
.i haere mai ai ia, me te kore a Nasi e mōhio kei reira ia
I muri i ngā haora, ka mutu te ua, ka marama ngā
kapua, ā, ka puta mai he hihi o te marama mā roto i tētahi
kōhao i te tihi o te pakitara. Ka oho ake a Nasi, ka kite i a ia
.e takoto ana i runga i te whenua, e ngoikore ana
I ngana ia ki te rapu i te mea i tupu, ā, i tōna kitenga i
tētahi taera i tōna taha me tētahi kōhao i te pakitara i runga
ake, ka whakatau ia i a ia e hikoi ana i te taha o te whare
putunga, nā tōna pōuri i taka taua taera i te tihi o te pakitara
.ka hinga ki runga i tōna matenga

Ko te akoranga o tēnei pūrākau, ka wareware te tangata
ki te kino i pā ki ētahi atu, ahakoa kāore e warewaretia ngā
hua o ā rātou mahi, ā, ka whai puku ngā hua o aua mahi i a
rātou i roto i te pōuri o te kuware. Pērā i te kau e kitea ai
tana kuao i roto i ngā mano tini o te kau, waihoki ka whai
mana ngā hua o ā tātou mahi ki te whai tonu i a tātou me te
.tohu i tō tātou wāhi, ahakoa kua roa te wā

Me i whai whakaaro nui a Nasi, ā, i ngana ki te whakatau
i te tautohe i waenganui i a ia me tōna hoa whawhai, a Zakir,
me te whakapāha ki a ia i muri i taua aituā, tērā pea kua
whakaitihia e ia te riri o tōna hoa whawhai, ā, kua kore ngā
.mea e haere ki tua atu i tērā

Engari kāore i rerekē ngā mea katoa, ā, ka tupu, ka
puāwai ngā purapura o ngā hua kino i roto i te kōpū o tētahi

heke mai pōuri, ā, ka mutu ko tētahi whānautanga kino. Hei karo i ngā ohorere kino, me tahu ngā purapura o ngā hiahia kino e piri ana i roto i te oneone o te hinengaro, ā, me mua i te mahi te tirohanga matatau, nā te mea e kī ana te ture whānui ka kokoti te tangata i ngā hua o āna mahi, ahakoa .pai, ahakoa kino, ahakoa reka, ahakoa kawa. Kia maumahara tātou, ko ia mahi ka waiho i ngā tohu e rongoa ana hei au me ngā hiahia i roto i te hinengaro. Ki te kore ēnei e whakahaerea me te whakaaro nui, ka arahi pea ki ngā hua kino. Heoi, ina tahuna ngā purapura o ngā mahi .kino e te ahi o te whakaaro nui, e kore e taea te tupu anō.

Mahere āpōpō, rānei: Kotahi te tono e tika ana te whakapau kaha

Mai i ngā whakaakoranga a te kaiako

Paramhansa Yogananda

Ki te kopikopiko noa koe i roto i te ao e tatari ana ki ngā whai wāhitanga kia angitu, tera pea kāore aua whai wāhitanga e patoto mai, ā, e kore koe e kite i te angitu. Engari ki te mea ko koe te tangata e hoahoa ana i tō ake heke mai, e tuhi ana hoki i te mahere o tō āpōpō ki ōu ake ringaringa, kia hari koe ki te whakatutuki i tō whainga, kua tata rawa hoki koe ki te whakatutuki i tō whainga e hiahiatia ana.

Hei hoahoa i tētahi mahere angitu, me tautuhi tuatahi koe i tō whāinga. He aha te tikanga o te angitu ki a koe? He aha tāu e hiahia ana mai i te angitu? Mena ko tō whakautu he rongonui, he taonga, he whakatutukitanga rānei i ngā hiahia whaiaro, kāti kei te anga atu koe ki te pouri nui me te korenga e angitu.

Ko te hunga tino kore angitu ko te hunga e mōhiotia whānuitia ana ō rātou ingoa, ko te hunga e kaha ana ki te hoko i ngā mea katoa e pai ana ki a rātou, ā, kei a rātou - e ai ki ngā paerewa rauemi - ngā mea katoa e hiahiatia ana e ō rātou wairua, engari kāore i a rātou te harikoa! Nā, he aha rā te haere tonu i te ara korekore?

Ahakoia ko te rongonui me te waimarie ngā hua o te angitu tuturu, ehara i te mea koinei te mauri o te angitu, ehara hoki i te mea koinei ngā āhuatanga tino nui. Ina hoki, kāore rawa ēnei e hiahiatia ana hei whakatutuki i te angitu.

He aha te kaupapa? He aha te mea e tika ana kia rapua e te tangata i te ao? Kotahi te whāinga e tika ana kia whaia, kia tohea hoki: te harikoa. Me tango mai ngā taonga huna o te ao i ia wā, i ia wā, mō te hunga e mōhio ana ki te rapu, ā, e mōhio ana ki te wāhi e takoto ana aua taonga.

Kia mōhio koe, e te tangata e rapu ana i te harikoa, ki te whakawhāitihia tō aro ki tō rā anake

Ā, ki te whakarei ake koe i tō rā ki ō kupu atawhai, ki ō mahi whai hua, me ō whakaaro pai

Ka waiho tō rā hei hoa pono māu, hei whai wāhitanga koura māu

Ko tō uruwhenua me tō visa hei huarahi mōu ki tētahi heke mai kanapa, whai hua, kī tonu i te angitu.

Nō reira, ko te taahiraa e whai ake nei ki te mahere i tō heke mai ko te āta tiro tiro i ngā mea o ia rā o tō oranga, me te pupuri i ngā mea whai hua me ngā mea pai. Ki te kore koe e mahi i tēnei, me mutu koe ka arotake.

Hei whakatutuki i te angitu, me whai whakaaro ki ngā āhuatanga matua e whai ake nei, ki te kore ēnei e kore e taea te angitu:

Ina ara ake koe i te ata, kaua e peke atu i te moenga tonu ka tīmata i ngā mahi o te rā

Whakamātauria, whakangāwaritia tō tinana katoa kia maha ngā wā kia hoki mārire mai ai tō kaha. I mua i te tīmatanga o tō mahi o ia rā, tangohia he wā hei whakaū i a koe anō koinei te rā pai rawa atu o tō ao. Whakamātauria koe anō ahakoa te aha, ka pēnei tonu tō rā. Mā te inoi me te whakaaroaro ka whakapakari i tō whakapono, ka hoatu hoki ki a koe te kaha e hiahiatia ana.

Whakangawaritia tō oranga

Kaua e whakawhirinaki ki ngā mea hanga a te tangata hei oranga ngākau. Ki te whakawhāiti koe i a koe ki ngā ahua poto noa, ka riri koe, ka pōhēhē, ka pōuri hoki. Kāore he take mō te piri tonu ki te pouaka whakaata, ki ngā huihuinga pō, me ngā hakari—kua noho ēnei hei tikanga pāpori kua mau. E ai ki tētahi—ā, he pono ana kupu—ehara i te mea ko tā tātou mahi te mea e whakamate i a tātou, engari ko te āhua o tā tātou whakapau i tō tātou wā waatea! Ka roa ake tō oranga, ā, ka nui ake tō koa ki te oranga mēnā ka whakangawari koe, ā, kāore e herea koe ki te haporī. Rapua ngā harikoa e kitea ana i roto i ngā mea iti.

Me whakapau kaha koe ki te whakaoti i te mahi kei a koe ki te pai rawa atu o tō kaha

Ki te kore koe e makona ki tō mahi o nāianei, kāore te manukanuka me te koretake o te mahi e

whakarerekē i tetahi mea. Ngāna ki te whakatata atu ki te āhuatanga me te waiaro pai, ahakoa he aha, ā, ka puta tētahi o ēnei mea e rua: ka kitea e koe kua ngaro i a koe tētahi whai wāhitanga nui, ka huaki ohorere rānei tētahi tatau hou, ka taea ai e koe te tomo me te kimi i tētahi mahi e pai ake ana mō ō hiahia me ō wawata.

He tukanga tonu te ora o te hoatu me te whiwhi

Kia taurite, kia kaua e nui atu i tāu e hoatu ana, kaua hoki e whakawhāiti i a koe ki te hoatu noa me te kore e tango

Whānuihia tō tirohanga

Whakaatuhia te hiahia ki ngā oranga me ngā mahi a ētahi atu. Tirohia ki tua atu i a koe anō—ki tō whānau, ki tua atu i tō whānau ki ō hoa, ki tua atu i ō hoa ki ngā tāngata katoa. Ka whakaū te pūtaiao he wāhanga koe nō te katoa, nō reira kaua e wareware ki tō tuakiri whānui.

Whakatauritehia tō oranga

Me uru te mahi, te okiokinga, te wā wātea, te ako, me te whakaaroaro i ia rā. He tangata koe, he tinana, he hinengaro, he wairua hoki. Whakatipua ēnei āhuatanga nui i roto i te huarahi taurite, ātaahua hoki, kia whiwhi ai koe i te hauora, te ora, me te mātauranga.

Kia tere te menemene, kia puhoi te pōuri, kia hihiko ki te āwhina, kia manawanui ki te tatari me te huri, kia mataara hoki ki ngā whai wāhitanga.

Tirohia te pūkete i te mutunga o te rā

Whakamihi atu ki a koe mō te ahunga whakamua kua oti i a koe. Kāore ngā mea e rerekē i te pō kotahi, nō reira kua e wehi ki te aro atu ki ngā hapa me te whakapau kaha ki te mahi pai ake āpōpō. I mua i tō haerenga ki te moe, tukua ō mahi ki te Atua, me te mōhio kāore ia e waiho i a koe, engari ka whakarato i ngā whai wāhitanga me ngā kuaha ki a koe, mena ka whakapau kaha koe, ka rapu i tana awhina me tana arataki.

Ina hinga koe i te hiamoe, ā, i mua i tō moe, kia mārama koe he pai ake āpōpō i tēnei rā, me te āwhina a te Atua.

Mena he kaiwhakamahere tupato koe, he kaihanga mohio hoki

Ki te piri koe ki ngā taipitopito o tō mahere

Kāore e taea te hinga!

Haere tonu, kia tau te rangimārie ki a koutou!

Puna: Te Makasini Mōhiotanga-ā-Iho

Ngā wiri hohonu

Translation: Mahmoud Abbas Masoud

E te Ariki, ko koe te hiko ngaro o te rangi e rere ana i roto i ō mātou uaua, e whakakaha ana i ngā mahi uaua me ngā mahi uaua o ō mātou tinana, me ō rātou kikokiko katoa, wheua, io, me ngā uaua.

Kei roto i a mātou tō kaha ora, i ia manawa e tangohia ana e mātou, i ia pā o ō mātou ngākau. Kia mōhio mātou ko te mana, te pai, me ngā manaakitanga katoa e puta mai ana i a Koe, e te Puna o te Atawhai, te pūtake o ngā pai, te kaha, me ngā manaakitanga katoa o te ao.

*** * ***

*** Mai i te māra o te ata, ka kohia e au ngā
putiputi o te māramatanga māu hei tuku hei
whakahere iti ki ō waewae**

**Kia whiti te whetu o tōku aroha ki a Koe i roto i te
āhua o tōku wairua, kia peia atu te kohu o te mangere
me te pōuri o te mangere. Kaua e wareware ki ahau, e
te Ariki, ahakoa ka wareware ahau ki a Koe.**

**Mahara mai ki ahau ahakoa kāore au e mahara ki
a koe**

*** * ***

**E te Ariki, manaakitia mātou kia ora ai mātou i
roto i te harikoa me te tumanako**

**Kia pārekareka tātou ki ā tātou mahi o te ao nei,
me ngā ataahua mutunga kore o te hanganga**

**Āwhina mai kia whakapai ake i ō mātou hinengaro
kia taea ai e mātou te reka me te pārekareka ki te
taiao whakamiharo.**

**Ā, tukua mātou kia whakakīia ki tō reka tapu ngā
ahuareka harakore katoa o te ao**

**Kua whakarērea e tātou te tirohanga kino me te
pouri e patu korekore ana i ngā harikoa o te ora me
ngā mea ahuareka o te ao.**

*** * ***

**Kua roa ahau e mamae ana i ngā kitenga pōuri o
ngā mea o te ao. Engari ko koe, e te wairua o te ao
whānui, e kite ana ōku kanohi i te tinana matekore,
mangu.**

**Manaakitia ahau kia kite ai ahau i tōu aroaro tapu
i roto i ngā mea katoa, i runga i te māramatanga o te
whakaaro nui**

*** * ***

**Whakamahia tō mātou konganuku, e te Kaihanga
Hinengaro o te Rangi! Hurihia tō mātou ngoikore hei
kaha, me ō mātou whakaaro hē hei māramatanga**

**pono ki te pono Hurihia ngā rewera whakarihariha o ō
mātou wawata whaiaro hei wawata teitei, hei wawata
parirau, tō mātou kuware mamae hei whakaaro tapu,
me ngā rauemi mata o tō mātou mangere hei koura
parakore o ngā whakatutukitanga wairua
whakamiharo.**

*** * ***

**E te Ariki, me ōku ringa whakaiti e whakatata atu
nei ahau ki a Koe ki te tuku atu i tōku tinana katoa ki
a Koe, me te whakakī i aku inoi ki te kakara o te
aroha atua!**

**Homai ki ahau te whakawhirinaki o ngā tamariki
harakore ki a koe, me te aroha katoa ki a koe**

**Manaakitia ahau kia rongō ai ahau i tō aroaro i
muri i ngā kupu o aku inoi**

**Whakaaweawetia ahau kia rongō i tō aroaro i roto
i ōku kare ā-roto katoa**

**Kia mōhio ai ahau ko tō whakaaro nui e whakarei
ake ana i tōku māramatanga, e whakatapu ana i tōku
mātauranga**

**Kia tino mōhio koe ko tōku ao he whakaaturanga
o tōu ao ahurei, ahurei hoki**

*** * ***

**E te Ariki, e kore e taea te huna i tōku aroha ki a
Koe e ngā kupu kōrero, e ngā mea ngaro rānei e hāhā
ana. Nā te mea i roto i te reo tapu, kāore e kōrerotia,
ka whakapuakina e ahau ki a Koe tōku aroha nui me
tōku hiahia nui ki te tūtaki ki a Koe.**

**He wahangu tō reo, ā, i roto i te marino o tōku
wairua ka rongō ahau i tō reo ngawari**

**Tukua ahau kia rongō i tō aroha ki ahau, ahakoa
kāore au i te mōhio i mua**

*** * ***

**Whakaakona mātou, e te Ariki, kia aroha ki ngā
manu, ki ngā kararehe, ki ngā putiputi kikokore, me**

**ngā tarutaru ngū e takahia ana e ō mātou waewae
mangere.**

**Ko ngā momo tini o te taiao he whakaaturanga o
tō pūkenga maha-āhua: he mahi toi pono nā tō
ringaringa, e nekeneke tonu ana, e wiriwiri ana.**

**Kia kite tātou i roto i ngā mea hanga katoa āu
mahī ahurei e kore nei e taea te whakatauirā!**

*** * ***

**E te Ariki, manaakitia ahau kia kore ai ahau e kite
i tetahi mea engari ko te pai me te parakore**

**Kia kore ai e rangona e au tetahi mea engari ko
ngā kupu whakahihiko me ngā himene o te aroha atua**

**Homai tōu atawhai, e te Wairua kakara o te rangi,
kia hongihia ai e au ngā kakara reka e whakamahara
mai ana ki ahau ki a koe.**

**Tukua ahau kia whakamātau i ngā kai māmā noa
iho, kai whai kiko hoki**

**Ā, kia maumahara mai ngā mea katoa e pā atu
ana ahau ki tō pā parakore, manaakitanga hoki**

*** * ***

**Ahakoā ngā awha o te pouri e pupuhi mai ana ki a
koe, e ngana ana ki te aukati i tōna ahunga
whakamua, kei te haere atu taku tira inoi ki a koe.**

**I ahau e anga whakamua ana i roto i te tira tapu,
ka kite ahau i tawhiti i te puna o tō whakatenatena
puku ki ahau, ā, ka ora ake tōku kaha, ka
whakahoutia tōku wairua, nō reira ka ruarua taku
kaha ki te tae atu ki a koe.**

**Kia tae atu ahau ki te puna o te pai, ka toua e
ahau ōku ngutu whakapono matewai ki roto i te puna
o tō harikoa, ka inu ahau kia mākona rā anō.**

*** * ***

**Ka pupuhi ngā ngaru nui o tō reo tapu i roto i te
etere**

Kāore e taea e ngā taringa kua turi i ngā mea whakararuraru o ngā ahuareka ā-tinana te hopu i ō kauwhau ā-āngere

E te Kaiwhakapāho Atua, kia rite ngā taputapu o ō mātou hinengaro, kāore nei i te ōrite ki a koe i nāianei, ki te arotahi katoa o te tohu tika o te māramatanga wairua.

Whakaakona mātou ki te hopu i ngā rangi rangi me ngā waiata wairua e ngaru ana i te hau o te wairua.

*** * ***

E te Ariki, whakatuwheratia taku māramatanga wairua kia ārahi tonu ai i aku hikoinga, kia ārai hoki i ahau i ngā ara pōuri o te hiahia whaiaro.

I a au e hiko ana i ngā piko me ngā tahuritanga o te hinengaro me ōna ara piko, ka kite ahau, ka mawhiti atu i ngā kaipahua kino: te apo, te hiahia whaiaro, me te kore aro ki ngā ture matatika.

E te Māramatanga o Roto e Mōhio Ana ki Ngā Mea Katoa, whakakitea mai ki ahau ngā otinga mō ngā raruraru katoa o te ao

*** * ***

Ka oati ahau ki ahau anō i tēnei kupu tapu:

E kore rawa te rā o taku aroha e torengi i te rangi o aku whakaaro tonu ki a koe, e te Ariki

E kore ahau e tahuri ke atu i ōku kanohi i a koe ki tētahi atu mea engari ko koe anake

Kāore au e mahi i tētahi mea e kore ai ahau e whakamahara i a koe

Ko ngā mahi e ahu mai ana i te kuware me te wairangi ka arahi ki ngā moemoeā kino me ngā moemoeā whakamataku

Tukua ahau kia moemoeā noa i ngā moemoeā reka mō ngā whakatutukitanga rangatira, nā te mea nō Tōu whakaaweawe me tōu arataki ēnei, e te Ariki!

*** * ***

E te Ariki, ki te huna koe i ahau e ngā arai o te mea, kia pēhea te roa ka huna ai koe i muri i ngā ārai ataahua o ngā rengarenga, o ngā rōhi, o ngā kapua e tiaho ana i te tae koura, me ngā pō marino e kapi ana i ngā rama me ngā whetū?

Ahakoā e huna ana i a koe, e aroha ana ahau ki a ia nā te mea e tohu mārīre ana i tō aroaro

Heoi, e hiahia ana ahau kia kite i a koe i tō āhua tūturu, me te kore he kopare o te hanganga!

*** * ***

E te Matakite-katoa, e kore nei koe e moe, e kore hoki e moe!

Ka kite koe i ahau mai i te kanohi pumau, kore e rerekē o te rā me te marama e rerekē tonu ana, ā, me te titiro whānui, ka mātakitaki koe i ahau mai i ngā pūaha maha o te wāhi me ngā rama kanapa o ngā whetu mataara.

Mā te pā o te hau e mirimiri mai ana koe i ahau, ā, mā roto i aku whakaaro aroha ki a koe me ō pononga, ka ringihia mai e koe te ua manaaki o tōu aroha.

*** * ***

E te reo o te ao tūroa E te reo o te mutunga kore! Tukua ahau kia tae ki te māramatanga wairua mā roto i tō haruru tapu

I haruru mai i roto i ahau, i whakawhānui ake i aku tirohanga mai i te tinana ki te ao mutunga kore.

Ā, whakaaweawe mai i ahau kia rongō i te pūoro mutunga kore o te hanganga mā roto i a koe

*** * ***

Ka nekehia e koe ōku waewae Ka mahi koe i roto i ōku ringa Ka patupatu koe i roto i tōku ngākau Ka rere koe me tōku manawa Ā, ka raranga koe i ngā whakaaro i roto i tōku hinengaro

**Ka tere tō hiahia hohonu i ia rā, pērā i te meteor
ki ngā rangi o tōku hiahia tangata.**

**Tukua ahau kia whakaranu i tētahi pata o tōku
ora ki roto i tō moana rangi, kia kite ai ahau i te
mirumiru o tōku ao iti e rere ana i runga i tō ū nui.**

*** * ***

**Kua rongo ngā pani me te hunga i whara i tō
atawhai me tō aroha, ā, anei rātou kei tō tatau. Ka
panaia atu rānei rātou e koe me te pouri, me te kore
he whakamarie?**

**Āe, me i taea e tō ringa e kore e kitea te muru i
ngā roimata wera i ngā kanohi o te hunga ngākau
maru me te wairua mamae**

**Ko te hunga kua ngaro i ngā ara o te mānukanuka
me te tinihanga, ko wai rā rātou ka tahuri atu, ā, ko
wai rā rātou e rapu atu ai i tua atu i tō tatau atawhai?**

**I te putanga mai o tō aroaro, ka memeha haere ō
rātou raruraru, ka ngaro haere hoki ō rātou
uauatanga.**

**E te Ariki, hikitia te arai kia kite ai mātou i tōu
mata atawhai, aroha hoki**

*** * ***

**E te reo tapu rawa atu, hamama mai ki ngā
takutai o tōku wairua, pakaruhia ngā tutaki o te
whakaaro ā-taonga, kia wetekina ai ahau i te whare
herehere o te tinana.**

**Tukua ahau kia rongo i roto i te whakaaroaro i tō
haruru ngawari o te moana i roto i tōku tinana, tōku
hinengaro, tōku wairua, me ngā mea hoki e karapoti
ana i ahau, kia rongo hoki ahau i tōna horapa ki ngā
tāone iti, ki ngā tāone nui hoki, tae atu ki te whenua,
ki te pūnaha rā me te ao whānui katoa.**

**Ā, kia tino mōhio ai ahau ki tōku orange whānui i
roto i te tinana nui o te taiao!**

*** * ***

**E te mura atua mutunga kore, e maka ana e koe
ngā mura iti o tō kanapa atua ki roto i ngā wairua me
ngā hinengaro o te tangata, me te āhua iti, iti, me te
pakarukaru. Heoi ko koe tonu te pūtake mutunga
kore o ia mura me ia māramatanga e ora nei.**

*** * ***

**E te Wikitōria Mutunga Kore! Āwhina mai ki ahau
kia whakatipu i ngā āhuatanga rangatira i roto i ahau:
he hōia o te marino me te whakahaere i a au anō hei
toa i te pakanga ki ngā hoariri tino kaha: te riri, te
teka, me te kore whakawhetai.**

**Nō reira ka whakaarahia e au te kara o tōu tika ki
runga ake i ngā kokonga o tōku ao, he mea tino teitei,
e kore e taea te hipa.**

*** * ***

**E te Wairua Tapu, kua e tukua kia whakaarohia e
mātou tetahi mahi nui atu i te mahi tapu kia mōhio ki
a Koe. Nā te mea ko ia mahi, ahakoa tōna āhua, ka
taea anake te whakatutuki mā te mana o te
whakatutukitanga i homai e Koe ki a mātou.**

**Nō reira, kia arohaina koe e mātou i runga i ngā
mea katoa, nā te mea ki te kore te aroha noa o tōu
ora me tōu aroha, e kore e taea e mātou te ora, te
aroha rānei i tetahi mea.**

*** * ***

**E te Whetu Raki mutunga kore! Ahakoa te wāhi e
haereere ai ahau, e tahuri ai, ka anga tonu te ngira
kāpehu aukume o tōku hinengaro ki a koe**

**Ahakoa e pāngia ana ahau e ngā hau o ngā
āhuatanga ohorere, e mākū ana rānei i ngā ua o te
raruraru me te aituā, arahina tonutia tōku hinengaro
kia tahuri atu ki a koe āke tonu atu.**

**E taku e aroha nei, pērā i te manu e papaki ana i
ōna parirau i waenganui i ngā kapua o te pōhēhē me**

ngā awaha o te pōhēhētanga, ka kitea tōna ara ki a koe.

*** * ***

E te Kaiwhakatangitangi Atua Nui rawa atu, whakapūpūtia ki roto i te putorino o ngā whakapono katoa ngā rangi o tō kotahitanga whakamiharo, ā, tukua te puoro tapu kia kawē i ngā rangi pono o tō wairua, he nui te auahatanga me te auahatanga.

Kia taurite tātou ki a koe, kia whakakotahi hoki i ngā rangi o ō tātou ngākau ki te himene kotahi ka hikitia atu e mātou ki a koe. Kāore he atua engari ko te Atua!

*** * ***

E te Ariki, ka tukua atu e ahau tēnei inoi ki a koe: Ahakoa he nui, he iti rānei aku taonga, homai he kaha ki ahau kia whiwhi ai ahau i ngā mea katoa e hiahiatia ana e au i ia rā, i ia rā.

*** * ***

Ka whakahua anō ahau i aku inoi ngākau nui ki runga i te rōhari o te aroha, ko ōna titi e herea ana e te miro o te hiahia. Ngā Ingoa tapu: te Atua, te Wairua Ao, Brahma, te Matua i te Rangi, te Whaea Tapu—ko ōu ingoa tapu katoa.

I roto i tō whakaaturanga i te ao tūroa i runga i ngā atamira o ngā tau, kua miriona ngā putanga me ngā whakaahua kua riro i a koe, pērā i te maha o ngā ingoa kua riro i a koe, engari kotahi tonu tō āhua, kāore e rerekē, koia te harikoa mutunga kore!

*** * ***

E te Atua o te ture whānui, āwhina mai kia mau i ōku patunga me ōku mātā, i whānau mai i ngā aituā me ngā whakamātautau, hei mētara me hei tohu whiu i homai ki ahau e te ringa o tō tika atua, e kore nei e aro ki te kanohi.

Kia noho aku uauatanga o ia rā hei rongoā mō te mānukanuka me te tinihanga, ā, kia whakakorea atu hoki i ahau ngā tumanako teka mō te harikoa o te ao.

Āe, me i horoia atu ngā paru me ngā pona huna o tōku hinengaro e ngā roimata i maringi nā te whanoke o ētahi atu.

Ā, kia huakina e ia whiu koi o te toki o te raruraru ngā hōhonutanga hou o te whakaaro nui me te māramatanga i roto i ahau.

Āe, me i whakamataku ahau i te pōuri tapukore o te ao noa, kia oma ai ahau ki te rapu i ngā pae tawhiti o tō parakore me tō māramatanga whakaora.

Ko ngā mamae me ngā whiu ohorere o te ao e akiaki ana i ahau kia tangi, kia rapu i tō awhina

Ā, mā ngā kerihanga o ngā āhuatanga mamae o te oneone o tōku ao e whakaatu ngā puna nui, e rere tonu ana o tō whakamarie.

Āe, me i meinga ahau e te kino o te taratara o ētahi atu kia whakapaipai i ahau anō ki te ngākau māhaki me te atawhai, ā, me i whakamahara mai ngā kupu mamae a ōku hoa kia whakamahia noa ngā kupu reka.

Ki te mea ka whiua ahau e ngā hinengaro kino ki ngā kōhatu, ka tūtaki ahau ki a rātou me ngā pere hoa o ngā whakaaro pai.

Pērā i te rākau hāmihana e ruirui ana i ōna pua kakara ki te ringa e whiu ana i te toki ki tōna take, waihoki kia ruia e au ngā rau rōhi o te murunga hara ki te hunga katoa e whakatoi ana i ahau ki te makariri me te mauahara.

Ngā whakaaro wairua

Mo te sage Paramhansa Yogananda

Mā te wairua o te aroaro atua i roto i te whakaaroaro ka whakakīia te hinengaro ki te rangimārie, ka whakakīia hoki te tinana ki te kaha ora.

Mā te whakawhitiwhiti wairua hōhonu, puku hoki, me te tuku whakaaro me te kare ā-roto ki te Atua, ka piki haere te harikoa o te tangata e rapu ana, ā, ko tēnei harikoa he tohu tūturu o te whakawhitiwhiti kōrero ki te Atua me te pā ki Tōna aroaro manaakitanga.

I kite ahau i a koe e ngaki ana i te oneone o tōku wairua ki te parau o ngā whakamātautau me ngā raruraru, e ruirui ana i ngā purapura o tōu whakaaro nui ki roto i ōna awaawa. I haere tonu taku whakamakuku i aua purapura, ā, i te whitinga mai o te rā o tōu aroha ki runga i a rātou, ka tupu, ka puāwai, ka hua mai he kotinga manaaki o te ngākau māhaki me te ngākau māhaki.

Ina mōhio te tangata ki te Atua, kāore ia e whakaaro he rerekē ētahi atu i a ia anō

Ahakoā ngā rerekētanga o ngā āhuatanga, ka mau tonu te taurite me te marino o te hunga whakaaro nui.

Ko te Atua te taonga nui rawa atu o te ao me te hua nui rawa atu o te ao

E te Ariki, mai i tēnei rā tonu ka whakapau kaha ahau ki te mōhio ki a Koe, ki te whakatata atu ki a Koe, ki te rongo hoki i Tōu aroha, me te kore e wareware, e wareware rānei ki aku mahi o te ao, ā, ka

oti i ahau aku mahi katoa hei whakahere parakore ki a Koe, ā, mā reira ka whiwhi ahau i Tōu manakohanga.

Ko te Atua te puna o te whakaaro nui me ngā whakaaweawe kanapa. Ko ia te kakara manaaki e puea ake ana i ngā ngākau pai katoa. Ko ia te māra o ngā rōhi rangi me ngā putiputi tomairangi o te whakaaro. Ko ia te aroha nui rawa atu e whakaaweawe ana, e whāngai ana i tō tātou aroha.

Kua whakakitea mai e te Atua ia ki ahau i ngā pae rangimārie, ā, kua pā mai ki ahau Tōna harikoa i roto i ngā pūtake o tōku wairua, ā, kua rongo ahau i Tōna reo i roto i tōku hinengaro kua oho ake, ā, me te mōhio katoa ka whiwhi ahau i Tōna māramatanga e horapa tonu ana i roto i ahau.

Ko te whakaaro te kaha tino ngāwari nā te mea koinei te wiri tino ngawari, tino mārama hoki o te hinengaro. Ka taea e koe te wawahi i ngā whakaaro ki ngā waeine tino iti, engari e kore rawa koe e tae ki te mutunga.

Kaua te tangata e here i a ia anō ki te whare herehere whaiti o te hiahia whaiaro, engari me whakauru atu i ētahi atu ki roto i ā rātou whakatutukitanga me te harikoa, kia noho hei taputapu mō te mahi a te Atua. Ina whakaaro tātou ki a tātou anō, me whakaaro tātou ki ētahi atu; ina rapu tātou i te rangimārie, me rapu hoki tātou i te rangimārie mō ētahi atu. Ko te hunga e mahi ana ki te kawē mai i te harikoa ki ētahi atu ka manaakitia, ka utua hoki e te Atua.

Tukua ahau kia whakaaro ki a koe kia waiho rā anō koe hei whakaaro kotahi māku

He moemoeā i roto i te moemoeā te ao e kitea ana e tātou. Ehara i te mea he pūngao "tio" noa iho te matū, engari he hinengaro ao "tio" anō hoki.

E te Ariki, āwhina mai i ahau, ārahi mai hoki i tōku māramatanga me tōku kaha kia taea ai e au te kawe mai i tōu māramatanga ki ngā hinengaro pōuri, kia mārama ai rātou, kia tiaho ai ki ngā hihi o tōu whakaaro nui. Ā, mā te mana o te murunga hara aroha, tukua ahau kia haere atu ki a koe me ōku teina me ōku tuākana katoa e hē ana i ngā ara o te pōuri.

Ko te tangata e hiahia ana ki te mōhio ki te Atua, me tino nui te aroha i roto i tōna ngākau, pērā i te tangata apo e aroha ana ki te moni, i te tangata aroha e ngākau nui ana ki tana e aroha nei, me te tangata e toremi ana e hiahia ana ki te manawa o te hau.

Ka memeha haere te harikoa o ngā taonga, engari ko te harikoa atua, e kore e taea te kōrero, e kore e memeha, e kore hoki e ngaro.

Tukua te hau o te aroha atua kia horahia ō ataata kanapa, kia peia atu ai e tōna māramatanga te pōuri i roto i ngā ngākau o ētahi atu.

Ko te tikanga, he nui ake te kaha hinengaro e hiahiatia ana e te aroha i te mauahara, engari he māmā ake te kite a te hunga whakaaro nui i te aroha i te mauahara nā te mea e kite ana rātou i ngā mea ora katoa hei wāhanga o te tangata teitei ake, ā, e pā tata ana ki te hinengaro o te ao.

Ko te rangimārie te rongoā mō ngā mate katoa, ā, ko te hunga e kī ana ō rātou ngākau i te aroha, e pai ana ki te ata noho, e koa ana ki te mahi i ngā mahi pai, e mōhio ana rātou ki te reka o te rangimārie, he mea nui tēnei, he pou taketake hoki mō te oranga harikoa katoa.

Hoatu te aroha ki te hunga ngākau mārō, te rangimārie ki te hunga e pāngia ana e te manukanuka me te pouri, te reka ki te hunga e pāngia ana e te riri pōuri, te hari ki te hunga e taimaha ana i te pouri me te mamae, kia waiho hoki hei tauira pai ki te hunga e hikoi ana i ngā ara o te he.

Kāore he mea nui atu i te pono me te ngākau pono ki te mahi tahi me ētahi atu. He ngāwari te kimi hoa mēnā kāore he ngākau pono, engari kāore e taea te pupuri hoa mēnā kāore he ngākau pono.

He āhua whakahirahira o te arotahi, ā, ina tae te kaiwhakaaroaro ki aua āhua, ka pā ki a ia ngā āhua whakamiharo o te harikoa wairua me ngā kitenga kororia, ā, ka karanga ia:

"Ko taku i rapu ai i ngā wāhi katoa, i kitea e au i roto i ahau, ā, e kite ana ahau i tōna māramatanga i muri i ngā pakitara o te pōuri, e rongo ana hoki i tōna aroaro i roto i te hōhonutanga o te wahangu."

He māra rōhi rangi te aroha atua me ngā whakaaro puāwai kanapa. E whāngai ana i tō tātou aroha, e whakahihiko ana i ō tātou kare ā-roto, e whakatutuki ana i ā tātou moemoeā harikoa.

E te Ariki, ahakoa ngā āhukatanga e pā mai ana ki ahau, e mōhio ana ahau koinei te taahiraa e whai ake

nei i roto i tōku tipu wairua. Ka manaaki ahau i ngā whakamātautau katoa nā te mea e mōhio ana ahau kei a au te hinengaro, te māramatanga, me te kaha ki te wikitoria [i ngā arai me ngā uauatanga e pā mai ana ki ahau].

Ahakoia kua mōhio ngā kaipūtaiao taiao inaianei he pūngao kua mau te matū, kua angitu ngā kaiako mārama ki te neke atu i te mātauranga ariā ki te tono mahi i roto i te ao whakahaere matū.

Ki te mea kua whakatau koe kia harikoa i roto i tōu ao, kāore he mea e kaha ki te tango i tō harikoa i a koe

Ka whakakīia te wairua o te tangata aroha e te aroha tapu ki te ataahua, ka kukume i te aro o te Ariki o te Ao, ā, ka kukume i Tōna aroha mutungakore.

E mōhio ana ahau ki ētahi kaipakihi rongonui, mātau hoki, e hiahia ana ki te mōhio ki te Atua, ki te whiwhi whakaaro nui, engari he mea here tonu tā rātou mahi me ā rātou herenga pāpori, ā, i a rātou e mahi ana i tēnā, ka whakarērea e rātou ngā mahi tino nui—tā rātou herenga ki te Atua, ngā akoranga paerua, me te oranga kāinga—ki runga i te aata o te moni me ngā herenga iti iho te uara, kāore i te tino nui.

Ko te Kaihanga o tātou e hiahia ana kia aroha tātou ki a la me te aroha parakore, me te aroha ohorere, ā, e kore tātou e mōhio ki te reka o te harikoa ki te kore tātou e tuku i tō tātou aroha ki te Atua.

Ka hinga i ahau te whakapehapeha ki te ngākau mahaki, te riri ki te aroha, te harikoa ki te marino, te hiahia whaiaro ki te atawhai, te kino ki te pai, te kuware ki te whakaaro nui, me te manukanuka ki te ata noho me te rangimārie.

Me tupu ake i roto i ō tātou ngākau he ngākau aroha hei whakamarie i ngā patunga o ētahi atu, hei tango atu hoki i te pouri me te mamae i roto i ō rātou ngākau.

I mea atu te kaiako a Paramahansa ki tētahi o ngā ākonga:

"Ka āwhina ōu tikanga pai i a koe i ngā āhuatanga noa, i ngā āhuatanga mōhio hoki, engari kāore pea e ranea hei ārahi i te huarahi o tō orange ina puta mai ngā raruraru, ina puta mai hoki te hiahia mō te mārama ā-roto. Mā te whakaaroaro hohonu, ka taea e koe te wehewehe i waenga i te tika me te hē, me te whakatau tika i ngā mea katoa, ahakoa ka pāngia koe e ngā āhuatanga rerekē."

Kāore e taea e tātou te ora me te kore te Atua mō tetahi hēkona noa iho. Ka pā mai ia ki a tātou i roto i ngā hau mārie, ka homai he ora ki a tātou mai i ngā hihi o te rā, ā, ka homai he kai e kainga ana e tātou. Kei roto ia i ngā ngākau o ētahi atu e karapoti nei i a tātou, ā, ko ia anake te tangata e taea e tātou te whakaaro ko ia tā tātou e aroha nei, ko ia tā tātou ake.

He kakara reka, he kakara ataahua tō te ngākau mahaki, e arohaina ai te tangata ngākau mahaki e te katoa.

Me whakangungu tātou i a tātou anō ki te whakaaro ki ngā mea nunui pēnei i te mutunga kore me te mutunga kore.

E whakakitea ana e te Atua āna mahi rangatira i roto i te ataahua o te hanganga, engari kāore ia e whakakite kei te huna ia, kei te huna hoki i roto i aua ataahua whakamiharo.

Ki te kaha tō hinengaro, ā, ka whakatōkia ki te oneone o te whakatau pakari, ā, ki te hohonu tō whakapono, ka taea e koe te whakatinana i ō whakaaro me te whakatutuki i ngā whakatutukitanga nunui i runga i te whenua.

Me whakangawari te ao, ā, me whakahaere ngā mea i runga i te ngāwari me te whakamarie. Kei roto i te harikoa te whai wā ki te whakaaroaro me te tiro tiro i a koe anō. Ngāna kia noho ko koe anake i ētahi wā, kia pārekareka ki te rangimārie o roto e puta mai ana i te marino me te ata noho.

He mana tō te kino; ki te whai koe i ōna ara, ka hinga koe i a ia. Ki te paheke koe, me hoki tonu koe ki ngā ara o te karakia me te tika.

Manakohia, e te Ariki, te hiahia o tōku wairua, me te aroha o ngā tau kua huna e ahau māu ki roto i te taonga o tōku ngākau.

I roto i te wāhi tapu o tōku rangimārie, i whakatōkia e au he māra māu, ā, i whakapaipaihia ki ngā rōhi o tōku aroha.

Me te ngākau hihiko, te hinengaro hihiri, me te wairua hiahia, ka whakatakotoria e au ki ngā waewae

**o tōu ao whānui ngā puawai katoa o ōku hiahia
wairua me te aroha atua.**

**Ka mihi atu ahau ki ia rā mā te whakaaro ki te
Atua me te whakaaroaro ki a ia**

**Ko ia whetu kanapa o te rangi, ko ia whakaaro
parakore, ko ia mahi pai, he matapihi e titiro atu ai
ahau ki a koe, e toku Atua.**

**Tukua ahau kia rongō i tōu reo, e te Ariki, i roto i
te ana o te whakaaroaro ka kitea e au te hari
mutunga kore o te rangi i roto i ahau; kātahi ka kī te
rangimārie i tōku ngākau me tōku wairua i te ata
noho me te mahi.**

**Whakanuia te marino me te rangimārie, me te
tuku whakaaro aroha me te ngākau pai ki te hiahia
koe ki te noho i roto i te rangimārie me te rangimarie
i tēnei ao.**

**He rite te nuinga o te tangata ki ētahi atu, e whai
ana i ngā kōrero me ngā mahi a ētahi atu. Me
motuhake te tangata, me whakaatu hoki i te pai o
tōna āhua ahurei.**

**Ki te mea kua kore koe e tumanako kia eke ki te
harikoa, kia hari, kua e ngaro te tumanako. He
whakaata hoki tō wairua i te Wairua Nui e harikoa
tonu ana, ā, koia tonu te pūtake o te harikoa.**

**Ki te katia e koe ngā kanohi o tō hinengaro, e
kore koe e kite i te rā kanapa o te harikoa i te pae
tawhiti o tō ao. Ahakoa te kaha o tō katia o ngā kamo
o tō hinengaro, ka ngana tonu te rā o te harikoa ki te
uru ki roto i ngā rūma kua kati o tō hinengaro.**

**Whakatuwheratia ngā matapihi o te rangimārie,
ā, ka kite koe i te kanapa ohorere o te harikoa i roto i**

a koe, nā te mea ka kitea ngā hihi o te wairua harikoa mēnā ka tahuri ō whakaaro ki roto.

Ka whakakorea e te whakaaroaro te kohu o te ao ina tīmata te piki ake o te mōhiotanga ki a ia anō ki ngā taumata teitei ake me ngā pae tawhiti o te oranga

Ko te hiahia ā-tinana te mea e akiakihia ana e ia kaihanga; ko te hiahia te whaea o te auahatanga. Waihoki, ko te hunga whakaaro nui i huri hei hunga rapu wairua nui - nā te hiahia - I kitea e rātou mēnā kāore he ngākau māhaki o roto, kāore he nui o te waimarie o waho e taea te kawē mai i te harikoa pumau.

Ka peia e te marama kotahi te pōuri o te pō. Waihoki, ko te wairua e whakamāramahia ana e te māramatanga me te mātauranga o te Atua, he wairua e ahu mai ana i te aroha atua, ka peia e ia te pōuri o ngā wairua o ētahi atu ki ngā wāhi katoa e haere ana, e hora ana i te māramatanga o te aroha, te māramatanga, me te rangimārie.

Ki te whai hoa, me whakaatu e tātou te aroha pono ki ētahi atu. Ko te hunga e whakatuwhera ana i te tatau aukume ki te whakahoahoa ka kukume mai i ngā wairua he rite tonu ngā wiri [ngā hiahia me ngā āhua]

Kei roto i te harikoa te pupuri i te māramatanga hinengaro i roto i ngā whakamātautau me ngā wheako o te ao e rua ngā āhuatanga o te ao.

Ina noho te ngākau ki tētahi, ka kukumea mai ngā āhuatanga katoa o taua tangata. Ko te tangata e whakaaro ana ki ngā tāngata pai, ka tukuna atu ō

rātou pai ki a ia, ā, ko te tangata e aro nui ana ki te whakahihiko i te tangata, ka tae mai ngā whakahihiko ki a ia, ā, ko te tangata e hono ana, ahakoa i roto i te whakaaro, ki te hunga he hinengaro ora, he tikanga pai, he whakaaro honore, ka uru atu ki ō rātou rangatiratanga me ō rātou tikanga pai, nā te mea ka kukume te hinengaro pērā i te aukume [ā, ka kukume te mea rite ki te mea rite ki te mea rite]

Ina taupokina te ngākau o te wairua e te waipuke o te aroha nui ki te Atua, kāore e taea e ngā kupu te whakaahua i te wheako. He mea ngaro tēnei aroha nō te wairua, he hononga hohonu ki te Atua, he rite ki te ahi tapu e kai ana i te pōuri o te tangata, e āhei ai te tangata e rapu ana ki te kite i te māramatanga o te Atua me te rongō i Tōna tata.

Kāore e taea e te kapu iti te pupuri i te moana i roto. Waihoki, ko te hinengaro tangata, e herea ana e ngā here tinana me te hinengaro o te tirohanga rauemi, kāore e taea te pupuri i te hinengaro ao, ahakoa te kaha o te hiahia. Heoi, mā te whakaaroaro hohonu me te pumau, ka taea te whakanui ake i te hinengaro tangata, ā, ka whānui ake tōna tirohanga ki te pā ki te hinengaro ao.

I tētahi wā, i whakatata mai tētahi tangata i Niu loka ki ahau [i muri tonu i taku otinga i tētahi o aku kauhau] ā, i tohe kia wehe atu ia i tōna tinana tinana ka haereere i roto i tōna tinana wairua. I mea atu ahau ki a ia, "Kāore au i te whakapono kei te whakaaro koe kei a koe taua pūkenga." Engari i tohe ia ki te whakamātautau i ahau, nō reira i whakaae ahau, me te mea, "Pai rawa, heke iho i roto i tō tinana wairua ka kōrero mai ki ahau he aha ngā mea kei roto

i te wharekai." I noho puku ia mō tētahi wā, kātahi ka mea, "He piana nui kei te kokonga matau." I mōhio ahau kei te whakaaro noa ia nā te mea he noa tana manawa me tana pā, nō reira i mea atu ahau, "Engari, ki taku whakaaro mēnā ka haere koe ki reira, ka kitea e koe ētahi wāhine e rua e noho ana i te taha o tētahi tēpu." I tawai ia ki taku whakaaro, nō reira i mea atu ahau, "Me haere tāua ki te wharekai ināianei." I tō mātou taenga atu, ka haere māua ki te kokonga i kōrerotia e ia, engari kāore he piana; engari, i kitea e māua ētahi wāhine e rua e noho ana i te taha o tētahi tēpu. I te mutunga, ka mōhio tō māua hoa kua mamingatia ia e ōna ake whakaaro pohehe.

Ko te whakapono ki te Atua me te rangimarie o roto te awhina me te tautoko nui rawa atu mo te tangata ki te pikau i nga taumahatanga o te ao

Me whakarongo tātou ki te reo o te Atua e tangi ana i roto i ngā whakaaro tika. He rite ngā whakaaro pai ki ngā akiaki a te Atua me ngā wairua anahera hei ārahi, hei āwhina i a tātou. Ko Hātana anō hoki, e ngana ana ki te pehi i te tangata mā roto i ana hāhā a Hātana, e puta mai ana hei whakaaro kino, hei whakaaro kino, hei kaupapa poke, kaua e whakaaetia kia noho ki te ao o te whakaaro, kia poke ai te wāhi o te hinengaro.

Ina puta te inoi a te kaitono mai i te hohonutanga o tōna ngākau, ka whakakīia āna kupu ki te aroha ki te Atua, ā, ka rongo ētahi atu i tōna pānga wairua, ka wheako hoki i te aroha atua i tō rātou aroaro. Heoi, ki te kore e kaha taua kaitono, tera pea ka tahaetia e te hunga e karapoti ana i a rātou taua aroha i a rātou. Ka puta tēnei ina tīmata rātou ki te whakamoemiti me te miharo ki tō rātou wairuatanga. Ki te riro rātou i te

whakaaro he nui rātou nā te mea ka taea e rātou te whakahihiko i ētahi atu, ka ngokingoki haere te ngoikore, ka mau te whakapehapeha i roto i ō rātou ngākau, ā, ka ngaro tō rātou aroha ki te Atua.

Ka whakapakaritia te hinengaro tangata mā te whawhai ki te mate me te wikitoria i ngā uauatanga Ko te mea e ngoikore ai te hinengaro he hoariri, ā, ko te mea e whakakaha ana i a ia he piringa rangimārie Kia anga atu ki ngā kaupapa o te ao me te maia me te manawanui Kua whakakitea mai e te Atua ki ahau he moemoeā ao tēnei ao. Ina ara ake tō tātou hinengaro wairua, ka mahara tātou ki ngā wheako o te ao he moemoeā poto noa iho o te harikoa me te pouri, ā, ka mōhio tātou he ora tonu tātou i roto i te Atua.

I mea te tangata whakaaro nui a Paramahansa ki tētahi o āna ākonga:

Whakawhanuitia ngā rohe o tō rangatiratanga aroha kia uru māriri ai tō whānau, ō hoa noho, tō haporī, tō whenua, ngā whenua katoa, me ngā mea ora katoa. Kia noho hei hoa ao whānui e pupū ana te ngākau aroha me te atawhai ki ngā mea hanga a te Atua, ā, horahia te aroha ki ngā wāhi katoa.

Ko te kaititiro o ngā ngākau e hiahia ana ki tētahi mea mai i a tātou engari ko ō tātou ngākau anake

Kaua te Atua e rapua mō te painga whaiaro, engari me rapu i te hiahia nui ki a ia, me te inoi ki a ia me te aroha parakore, te aroha pumau, me te aroha arotahi.

Ina rite te aroha o te tangata ki te Atua ki tōna piri ki tōna tinana mate, ka haere mai te Atua ki a ia

Ko te tangata kāore e hopu i tētahi pērara i roto i te ruku kotahi, e rua rānei, kaua e whakapae i te

moana, engari me whakapae i tana tikanga ruku me tana kore hohonu.

Ko te tangata e ruku hohonu ana ki te moana o te hinengaro ka kitea e ia te peara o te aroaro o te Atua.

Ko te rangimārie te inu rangi e ringihia ana mai i ngā ipu o te ata noho

I muri i ngā kapua hina o ngā pouri me ngā pōuri rangitahi, e tiaho tonu ana ngā hihi o ngā whakatutukitanga.

Ka puta te harikoa, te angitu, me te rangimārie o te hinengaro i te whakapau kaha ki te whakataurite mā te whakaaroaro me te inoi ki te hiahia o te Atua, arā, te kaha e whatu ana i te hanganga o te ora kia rite ki ngā kaha o te ao.

Ko te hihiri o te ao ko te mahi i ngā mahi pai, me te hora i te au o te aroha me te rangimārie.

He mea pumau tō āhua, nō reira kaua e whakararu i a koe anō ki ngā here o te ao me ngā here o te ao. Hurihia ngā pouri katoa mō ngā whai wāhitanga kua ngaro hei tumanako mō ngā whakatutukitanga hou ka kawea mai he ngākau māhaki me te harikoa ki a koe.

Whakangawaritia tō oranga kia nui ai te wā hei pārekareka ki ngā mea ahuareka o te ao

I roto i ia ngota o tēnei ao whakamiharo, ka mahi merekara te Atua, kāore e mutu.

Ko te Atua te māramatanga e whakakore tonu ana i te pōuri o te kuware. Ko ia te awa o te ora e whāngai ana i te oneone o ō tātou wairua.

Mā te whakaaro kotahi ka puta te kotahitanga me te whakaae i roto i tēnei ao e kī ana i ngā momo whakahē me ngā ngangau katoa.

Ko te hihiri ki te mahi i ngā mahi rangatira, ataahua hoki i roto i tō tātou kaha, koinei te kaha auaha i muri i ngā whakatutukitanga whai hua katoa. Ka whai tātou kia tino tika, nā te mea e hiahia ana ō tātou wairua ki te hono anō ki tōna āhua wairua me te kotahitanga nui ki tōna pūtake atua.

Kei konei tātou i tēnei rā, ā, āpōpō ka haere tātou, he atarangi noa iho i roto i te moemoeā o te ao whānui. Engari kei muri i te koretake o ēnei whakaahua poto nei ko te pono mutunga kore o te wairua.

Kāore te hunga whakaaro nui e hiahia kia ngohengohe koe ki a rātou, engari ki te whakaae koe ki tā rātou arataki, ka tino kōrerotia e rātou te pono me te mea pai mōu, me te pono me te kore whakaaro pākiki.

Kia rite koe ki te rākau ora e tupu ana, e whakaputa ana i ngā take me ngā manga hou. Ko te hunga ngākau kaha e mea ana:

"He hihi o te rā kei roto i ō tātou ao, ā, he wāhi anō hoki kei a tātou ki te mahi me te wetewete i ngā tumanako me ngā peka o ngā whakatutukitanga"

**Kāore he mea i tua atu i te pono me te ngākau
pono i roto i te mahi tahi me ētahi atu**

**Me whakapau kaha, kātahi ka okioki, ka wātea, ka
tuku i ngā mea kia haere i tō rātou ara tūturu, kua e
ngana ki te whakarerekē mā te kaha.**

**I mea atu a Kaiwhakaako Paramahansa, i a ia e
whakatenatena ana i tētahi o āna ākonga:**

**Ki te tae atu āu inoi ki te Atua, ahakoa he hohonu
ake āu hara i te moana pōuri, he teitei ake i ngā
maunga o Himalaya; ka murua e te Atua, ka ūkui atu
me te mea kāore i tupu, mena ka whakatau koe kia
kua e mahi anō. Ahakoa ka totohu koe mō tētahi wā i
raro i ngā paparanga pōuri, he mura ahi atua koe—he
mura mai i te rama mutunga kore, e kore e memeha,
e mate rānei. Ka taea e koe te huna i te mura, engari
e kore e taea e koe te tineia.**

**Mā te whakamahi i tō hiahia i runga i te ngākau
pono, i te ngākau mārie, i te kaha hoki, ka whakaoho i
ngā mana o te ao, ā, ka puta he urupare mai i te Ariki
o ngā Ao Tūroa.**

**He tokomaha te hunga kāore e whakapono he
mea tika kia tātarihia te āhua o te aroha. Ka tautuhia
e rātou ko te kare ā-roto e pā ana ki ō rātou
whanaunga, hoa, me ētahi atu e tino hiahia ana rātou
ki a rātou. Engari he nui atu i tērā te aroha. Ko te
huarahi anake e taea ai e au te whakaahua i te aroha
pono ki a koe ko te whakaahua i tōna pānga ki te
wairua. Ahakoa he iti noa te mura o te aroha atua, ka
whakakīia te tangata ki te harikoa nui, ā, he uaua ki
te pupuri. Ko te makona e kawea mai ana e te aroha
ehara i te kare o te aroha tonu, engari kei roto i te**

harikoa e kawea mai ana e ia. Ko te aroha pono ka homai he harikoa e kore e taea te whakaahua.

Me pupuri te kaha ora o te tinana mā te kai taurite, te hihiri, me te menemene. Ko te hunga e kitea ana te harikoa i roto i a rātou anō ka kitea kua whakakīia ō rātou tinana ki te hiko e ahu mai ana i te kaha ora, e hono tata ana ki te hiahia atua me te hinengaro whānui. He tino painga te menemene ki te hauora. Ka kukume mai i ngā wiri pai, ka whakatuwhera i ngā pae o te hihiri, ā, ka kawea mai he rangimārie o roto me te whakamarie hinengaro.

Kua wareware te ao katoa ki te tikanga tūturu o te kupu "aroha," ā, kua hē te whakamārama, kua hē hoki te whakamahinga. Pērā i te hinu e kitea ana i roto i ngā wāhanga katoa o te oriwa, pērā anō te aroha e horapa ana ki te ao katoa. Engari he tino uaua te whakamārama i te aroha, he rite ki te whakaahua i te reka me te kakara o te karaka. Me whakamātau koe i te karaka kia tino mārama ai koe ki tōna reka, ā, pērā anō hoki mō te aroha.

Kua pāngia te katoa e te aroha i roto i ō rātou ngākau, nō reira kua mārama rātou ki tōna āhua, engari kāore rātou e mōhio me pēhea te whakatipu, te pure, me te whakawhānui hei aroha atua. Kei roto i te nuinga o ngā ngākau te mura o te aroha atua mai i te tamarikitanga, engari ka ngaro pinepine nā te mea kāore te tangata e mōhio me pēhea te atawhai me te whakawhanake.

He kura wheako te ao, ā, kotahi te huarahi e anga katoa ana ki te ao: te Atua

Ko ngā āhuatanga hurihuri o te ao e huna ana i te ao tūturu Kei muri i ngā whakaahua nekehanga o ngā mea e kitea ana kāore i te tūturu te ao tūturu e huna ana i te tirohanga.

Ka puta ngā raruraru me ngā uauatanga i te kore mōhio o te tangata ki āna mahi o mua, i mahia i tētahi wā me tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka hua mai he hua e whakaata ana i ngā āhuatanga o aua whakaaro me aua mahi.

Kāore ngā whakamātautau me ngā raruraru e tae mai hei wawahi i te tangata, hei whakararuraru rānei i tōna hiahia, engari hei mea i a ia kia maioha ki te Atua e tika ana kia maiohatia ia, kia whakaute hoki i Ana ture e whiwhi ai ia i te harikoa pono.

I mea atu te kaiako a Paramahansa ki tētahi rōpū ākonga:

Whakaharatauhia te toi o te noho i tēnei ao me te kore e ngaro tō rangimārie o roto, ka hikoi i te ara taurite kia tae atu ai ki te māra whakamiharo o te mōhiotanga whaiaro.

I roto i te ngākau mahaki ka kitea e tātou he awaawa o ngā moemoeā kua kapi i ngā putiputi kakara, puāwai o te mōhiotanga ki a tātou anō.

Kāore he mutunga o te ataahua o te Atua. He pai ki te pārekareka ki ngā rōhi me ngā putiputi, engari he nui atu i te pārekareka ki tō rātou ataahua te kite i te mata o te Atua i muri i tō rātou parakore me te ataahua. Ko te ahua e puta mai ana i te puoro, te

aroha ki te puoro tonu, kāore e taea te whakarite ki te reo auaha o te Atua e rere ana i roto i ōna rangi.

Ka kohikohi ngā wairua rangimārie i ngā wai o te whakaaro nui e rere ana i ngā puna tangata me ngā puna atua

E te Ariki, e mōhio ana ahau e whakarongo ana koe ki ngā kupu puku a tōku wairua, me ngā inoi a tōku ngākau ki a koe

Kia kaha tonu tātou ki te whakapaipai i ō tātou oranga i ngā huarahi katoa mā te awhi i te aroha, te pono, me te ngākau pono, me te titiro i ia rā ki roto i te whakaata o te whakaaroaro whaiaro me te tūhura i ngā hohonutanga o te wairua.

He rite te kore mōhio [ki ngā āhuatanga whakarihariha] ki te mākūkū, ki te rakuraku rānei. Ko te nui o tō tukunga atu ki te hiahia o te kiri ki te rakuraku hei whakakore i te kare whakarihariha, ka nui ake te hiahia ki te rakuraku, ā, ko te nui o tō kore aro ki taua kare ā-roto, me te kore e tuku atu ki roto, ka iti ake te whakararuraru i a koe.

Kaua e takahi i ngā tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te rangimārie, i te aroha, i te mana, i tētahi atu rānei o ā rātou taonga ā-tinana, ā-tinana rānei. Ki te kore koe e hiahia ki te tango i te mea ehara i a koe, ka tae mai ki a koe te mea e hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me hutia ake ngā purapura o te hiahia kino i roto i te hinengaro.

I te putanga mai o ngā hiahia wairua, ka whiriwhiria e te tangata te whao o te whakaaro nui hei hanga ataahua i tōna ao.

Ina titiro tātou ki ngā mea ataahua katoa o te taiao, ka pā mai he kare ā-roto o te atawhai me te aroha i roto i a tātou

Me whakaaroarohia ngā taahiraa nui katoa o te ao i roto i te hohonu me te roa, me te arotake i roto i te ahi o ngā wheako o ia rā i raro i ngā āhuatanga rerekē.

Ko te hunga e whai rawa ana i a rātou anō, ko rātou te hunga e noho tika ana. Ka puta te harikoa i te whakaaro parakore me te mahi tika. Ki te harikoa koe i nāianei, ka harikoa koe i te heke mai, i konei me te ao e tū mai nei. Me kohikohi tātou i te waimarie mā te kohikohi i ngā hua o te whakaaro nui i te mea e whiti ana te rā o te whai wāhitanga. Ara, me hopu tātou i ngā whai wāhitanga i mua i te mutunga rawa.

Haere i ngā ara o te ora me te māia me te ngākau mārie, me te mōhio kei a koe te mana auaha mutunga kore, e tautoko ana i a koe.

E hiahia ana te katoa ki tētahi wā mokemoke me te okiokinga kia taea ai e rātou te aro atu ki ngā pēhanga e piki haere ana o te ao, ā, me whakaute te tangata i te mana motuhake o tētahi ki tētahi.

Kei muri i ngā atarangi katoa o te ora te māramatanga nui o te Atua

Kia mau ki te potae o te whakapono, kaua hoki e wehi i ngā āhuatanga kino o waho e pā kino ana ki te

kaipuke o tōu ao. Whakapono ko ngā "mea kāore e taea" e tumanakohia ana e koe ka tutuki i a koe me te awhina a te Atua, mā te kaha o te whakapono e tu atu ana ki ngā wero katoa.

Ina taea e koe te whakatutuki i te rangimarie i a koe anō, ka taea e koe te noho tahi me te katoa

Ehara tēnei ao i tō tātou kāinga; kei tērā taha tō tātou kāinga, i roto i te hinengaro o te Atua i te ao whānui.

He aha atu te mea whakahihiri atu i te noho i tētahi oranga hua e kī ana i te rangimarie, te aroha, me te hoatu noa?

Hongihia te hau hou o ngā whakaaro nui o ētahi atu, ā, kia whai hua mai i ō rātou tirohanga kanapa, pai hoki.

Ka pū te hari o tōku ngākau ina kite ahau i te hunga whakapono pono e hiahia ana ki te aroha o te Atua. I haere mai tātou ki tēnei ao hei kokoti i ngā hua o te aroha ki te Atua, me te mahi pono me te ngākau mahaki ki a Ia.

Noho i tēnei wā anake, kaua i te ao kei te heke mai. Me whakapau kaha i tēnei rā, kaua e titiro ki āpōpō.

I roto i te ana o te wahangu o roto ka kitea e koe te puna o te whakaaro nui

Kei te rae, i waenganui i ngā tukemata, te kuwaha ki te rangi. Ko tēnei pokapū i roto i te roro [te wāhi o

te kanohi wairua, te hinengaro wairua rānei] te tuaka o te hiahia. Ina arotahi koe i tō mana hinengaro ki tēnei pokapū, ā, ka āta akiaki i tō hiahia, ka tutuki tāu e hiahia ana (He maha ngā wā ka kite tātou i te tangata e ngana ana ki te maumahara ki tētahi mea, kāore i te mōhio, ka pā ki tēnei wāhi i tōna rae).

Nō reira, kua te tangata e whakamahi i tōna hiahia mō ngā mahi kino. Ko te hiahia kia whara tetahi i tetahi he mahi hē rawa atu tēnei i ngā mana kua homai e te Atua ki a tātou. Ki te kitea e koe tō hiahia e ārahi ana i a koe ki te hē, kati, nā te mea ko te haere tonu i taua huarahi ehara i te mea he moumou noa i te kaha wairua, engari ka ngaro anō hoki taua mana i a koe, ā, kāore e taea e koe te whakamahi ahakoa mō te pai.

Ahakoa kāore tātou i te tino herekore, kei a tātou te kī ki te herekore. Heoi, he tokomaha e noho pōrearea ana, e kore e whakamahi i tō rātou mātauranga i homai e te Atua me tō rātou hiahia herekore ki te whakatutuki i te mana whakahaere i a rātou anō.

Ko te hiahia ki te patu te mea e whakahaeretia ana e te taika, ā, kāore he kōwhiringa māna. Engari kei te tangata te mana whakatau me te mātauranga, e āhei ai rātou ki te whakapai tonu i tō rātou āhua me te whakaara ake i ō rātou paerewa, kua ki te noho hei herehere o ngā hiahia me ngā whanonga kino.

I tētahi wā, i a au e haere ana i runga tereina, he tino wera te rangi, ā, i rite te āhua o te hau ki te mea nō roto mai i te oumu. I pāngia katoatia ahau e te wera nui, engari i menemene ahau i roto i ahau nā te mea kua wehea tōku hinengaro mai i te whakaaro ki te wera, i te mea kua whakapono ahau ko te hiko

kotahi e hanga ana i te wera i roto i te oumu ka hanga i te hukapapa i roto i te pouaka whakamātao, ā, i taua wā tonu, i rite ahau ki te mea kua taupokina tōku tinana e te paparanga hukapapa.

Ina tukuna atu e au ngā ngaru o tōku aroha me ngā manaakitanga ki ētahi atu, kei te whakatuwhera ahau i tētahi kuaha mō te aroha atua kia tae mai ki ahau.

Ngāna kia whakakorea ngā mea whakarihariha o tō ao, kia manawanui rānei ki aua mea mēnā e tika ana, me te kore e tukua kia whakararuraru i a koe i te taha hinengaro.

Ki te taea e te tangata te noho ma, kāore he take kia noho paru tonu ia

Tērā pea he rite te aroha o te tangata ki te noho i roto i te whare iti ki te aroha o te tangata ki te noho i roto i te whare kingi

Ko te mea tino nui ki te whakatutuki i te angitu wairua ko te whakapau kaha

E rapu ana te ao i ngā taonga a te Atua, engari e rapu ana te hunga whakaaro nui i te Kaiwhakaora tonu

I te pō, ka tino wehe atu ahau i ngā tono o te ao, ā, ka tino wehe atu i a ia, ko tōku ake hiahia ka ārahi i ōku whakaaro, ka tohutohu i a rātou i ngā ara e hiahiatia ana kia tae rā anō ahau ki te whakatau tika me pēhea te whakatinana. Kātahi ka akiakihia e au tōku hiahia kia mahi i te mahi tika, ā, mā te āwhina a te Atua, ka angitu ahau. Pēnei, kua maha ngā wā kua whakamahia paitia e au tōku hiahia, engari ka taea

anake tēnei mā te whakamahi tonu me te whakamahi tonu.

Ko te ahua o ngā maunga i tāia ki te pae kikorangi, te mahi whakamiharo o te tinana tangata, ngā rōhi me te whāriki hiraka matomato, te rangatira o ngā wairua, te hiranga o ngā hinengaro, me te hohonu o te aroha, he whakamahara katoa ēnei ki te Atua ataahua, te pūtake o ngā rangatira me ngā rangatira katoa.

Ki te kore te tangata e mahi ki te whakawhanake i tōna āhua i roto i te huarahi taurite - te hinengaro, te rauemi, me te wairua - e kore rātou e reka i te harikoa pono. Mā te māramatanga wairua tātou e whakaoho ki te whakaaro nui, ā, he mea kuware te tuku i te whakapehapeha kia whakahaere i te whakaaro nui, te whakaaro tika, me te māramatanga; engari, me noho te whakatau whakamutunga ki te māramatanga me te hinengaro hinengaro.

Ki te whakakīia tō ngākau ki te aroha me te hiahia mō tētahi whakaaro mō te Atua, ā, ka puritia e koe ki roto i a koe, ka tae mai te Ariki o te Ao ki a koe, ka whakaae ki taua whakaaro nā te mea ka pā te hiahia atua ki te ngākau o te Atua.

Ina noho pūmau koe i roto i te Atua, ka taea e koe te pārekareka ki ngā mea katoa me te kore he herenga. Nō reira, he mea tino nui kia whakapau kaha koe ki te mōhio ki te Atua, ki te kore ka pouri pea koe i te ao, ka pakaru hoki ō tumanakohanga i te ara kino.

Ka pahemo tō tātou wā, ā, ko tā tātou e kite nei i nāiane i ka memeha haere, ka ngaro haere i tētahi rā. He pai te huringa mena kāore koe e tuku kia whara i a

koe, ā, ina mamae, he whakatūpato kia tukuna ngā hiahia ka mamae ai koe ki te kore e taea e koe te whakatutuki.

He hononga tata ngā mea katoa o te ao tūroa tetahi ki tetahi. Mā te whakamahi tika i te hinengaro tangata i homai nei e te Atua ki a tātou, ka mōhio tātou he hononga tō te ora katoa ki te Hinengaro Matua.

Ko te hanganga ā-tinana katoa e miharo ana te hinengaro tangata, he tohu whakahihiri noa iho tēnei mō ngā mea whakamiharo o te ao whānui.

Kaua tetahi mahi e mahia me te hinengaro pōhēhē, me te mea he huruhuru i te hau. Engari, me whakatutuki ngā mahi katoa i runga i te rangimārie o roto, o waho hoki, me te ata noho me te whakahaere i a koe anō, me te mātauranga me te arotahi nui.

Ki te whakatapua e koe tētahi wā i ia rā ki te whakaaroaro hōhonu ki te Atua me te inoi ki a Ia, ka whiwhi koe i te whakamarie nui me te harikoa pono.

Me waiho ia rā hei rā whakawhetai mō ngā taonga o te ora: te rā, te wai, ngā hua me ngā huawhenua reka, he taonga ā-korekore ēnei nā te Kaituku Nui rawa atu: te Atua.

He kīngi ahau mōku ake, ehara i te kīngi o ngā taonga, kāore āku mea, engari ko ahau te rangatira mō te rangatiratanga o tōku rangimārie, ā, kua karaunatia ahau ki te torona o te ngākau mārie mutunga kore.

Ina marino koe, ka rongo koe i te ao harikoa e pupuhi ana i roto i a koe

Kāore he tikanga o te aroha tangata ki te kore e ahu mai i te aroha mutunga kore o te Atua. Tērā pea ka hinga te aroha o te taitama me te wahine, engari i muri i tētahi wā, ka whakakapia e te ngangau me te mauahara. He koretake te aroha tangata, engari he tino tika, he mau tonu te aroha atua.

Ko te huarahi anake ki te wheako i te aroha atua ko te mahi i nga mea katoa hei whakamanawareka i te Atua, a ka kitea e koe ka haere mai te Atua ki a koe i nga huarahi kaore koe e whakaaro, a ka taupokina koe e tona hari, ka whiti tona marama ki runga ki a koe.

Ko taku hiahia he whakatū temepara mō te Atua i roto i ngā wairua o te tangata, kia kite hoki i tana ataata manaaki e tiaho ana i ō rātou mata. Ko te whakatutukitanga nui rawa atu o te ao ko te whakatapua e te tangata he temepara ki te Atua i roto i ō rātou wairua, ā, he mea ngāwari noa iho tēnei.

He tokomaha te hunga e haere mai ana ki ahau ki te kōrero mō ō rātou āwangawanga, ā, ka tono atu ahau kia marino rātou, kia whakaaroaro, kia kaua e whakaaro ki ētahi atu otinga kia rongo rā anō rātou i te rangimārie me te marino wairua. Ina marino te hinengaro, ā, he kaha te whakapono ki te Atua, ka puta ake ngā otinga mō ngā raruraru. Kāore te kore aro ki ngā raruraru e kī taurangi ana kia ngaro atu, kāore hoki te manukanuka ki aua raruraru e puta he hua pai. Whakaarohia kia marino rā anō koe, kātahi ka whakaarohia tō raruraru, ka inoi kaha ki te Atua

mō tāna āwhina. Arotahi ki te raruraru, ā, ka kitea e koe he otinga me te kore manukanuka, me te kore e kaha te mahi.

E te Ariki, whakatangihia āu rangi waiata ora tonu ki te putorino o tōku ao, kia manaakitia ai ahau e ngā wiri o āu rangi tapu.

He mea tino nui te whakahaere i ngā kare ā-roto kia harikoa ai, kia marino ai hoki te hinengaro. Kia kore ai he tangata e whakapataritari i a koe, e whakaara rānei i te hae i roto i a koe, ā, ka noho pūmau, ka whakahīhī koe i roto i a koe, ā, kāore he tangata e wero i a koe, e whakararuraru rānei i tō rangimārie.

Ko te ngākau mahaki te huarahi tino pono ki te whiwhi i te ua o te aroha o te Atua

I ētahi wā ka whakaaro te tangata kei tawhiti te Atua i a rātou, kei tētahi wāhi tawhiti o te ao tūroa, nō reira kāore rātou e karanga ki a Ia. Engari he tata atu Ia i te tata, he aroha nui atu i te aroha ki te hunga e whakaaro ana ki a Ia, e whakaaro ana hoki kei tata Ia ki a rātou.

wairua



Me whakaara ake te wairua

Mai i te moe o te ngoikore me ngā mekameka o te pōuri

Ā, tōna putanga mai ki te ao o te whakaaro nui, te
māramatanga, me te rangimārie

He maha ngā huarahi hei mahi i tēnei

Kei roto i ēnei ko te whakahaere i a ia anō

Kai tika

Te māia me te pumau ki ngā mātāpono

He āhua hinengaro pumau

Me te maia ki te aro atu ki ngā wero

Ā, hei whakaora i te hinengaro mai i ngā mea e
whakararuraru ana i ngā kare ā-roto

Te arotahi hinengaro ki ngā mea pai

I whakakahore ia kia hinga i roto i ngā pakanga o te ao

Nā te mea ka ngoikore te whakatau i te hinganga

Te whakahohe i ngā mana wairua mutunga kore

I homai e te Kaihanga ki te tangata
Me te whakaaroaro ki te Atua kia pā ra ano ki Tōna
aroaro

Ngā tohu tino tika mō te oranga o te Atua
Ko te hari e tupu ake ana i te whakaaroaro ki a ia

Ina wātea te hinengaro
Mai i te whakahāwea, te whakaaro pōuri, me te hē
Ā, ina memeha haere te whaiti o te hinengaro

Ina aroha tātou ki ētahi atu
Ki tā mātou whakaaro, ko ngā whare karakia, me ō rātou
,kanorau katoa

Ko ngā whare ēnei o te Atua
Ina mōhio tātou he pakanga te ora, he kawenga hoki hei
whakatutuki

Ā, i taua wā anō, he moemoeā poto noa iho

Ina whakaaro tātou ki te Atua me te aroha

Ka mahi mātou kia harikoa ai ētahi atu

Me ngā kupu atawhai me te mahi atawhai kore
whakaaro

Ko reira tātou ka mōhio ai kei a tātou te Atua

Ā, kei te tata tonu tā mātou whakapā atu ki a ia

Te Mahi Ao: I waenganui i te Mana me te Mātauranga
Kāore ētahi e mōhio
He rerekētanga i waenganui i te kaha me te mātauranga

He mana te hiko
Engari ki te kore e whakanohoia ki roto i te rama
E kore e tukuna te māramatanga ka taea e tātou te
whakamahi
Ko te mātauranga te mea e whakauru ana i te hiko ki
roto i te pūranga
Kāore e taea e ngā kaha katoa o te taiao te
Kia pai ai te mahi takitahi
Kāore he mātauranga hei ārahi, hei whakarite hoki i a
rātou
Nō reira ka kite tātou ko te wheketere o te matauranga
o te ao

He mahi taunga te mahi
He mana tō te mamaoa ki te neke i ngā mea
Ka hurihia te wai hei mamaoa e te ahi
E rua noa iho ēnei mana
Mai i ngā mana o te taiao
Engari i roto i tō rātou āhua tūturu, korekore
Kāore rātou e whakaputa i tētahi painga nui
Engari ina whakamahia ma te mohio
Ā, ārahi tika i a rātou
He ratonga nui tā rātou ki te tangata
Mai i tēnei ka whakatau mātou
ko te Ao me te ao whānui katoa
He tikanga tino pakari tā rātou e whai ana
Nāna i taea ai te ora o te tangata
Ko tēnei mahinga ā-ao
te manawataki o ngā tinana o te rangi" rānei"
He hua tēnei nō te hinengaro atua tino teitei
E kore te ao whānui e ora me te kore la
Ā, kāore he mana o te hinengaro tangata iti
Kia mōhio ki ōna mea ngaro me ōna mea ngaro
Karanga
E te Māramatanga Atua
!Ngā ngota e uru ana ki roto i te matū

Kei te huna koe, ā, kāore e kitea
Kāore e taea e ngā māngai te kite i a koe
Ahakoa i te rā
koura mahana
I roto rānei i ngā taura hiriwa makariri o te marama
E whakaatu ana ngā rama rangi i te taiao
Engari kāore e whakaatu ki a koe
Te ao kitea o te matū
Nā te kaha o ngā rama
He pōuri noa iho ki ōku kanohi
Whakangungua tōku māramatanga kia kite i tōu kororia
ngaro
E kitea ana i roto i ngā mea hanga katoa
I te rohe roro
Te roro o te tangata, tae atu ki
Mai i te whenua me ngā papa
Kei roto ngā awa toto
Me ngā awa pouri o ngā oko toto
He putanga iti noa iho tēnei o tētahi whenua nui
?He wāhi whakahirahira tēnei
?Kāore he atua e noho ana
?E taea rānei te whai rotarota me te kore he kaitito
?He mātaaratanga rānei kāore he kaihanganga
?He rōhi rānei kāhore he kaihoahoa
Kāore rawa
Waihoki, ko te rohe roro
Ataahua huna
I hangaia mā te tikanga
He mātauranga whakamiharo, he mātauranga tino pai
rawa atu
E miharo ana ahau ko wai kei te noho i tēnei whare
rangatira
Me ōna pakitara i hangaia ki
ngā kiko wheua e piri ana
Me ōna kai whakamiharo

?Ko tēhea e kore e taea te whakatauiria
Nā te mea kei raro i te angaanga he wāhi
Kī tonu i ngā piriona pūtau
Hihiko, mātau hoki
Ā, he pukumahi i te ao katoa
Me ngā mahi tino uaua, tino uaua hoki
ngā matūriki roro iti
Ka mahi tonu
Me ngā mahi rerekē
Te whakarite hakari
Ngā whakamātautau mōkito
Te manaaki manuhiri
Mā roto i ngā tatau o ngā kare ā-roto
He rite tonu te āhua o te hoko me te hoko atu
Ngā mahi tonu
Mai i te mimiti me te rerenga wai
Ā, pērā i ngā poti iti
Ka neke ngā pūtau toto
I waenganui o ngā awa toto
Kī tonu i ngā taonga nui
Ngā momo me ngā momo rerekē
I whakaaweawetia e te Kaihanga o te Atawhai
Ka puta te matapo wairua i te whakapehapeha
Nā te mea ka peia atu i te wairua
Te tirohanga ki te whānuitanga nui
Ko ia e noho ana i roto i ngā wairua nui
E mōhio ana te hunga nui
He mea nama ō rātou mana
Mai i te Atua Kaha Rawa
Ko ia e aroha ana ki te hunga whakaiti
Ā, ka whakanuia e ia tō rātou mātauranga, tō rātou
arataki, me tō rātou kaha
Ahakoa te tangata
kaipakihi angitu
He kaitōrangapū mātau rānei

He rangatira tukino rānei
he kaiwhakahou nui rānei
Kāore he aha tōna mana
Ki te whakataurite ki te mana mutunga kore o te Atua
Ko te ngākau mahaki te tatau tuwhera
Nō reira te nui o te aroha e pupū mai ana
Te aroha me te whakamanawa
Ki ngā wairua atawhai
E aroha ana ki te pai
Ā, e aro ana ki ngā rama
Me ngā manaakitanga mai i te rangi
Pērā i te pōuri e kore e taea te noho tonu
I ngā wāhi katoa e tiaho ana te māramatanga
Pēnei te memeha atu o te pōuri o te mate
Ina whiti te māramatanga o te Atua i roto i ngā pūtau o
te tinana

He tokoiti te hunga e mōhio ana ki tēnei āhuatanga
Ina kaha te hiahia o te tangata ki te whakaora
Ka inoi rātou me te ngākau pouri
Me te ngākau pouri rānei
Te whakaaro kāore te Atua e whakarongo ki ā rātou inoi
Ka inoi rānei rātou, engari kāore e tatari
Kia mōhio ai rātou kua tae atu ā rātou inoi ki te Atua
Ka rite ki te kore e taea te whakarongo
Ki ngā waiata e pāhotia ana i runga i ngā reo irirangi
Te whakamahi i tētahi kaiwhiwhi hapa
Nō reira, kāore e taea te kite i ngā wiri
Te hauora, te kaha, me te whakaaro nui e ahu mai ana i
te Atua

Me te koretake o te hinengaro nā te wehi me te
manukanuka
Ngā momo manukanuka katoa, te ruarua, me te
koretake
Kia maumahara mātou ki a koe, kia whakawhetai ki a
koe, e te Ariki

I roto i te rawakore me te whai rawa
I roto i te mate me te whakaoranga
I roto i te pōuri me te māramatanga
I ngā āhuatanga katoa
Kia maumahara tātou me te whakawhetai ki ngā rā o te
oranga

I homai nei e koe ki a mātou
Āwhina mai kia whakatuwhera i ngā kanohi o te
whakapono

Kia kite mātou i tōu māramatanga tapu
Te Kaiwhakaora o ngā mate me ngā āhuatanga katoa
Ka pārekareka anō rātou ki te hari o roto
Ko te ture o te nekehanga e ahu mai ana i te ture o te
take me te pānga, te ture rānei o te mahi me te tauhohenga
Ko te tangata i whānau mai he pai i tēnei ao, i pērā anō i
mua {nā ngā mahi a ō rātou ringa} Ā, ki te tohe rātou ki te
mahi i te pai, ka piki haere te pauna o te pai ki tō rātou taha
- "Ki te whai mea tetahi, ka hoatu anō ki a ia, ā, ka nui āna
".mea

Ko te hunga he iti noa iho ō rātou āhuatanga pai, tera
pea ka ngaro taua mea iti, nā te mea "ko te mea kāore i te
mea, ka tangohia i a rātou," nā te kaha o ngā hiahia kino e
.whakaeke ana, e pehia ana hoki rātou
Ko te tangata e hiahia ana ki te kino, kua mau tonu taua
hiahia kino i te ao o mua, ā, ka kaha ake pea ēnei hiahia
kino, ka whakahaere hoki i aua hiahia. Ko te hunga he hiahia
hē ō rātou, i pērā anō i mua, ā, ki te nui ake te pai i te kino,
ka peia atu e ngā āhuatanga pai ngā hiahia hē i roto i ō
.rātou wairua

Koinei te mahi tūturu o te ture take me te pānga
(karma). Heoi, kaua te tangata e māharahara, e mauheretia
rānei mēnā he āhua kino kei a ia e hiahia ana kia
whakakorea. Koinei te wā tika hei wikitoria i aua āhua mā te
.whakatipu i te whakatau o mua me te whakaaro tika

Ka taea e te tangata te wetekina i a ia anō i te mau o
ngā whanonga kino, me te waihanga i ngā whanonga pai i
roto i te whakaaro me te mahi, ka puta ai ngā hua e hiahiatia
.ana

Ahakoia te hohonu o ngā whanonga kino kua mau i roto i
te tangata, me mahara rātou nā rātou anō aua whanonga i
hanga mā te whakahoki i ngā whakaaro me ngā mahi
motuhake, ā, ka taea e rātou te whakakapi i aua whanonga
kino ki ngā whanonga pai mā te whakaaro pai me te
.whakaaro whai hua

He rerekē ngā āhua o te hinengaro tangata i ngā
whakaaro pai me ngā whakaaro kino. He pai ake te
moemoeā pai i te mamae i ngā moemoeā whakamataku. He
ngāwari, he tairongo hoki te hinengaro; ka taea e ia te tango
i te āhua e hiahiatia ana e ia, te moemoeā rānei i ngā
.moemoeā e pai ana ki a ia

Engari ko te raruraru o te tangata, ko tā rātou tuku i tō
rātou ao hinengaro—nā runga i tō rātou ake hiahia me te
whiriwhiri—kia whakahaerehia e ngā auheke me ngā aronga
hē i puta mai i ngā tikanga o mua. Nō reira, kei te oma tonu,
kei te ngaro haere ō rātou mana mohio, pērā i te
kaitiakitanga matatika kua whakatōkia ki muri i ngā pā o te
.mohio me te tirohanga

Ina pāngia te hunga kua haurangi i ngā tikanga kino e te
mamae kawa o te oranga tauhou, ka tahuri rātou ki te
māramatanga o te māramatanga me te noho tika ki te rapu
whakaoranga, ahakoia te hohonu me te pumau o ā rātou
.tikanga kino

Kātahi, ki te mahi rātou ki te whakawhanake me te
poipoi i ngā tikanga pai mā te mahi i ngā huarahi noho
rangimarie, ka kitea anō e rātou te harikoa o roto, ā, ka koa
ki te rangimārie hei hua tūturu o te whakahaere i a ia anō
.me te whakatipu i ngā tikanga pai

Te whakahoahoa pono

Te tikanga o te whakawhitiwhiti pai
te whai wāhi ki ngā kare ā-roto
Ko tōna tikanga he whakapai ake i te wairua o ngā hoa
I ngā wā o te mamae
Me te ngākau aroha ki a rātou
I roto i ō rātou mamae me ō rātou pōuri
Me te tohutohu i a rātou
I roto i ngā āhuatanga tino kino
me te āwhina pūtea
I ngā wā tino matea
Ina pono te tangata ki a ia anō
me te hoa pono ki ētahi atu
Ka whai mana ia
Hei whakamātau i te wai reka o te whakahoahoa atua
Ina rongo ētahi atu i tō tātou aroha
Ka whānui taua aroha hei aroha whānui
E rere ana i roto i ngā ngākau katoa
He rite ki te pūoro manaaki o te ora
Te korenga e whakaatu i ngā kare ā-hoa
Ko te tikanga o tēnei ko te kore aro ki te ture o te
whakawhānui-ā-tangata
Mā roto i tēnei ka whānui haere ngā tirohanga a te
wairua
Hei pā ki te aroaro o te Atua
Ina whakatūria e tātou te whakawhirinaki
I roto i ngā ngākau o ētahi atu e whakaae ana
Ā, ka taea e tātou te whakawhānui ake i ngā rohe o tō
tātou aroha
Hei whakauru i ngā wāhanga nui ake o te taupori
Kātahi ka taea e tātou te whakawhānui ake i te
whānuitanga o tō tātou mōhiotanga
Ā, ko tōna whakarewatanga ki te paepae o te hinengaro
ao whānui
E rua ngā mea e hiahiatia ana e te katoa, kāore he
okotahi

He rerekē te āhua o te tangata i te tangata, i te
hinengaro, i te kare ā-roto, i ngā tūranga e takarohia ana e
rātou i te ao, i te mahi e mahia ana e rātou, me ngā hiahia e
puta ake ana i roto i a rātou. Engari kei raro i ēnei
rerekētanga katoa e rua ngā mea e hiahiatia ana e te
tangata katoa—kāore he okotahi—e hiahia ana, ā, e matea
.ana hoki e rātou

Ko ēnei mea e rua ko te herekoretanga mai i ngā momo
mamae me te hiahia katoa, me te whakatutukitanga o te
harikoa pumau tonu; te makona katoa rānei e uru ana ki te
.rangimārie, te aroha, te whakaaro nui, me te harikoa
E kore te tangata e kite i te rangimārie kia tae rā anō ki
te wā e tutuki ai i a rātou te ngākau māhaki e hiahiatia ana e
ō rātou ngākau, ā, e whaia ana e rātou mā ngā huarahi
.katoa. He mea nui tēnei hei mārāma ki te āhua o te tangata
Engari, e rapu ana te iwi i te ngākau hari i ngā wāhi hē,
.ā, kāore e kitea

E rapu ana rātou i tēnei i roto i te ao, me ngā mea o te
ao i roto i ngā taonga me ngā āhuatanga o waho, me ngā
whanaungatanga kāore i ahu mai i te māramatanga pakari
.me ngā turanga pakari

Nō reira, kāore e taea e te tangata te whiwhi i te harikoa
parakore mai i tētahi āhuatanga, mai i tētahi tangata rānei o
.tēnei ao, i runga i te āhua o te hanganga

Ko te hanganga e ahu mai ana i te mātāpono o te
takirua. Hei tauira, kāore e taea te whai i tētahi ahua i te tae
kotahi anake; me whai rerekētanga, me whai rerekētanga
rānei. Waihoki, kāore e taea te ngaro atu i ngā takirua i tēnei
.ao

I runga i ngā hiahia o te tangata, ko ngā mea pai anake
e hiahiatia ana e tātou katoa – ngā mea ahua, ngā mea
ataahua, me ngā mea pai – me te kore e aro ki ngā para, ki
ngā mea whakarihariha, me ērā atu mea kino. Engari kāore
.e taea tēnā

I tēnei ao takirua, kāore he harikoa mēnā kāore he
mamae, kāore he mārama mēnā kāore he pōuri, kāore he
pai mēnā kāore he kino, kāore he ora mēnā kāore he mate.
Kāore e taea te whiwhi i tētahi taha o te moni mēnā kāore
tētahi atu. Ko tā tātou e hiahia nui nei, kāore e kitea i roto i
.tētahi mea ka taea e te ao te tuku

Kei te tangata te kōwhiringa. Ka haere tonu rānei rātou
ki te rapu i tā rātou e rapu nei i te wāhi hē, ā, ka pāngia e te
?pouri, e te pōuri

Ka rapu te tangata me ō rātou kaha katoa me ō rātou
hiahia katoa, engari kāore i kitea e rātou tā rātou e rapu nei,
ka arahi ki te pouri me te ngakaukore. Heoi anō, ka arahi ki
te tipu haere o te mauahara, ka huri hei riri nui, ā, i te
mutunga ki ngā mahi tutu. Nō reira, ko te huarahi rapu hē
.kāore e arahi ki te harikoa e hiahiatia ana

E hiahia ana te Kaihanga Nui kia tino harikoa tātou, kia
tino tika, e kitea anake i roto i te hohonutanga o te wairua.
Nō reira, i hangaia ai e te Atua tēnei ao kia kore ai he mea i
roto e makona ai te ngākau o te tangata, e whakatutuki ai
hoki i ōna hiahia, engari me tahuri ki te pūtake o te harikoa,
.te harikoa, me te ngākau mārie, koinei anō hoki tōna pūtake
He pono, kei roto i te tangata te rangatiratanga o te
rangi

Taurite i roto i ngā pauna
He whakaaro pai te taurite e whakakotahi ana i ngā
whakaaro
Ngā rauemi, ngā hinengaro, ngā kare ā-roto, me ngā
wairua

I roto i te kotahitanga pai, he mea whai hua te āhua
Ka whakaoho i te whakaaro auaha, ka akiaki hoki i te
mahī whai hua

E hiahia ana tātou katoa kia hauora te tinana
Hauora, ā, ka matara atu i ngā arai me ngā momo
ngoikore katoa
E hiahia ana hoki tātou kia mataara ō tātou hinengaro

Ā, ko ō tātou kare ā-roto me ō tātou kare ā-roto e mahi
ana mā tātou, kua e mahi ki a tātou
Ko tā mātou hiahia kia whai wāhi atu tēnei ki te
whakapai ake i ō mātou whanaungatanga ki te hunga e
karapoti nei i a mātou

He rangimārie, he makona hoki, pērā i tā tātou e hiahia
ana

E pā ana ki te taha wairua o tō tātou oranga
Ka uaua pea ngā wā
He maha ngā pēhanga
Kei te piki haere ngā taumahatanga
Hei whakatutuki i te taurite i roto i ēnei āhuatanga
E hiahiatia ana he haumitanga o te kaha, te wā, me te
aro

Kāore e tutuki te taurite mā te wawata noa
Engari, me whakatutuki mā te whakamahere tūturu me
te whakapau kaha
He maha ngā āhuatanga o tō tātou ao e hiahia ana kia
taurite

He maha o rātou e ahua taupatupatu ana tetahi ki tetahi
Hei tauira, te kawenga ki te whānau
Te whiwhi oranga me te pupuri i te hauora
Me te pupuri i ngā mātāpono tuhituhi me ngā mātāpono
matatika

Me te whakahaere i te nui o ngā mōhiohio e tika ana
Te kawenga ki te hāpori
Haunga ngā tini herenga kē atu e hiahia ana ki tō tātou
wā me tō tātou kaha

He poto te wā mō tātou katoa
Engari me whakangawari ake tātou i ō tātou oranga kia
iti ake ai ō tātou raruraru

E hia te nui o te wā utu nui e maumauria ana ki te rapu i
?ngā taonga ā-iwi

Ki tā mātou whakaaro koia te mea pai rawa atu nā te
mea he mea hou, he mea nui hoki

Engari he utu tō tēnei hiahia nui, e ai ki tā Buddha i kī ai
"Ko te tangata e hiahia ana ki te whai kau, me tiaki e ia"
Ki te tātarihia e tātou ō tātou oranga, ka kitea e tātou he
.nui ngā "tāre" e aro nui ana tātou ki a rātou
Nā ngā pāpāho me ngā pānuitanga i whakatenatena mai
ki a mātou

He mea nui mō tō tātou whakamarie me tō tātou
harikoa

He mea whakamīharo, ko ngā mea hou e kiia nei he
mahi whakaora wā

Kua tahaetia te tangata o ēnei rā
Ngā mea i pai ai ia ki te wā waatea
Hei whakataurite i ngā āhuatanga taupatupatu o ō tātou
oranga

Me whai wāhi pumau tātou hei tohutoro
Kāore e rerekē i te wā, i te wāhi, i ngā āhuatanga rānei
Ka nui haere te uaua o te ao, ka nui haere te hiahia kia
mārama tātou

Ko te turanga anake ka taea te pupuri me te
whakawhirinaki atu

Ko ia te Atua Kaha Rawa, te tangata e takoto ana i muri
i te ora me ōna āhuatanga katoa me ōna whakaaturanga
Ko te poti whakaora tēnei i waenganui i te moana ngaru,
te moana pōrearea o te ao
He piringa haumaruru mai i ngā whiu o te ao me ngā
rarururu mamae

Ka whakawhirinaki te tangata ki a rātou anō
Nui atu i tō rātou whakawhirinaki ki te Atua
Ahakoa e tino mōhio ana rātou
I te mutunga ka
Kāore e taea e rātou te manawa
Te hikoi, te nekeneke rānei
Ki te kore te mana ārahi me te mana tika o te Atua

Kua rongoatia ki roto i te roro, te ngākau, me ngā pūtau
tinana

Nā te mea kua taunga rātou ki te whakawhirinaki ki te
kai

te hau me te hihi o te rā

Kua whakapono rātou ko ēnei āhuatanga o waho

Ka tautoko ia i a rātou, ka homai he ora ki a rātou

Engari he whakaaro pohehe tēnei

Nā te mea kotahi anake te kaha e whakawhirinaki ana

te tangata

Ko te Atua taua mana

Nā te mea ko te Atua te Runga Rawa, te Nui Rawa hoki

Ā, ko te mea teitei rawa atu kei te ora

I mau te wehi o te iwi i a ia

Ahakoia he wairua aroha, he ngākau māhaki, he atawhai,

he rangimārie

Kāore au e hiahia ki te whakatō i roto i ngā hinengaro o

te tangata he ahi mura, he ahi reinga

Nā te mea ko te Atua te mea e tino arohaina ana e te

ngākau me te wairua

Ko ia te mea ataahua, e kore nei e taea te whakarite

tōna ataahua ki tētahi atu mea

Ki te whakaarohia e tātou i tēnei ara

Ka tata tātou ki a ia, ā, ka tata hoki ia ki a tātou

Ā, ki te whakapau kaha tātou ki te whakatutuki i tēnā

Ka whakatuwherahia e ia ōna ringa ki a tātou me te

aroha me te ngākau aroha

Ā, ki te inoia e tātou me ō tātou ngākau katoa

I piki haere te hiahia ki a ia

Ka haere mai ia ki a tātou

Tino

-

I roto i ngā huarahi maha

E whakaatu mai ana te arorau i a tātou

Ko te Atua te take me te pūtake o tēnei oranga

Engari ko te tohu tuturu o te oranga o te Atua
Kāore e taea te toro atu
Mā te whakatau whakaaro nui anake
Ki te hiahia tātou ki te kimi i te Atua
- Koinei anake te kaupapa o tō tātou oranga -
Me haere tātou ki tua atu i
Te tukanga whakaaro noa
Nā te mea kei tua atu te Atua i te māramatanga o te
hinengaro
Kāore e taea te hopu i tōna mauri
Kei te aro tonu ahau ki aku whakaaro, ā, ake tonu atu
Me ngā hiahia rauemi
Te wāhi e akiia ana ia e ngā ngaru o te harikoa me te
mamae
E whakamamaetia ana ia e ngā kare ā-roto pōrearea
Ki te hiahia tātou kia eke ki tētahi taumata tiketike
Mai i te hinengaro me ngā tirohanga teitei
He mea tika kia tangohia te whakaaro
Mai i tana mahi porangi, nanakia
Mā te arotahi i te hinengaro me te whakaaroaro ki te
Atua
Kia marie te tupuhi o ngā whakaaro
Kia tau iho ai te rangimārie reka, manaakitanga ki te
wairua
Kātahi ka rongo te ākonga i te marino me te pono
Kei waho i te whānuitanga o te wheako noa
I te mea ka tuwhera tōna māramatanga, ka ara ake ōna
pūmanawa wairua
Ka kitea tika e ia
Kāore he māramatanga
Te aroaro atua manaakitanga
He maha ngā wā ka kore tātou e kite i ngā mea e tata
ana ki a tātou
Ka pā atu tātou i ngā taonga utu nui, kāore e mutu
Ā, ka haere tonu tā mātou whai i te whakaaro auaha

Ka ngana rānei tātou ki te hopu i ngā āniwaniwa
E rapu ana mātou i te haumarū i roto i te pōuri
Ahakoa e hiahia ana ō tātou wairua ki te māramatanga
Ka inu tātou i ngā moemoeā e kore e tineia ai tō tātou
matewai

Ahakoa e hiahia ana ō tātou wairua ki te pono tino pono
Kei te whaia e tātou tētahi matakite kāore nei i te tīariari
I te ngana ki te kimi okiokinga i raro i tōna atarangi
Mai i te wera o te ora me tōna raumati werawera
Ina tino hiahia tātou

He wāhi okiokinga o te rangimārie me te rangimarie
e huna ana i roto i ō tātou wairua
Kanorau kore-hototahi

Ko te mea e ki ana te ao
He aha te mea e whakawai ana, e kukume ana i a tātou
Kia arotahi tātou ki ngā taonga ā-tinana
He atarangi mātotoru noa iho
Mō ngā taonga onge e takoto ana
I roto i ngā maina o raro whenua
Me mahi tātou ki te whakamarie i te hinengaro

manukanuka
E whai tonu ana i ngā taonga o te ao
Ā, e anga whakamua ana tōna ara ki roto
Me whakataurite tātou i ō tātou whakaaro me ō tātou
hiahia

Me ngā kōrero whakaora e ranea ana
I kitea i roto i a koe anō
Kātahi tātou ka kite i te rangimarie
I roto i ō tātou oranga me te taiao
Ki te whakataurite tātou i ō tātou tumanako me ō tātou
wawata

Me te rangimarie ā-roto i roto i a tātou
Ka rere haumarū tātou i te moana o te ora
Me te kore e wehi kei toremi
Nā te mea ko tō tātou noho tahi

He koti ora tēnei
Me ngā parirau o te whakawhirinaki ki te Atua
Ka rere tātou ki runga i te rangimārie
Tērā pea ētahi e whakaaro ana
I te mea kei a tātou te mana whiriwhiri"
Nā te aha rā i rerekē ai ngā hua i ō tātou
?tumanakohanga
:Ko te whakautu penei
Kua ngoikore te hiahia o te tangata
I ngaro tōna mōhiotanga ki ngā mana wairua
kei roto i tōna hinengaro
Engari ki te mahi ia ki te whakapakari i tōna hiahia
Mā te whakamahi i te mana whakahaere i a koe anō
Me te whakaaroaro ki te māramatanga atua i roto i a ia
Kua wetekina tōna hiahia
Ā, ina wetekina tana hiahia
Ka riro ia hei rangatira mō tōna ake aituā
Engari ki te kitea e ia kei te ora ia
I tētahi ara kāore tōna hinengaro e whakaae
E kore ia e whakawāteatia, e kore hoki e taea e ia te piki

ake

I runga i te arawhata o te whanaketanga
Me whakapau wā tātou
Hei mahi i aua mea
Ko tēhea e whai wāhi ana ki tō tātou harikoa
Ā, ka kawea mai he painga, he pai hoki ki a tātou
Kāore he tangata e taea te aukati i tā tātou hikoi
I te mea e mau tonu ana tō tātou whakaaro pumau
Te neke whakamua
Ka herea e te tangata ia ia anō
I roto i tētahi pūtau whaiti
Mai i te pae tawhiti
ngā whakaaro iti
ngā huringa wairua
ngā whanonga kino

Koia te take me whakangungu ia i a ia anō
Kia ngāwari ake, kia tuwhera ake, kia whakaae mai hoki
Me mahi tātou ki te pupuri i ō tātou hiahia kia iti iho i te
mana

Me te whakangungu i tō tātou hiahia ki te huarahi tika
Mā te mahi i ngā mea tino pai o te ao
Ā, kia nui ake tā tātou whakaaro ki te Atua
Ka horahia e mātou te wairua o te aroha, te rangimārie,
me te tuakana
I ngā kokonga katoa o tēnei ao
Te hunga he hinengaro kanapa

Kaiwhakaako Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

I te mea i haere mai tātou ki tēnei ao i tētahi
pūtake ngaro, he mea maori kia miharo tātou ki te
pūtake me te kaupapa o te ora. Ka rongo tātou, ka
pānui hoki mō tētahi Kaihanga o tēnei ao, engari
kāore tātou e mōhio me pēhea te whakatata atu ki a
ia. Ko tā tātou e mōhio ana ko te ao katoa e
whakapuaki ana i te noho o Tōna mātauranga atua.
Pērā i ngā wāhanga iti, tika o tētahi wati e miharo ai
tātou ki te kaihanga wati, ā, pērā i ngā mīhini nui,
uaua o tētahi wheketere e miharo ana, e whakaoho
ana i te whakamoemiti ki tā rātou kaihanga, waihoki
ina kite tātou i ngā mea whakamiharo o te taiao, ka
miharo tātou ki te mātauranga e huna ana i muri i a
rātou, ā, ka pātai tātou:

"Nā wai i hoatu tōna āhua kanapa, e anga atu ana
ki te rā ki te putiputi?"

Nō hea mai tōna kakara me tōna ataahua?

Ā, me pēhea rā te hanganga o ōna rau me te tino tika, me te tānga ki ngā tae whakamiharo, harikoa hoki?

I te pō, ka horahia e ngā whetū me te marama te mārama hiriwa ki a tātou, ka akiaki i a tātou ki te whakaaroaro ki te hinengaro e ārahi ana i ēnei tinana o te rangi i te wāhi hōhonu.

Kāore e ranea te mārama ngawari o te marama katoa mō ngā mahi o ia rā, nō reira, mā te hinengaro whakaaro nui, manawanui tātou e whakaoho kia okioki i te pō. Kātahi ka whiti te rā, ā, mā tōna māramatanga kanapa tātou e kite ai i te ao e karapoti nei i a tātou me te mārama me te marino, e āhei ai tātou ki te mahi i ngā mahi e puta mai ana ki a tātou.

E rua ngā huarahi hei whakatutuki i ō tātou hiahia: te tinana me te wairua. Hei tauira, ina heke te hauora, ka taea e tātou te haere ki te tākuta mō te maimoatanga. Engari ka tae mai te wā kāore e taea e te tākuta, e tetahi atu rānei te āwhina, ā, ka tahuri tātou ki te huarahi tuarua: ki te mana wairua i hanga ai tō tātou tinana, hinengaro, me te wairua. He iti te mana tinana, ā, ina kore e ranea, ka tahuri tātou ki te mana atua mutunga kore. E pā ana hoki tēnei ki ō tātou hiahia pūtea. Ina whakapau kaha tātou, ā, kāore anō kia ranea, ka tahuri tātou ki taua mana.

Ki te whakaaro o te katoa ko ō rātou raruraru te mea kino rawa atu. Ko ētahi ka nui ake te pēhanga i ētahi atu nā te mea he ngoikore tō rātou ātete. I runga i ngā rerekētanga o te kaha hinengaro o te tangata, he rerekē te nui o te kaha e pau ana i a rātou. Mena ka pāngia te tangata e tētahi raruraru tino uaua, ā, he ngoikore tōna hinengaro, e kore e taea e rātou te wikitoria. Ka taea e te hunga

hinengaro kaha te wikitoria i ō rātou uauatanga mā te wawahi i ngā arai me te whakangaeue i ō rātou turanga. Heoi anō, ahakoa te hunga kaha rawa atu, kua pāngia rātou e te hinganga. Ina pāngia tātou e ngā raruraru me ngā uauatanga maha, taumaha rawa, hinengaro, wairua hoki, ka kite tātou i te iti o te mana o te ora i roto i tēnei ao rauemi.

Kaua ā tātou mahi e arotahi ki te whakatutuki i te hauora me te haumaru pūtea anake, engari me te rapu hoki i te tikanga o te ora. He aha te kaupapa o te ora? Ina pāngia tātou e ngā uauatanga, ka tahuri tuatahi tātou ki te taiao, ka ngana ki te whakarerekē i ngā āhuatanga katoa e whakapono ana tātou ka puta he oranga. Engari ina tae tātou ki te mutunga kore, ka mea, "Kua rahua aku ngana katoa; he aha atu tāku e taea ai?" ka tīmata tātou ki te whakaaro nui ki te kimi i tētahi otinga whai hua mō tō tātou raruraru. Ā, ina hohonu rawa ō tātou whakaaro, ka kitea e tātou te whakautu i roto i a tātou anō. He momo inoi whakautua tēnei.

Inoi: He matea wairua

He matea wairua te inoi. Kāore te Atua i hanga i a tātou hei kai tono moni, nā te mea i hanga tātou e ia kia rite ki tōna āhua. E kī ana ngā Karaipiture Tapu i tēnei. Ko te kai tono moni e haere ana ki te whare o te tangata whai rawa, e tono ana i ngā mea atawhai, ka whiwhi ia i te wāhi o te kai tono moni. Engari ka taea e te tama te whiwhi i tetahi mea mai i tōna matua whai rawa. Nō reira, kaua tātou e mahi pērā i te kai tono moni.

Ko ētahi tāngata te āhua nei kei a rātou ngā mea katoa, ā, i whānau mai rātou ki te oranga me te whakamarie, ko ētahi ia te āhua nei e kukume ana i te

raruraru me te hinganga. Kei hea te āhua o te Atua i roto i a rātou? Kei roto i a tātou katoa te mana o te wairua atua. Engari me pēhea tātou e whakatipu ai i taua mana? Tērā pea kua ngākau pouri koe i mua nā te mea kāore āu inoi i whakautua, engari kaua e ngaro te tumanako me te whakapono. Kia mōhio ai koe mēnā he whai hua āu inoi, me whakapono koe ki te mana o te inoi i roto i a koe anō.

Tērā pea kāore ngā inoi a ētahi tāngata e whakautua nā te mea i whiriwhiri rātou ki te inoi. Waihoki, me mōhio te tangata ki te mea hei tono atu ki te Atua. Ahakoa ka inoi koe me tō ngākau katoa, me tō kaha katoa kia riro i a koe te whenua me ngā mea katoa i runga, e kore āu inoi e manakohia nā te mea he herenga ā-roto ngā inoi katoa e pā ana ki te ao tūroa, ā, me herenga. Engari he huarahi tika hei inoi. E kiia ana e iwa ngā ora o te ngeru, engari e iwa tekau mā iwa ngā ora o ngā uauatanga! Me kimi e koe he huarahi whai hua hei whakakore i te "ngeru o ngā uauatanga". Ko te mea ngaro o te inoi whai hua kei roto i te whakarerekē i te tūnga o te tangata mai i te kaitono ki te tangata whai tika. Ina tono koe ki te Atua mō tētahi mea o taua āhua wairua, ka whai mana, ka whai whakaaro nui hoki tō inoi.

Kei roto i te kaha o te ngākau te purapura o te angitu

He nui te matakū me te manukanuka o te nuinga o te tangata ina ngana ana ki te whakatutuki i tetahi mea nui ki a rātou. Kāore te mahi me te manukanuka me te manukanuka e kukume mai i te mana atua, engari ko te whakamahi marino me te pumau o te kaha o te hiahia ka wiri i ngā mana o te ao, ka puta mai he urupare mai i te Tino Mutunga Kore. Kei roto i

tō hiahia ngā purapura o te angitu mō ngā mea katoa e hiahia ana koe ki te whakatutuki. Ko te hiahia kua pakaru, kua kuruhia e ngā uauatanga ka pararutiki mō te wā poto. Engari ko te tangata pakari me te whakatau e mea ana, "Ahakoa ka haehaea tōku tinana, engari ka noho teitei tonu te upoko o tōku hiahia, ā, ka akiakihia e te whakatau," e whakaatu ana i te taumata teitei o te kaha o te hiahia.

Ko te kaha o te hiahia me tōna aronga tika ngā mea e whakaara ake ana i te mana o te tangata. Ina whakarērea e te tangata te whakamahi i te kaha o te hiahia, ka noho hei tangata noa, kāore e whai hua i roto i ngā kaupapa. He tokomaha e kī ana kaua e whakamahia tō tātou kaha o te hiahia ki te whakarerekē i ngā āhuatanga, i te wehi kei aukati i te mahere a te Atua. Engari he aha i homai ai e te Atua te kaha o te hiahia ki a tātou mēnā kāore ia i hiahia kia whakamahia e tātou? I tūtaki ahau ki tētahi tangata pakari i kī mai kāore ia i te whakapono ki te whakamahi i te kaha o te hiahia nā te mea ka whāngai i te whakaaro nui ki a ia anō. Ka whakahoki ahau, "Kei te whakamahi koe i tō kaha o te hiahia i tēnei wā, ā, he tino kaha, ki te ātete i ahau. Ka whakamahia e koe ki te kōrero, ki te tū, ki te hikoi, ki te kai, ki te haere ki ngā kiriata, tae noa ki te moe. Ko tāu e hiahia ana ko ngā mea katoa e mahia ana e koe. Ki te kore he kaha o te hiahia, ka noho koe hei karetao." He mahi mā te tangata te whakataurite i ō rātou hiahia, e whakahaerehia ana e ngā hiahia, ki te hiahia o te Atua. Nō reira, ina tukuna tonutia te inoi tika, ka noho hei kaha o te hiahia i roto i a ia anō.

Me whakapono koe ki te āheinga o te whiwhi i tāu e inoi nei. Ki te inoi koe kia whiwhi whare, ā, i taua wā anō ka mea tō hinengaro, "Me pēhea e taea ai e koe

te utu i tētahi whare, e te kuware?" kei te ngoikore tō hiahia ki tēnei momo whakaaro. Ina peia e koe te kupu "Kāore e taea e au" i tō hinengaro, ka whiwhi koe i te mana teitei ake. Ae, kāore ngā whare e taka mai i te rangi, ā, kia whiwhi whare ai koe, me whakamahi koe i te kaha o te hiahia me te mahi i ngā mahi whai hua hei whakatutuki i tāu whāinga. Ina tohe tonu koe, ā, e kore e whakaae ki te kore e angitu, ka taea e koe te whakaatu i tāu e wawata nei. Ā, ina whakamahi tonu koe i taua kaha o te hiahia mā roto i ō whakaaro me ō mahi, ka tutuki ō hiahia, ā, ka tae mai ki a koe ngā mea katoa e hiahia ana koe, e wawatahia ana e koe. Ina tohe tonu koe me te whakatau me te manawanui, ka puta te hua e hiahiatia ana i tētahi ara, ahakoa kāore te mea e hiahiatia ana e koe i tēnei ao. Kei roto i taua kaha o te hiahia te whakautu atua, nā te mea ko te pai o te hiahia nō te Atua. Ko te manawanui he hiahia atua.

Tahuna ngā purapura o ngā whakaaro kino

He ngoikore te ngākau o te tangata. Ina werohia, ina haehaetia hoki e ngā whakamātautau me ngā hinganga, ka ngaro tōna hononga ki te Kaihanga Mutunga Kore. Engari kei muri i te ngākau o te tangata ko te ngākau o te Atua, e kore nei e mōhio ki te ngoikore, ki te hinganga rānei. Ahakoa te mate, i roto i tōna kaha katoa, e kore e taea te wawahi, te aukati rānei i te ngākau o te Atua. Ka tino whakautua e te Atua taua inoi e akiakihia ana e te ngākau o te whakatau me te manawanui.

He mangere, he ngoikore te nuinga o te tangata, ahakoa te tinana, te hinengaro, ngā mea e rua rānei. E hiahia ana rātou ki te whakaaroaro engari ko te moe anake te mea e whakaarohia ana. Ina pā mai te

hiamoe ki a rātou, ka moe hōhonu rātou, ā, ko te mutunga tēnā o te inoi! I tēnei āhua, ka tanumia te kaha o te ngākau. Kī tonu te roro o te tangata noa i ngā purapura o te "Kāore e taea e au". I whānau mai i roto i tētahi whānau he āhukatanga me ētahi tikanga, ka awehia rātou e ēnei, ka whakapono kāore e taea e rātou tēnei, me tahu rānei ēnei purapura kino, ā, me whakakore atu tō rātou awe i te hinengaro. Kei a koe te mana ki te whakatutuki i tetahi mea e hiahiatia ana e koe. Kei roto i te ngākau o tō ngākau taua mana.

Me whai hoa pai te hunga e hiahia ana ki te whakawhanake i te kaha o te ngākau. Ki te hiahia koe kia noho hei tohunga pāngarau nui, ā, kāore ō hoa akomanga e pai ki te pāngarau, ka memeha haere tō hihiri. Engari ki te hono koe ki ngā tohunga pāngarau matatau, ka kaha ake tō kaha o te ngākau, ā, ka taea e koe te kī, "Ki te taea e ētahi atu te angitu, ka taea hoki e au."

Kaua e hohoro ki ngā mea nunui hei hanga i tō kaha hinengaro. Hei angitu, me whakamātautau tuatahi koe i tō kaha hinengaro ki ngā mea iti i whakaaro koe kāore e taea e koe. Ki te whakapau kaha koe, ka whai mai te angitu.

Kei te maumahara tonu ahau ki ngā whāinga katoa i kī mai ai ōku hoa me ētahi atu kāore rawa ahau e tutuki, engari i tutuki i ahau. Ka taea e ēnei tāngata whai whakaaro pai te whakararu nui i ō rātou whakaaro. Kia tiakina tātou e te Atua i a rātou me ā rātou tohutohu. Ko te whakahoahoa te mea nui rawa atu hei āwhina i te kaha o te hinengaro. Ko te haere ki ngā kanikani me te waipiro me te puoro nui, kaua ki te whakaaroaro i roto i te wāhi tapu o te wahangu, ka whakapoke i te hinengaro ki te puehu o ngā wiri o te

ao matotoru rawa atu, ā, he uaua ki te rukea atu. Ka kaha ake, ka ngoikore rānei te kaha o te hinengaro o te tangata i te awe o ō rātou hoa. He tino uaua te whakawhanake i te kaha o te hinengaro mā te mahi takitahi anake. Me whai tauira pai koe hei whai. Mena kei te hiahia koe kia noho hei kaipeita, kia noho karapotia e ngā peita pai, kia noho tahi me ngā kaipeita. Mena kei te hiahia koe kia noho hei tangata wairua, kia noho tahi me ngā tāngata wairua he rangatira te āhua.

He rerekētanga nui i waenga i te whakapono me te wheako. I ahu mai te whakapono i ngā mea kua rongo koe, kua pānui rānei, ā, kua whakaaetia hei pono taketake. Ko te wheako, i tētahi atu taha, ko ngā mea kua kite koe, kua mārama hoki. He pumau tonu te tino whakapono o te hunga kua wheako i te Atua. Ki te mea kāore anō koe kia whakamātau i te karaka, ka taea e koe te tinihanga i ōna āhuatanga. Engari ki te mea kua kai koe i te karaka i mua, e kore koe e tinihangatia, nā te mea kua whakamātau koe i te hua, ā, e mōhio pai ana koe ki taua mea.

Rapua te hunga e whakakaha ana i tō whakapono

Ko ngā whakaaro mō te Atua, te angitu, te whakaora, me ērā atu mea, kei roto katoa i tō hinengaro pērā i ngā kāpū hinengaro. Whakamātauria. Hei whakamātautau i ō whakaaro, me whakamahi koe i tō kaha hiahia ki te whakaora. Hei whakatipu i te kaha hiahia e tika ana, me hono koe ki te hunga he kaha te hiahia. Ki te hiahia koe ki te whakaora i runga i te hiahia o te Atua, rapua te hunga e whakakaha ana i tō whakapono, e whakakaha ana hoki i tō hiahia.

I haereerea e au te roa me te whānui o Īnia ki te rapu i tētahi tangata e mōhio pono ana ki te Atua, engari he onge. He rite tonu ngā whakapono o ia kaiako i tūtaki ahau ki a rātou. Engari i roto i ngā take wairua, i whakatau ahau kia kaua e makona ki ngā kupu noa iho mō te Atua. I hiahia ahau ki te wheako i a ia, me te tino rongo i Tōna aroaro. Kāore he tikanga o ngā mea i kōrerotia mai ki ahau mēnā kāore au i te māranga mā roto i aku ake wheako.

I tētahi wā, i a au e kōrero ana ki tētahi hoa mō ngā tāngata tapu o Īnia, he kaihekohoko taku hoa, ā, kāore ia i rite ki taku hihiri. Engari, i mea ia, "Ko te hunga katoa e kiia nei e koe he hunga tapu he hunga tinihanga, kāore e mōhio ki te Atua." Kāore au i tautohetohe ki a ia, engari i whakarerekē i te kaupapa, ā, ka tīmata māua te kōrero mō te umanga kaihekohoko. I muri i tana kōrero mai ki ahau mō te maha o ngā mea, ka mea mārie ahau, "E mōhio ana koe kāore he kaihekohoko pono i Calcutta, ā, he hunga teka katoa rātou?" Ka riri ia, ā, ka whakahoki riri mai, "Ā, he aha tāu e mōhio ana mō ngā kaihekohoko?" Ka whakahoki ahau, "Koinā tonu taku i kī ai. Ā, he aha tāu e mōhio ana mō ngā tāngata tapu?" Kāore ia i kōrero. Ka haere tonu ahau me te mārie me te atawhai, "Kāore au i te mōhio ki tetahi mea mō te kaihekohoko, ā, kāore koe i te mōhio ki tetahi mea mō ngā tāngata tapu."

Kua tae te mahi whakapono ki tētahi wāhi kāore e taea e te tini tāngata te whakamāori i ō rātou whakaaro wairua ki roto i ngā wheako o te ao. Kei te kōrero ahau i konei mai i aku ake wheako. Kāore au e hiahia ki te kōrero mō ngā mea e mōhiotia ana e au i runga i te hinengaro anake. He maha ngā tāngata e pānui ana i ētahi pukapuka mō te pono, ā, ka noho

motuhake ki a rātou anō, me te kore e whakapau kaha ki te hopu i te pono kei muri i ngā kupu. Kāore he painga o ngā kōrero kau me ngā kōrero takoto kau o ngā pono wairua ki a tātou, ā, kāore e waiho he whakaaro pai. Me wehewehe tātou i waenga i ngā kauwhau a te tangata me tōna kōrero orange. Ko te tangata e hiahia ana ki te whakaako i ētahi atu, me whakaatu tuatahi kua wheako rātou i ngā mea e akohia ana e rātou, ā, kua mārama ki ngā mea e kōrerohia ana e rātou.

(Ā, i kitea e au ko te tangata he hua noa iho nō āna mahi ake)

Ko te tangata e kaha ana ki te tohe, ka tika kia whiwhi i te kororia

Me te wawata nui, ka kake ia ki ngā teitei

Ko te mea i tino kitea te wawata, ko ia te mea i tino kitea.

Ko te hunga e hiahia ana ki te ahunga whakamua kua e whakaroa

Ā, ko te tangata i hiahia kia tomuri, kāore i haere mai.

Kia tau te rangimārie ki a koe

Te kaupapa matua me te wairua auaha

I a tātou e titiro ana ki ngā tini āhuatanga mutunga kore o tēnei ao, ki ngā mano tini o te tangata e tere haere ana i roto i ngā wāhanga o te ao, ka kī tonu tātou i te miharo, ka pātai ki a tātou anō mō te mea ngaro kei muri i tēnei āhuatanga rerekē.

He aha te whāinga matua o tā tātou haerenga? Ā, he aha te huarahi pai ki te whakatutuki i taua mea?

Ko te nuinga o tātou ka tere haere noa, kāore he kaupapa, kāore he aronga, pērā i ngā waka e tere ana ki te kore noa iho. I a tātou e whakaterere ana i ngā ara o te ao me te kore whakaaro, ka ngaro i a tātou te kaupapa o tā tātou haerenga. Kāore e tino mōhio ana tātou kei te takahi tātou i ngā rori piko e kore e ahu ki hea, i te ara tika rānei e ahu tika ana ki te ūnga e hiahiatia ana e tātou. Ā, me pēhea tātou e kitea ai tō tātou kaupapa mēnā kāore anō kia whakaarohia e tātou?

Ahakoia te kore e mōhio ki te kaupapa o te ao, he nui te kaha o te tangata ki te tautuhi me te whai i ā rātou whāinga, me te whakahaere tika i ō rātou taiao me ngā āhuatanga. Ā, he aha te kaha o te mahi auaha? He kaha auaha, he mura o te Kaihanga mutunga kore e noho ana i roto i a tātou katoa.

He rite ngā hinengaro o te nuinga o te tangata ki ngā miihini kotahi-hōiho! Ahakoia te nui o te pūmanawa kei roto i te hinengaro o ia tangata, he iti noa iho te hunga e whakamahi ana i taua mana kāore anō kia whakamahia. Ko ngā hiahia o te tangata he mea herea ki ngā mea e hiahiatia ana mō te oranga pēnei i te kai, te mahi, te whakangahau, te moe, me ērā atu mea.

E ai ki ngā tohunga hinengaro, kotahi te rerekētanga matua i waenganui i te tangata me te kararehe: o ngā mea ora katoa, ko te tangata anake te hunga e kata ana (haunga pea ngā makimaki me ngā haiena e ngengere ana). He pai te kata, ā, ki te kore te tangata e whakamahi i tēnei taonga, ka ngaro i a ia tētahi o ngā āhuatanga tino nui o te

whanaketanga tangata. Kaua tātou e rite ki te hunga e titiro ana ki te ao me te tirohanga pakari, te tirohanga nui, kāore e kata, kāore hoki e menemene, ā, nō reira, kāore e tino pārekareka ki te ao.

Haunga te kaha ahurei o te tangata ki te kata, kei te tangata tētahi atu kaha whakamiharo: ko tētahi o ngā mea nui rawa atu, ko te kaha ki te auaha, ki te auaha rānei. He aha tēnei kaha ngaro, ngaro? Ko te Hauāuru te whenua o te auahatanga pūtaiao mahi, ahumahi, me te whakamahi. Ko te Rawhiti te whenua o te māramatanga me te auahatanga wairua. Nō reira, ko te wairua o te kaupapa ko te kaha ki te auaha—ki te mahi i tētahi mea kāore anō kia mahia e tetahi i mua, i roto i ngā huarahi auaha.

Ko te wairua o te auahatanga ko te kaha auaha i ahu mai i te Kaihanga

I aha ngā tāngata ki tēnei taonga tapu? Tokohia e tino ngana ana ki te whakamahi i ō rātou pūmanawa auaha? Kua pahemo ngā wiki, ngā marama, me ngā tau, ā, kei te haere tonu, kāore e rerekē, nā te pakeke anake i whakarerekē. Ka tiaho te tangata auaha pērā i te meteor kanapa e rere ana i te wāhi, e hanga ana i tētahi mea mai i te kore, e taea ai te mea kāore e taea mā te mana auaha o te wairua teitei.

E toru ngā momo kaihanga:

He wāhanga tino motuhake, he wāhanga tino pai, he wāhanga tino rerekē; he wāhanga noa; me ngā wāhanga noa. Ā, he rau, he mano tini e taea te kī he kore noa iho.

Pātai atu ki a koe anō: "Kua ngana kē ahau ki te mahi i tētahi mea kāore anō kia mahia e tētahi atu i mua?"

Koinei te tīmatanga ki te whakaoho i te wairua o te kaupapa me te wetewete i te auahatanga huna.

Kaua e rite ki te hunga e whakapono ana kāore e taea e rātou te mahi rerekē i te mea noa, i te mea kua mōhiotia. He rite rātou ki te hunga e hiko ana i te moe. Nā ngā whakaaro i riro mai i ō rātou hinengaro huna i whakatenatena i a rātou he rite tonu te āhua o rātou katoa.

Kua tae te wā kia ara ake te tangata i tōna āhua kuware me te miharo, kia whakaū ai ki a ia anō kei a ia ngā taonga nui rawa atu o te tangata: te wairua auaha.

Kei ia tangata te mura o te pūmanawa whakamiharo, e āhei ai rātou ki te waihanga i tētahi mea kāore i kitea i mua. Heoi anō, he maha ngā wā kei raro te tangata i te awe aukume o tō rātou taiao, ā, kāore e ngana ki te wete i tōna kaha kukume. Ki te mea tetahi, "Kāore he painga o te whakamātau, kua oti kē," ka tukua e rātou kia taka ki te hinengaro o te ao kāore he kaha o te hiahia, ā, ka whakakore i te wawata. Koinei te take e hinga ai te tini o te tangata i te ao.

E pā ana hoki tēnei ki te taha wairua. He tokomaha kei te noho tonu i roto i ō rātou oranga ahakoa tō rātou kore e makona nā te whaiti o ō rātou hinengaro me te iti o ngā wheako, e wehi ana rātou kei whakaaro rerekē rātou i te āhua i whakatipuria ai rātou. Me urutau te tangata ki ngā whakamātautau o te ao i runga anō i ngā whakahau a tōna hinengaro

me ngā akiaki a tōna ngākau, kua hoki e mahi matapo me te kore whakaaro.

I mea mai taku kaiako whakaute, a Sri Yuktswarji, ki ahau:

"Ki te tino whakapono koe ki te Atua, ā, e hiahia ana koe ki tētahi mea, ka homai e te Atua taua mea ki a koe ahakoa kāore i te ao tūroa."

He whakapono pumau tōku ki te Atua, ki tōku ake hiahia hoki, ā, i kitea tonutia e au he huarahi hou e hangaia ana māku hei whiwhi i ngā mea i hiahiatia e au.

Kei te moe tonu te pūmanawa auaha i roto i te tangata, kāore anō kia whanaketia, kāore anō hoki kia whakamahia. He mea taketake tēnei mana, kei roto i ngā tāngata katoa, kāore he okotahi, engari kāore te tangata e whakamahi. Nō reira, me pēhea te whakaara ake i tēnei wairua auaha?

Mena kāore anō kia whakawhanakehia e koe ngā pūkenga whakaaro auaha hei hanga i tō ake ara, ka taea e koe te whakapai ake i tētahi mea kua mahia e tētahi atu i mua. Ko te whakapau kaha ki te whakapai ake i ngā auahatanga a ētahi atu te huarahi tino noa.

Ko te momo wairua auaha tuarua, waenga rānei, kei roto i te hunga e tito ana, e tito ana rānei i ngā mea hou, engari kāore he hiranga nui.

Ko te kounga whakamiharo o te wairua auaha te mea e āhei ai te rangatira ki te tū ki mua i te ao me te kanapa kanapa, pērā i ngā tino tangata nunui i whakaputa mai i ngā mea hou me ngā mea whai hua mō te ao, ngā mea kāore anō kia mahia e tetahi i mua. He wairua auaha pakari tō ēnei tino tangata, i

tautokona e te hiahia pumau ki te whakatutuki i ā rātou whāinga. I pai te Atua ki ēnei tino tangata nunui, i homai ai ki a rātou taua mana motuhake? I whiriwhiria rātou e te Atua kia whiwhi i taua kororia nui atu i ngā mea katoa? Kāore rawa. I whakamahia noa e rātou ā rātou taonga auaha hei whakaatu i te nui me te kororia e waiho ana mā ngā tāngata katoa, nā te mea i hangaia rātou i te ahua o te Atua, te pūtake o ngā auahatanga me ngā mahi auaha katoa.

Ko te hunga e hiahia ana ki te whakakororia i a rātou anō, ehara i te mea tino nui. Kua whakakakehia rātou e te whakapehapeha, e te whakapehapeha, e te whakahīhi i a rātou anō, ā, kāore e whiwhi tautoko mai i te Atua. Ko te hunga e aroha ana ki te hoatu, e whakatenatena ana i ētahi atu ki te whakaputa i ō rātou pūmanawa, ki te whakawhanake i ō rātou pūkenga, me te whakatipu i te whakapono ki a rātou anō, ko rātou te hunga tino nui.

Ko te nuinga o te hunga i tino rongonui i ārahitia i roto i te kore mōhio: i a rātou te pānga o te nui hei tūāpapa mō te hanganga o ō rātou oranga, ā, ka tino motuhake, ka tino hiranga i roto i te ao auaha.

Ki te mea kei a koe te kounga o te nui, ko te tikanga kua arahina koe e ngā mana o te hinengaro, nā tōna kaha i āhei ai koe ki te whakawhanake i ō kaha auaha mā te whakatuwhera i ngā hongere huna i roto i tō wairua me te hono atu ki te hinengaro katoa, te pūtake o ngā mea hou me ngā auahatanga katoa.

Ka taea hoki te whakaputa i te nui, arā, ka taea te whakatipu mā te whakawhanake i ngā pūkenga me te whakateretere i te tipu o te tangata. He ara hei whakanui i te tangata mā te whiwhi i tēnei mana whakamiharo, whakamiharo. Mā te mahi whakaaro

nui me te whakangungu tika, ka taea e te tangata te whakatipu i te wairua auaha me te whakaputa i tōna pūmanawa. Ko te hunga kua roa e whakapau kaha ana ko rātou ēnei e koa ana ki te whakatutukitanga o ō rātou tumanako me te whakatutukitanga o ā rātou moemoeā. Me hurahia ngā mana moe o roto, ā, me mahi kaha ki te wikitoria i ngā mea e ahua uaua ana, e kore e taea te wikitoria.

Me rite te tangata hihiri ki te whakamanawanui i ngā whakaaro kino me ngā whakahē a te ao kia angitu ai i roto i tētahi mara, ahakoa he rauemi, he hinengaro rānei. Me tūpato hoki ki ngā whakaaro whakahē a te hunga he iti te tirohanga. Mēnā e hiahia ana te tangata kia taketake, kia auaha, kia auaha hoki, ā, ki te hiahia te tangata ki te whakaaro me te kōrero rerekē, ahakoa he iti noa iho. Me mau tonu te hihiri, kaua rawa e tukua te hoha, te kore aro rānei kia uru ki roto i tōna ao.

Ko te hunga whai wairua auaha whakamiharo e horomia ana ngā uauatanga katoa, ngā raruraru me ngā arai, me te whakapono hohonu kei roto i a rātou te tika.

Me te ngākau pono, me te u tonu e ātete ana i te whakaroa me te hoki whakamuri, haere tonu me te manaakitanga a te Atua, me te mōhio ka pupuri te mana auaha mutunga kore i tō ringa, ka tautoko i a koe i te ara.

Tuatahi, me pā atu te tangata ki te mana mutunga kore. Ko tēnei mana tapu te pūtake o ngā mahi auaha me ngā mahi auaha katoa. Kia puta tēnei, ka kī te hinengaro mōhio me te hinengaro huna i te mana me te hiahia.

Mō ngā tau maha i wehi ahau i te ngaronga o te wairua auaha i whakatipuria e au i roto i ahau i raro i ngā āhuatanga uaua me ngā whakamātautau uaua. Engari inaianeī kua mōhio ahau kei roto i tōku wairua te ture mutunga kore. Ko taua ture tapu te pūtake o ngā pūtaiao katoa, ngā toi, me ngā mātauranga. Ā, ki te tautokona ahau e taua tautoko atua, e kore e taea e au te hinga.

Ki te hiahia koe ki te waihanga i tētahi mea whakamiharo, ātaahua hoki, noho puku, whakaaroaro hōhonu kia tae rā anō ki te wā e rongō ai koe i te mana auaha mutunga kore e noho ana i roto i a koe. Whakamātauria te mahi i tētahi mea hou. Engari kia tino mōhio kei te tautokona ō mahi e te mea nui rawa atu o te auahatanga, kei muri i ngā mea katoa e mahia ana e koe tēnei mea manaakitanga, ā, māna e whakatutuki ō tumanakohanga, e karaunatia hoki ō mahi ki te angitu.

E hiahia ana te Atua Kaha Rawa kia arahina tātou e te mana auaha mutunga kore o te wairua atua. Kua āraia e te tangata te puna o te mana auaha i roto i ō rātou wairua nā te mangere me te mangere, ā, me tango e rātou ngā arai me ngā paru katoa e aukati ana i ngā wai tapu kia rere noa ki ngā taha katoa. Me whai whakaaro pumau, me te hiahia kaha ki te mahi i te pai, kātahi ka tutuki ngā moemoeā, ka tutuki hoki ngā wawata rangatira.

Ko te nuinga o te tangata e makona ana ki te whakahoki noa i ngā whakaaro o ētahi atu, ā, kāore i te maha te puta ake i tētahi whakaaro taketake. He pai te whai hua mai i ngā whakaaro pai o ētahi atu, engari ko te kawenga o ia tangata ki te tāpiri i tētahi mea hou, ahakoa he whakaaro hinengaro, he mea ā-

tinana rānei, ki te taonga tuku iho o te ao, me te whakarei ake i te taonga o te mātauranga tangata. He āhuatanga ahurei, he pūkenga hōhonu hoki tō ia tangata e tatari ana kia kitea, kia whakahohehia.

I te tīmatanga, i whakaroa ahau ki te noho hei kaiako. He nui te whakapau kaha, ā, he nunui hoki ngā kawenga. Me noho te kaiako hei tangata ātete ohorere, nā te mea i te wā tonu ka pōuri, ka pōhēhē ia, kāore e taea e ia te āwhina i te hunga e rapu ana i tana awhina.

Me aroha te kaiako pono ki te katoa, me mahi ki a ia anō, me mārama ki te tangata, me te mōhio ki te Atua. I te kōrero mai a taku kaiārahi, a Seri Yokstuargi, ko taku tūranga i tēnei ao he kaiako wairua, ka tahuri ahau ki te Atua, ka whakawhirinaki ki a ia, ka inoi mō tāna āwhina me tana arataki.

I taku tīmatanga ki te tuku kauhau, i whakaaro ahau kia kaua aku kauhau e ahu mai i ngā pukapuka me ngā mātauranga ariā, engari i ahu mai i te hihiri o roto me ngā wheako whaiaro, me te mōhio pai ko te mana auaha e kore nei e mimiti tōna pūtake, e kore nei e mutu te rere, kei muri i ōku whakaaro me āku kupu.

Kua whakamahia hoki taua mana i roto i ngā āhuatanga maha hei āwhina i ētahi atu i roto i ā rātou mahi, me ngā huarahi maha atu anō hoki.

Kāore au i mea, "E te Ariki, meatia mai ki ahau"

Engari, i mea atu ahau: "E te Ariki, e hiahia ana ahau ki te mahi i tēnei, engari mā tōu arataki me ō manaakitanga anake ahau e inoi atu kia

whakaaweawe mai koe i ahau, kia pupuri mai hoki i tōku ringa"

Ka taea e koe te mahi i ngā mea iti i roto i tētahi huarahi tino ahurei Ka taea e koe te noho hei tino pai i roto i tō mara Kaua tātou e whai i ngā ara kua takahia paitia i ngā wā katoa; me hanga e tātou he ara hou mā tātou anō me ētahi atu Ka taea e te tangata te mahi i tētahi mea kāore anō kia mahia e tētahi atu i mua—he mea e hopu ana i ngā hinengaro, e miharo ana hoki te ao.

Ka taea e koe te whakaatu kei roto i a koe te wairua auaha atua, ā, e mahi ana i roto i a koe. Kua riro ngā mea o mua, ā, kua waiho hei hītori inaianei. Ahakoa he hohonu ō hapa pērā i te moana, he kaha rawa te mauri o te wairua, kāore e taea te horomia e rātou. Engari kāore he tikanga o tēnei pono mēnā ka mau tonu te tangata ki ōna whakaaro hē me āna mahi hē, me te kore e ngana nui ki te whakatika i tōna ara me te whakahou i a ia anō.

Engari e akiaki ana mātou i ngā kaitono pono, kia mau te whakatau pakari, kia u tonu hoki ki te haere tonu i te ara, me te kore e tukua ngā hapa o mua kia aukati i te ahunga whakamua, kia kore rānei ngā whakaaro iti e aukati i te hiahia.

Tērā pea ka pōuri te ao, ka pōuri te āhua; tērā pea ka ara ake ngā uauatanga, ā, tērā pea ka ngaro ngā whai wāhitanga i te mea kāore koe e mōhiotia. Engari kia tūpato ki te whakaae ki te korenga, ki te kī rānei ki a koe anō, "Kua mutu katoa ngā mea mōku, kua whakarērea ahau e te Atua." Nā te mea ki te pērā koe, ka whakangaromia koe e koe anō, ā, kāore he tangata e taea te āwhina i a koe i taua wā.

Tērā pea ka whakakahoretia koe e tō whānau, ka whakarērea koe e te waimarie, ka whakarērea koe e ō hoa, ā, ka whakatakoto whakaaro kino ngā mana o te tangata me te taiao ki a koe. Engari i te mea kei a koe te whakapono ki te Atua me te kaha o tō ngākau, ka taea e koe te ārai i ngā whakaekenga a te aituā, me te tū atu ki ngā uauatanga pērā i te toka pakari e pakaru ai ngā ngaru riri, me te hikoi me te hikoi pumau me te māhunga kia teitei, e tika ana mō ngā tāne me ngā wāhine rangatira.

Ahakoia ka hinga koe i ngā rau wā, ngana anō, me te whakatau ka taea e koe te wikitoria i ngā uauatanga, ka riro i a koe te karauna o te kororia. Kāore te pouri e pumau, ā, he whakamātautau rangitahi te pōuri. E hiahia ana te Atua kia toa koe, kia kore e taea te hinga, kia puta mai hoki te mana katoa i roto i a koe, kia taea ai e koe te whakatutuki i tō tūranga rangatira i runga i te atamira o te ao. Kia hihiri, ā, ka kitea e koe te pai, ā, kia mahara, "He pono, i roto i te uaua ka tae mai te ngāwari."

Kia whakapono ki te Atua, kia tumanako hoki ki Ana manaakitanga

I muri i te pō pouri rawa ka tae mai te ata me te māramatanga

Engari me pēhea e kitea ai e koe te tūranga e pai ana ki a koe i te ao? Mēnā e hiahia ana te katoa kia noho hei kīngi, hei perehitini hoki, ko wai hei pononga, hei kaiāwhina? He rite tonu te hiranga o te tūranga o te kīngi me te tūranga o te pononga i roto i te whakaari, mena ka angitu te mahi a ngā kaiwhakaari i ā rātou tūranga.

Nā konei i haere mai ai tātou ki tēnei ao me ngā rerekētanga, ngā hiahia, me ngā kare ā-roto ki ngā mahi me ngā whakangahau rerekē. I whakaarohia e te Atua kia waiho tēnei ao hei atamira mō tātou i a tātou e ngaro atu ana i tō tātou kāinga i te rangi. Engari ka wareware tātou ki te mahere a te kaiwhakahaere atua me te kaiwhakarite o tēnei atamira, ā, e hiahia ana tātou ki te mahi i ā tātou mahi i runga i tā tātou e whakaaro nei he tika, ehara i te mea e pai ai te Atua. Koia te take e puta mai ai tēnei pōrearea, me te horapa o te raruraru me te ngangau puta noa i te ao.

Ka hinga te tangata i runga i te atamira o te ao nā te mea ka ngana rātou ki te whakaari i ngā tūranga rerekē i ērā i whakaritea mō rātou. I ētahi wā, ka nui ake te aro me te whakamoemiti ki te tangata hangareka i te kīngi. Nō reira, ahakoa te iti o tō tūranga, mahia ki te pai o tō kaha me te hinengaro mārama, ā, ki te aroaro o te Atua, ka uru koe ki te hunga angitu.

He pai ngā whakaaro o te Atua mō tātou. Mēnā he pouri, he pōuri rānei ngā mahi a tātou, kua tātou e whakakeke ki te ao, engari me whakapakari i tō tātou whakapono ki te Atua (Ā, i runga i tēnei whakaaro, i mea te Poropiti, kia tau te rangimārie ki a ia :)

"Kāore te Atua e tuku iho i te mate, engari me tuku iho anō tōna rongoā." Nō reira, me inoi ki te Atua mō te mamae.

(E te wairua, kua e ngakaukore i te nui o te mamae)

Ā, e tino mohio ana ahau kei te wātea te whakaoranga mai i te Kaihanga, te Atua o ngā mea hanga katoa

**E hia ngā uauatanga kua tae mai, kua riro atu,
kātahi ka pahemo atu?**

I muri i tōna pānga ki te moni me te oranga)

Ngā Waiata Wairua

Ngā whakataukī, ngā rotarota, ngā tohutohu me ngā

whakaū

Kaiwhakaako



Me ako tātou ki te atawhai i te tangata, nā te mea ko te
kimi i te harikoa mā te whakahari i ētahi atu te whāinga
pono a te hunga katoa e aroha ana ki te Atua, e whakapono
.ana ki a ia

He mea whakamiharo, he mea tino nui hoki te hari o
ētahi atu, hei whakatutuki i tō tātou ake hari, ā, he mahi
.whai hua anō hoki

Ko ētahi e whakaaro ana ki a rātou anō anake, e mea
ana, "Ko te mea nui ki ahau ko te harikoa." Engari, ko te
.hunga pēnei kāore e kitea te harikoa

Kāore e tika ana kia rapua te harikoa whaiaro me te
wareware i te harikoa me te oranga o ētahi atu

Ko te tangata e tahae pōrangi ana i te oranga o ētahi
atu, tera pea ia e whai rawa, engari e kore ia e harikoa, nā te
mea ka nui atu te kino o te mauahara o ētahi atu ki a ia i te
.paitini whakamate

:Ko tā te ture atua e whakahau nei

Ki te ngana tetahi ki te noho pai i runga i te
whakapaunga o ētahi atu, ka ngana aua tāngata ki te
whakapōuri i tō rātou ao. Engari ki te ngana rātou ki te
whakahari i ētahi atu, ahakoa ko rātou ake, ka whakaaro

ētahi ki tō rātou oranga me te harikoa. Ina whakaaro tātou ki
ō tātou ake matea nui, me whakaaro anō hoki tātou ki ngā
matea o ētahi atu. Ā, ina whakaatu tātou i te āwangawanga
.mō rātou, ka hiahia tātou kia ora rātou, kia harikoa hoki
Ko te tangata atawhai ka noho tahi me tōna whānau me
te ao e karapoti ana i a ia. Ko te tangata hiahia ki a ia anō ia,
ka tūtaki tonu ki ngā raruraru, ka hinga, ka ngaro te
.rangimārie o te hinengaro
Ina mōhio koe ko te Atua te rangimārie i roto i a koe, ka
mōhio koe ko ia te rangimārie me te rangimarie i roto i ngā
mea pai katoa o te ao hanga, ā, ka kite koe i a ia i roto i te
ataahua o te taiao, ka rongo i Tōna tata i roto i te
whakahoahoa pono, ā, ka rongo i Āna manaakitanga i roto i
ngā wawata rangatira me ngā kaupapa honore, kāore he
whāinga whaiaro. Ka rongo koe i Tōna aroaro i muri i ngā
.arai o te wahangu me ngā mea whakamiharo katoa
Patohia te tatau, ā, ka hurahia te arai, ā, ka kite koe i te
.kanohi tino kororia me tōna kororia katoa
Ki te aroha koe ki te Atua, ka rongo koe i Tōna aroha, ā,
kāore he mea kē atu e taea te tinihanga i a koe
Ka kukumea koe e ngā wheako ā-tinana nā te mea
kāore anō koe kia reka i te harikoa wairua, ā, ina reka koe i
.taua mea ka mōhio koe ki te rerekētanga
Kia wātea koe ki te whiriwhiri. Kaua e tukua tetahi mea
hei aukati i a koe, kaua hoki e tukua tetahi atu kia
.whakahaere i a koe, kia whakararuraru rānei i tō harikoa
He wāhanga motuhake koe nō te ao whānui, ā, me kimi
e koe taua tino pai kia wheako ai koe i te māramatanga
.harikoa me te reka o te aroha atua
Kāore e taea e te nuinga o te tangata te waihanga i te
taurite e tika ana i waenga i ō rātou oranga mahi me ō rātou
oranga wairua
E hiahia ana te tangata wairua ki te moni, ā, e kore e
taea e te tangata o te ao te noho harikoa me te kore te Atua

Ka mahi te tohunga wairua, ā, e mea ana āna kupu
huna: E homai ana e te Atua te kaha ki ahau, e homai ana
hoki te ngākau pono ki ahau, nō reira ka whakanuia e ia te
.kaha, ā, ka manaakitia e te Atua āna mahi

He mahi anō hoki tā te tangata o te ao, engari e mea
ana ia: Ko au anake te tangata e mahi ana i ēnei mea katoa,
ā, kāore he tangata e pai ake ana ki ahau, nō reira ka puta
mai he hua ohorere ki a ia anō, ka taka ki roto i ngā
.tūponotanga

Ko ngā mahi katoa, ahakoa mō ngā mahi ā-tinana, ā-
wairua rānei, me ahu mai i ngā mātāpono tika, me te
.whakahaere hoki i te hinengaro me te taurite o te whakaaro
Tahuri ki te Atua, mahara ki a Ia, me waiho Ia hei
pokapū o tō ao. Karanga atu ki a Ia, inoi kia ārahina koe e Ia,
kia whakaaturia mai hoki te mahi a Ana ture. Kia mahara ko
te whakaaroaro ki te Atua me te rongo i Tōna aroaro he pai
ake i te miriona tātaritanga me ngā whakamārama. Kōrero
atu ki a Ia kāore e taea e koe te whakaoti i ō raruraru i a koe
anō, ahakoa he tiriona whakaaro kei a koe, engari ka taea
ngā otinga mēnā ka tukuna e koe ki roto i Ona ringa. Inoi
tuatahi kia ārahina koe, kātahi ka whakaarohia mai i ngā
tirohanga maha kia kitea ai he otinga tika. Ka āwhina te Atua
i te hunga e āwhina ana i a rātou anō. Ina marino tō
hinengaro, ā, ka kī i te whakapono i muri i te inoi ki te Atua i
roto i te whakaaroaro, ka taea e koe te kite i te otinga tika
.mō tō raruraru me te āwhina me te ārahi a te Atua
Ina huri te whakapono o te tangata ki ngā pono me ngā
mea ka taea e te wairua hei mātauranga tūturu, ka nui ake
te angitu me te mātauranga o taua tangata i ngā tohunga
katoa o te ao. Ko te hunga nui kua mōhio ki te Atua, kāore e
pōhēhē, e raru rānei i te ruarua nā te mea kua pā ki a rātou
.te Pono, arā, ko te Atua

E te Ariki, i ahau e matapo ana, kāore i kitea e au he
tatau e anga atu ana ki a Koe. Nāu i whakaora ōku kanohi, ā,
inaiane kua kitea e au ngā tatau e tuwhera whānuitia ana i

ngā wāhi katoa—i roto i ngā ngākau o ngā putiputi, i roto i
ngā reo o ngā hoa, i roto hoki i ngā maharatanga o ngā
whakamātautau rangatira me te aroha. Ko ia manawa o taku
inoi ka whakatuwhera i tētahi ara hou ki te temepara o tō
.aroaro whānui

Kāore tōku hinengaro i herea ki tētahi pounamu iti ā-
tinana kua hiritia ki te kōka o te kuware. Kāore au e hikoi
ana i waenganui i tō moana rangi me te kore e pā ki ngā wai
o te moana. Kāore au e noho moe ana i roto i a koe, e te
Ariki, me te kore e mōhio ki a koe, e rongo rānei i tō aroaro.
.Kua rumakina tōku ao katoa ki roto i tō aroaro katoa
Ki te whakarite koe i ō mahi katoa ki te Atua, me te whai
i ngā ture o te ngākau pai, e kore koe e hinga, e hē rānei. Kia
mahara ko te aroha o te Atua e āwhina ana ki te muru i ngā
hara maha. Ki te tino aroha koe ki te Atua—ehara i te kare ā-
.roto anake, engari ko te aroha pono—ka whakawāteatia koe
Kaua tātou e inoi ki te Atua me te ngākau maroke, me
te whakaaro kopikopiko, nā te mea kāore e ranea ngā inoi
mahana hei whakaoho i te whakautu a te Atua. Ka tutuki
taua whakautu mā te inoi kaha, te ngākau pono e puta mai
.ana i ngā hohonutanga o te ngākau
Ki te kore te tangata e whakauru i te Atua ki roto i tōna
ao, ā, ki te kore hoki e waihanga i tētahi taurite whai hua, ka
pā mai ngā raruraru ki a ia ahakoa te āhua o tōna āhua
.noho

E te Ariki, ina angitu ahau i ngā whakamātautau me ngā
whakamātautau o te ao, ka mōhio ahau he manu ahau nō te
pararaiha e whakamoemiti ana, e waiata ana mō āu mahi
whakamiharo mutunga kore, ā, e horapa ana tōku wairua ki
.roto i ngā ngota katoa o te ao
Kua whakaarahia e au, kua whakawhānuihia hoki taku
aroha iti kia hanumi ki te wairua o te aroha whānui e ora ai,
.e neke ai ngā mea ora katoa

Mā te āwhina i ētahi atu kia angitu, ka tutuki i ahau te
tipu me te whai rawa mōku ake, ā, i roto i te whai rawa me
.te oranga o ētahi atu ka kitea e au tōku harikoa
I whakaaro ngā kaipūtaiao i mua he huānga kotahi te
wai, engari i whakaatuhia e ngā whakamātautau e honoa
ana ngā huānga e rua e kore e kitea, te hauwai me te hāora,
hei hanga i te wai matū. Waihoki, he pono whakamiharo ka
taea te hopu mā te wheako wairua. Ina noho puku tātou i
roto i te whakaaroaro, ā, ka tahuri ō tātou whakaaro ki roto,
ka kite tika tātou i te aroaro o te Atua, ā, he mea
whakamiharo tēnei nā te mea ehara ngā hua i te mea o
.waho engari ko roto
I te horapa o ngā hihi o te rā, ka horahia e au ngā hihi o
te tumanako ki roto i ngā ngākau o te hunga rawakore me te
hunga kua whakarērea, ā, ka tahuna ngā rama o te
whakatau me te whakapono ki a ia anō ki roto i ngā ngākau
.o te hunga e whakaaro ana he rahua rātou
I te ata noho o te pō, i te hōhonutanga o te wā, i roto i
ngā ngahere o te hinengaro, ā, i tawhiti atu i te hopunga o
ngā kare ā-roto, kōrero ki te Atua Aroha me te hiahia nui.
Whakaarohia tonutia ia, kōrero atu ki a ia i te reo o te
ngākau me te wairua. Ā, ina tukua e koe tō ngākau ki a ia, ka
haehaea ngā arai katoa e huna ana i a ia i a koe, ā, ka ngaro
ngā wehi me ngā mānukanuka, ka waiho ko tōna
.māramatanga me tōna hari nui rawa atu
He tokomaha e whakapono ana kei tētahi kokonga o te
wāhi te rangatiratanga o te Atua, kei tawhiti atu i ngā kohu
poke o te Ao, e kī ana i ngā wiri o te hara me te takahi ture.
Ka wareware rātou kei te tata rawa ngā ao whānui o te
wairua. Ina kati ngā kanohi o te hunga kua ahu whakamua ki
te taha wairua, ka ngaro te Ao whānui me ōna mea e kitea
ana, e kitea ana, i te mea ka puta ngā āhuatanga o te
mutunga kore i roto i ngā kitenga mutunga kore i mua i tō
.rātou tirohanga ā-roto

Me whakapau te wā e penapenahia ana e te hangarau ki
te ako hohonu ake i te ao. Ko ngā mahi whai hua me te moni
he huarahi hei whakatutuki i te oranga, engari kua te
tangata e tinihangatia e ngā taonga ā-tinana, kua hoki e
.tukua te apo matapo kia tango i te harikoa o te ora
I whakamahia e au te toki o te hiahia me te hoe o te
whakatau, i kerī ki roto i te oneone o te hinengaro, ā, i kitea
te puna o te kaha ora. I kite ahau he kotahi ahau me te kaha
o te ao, ehara ahau i te tinana, engari ko te hiko rangi e
.horapa ana ki te tinana

E te Ariki, e mōhio ana ahau he wāhi nui tēnei ki te kimi
i ngā taonga o te wairua e huna ana i roto i te hohonutanga
o te moana o te hinengaro. Ka whakakapia e ahau ngā
hononga o te ao ki ngā aronga wairua, ā, ka whakaohokia e
ahau tōku hiahia me tōku kaha ki te whakatutuki i te
kaupapa o te ora, me te u tonu ki te āwhina me te
.whakaaweawe i ahau ki te mahi i te mea tika
Kua e tukua tēnei ao kia whakahaere, kia whakahau
rānei i a tātou, ā, kua hoki e wareware kāore he mea
tūturu, he mea pumau engari ko te Atua anake, ā, ko te
.harikoa pono kei roto i ō tātou ake wheako ki a ia
I roto i te wāhi tapu o te whakaaroaro, ka tahuna e au
ngā kārara e rua: te kārara o te ata me te kārara o taku ara
ake

He karauna ataahua o tōku hiahia mahana e karapoti
ana i ngā waewae o tō aroaro katoa
Ko tō kakara, e pupū mai ana i ngā putiputi o te aroha i
roto i te kohua o tōku ngākau, e horapa ana ki ngā kokonga
katoa o tōku ao

Kua ngaro ngā atarangi o ōku wehi me ōku whakaaro
pohehe nā te kanapa o tōu māramatanga, e te Atua, nāna
ahau i whakaara ake ake i ngā moemoeā o te oranga
.tangata

Me te mataara tonu, me ngā kanohi ngenge, ka titiro
tonu ahau ki tō mata mutunga kore, me te whakaaroaro ki
!ōna āhuatanga me ngā āhua reka e kore e taurite
Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakawātea ahau i a au ake ake mā te whakahoki mai i
tōku mauri wairua. Ā, ina pā mai ngā tupuhi ki ahau, ā, ina
pā mai ngā whakamātautau ki ahau, ka rere ahau i taku poti
.i te awa o te ora ki te takutai atua
Ina tae mai ngā uauatanga me ngā aituā, ka whakakaha
ahau i taku whakatau, ka whakakoi i taku hiahia ki te
wikitoria i aua mea. Ā, i ahau e atawhai ana i ētahi atu, ka
homai e te Atua ki ahau te kaha, te whakaaro nui, me te
.whakaaro tika
Ko te mōhio ki te Atua te mea tuatahi, te mea nui rawa
atu hoki o te ao, nā te mea ka mau te rangimārie ki te
wairua, ka marino hoki te ngākau. Ko te Atua te hinu
whakaora mō ō tātou mamae me ō tātou raruraru katoa, te
otinga mō ō tātou raruraru katoa, me te whakatutuki i ō
tātou hiahia katoa. Ko ngā mea e hiahiatia ana e ō tātou
ngākau—te aroha, te rongonui, te whakaaro nui, me te hua—
ka kitea katoatia ēnei i roto i te Atua, te pūtake o te pai me
.te manaakitanga katoa
Ka inehia ngā wheako katoa e te kaha ki te whakaae me
te mārama, nō reira ka tere ake taku whanaketanga mā te
.whakanui ake i aku wheako katoa me te kaha o te arotahi
Kei te rongohia ahau i a koe i roto i te hohonutanga o ōku
whakaaro, kei te rongohia ahau i tō aroaro i roto i ōku kare ā-
roto hohonu, ā, kei te kite ahau i a koe e puāwai ana i roto i
.te māra o tōku aroha
Whakakīia ahau ki te kakara o tō aroaro, kia koa ai ahau
ki tō kakara tapu
Haere mai ki ahau i tua atu o ngā rangi, o ngā whetū, o
ngā whakaaro, me ngā kare ā-roto. Whakaaturia mai tō mata
tapu rawa atu, kia kite ahau i tō aroaro i roto i tōku wairua, i
.te taha o ahau, me ngā wāhi katoa

Kua rapua koe e au i ngā tau me ngā wā katoa, i runga i
ngā ara o ngā hiahia me ngā wawata, ā, inaiane kua mōhio
ahau kei roto koe i tōku wairua e noho ana, e whakaaweawe
.ana hoki i ōku kare ā-roto tapu rawa atu
Kaua e huna i ahau i muri i ngā putiputi o ngā kare ā-
roto, o ngā whakaaro, me te pū o te wairua
Whakapaipaihia tōku wairua ki ngā taonga o tō
whakaaro nui, kia pupuhi mai hoki ngā hau o tō harikoa ki
roto i ahau, kia tangohia atu hoki i ahau te pōuri e arai ana i
.a Koe i taku tirohanga me taku māramatanga
E Koe kei tua atu i ngā whetū me te rangi kikorangi, kei
tua atu hoki i ngā paparanga o te āhuarangi me ngā mea ora
katoa, manakohia ngā kōrero hāhā o tōku aroha, rukuhia
hoki tōku wairua ki tōu aroha, ki tōu māramatanga me tōu
.rangimārie

Ko te ara o te ora penei: i tetahi taha ko te awaawa
pōuri o te kuware, ā, i tetahi taha ko te māramatanga
.mutunga kore o te whakaaro nui
Ko ngā arai ki te tipu wairua ko te hiahia whaiaro, te
whakapehapeha, te apo, te riri, me ērā atu. Ka ārahi, ka
pana rānei ēnei āhukatanga pōuri i te tangata ki roto i te
.kuware hohonu atu i tō rātou kua mau kē
Heoi, mā te whakarite ki te hiahia o te Atua ka arahi ki
te whakaoranga, ā, ka homai te harikoa e rapua ana e te
.tangata i waho i a ia anō, ahakoa kei roto i a ia
Ahakoa kāore te rā o ngā whai wāhitanga pai e whiti mai
ana ki taku ara, ā, ahakoa kua takoto kau te ara, kua pōuri,
kua ki tonu i ngā whakamātautau me ngā raruraru, ka
whakapau kaha ahau ki te aro atu ki ngā wero me te puta
mai i te pōuri o ngā raruraru, me te mōhio i roto i tōku
ngākau ka ārahi te māramatanga atua i ahau, ka whiti
.mārama hoki ki taku ara

Nāu katoa tōku kaha i tono mai, e te Ariki, ā, kāore he
uara, he oranga rānei o tōku ora ki te kore tō whakaaro nui
!me tō mana. Nui rawa tōu, ā, iti noa iho ahau

Kāore he take e whakamanamana ai tātou ki a tātou anō

hei tangata, engari kua e tukua ō tātou hapa kia
whakapōrearea i a tātou. Me titiro tonu tātou ki te taha
kanapa o ō tātou whakamātautau, me ako i ō tātou hapa, ā,
.me tahuri ki te Atua ahakoa te aha e pā mai ki a tātou
Nā te mea ko te Atua anake te tino pai o te ao, ka ngana
ahau ki te tiroiro i te whakaaro nui i roto i te kuware, ki te
kimi i te oranga i waenganui i te ngoikore, me te rongo i te
.marino i waenganui i te pōhēhē

Kei roto i tōku wairua, kei te taha hoki o ahau te Atua, e
tiaki ana, e mātakitaki ana i ahau, nō reira ka peia atu e
ahau ngā kapua o te wehi e huna ana i te kanapa o Tōna
.māramatanga ārahi i te pae tawhiti o tōku ao

E te Ariki, kua ahau e whakahe kino ki aku hoa. Engari
ki te rapu tohutohu mai rātou ki ahau hei whakapai ake i a
rātou anō, tukua ahau kia tuku whakaaro whakaiti i runga i
tāu arataki me tāu whakaaweawe. Me te ngākau māhaki me
te aroha, kāore he akiaki, he āwangawanga, āwhina mai ki
te ārahi i te hunga e hē ana ki a Koe. Aratakihia tōku
māramatanga me tōku kaha kia taea ai e au te huri i ngā
āhua pōuri hei ākonga mārama e whakaata ana i te
.māramatanga o tōu whakaaro nui

I tēnei rā ka whakatō ahau i ngā purapura o te whakaaro
nui, te hauora, te whai rawa me te harikoa ki te māra o tōku
ao, ā, ka whakawhetai ahau ki te Atua ina tutuki te hiahia o
.tōku ngākau

Ka horoia e au tōku hinengaro mā te whakaaro ko te

Atua te kaiwhakahaere o aku mahi katoa

I tēnei rā ka mahi ahau ki te whakaatu i te rangimārie
me te taurite i roto i tōku ao mā roto i ōku whakaaro, kupu,
me ngā mahi, ā, ka arotahi ahau i tōku kaha me tōku hiahia
katoa ki te whakatutuki i te whakahoahoa ki te hiahia o te
.Atua

E koe e noho nei i runga i te torona o ō mātou ngākau, e
hono ana i roto i tōu aroha, manakohia ō mātou hiahia me te

wawata o ō mātou wairua. Manaakitia mātou katoa, tangohia
atu ngā arai i tō mātou ara, ā, peia atu te pōuri o te kuware i
.roto i a mātou

Kia tiaho mai tōu māramatanga ki ō mātou ara. Kia ara
ake ō mātou hinengaro, kia hari hoki mātou ki tōu tata, kia
.rongo hoki mātou kei a koe tonu koe i a mātou
Kia pono ki a koe anō. Kāore te ao e pono ki a koe nā te
mea e pai ana ki te tinihanga. Ina pono koe ki a koe anō, ka
.kitea e koe te ara ki te rangimārie o roto
Noho i tēnei wā anake, kaua i te ao kei te heke mai. Me
.mahi i tōu pai i tēnei rā, kaua hoki e manukanuka ki āpōpō
E te Ariki, ko ngā whāinga katoa a te tangata e whai ana
kia tutuki, he harikoa noa iho, ahakoa ka karaunatia katoatia
ki te angitu. Engari mā te kimi i a Koe, e te Ariki, ka kitea e
.au te pūtake o te harikoa mutunga kore
Ko ngā mea ā-tinana e whakarato ana i te ahua eka ka
noho tonu i waho o te whakaaro; ko rātou, me ngā ahua eka
e tukuna ana e rātou, ka uru atu ki te whakaaro mā te
.maminga me te whakaaro auaha
Mō te hari parakore, koia nei te mauri o ō tātou wairua,
ka taea te whiwhi mā te whakaaro kotahi, ā, e tata ana ki a
.tātou, e taea hoki e tātou te toro atu
Ina ngaro ngā take o waho o te harikoa o ngā kare ā-
roto, ka ngaro tahi te harikoa rangitahi e puta mai ana i aua
mea, engari kāore te harikoa o roto o te wairua e ngaro
mena ka mōhio te tangata ki te whakataurite ki taua mea, ki
te kore rānei e āta whakawhāitihia e ia ōna whakaaro ki ngā
.mea rauemi e memeha haere ana, ā, ka noho pōuri
Ko te hari o te wairua, koia te hari o te Atua, e
.whakahoutia tonutia ana, ā, ake tonu atu
I tēnei rā ka inoi ahau mō te rangimārie me te harikoa i
roto i ahau, ā, ka tiakina e ahau te pā o tōku whakaaro nui e
te hiahia, te rangimārie, me te aroha, ā, ka whakawhetai
ahau ki te Atua, ka whakaara ake ki a ia te whakawhetai o
.tōku wairua me ngā hiahia hou o tōku ngākau

Ko te mea ka ngaro i ahau i te ao, e kore e ngaro i tōku

wairua

Ka titiro tonu ahau me te whakawhirinaki me te
whakapono ki te whetu atua o te arataki e kore nei e toremi i
.te rangi o tōku ao

E te Ariki, manaakitia ō mātou whakaaro kia
maumahara ai mātou ki tōu hari, manaakitia ō mātou kare ā-
roto kia rongo ai i tōu aroha, manaakitia ō mātou hiahia kia
hiahia ai rātou ki ngā mea e pai ai koe, manaakitia ō mātou
wawata kia hihiri ai mātou ki te whai i ngā mea pai me ngā
mea rangatira katoa, ā, tukua mātou kia mōhio ko koe te
hari mutunga kore e hiahiatia ana e ō mātou ngākau, e
.rapua nei e ō mātou wairua

E mōhio ana ahau ka ārahi mai aku whakaaro i te
hinganga, i te angitu rānei, i runga i te whakaaro e kaha
rawa ana i roto i tōku hinengaro. Nō reira, ka whakapau kaha
ahau ki te mahara kei ahau te Atua, e āwhina ana, e
.whakahihiko ana i ahau kia whakaaro mārama

E te Ariki, i roto i te whakaata o te ata noho ka kite ahau
i ia rā i te mata o te rangimārie, tōu mata, ā, i ia rā ka mahi
ahau ki te whakaoho i tō aroha me tō rangimārie ki roto i
.ētahi ngākau

E te whaea o te rangi, ka hutia ake e au ngā whetū i ngā
māra o te pō, ka tukua atu hei koha aroha ki a koe. I ngā wā
katoa ka titiro atu ahau ki tō mata kanapa i te marama
katoa, ka whakakorea e ō ataata ngawari ōku manukanuka,
.ka horoia atu ōku pouri
:kia tino mohio

Ka whakakorea e au te kuware, ka whakakorea hoki ngā
ariā hapa, ā, ka ara ake ahau i te rua o ngā pae tawhiti me
ngā tirohanga iti ki te herekoretanga o te aroha me te
.atawhai tangata

Ko te aroaro o te Atua e tino kitea ana i roto i te hunga
ngākau atawhai me ngā wairua e aroha ana ki a Ia, ā, e kore
e wareware ki a Ia. Ina kaha ngā tupuhi, ina ngaru o te uaua,

ka taea e rātou te ārahi i te poti o ō rātou oranga ki ngā
.takutai haumaruru o te tiakitanga atua

Kei ahau te mana o te wairua auaha, ā, kei te hono atu
ahau ki te hinengaro o te ao whānui, ā, e mōhio ana ahau kei
te ārahi te Atua i ahau, kei te āwhina i ahau ki te whakaoti
.rapanga me ngā raruraru katoa

E tōku Atua aroha, me ngā kanohi tuwhera, me te
kanohi o tōku hinengaro ka kite ahau i a Koe, ā, ka karakia
ahau ki a Koe me te hiahia nui me te ngākau pono, ā, ka
whakaaro ahau ki a Koe i a au e mahi ana i aku mahi, ā, ka
karanga ahau ki a Koe me te reo o te ngākau me te reo hāhā
.o te wairua

Tērā pea kei roto i te tangata te wehi i te mate, te
whakapono rānei kāore rātou e ora. I tēnei wā, me whai
rātou i ngā tikanga noho hauora e ārahi ana ki te oranga
tinana me te oranga wairua, ā, me inoi hoki kia nui ake te
whakapono ki te mana whakaora a te Atua. Mena e
whakapono ana rātou he rahua rātou, ā, kāore e taea te
angitu i tētahi mara, me whakarite kia whakapau kaha rātou
.ki te whakatutuki i te angitu e hiahia ana rātou

Mā te taunekeneke me te kōrero ki te hunga e aroha
ana ki te Atua ka whāngai i ō tātou hiahia, ka whakamarie i ō
tātou ngākau, ka whakaara ake hoki i tō tātou taumata
.mōhiotanga

Whakatau-ā-koe

I tēnei rā ka whakaaro ahau ki te Atua nāna nei ahau i
homai te ora, nā te mea ko te arotahi ki ngā mea o te ao, me
te kore aro ki te Atua, ka puta noa mai te pouri o te ao me te
.pouri o te wairua
:kia tino mohio

I tēnei rā ka āwhina ahau i a au anō kia pai ai te
whakamahi i ngā mana kua homai e te Atua ki ahau, ā, ka
inoi ahau ki te Atua kia āwhina i ahau, kia manaaki i aku
.mahi, kia tukua kia angitu

Ina arahina te hiahia o te tangata e te hē, ka
mamingatia, ka whakapohehetia tātou; engari ina arahina e
te whakaaro nui, ka honoa tātou ki te hiahia o te Atua. He
maha ngā wā, ka taupatupatu te hiahia o te tangata ki ngā
kaupapa o te Atua, ka ngaro ai i a tātou te arataki wairua e
āwhina ana i a tātou kia kaua e taka ki te hohonutanga o te
.mamae me ngā mahanga o te pōuri

Ka whakamahia e au ngā pūkenga katoa kei a au, ngā
taranata katoa rānei, ki te mahi i ngā mea katoa e pai ai te
.Atua, e mahi ai hoki ki te tangata

He mea morearea te kore o te mōhiotanga, nā te mea
ka taea e ia te ārahi i te tangata rapu kia whakapehapeha,
kia tū motuhake hoki, ka mutu te rapu nui me te ruku
hohonu ki roto i te wairua. Ko te hunga anake kāore i te
whakaaro nui ki a rātou anō ka piki ake te aroha noa me te
wairuatanga kia tata rā anō ki te Atua. He pono, ko ngā
kaikarakia pono he hunga kore whakapehapeha, ā, he
.tawhiti rawa atu i te whakapehapeha me te whakahihi

Ina mōhio te tangata ki a ia anō, ā, ka pā ki tōna wairua,
ka rongo ia i te harikoa o roto e haere tahi ana me ia i roto i
.ngā wheako katoa o te ao, i raro i ngā āhuatanga katoa
I tēnei rā ka whakaarahia e au te wairua o te kaupapa,
ka whakahohe i te kaha ki te whakatutuki, me te mōhio kei
ahau tonu te pūtake o ngā kaha auaha katoa me te puna o
.ngā mātauranga katoa

E mōhio ana ahau he mutunga kore te mana o te Atua,
ā, kua homai e ia te kaha ki ahau kia wikitoria i ngā
uauatanga o te ao e pā ana ki ahau, kia puta atu hoki i ngā
.arai katoa e arai ana i ahau

Kua tae te wā kia tahuri ai ō tātou ngākau me ō tātou
hinengaro ki te Atua kia tae atu ai tātou ki tō tātou kāinga i
te rangi, ki reira tātou e okioki ai i ngā manukanuka, e
.herekore ai i te mamae

Ka anga atu tātou ki te whiwhi i ngā taonga a te Atua,
arā, te ora, te rā, te kai, me āna manaakitanga katoa, engari

ahakoa āna manaakitanga maha e homai ana e ia ki a tātou,
!he tokoiti noa iho te hunga e mahara ana ki a Ia
E te Atua o te ture o te ao whānui, tukua ahau kia mau i
aku tohu, i whānau mai i ngā aituā, hei tohu tika mai i ngā
.ringaringa manaaki o tōu tika
Kia mahi aku uauatanga o ia rā hei rongoā mō ngā
mānukanuka, hei whakakore hoki i te tumanako kia whiwhi
.ahau i te harikoa o te ao tuturu
Āe, me i horoia atu ētahi o ngā poke huna o tōku
.hinengaro e ngā roimata i maringi nā te nanakia o ētahi atu
Āe, me i puta mai i ngā whiu koi katoa mai i ngā toki o
.te whakararuraru he hōhonutanga hou i roto i ahau
Kia rite te hiahia atua ki tētahi waka ruku hohonu e ruku
ana ki te moana o ngā tirohanga wairua. Ko te hunga kua
whakatuwheratia ō rātou tirohanga ā-roto mā te
whakaaroaro ka rongo i te aroaro o te Atua i roto i ō rātou
.ngākau

E te Ariki, āwhina mai i ahau kia puta ke ai tōku
mōhiotanga mai i ngā herenga me ngā whakaaro ngoikore ki
te mōhiotanga pono kei konei tonu koe i ahau, e tautoko ana
i ahau, e whakahihiko ana i ahau ki ngā whakaaro ataahua
.me ngā tirohanga whakahirahira

E te Ariki, āwhina mai i ahau kia puta ke ai tōku
mōhiotanga mai i ngā herenga me ngā whakaaro ngoikore ki
te mōhiotanga pono kei konei tonu koe i ahau, e tautoko ana
i ahau, e whakahihiko ana i ahau ki ngā whakaaro ataahua
.me ngā tirohanga whakahirahira

Tukua ahau kia mahara ki a koe, e te Ariki - pērā tonu - i
roto i te uauatanga me te ngāwari, i roto i te mate me te
hauora, i roto i te kuware me te whakaaro nui
Ka puritia e au te maharatanga o tōku aroha ki te Atua
me tōku hiahia ki a Ia kia mura tonu ake, kia kite ai ahau i
.roto i taua kanapa i tōna mata tino ataahua
Ina tino ōrite te ataata o te mata ki te ataata o te
ngākau, ka tiaho te ataata o te wairua

E tōku Atua aroha, ka karakia ahau ki a koe i te ata o te
ara ake, i te ahiahi o te mahi, i te ahiahi o te koroheketanga,
.i te pō o te poroporoaki whakamutunga

Mā ngā pā o ōku kare ā-roto, ka whakahāngaitia e au
taku reo irirangi wairua ki ngā auau o te pāpāho ā-ao hei
whakakore i te haruru o te manukanuka, hei whakarongo
.hoki ki te himene o te aroha atua

Ahakoia te hunga tino karakia rawa, e whakaaro ana
rātou kāore te Atua e whakautu ana i ā rātou inoi, engari ka
whakautu puku ia, e ai ki te ture wairua. Me pono te inoi, me
parakore te whakaaro, me whai kaupapa hoki kia whiwhi ai i
.tētahi whakautu manaakitanga

E te Ariki, tukua ahau kia tuku i te hinu o te rangimārie
ki ngā ngākau mamae, kia kitea ai e rātou he whakamarie
reka i roto i a Koe. Meinga ahau hei hihi o te rā mō ngā
wairua pouri katoa, hei ua whakaora mō ngā hinengaro
.maroke, hei koha atawhai ki te hunga e tukinotia ana
Ko te tīmatanga angitu ki te harikoa e hiahia ana ki te
huarahi tika o te noho, te whakaaro tika, te aronga wairua,
.me te whakapono hohonu ki te Atua

He oranga hoha te oranga kāhore he harikoa wairua,
kāhore he kanapa, ā, he hoha, he taumaha hoki ōna
.taumahatanga

Mawehe atu i te ngangau me te ngangau o te ao i ngā
wā katoa e taea ai e koe, ka rapu i ngā wāhi marino hei noho
.mokemoke, hei whakaaroaro hoki ki te Atua

Ahakoia te pōuri o te kore māmā me te ngangau e
noho ana, ka horahia e au te māramatanga o tōku aroha me
.tōku rangimārie

He ao rerekē tēnei, nā te mea ka huri, ka
whakarerekētia ngā mea katoa o roto, ā, nā konei, kaua te
.tangata e tau te poti o tōna harikoa ki ngā takutai o tēnei ao
E noho ana tātou i tētahi ao whakamiharo. Ko te hunga
ko tā rātou kaupapa anake i te ao he kai, he inu, he ngahau,

he moe, kāore i te tino mōhio ki ngā mea whakamiharo o te
.oranga tangata

E te Ariki, arahina ngā awa o ō mātou hari kia kore ai e
ngaro i roto i te onepū o ngā ahuareka o te tinana mō te wā
.poto

Kaua e tukua ō tātou awa aroha kia maroke, kia mimiti i
.roto i ngā koraha pakoko o te hiahia whaiaro

Tukua ngā awa o ō tātou kare ā-roto kia hanumi ki te
roto mutunga kore o tō aroha

Kia whānui ake ngā awa o ō tātou oranga, kia piki ake
hoki te taumata wai i te ua nui o āu manaakitanga, ā, kia
whiti atu rātou i ngā mania whānui o te aroha, te patunga
tapu, me te whakaaro ki ngā kare ā-roto o ētahi atu, kia rere
.ai - he parakore, he mārama - ki roto i tō moana tapu

Ko te tangata e inoi ana mō te angitu, ā, i taua wā anō
ka mea ki a ia anō, "Kāore au i te whakaaro ka angitu ahau,"
.e kore ia e angitu

Me tuku te inoi me te whakapono nui me te ngākau
mahaki kia tiaho ai ngā māramatanga atua, kia heke ai ngā
.manaakitanga o te rangi

Pērā i te kore e taea te kōrero mā te waea pakaru,
waihoki e kore e taea e te tangata te whakapāho tika i ana
inoi mā te taputapu hinengaro kua whakakorea e ngā hama
o te manukanuka, te āwangawanga, te kore harikoa, me te
.piri ki ngā mea memeha noa

Mā te marino hōhonu me te rangimarie me ngā wiri kua
whakatikatikaina, kua hangaia, ka taea te whakatika me te
whakatikatika i te taputapu hinengaro kia whakanuia ai tōna
mana tango wairua, ā, ka taea ai te tuku karere ngākau nui
ki te Atua me te whai hua, me te whiwhi i te whakautu
manaakitanga mai i te Mea Whakarongo Katoa, te Mea
.Āwhina

Kauhoe, ka mānu i te moana mutunga kore o te
rangimārie me te harikoa kei tua atu i ngā moemoeā i roto i
a koe anō

E te Kaihanga Matua

Ko ngā whetū e tiaho ana i te rangi, ko ngā maunga, me
te oumu o te rā e mura ana i te mura, ko ētahi o ngā
.whakaaturanga me ngā whakaaturanga o tō aroaro katoa
He māmā noa te kimi i te Atua mā te whakaaroaro tonu
ki a Ia, te hiahia pono ki te mōhio ki a Ia, me te inoi pono ki a
Ia, ko Ia te taonga nui rawa atu e tika ana kia rapua, kia
.tūhuratia hoki i roto i te rua o te wairua
Ina whiua te māti o te hiahia ki te pakitara o te wairua e
hiahia ana, ka whānau te mura o te aroha atua i roto i te
.ngākau o te tangata e rapu ana

E te Ariki, he ataahua ngā mea ataahua nā te mea i
tangohia mai te ataahua i tōu ataahua, he mea tino ataahua
atu i ngā ataahua katoa e kitea ana, ahakoa i roto i te taiao, i
.roto rānei i te tangata

He mea whakamiharo te aroha ki te Atua, me te aroha ki
āna pononga. Ina kitea ia e tātou, ka rongo tātou i tōna
aroha i roto i te katoa. Kāore he mana nui atu i te mana o te
.aroha i te ao whānui

Ina noho hei hoa mō te wa katoa te tokorua, neke atu
rānei, he whakaaturanga aroha parakore, he whakahoahoa
.wairua rānei

E te Ariki, homai ki ahau te hari o te tata ki a Koe kia
taea ai e au te whakapuaki i taua hari nui ki te katoa, kia kite
hoki ahau i Tōu māramatanga, e whakaora ana i te ngākau,
.e whakakore ana hoki i te atarangi o ngā manukanuka
Tukua taku manu e aroha nei kia mawhiti i te whare
herehere o ngā here i whakatakotoria e ia anō, kia rere ki te
ao o te herekoretanga, me te waiata i te himene a te wairua,
ko tōna haruru e pārekareka ana ki ngā ngākau aroha me
.ngā hinengaro taurite katoa

Kia mau mai i ngā hau o ō mātou tirohanga wairua te
kakara o ā mātou inoi me te kakara o ō mātou hiahia e tipu
.haere ana ki a Koe, e te Ariki

I taku hiahia i tētahi mea, i harikoa ahau i taku
whiwhinga, ā, i harikoa anō ahau i taku hoatutanga ki tētahi
atu

Kāore te Atua e whakautu ki ngā inoi mahana, engari e
tino haere mai ana ia ki te hunga e inoi hohonu ana ki a ia
me te pono, e karanga ana ki a ia me te ngākau e kī ana i te
.whakapono

Ko ngā ture pai hei whai māu ko te atawhai, te ngākau
pono, te pono, te aroha ki ētahi atu, te tiroiro i ngā hiahia,
.me te whakahaere i a koe anō

E te Ariki, whakatuwheratia ngā puku o ō mātou ngākau,
kia rere te kakara o te aroha kua rongoaia i roto i ō mātou
.ngākau i runga i ngā parirau o te hiahia kia tūtaki ki a Koe
Tukua mai, e te Ariki, ngā hihi o te rā o tō whakaaro nui
hei ārahi i ahau i ngā rā o aku mahi harikoa, me te
māramatanga o te marama o tō aroha i a au e haere ana i
.roto i ngā pō pōuri o te pouri

Ka tipu, ka whāwhā ngā whakaaro kakara, puāwai, mai i
ngā purapura o ngā inoi ngākau nui, ā, ka whakamakukuhia
.e te tomairangi o ngā kare ā-roto hou

Ina wareware tātou ki te ao iti mā te whakawhitiwhiti
ratonga atawhai, ka whānui ake tō tātou hinengaro, ā, ka
.kite tātou i te ao nui kotahi e mahi ana i roto i a tātou

Ko te whakahoahoa pono te māramatanga e taea ai e
tātou te āwhina tetahi i tetahi i ngā ara o te ora

He nui te nanakia, te pakari, me te kore aro ki ngā kare
ā-roto e kitea ana e au i tēnei ao, ā, kāore au e kite i tētahi
take hei tāpiri atu ki aua whanonga. Mēnā ka pērā ahau, ka
.whara ahau i ahau anō

Whakaterea tō poti whakaaroaro i runga i ngā wai
pōrearea o te pōhēhē hinengaro me ngā mea whakararuraru
.i te tirohanga

Ka whakanuia te pouri e te pouri, ā, ko te rongoā tino
whai hua mō te pouri ko te pā atu ki te aroaro o te Atua e
.whakamarie ana i te wairua, e whakahari ana i te hinengaro

E te Tākuta Atua, peia atu te mate i ō mātou tinana,
whakawhānuihia ngā tirohanga o ō mātou hinengaro,
wetekina atu i te ngoikore me te ngoikore, ā, peia atu te
pōuri i ō mātou wairua ki te māramatanga kanapa o tō
.aroaro

Ko te ara ki te Atua kua wharikitia ki te pono, ki te
ngākau pono, ki te manawanui, ki te arotahi, ki te aroha, ki
.te hiahia, ki te whakatau, me te whakapono
Ina kore e ranea, e kore hoki e whai hua ngā tikanga a
te tangata, me tahuri tātou ki te Atua Kaha Rawa, me te tono
.i tāna awhina

Ko au anake te tangata e whai kawenga ana mō aku
mahi me aku whanonga, nā te mea kāore he tangata kē atu
.e pātaihia, e whakawakia rānei mō ēnā mahi
Ina whiti te rā o te aroha noa o te Atua ki te pae tawhiti
o ō tātou oranga, ka nui ngā manaakitanga, ka ngaro ngā
.herenga

Mai i te puna o te wahangu, ka utuhia e au ngā wai
parakore, mārama o te whakaaro nui o te Atua hei whakamā
.i tōku matewai wairua

I momotuhia e au ngā waea o tōku hinengaro mai i te
wāhi whaiti, iti o ngā kare ā-roto, ā, i honoa atu ki te ao o
ngā tirohanga wairua mutunga kore, ā, ka kite ahau kei te
ora ahau i runga i te māramatanga o te Atua kua taupokina
ahau, kua uru ki roto i ngā ngota katoa o tōku tinana, ā, kua
.kī tōku wairua i te aroha me te rangimārie o te Atua
I roto i te whakaata o te marino wairua, ka kite ahau i te
mata o te Atua

E te Ariki, whakakitea mai ki ahau te mea ngaro o tōku
oranga, ā, āwhina mai kia rongo ahau i tōu aroaro tonu i roto
.i ahau, i te taha hoki o ahau

Mai i tēnei rā ka whai ahau kia mōhio ki te Atua, me te
kore e wareware ki aku mahi o te ao, e mahia nei e au hei
.whakamanawareka i a la

I ia rā, i whakamakuku ahau i ngā purapura i whakatōkia
e te Atua ki te oneone o tōku wairua, ā, i te whitinga mai o te
rā o Tōna aroha ki runga i a rātou, ka pihi ake ngā purapura,
ka tupu, ā, ka hua mai he kotinga manaaki o te ngākau
.māhaki me te ngākau māhaki

I tētahi wā, e kaukau ana tētahi o ngā tāngata a te Atua
i te awa, ka haere mai tētahi atu tangata, ka tīmata ki te
horoi i tana hōiho i te taha o taua tangata tika, me te
tauhiuhi āta me te kore whakaaro ki a ia ki te wai. Ka riri ngā
ākonga a te tangata tapu, ā, ka hiahia ki te patu i te tangata
nanakia, ki te pei atu i a ia, engari i kī atu tā rātou kaiako kia
.kaua e pērā, engari me waiho ia

Kātahi ka whana te hōiho i tōna rangatira, ka whati, ka
marere ētahi o ōna niho. Ka whakatata atu te tangata pai ki
a ia me te aroha, ka tīmata te tiaki me te whakaora i a ia. Nā
te ture pakari o te taiao, ehara i te tangata tapu, i whiu i te
.tangata hara

E mahi tonu ana te Atua me āna ture ā-ao, me te kore e
ngenge, ki te whakakore i te hē i roto i te hunga katoa e
whakawhirinaki ana ki te Atua, e rapu ana i tāna āwhina, e
āwhina ana, e whakatenatena ana tetahi i tetahi i ngā ara o
.te ora

E mōhio ana ahau ko taku mahi i tēnei ao ka arahi i te
tipu ake o ahau anō, mena ka whai tonu ahau ki te tūhura i
ngā huarahi katoa e wātea ana, me te whai hua mai i aua
.mea

He tohu wairua te rangimārie. Nō reira, ka whāngaihia e
au tōku wairua mā te nui o te rangimārie e rongohia ana e
.au i roto i ahau

E te Ariki, tukua ahau kia mohio ko tōu whakaaro nui hei
tautoko i tōku māramatanga, ā, ko tōu aroaro kei roto i tōku
.ao

:kia tino mohio

Mā te pupuri i tōku hauora me tōku ora, me te piri ki ngā
uara matatika, ka āwhina ahau i te tangata i roto i tōku
momo noho

I ahau e matapo ana, kāore i kitea e au tētahi tatau
kotahi e anga atu ana ki a koe, engari nāu nei i
whakatuwhera ōku kanohi, ka kitea e au ngā tatau i ngā
.wāhi katoa

I te putanga mai o tō āhua kanapa, ka puāwai ngā rōhi o
tōku hiahia i roto i te māra o tōku ngākau, ā, ka whatuhia e
au he karauna mai i aua rōhi ka whakatakotoria ki tō paepae
.tapu

E te Ariki, i te whitinga mai o ngā hihi o tōu aroha ki roto
i tōku wāhi wairua, ka memeha haere te kohu o te kuware,
.ka ngaro atu ngā kapua o te koretake

E te puna māramatanga, kei muri koe i ngā pakitara o
ngā hihi o te ao. Whakatuwheratia te matapihi o taku
tirohanga kia kite ai ahau i a koe e kitea ana i ngā wāhi
.katoa

Ka inoi ahau mō te haumaruru me te tūpato i te tuatahi, ā,
i ngā wā katoa mā te whakaaro tonu kei raro ahau i te
.tiakitanga o te atua

E te Atua aroha, ki te kotiti ke ahau i te ara tika, puritia
tōku ringa, ārahi mai ki reira. Ki te hinga ahau, āwhina mai
kia angitu ahau. Ā, ki te kuware ahau, āwhina mai kia whiwhi
.ahau i te whakaaro nui

Mā te whakatau pakari kia harikoa koe e āwhina. Kaua e
tatari kia huri ngā āhuatanga, me te whakaaro kei reira ō
raruraru. Kaua hoki e tukua te pouri kia noho hei wāhanga
noa o tō ao, kei pā kino ki a koe me te hunga e karapoti ana i
a koe. Ki te harikoa koe, he manaakitanga tēnā māu me
ētahi atu; ki te mea kei a koe te harikoa, kei a koe ngā mea
katoa, ā, ko te tikanga o tō harikoa kei te noho tahi koe me
.te Atua

Ko tā tātou i mahi ai inanahi i whakataui i te āhua o ō
tātou rā o nāianei, ā, ko ngā mahi o nāianei ka whakataui i te
.āhua o āpōpō
Me whakakore rawa te kuware i roto i a tātou, kātahi ka
.ngaro atu tōna aroaro i waho i a tātou
Ko ngā ahuareka memeha noa me ngā wawata rangitahi
ka whakamahia e au hei paihere rākau hei tahu i te mura
.mutunga kore o te mātauranga atua
Mā te Atua ia e whakakite mai ki ahau mēnā he kaha
ake taku whakaaro ki a ia i ngā whakaaro pokanoa me ngā
.mea whakararuraru hinengaro katoa
Ka whakakīia e au tōku ngākau ki ngā ngaru ngunguru o
te wairua, ā, ka ringihia e au te wai whakahauora, te wai
.kanapa o te hiahia ki roto i ngā kapu o ngā wairua matewai
Me pā te ngaru ki te moana nui e tautoko ana i a ia. Me
pā te moana whānui o te wairua ki a ia, ā, i roto i ōna
.hōhonutanga mutunga kore e mānu ana tōku hinengaro
Ka whakapau kaha ahau ki te kimi i te pono e huna ana i
muri i ngā kopare e huna ana i taua pono, kia kore ai ahau e
.tukua kia tukinotia e ngā mana o waho
E whakapono ana ahau ka tae mai te āwhina i te wā e
tino hiahiatia ana, nā te mea he whai hua te mahi a te ture
.atua
He aha te tikanga o te ao mēnā kāore he uauatanga e
?pā mai ana ki a tātou, he wero hoki e pā mai ana ki a tātou
I roto i tētahi wā poto i kapi i te pouri, i te ngakaukore
:hoki, ka rongo ahau i tō reo e hāhā ana
E whiti ana taku rā tiaki i ngā hāora kanapa me ngā
hāora pōuri rawa o tō ao. Whakapono mai, ataata mai, ā,
tukua taku māramatanga whakaora kia whiti mā roto i te
.māramatanga o ō ataata
E te Ariki, whakakotahitia ō mātou ngākau ki roto i te
temepara o te aroha atua, kei reira tō aroaro tino nui e tiaho
.mai ana i roto i tōna kororia me tōna ataahua katoa

Kia mārama mātou ko koe anake te whāinga e whai ana
mātou kia tutuki. Kaua e wareware ki a mātou ahakoa
wareware mātou ki a koe, kia maumahara mai ki a mātou
.ahakoa kāore mātou e mahara ki a koe
Ahakoa tō mātou hiahia nui ki a koe, ka haere atu, ka
tiaho, ka memeha, engari ka mau tonu koe ki te kawenata
.ake ake, e te tangata atawhai, aroha
Manakohia te hiahia o ō mātou wairua me te aroha o ō
mātou ngākau, e te Ariki
I maka e au taku kupenga aroha ki te moana o te
hinengaro, ā, i mau i ahau tētahi ika utu nui
E te Ariki, ka inoi atu ahau ki a koe, kia konatunatua te
māramatanga o tōku wairua ki tōu māramatanga nui ake,
kia pakū hoki tōku ngākau i tōu aroha tapu, kia horahia ai e
au tōu māramatanga me tōu aroha ki roto i ngā wairua
.taurite katoa
I tēnei rā ka whakatapua e au te wā ki te noho tahi me
te Atua, me te kore e aro ki ngā whakaaro koretake, me te
.whakakore i ngā whakaaro teka
Ko ngā hihi o te harikoa e whakakī ana i te rangi o tōku
marino e tohu ana i tō taenga mai manaaki Ahakoa e
whakaatu mai koe i a koe i nāianeī, i muri mai rānei, e tino
tūtaki ahau ki a koe i tētahi rā, ko koe te mea e arohaina ana
.e tōku ngākau, e wawatahia ana e tōku wairua
E rua ngā momo taiao: he taiao ā-roto, he taiao ā-waho.
Ka tiaki ahau i ahau anō i ngā awe kino, ā, ka whai ahau mō
.te pono me te tika
E mōhio ana ahau he nui ake te pai i te kino i tēnei ao
nā te mea ko te Atua te mana nui rawa atu o te ao
:hoahoa
I ia rā ka kaha ahau ki te mahi i ngā taumata hinengaro
me te tinana, nā te mea he kino te noho pōturi o te
hinengaro me te kore mahi tinana ki te ahunga whakamua
.wairua

E tōku Atua aroha, whakatuwheratia mai ki ahau te
kanohi e kore nei e kite i tetahi mea i roto i te ao engari ko
Koe, a e kore nei e kite i tetahi mea i roto i te ataahua katoa
.engari ko Tou ataahua tino kororia
I tinihangatia tātou e te kaiwhai poto o te ao tūroa, i a
tātou e mānu ana i ngā wai pāpaku, pāpaku o te haumaruru
rūpahu me te haumaruru, he kupenga o te kuware whakamate
.e karapotia ana i a tātou

E te Atua Aroha, whakaorangia mātou i te kupenga
morearea o ngā hiahia me ngā wawata o te ao, ā, āwhina
mai kia ruku mātou ki roto i ngā hōhonutanga marino o te
hononga atua kia ora ai mātou ake ake i ngā kupenga o te
.mānukanuka me ngā mahanga o te tinihanga

E rongorongo ana ahau kei te karapotia ahau e te aura o te
māramatanga o te Atua, kei reira te marino, te rangimārie,
.me te hari wairua

Ka horoia e au te paru o te kuware, kia tiaho mai ai te
.māramatanga parakore o te wairua i roto i ahau

Ahako te ngoikore o te tangata i te taha rauemi, i te
taha morare, i te taha wairua hoki, ki te whakaneke ake
rātou i ā rātou mahi, ā, ki te whakaū hoki kei te whiti te
māramatanga atua ki runga i a rātou, ka tata atu rātou ki te
Atua, ā, ka pai ake ō rātou āhuatanga. Ka whakautua e te
Atua ngā inoi pono me ngā whakaaro pai, ā, he huarahi whai
.hua tēnei ki te wikitoria i ngā arai ki te angitu

I mua i te mahi a te tangata, kei a ia te mana whakatau,
engari i muri i te mahi, ka puta ngā hua, ahako e pai ana ki
a ia, kāore rānei; koinei te ture o te karma. Nō reira, he mea
.whakaaro nui te whakaaro i mua i te mahi

Ko te hunga e hiahia ana ki te rangimārie, ki te reka hoki
o te atua, me utu te utu, ā, ko taua utu he whakatapua i te
wā e tika ana ki te whakatipu i te rangimārie me te waihanga
i te rangimārie. Ko te huarahi tino whai hua ki te wikitoria i te
ahotea ko te whakataurite ki te rangimārie o roto, te hari,
.me te ata noho

E te Ariki, e mahi ana ōku ringa māu, kua whakaritea
mai e koe he mahi māku i tēnei ao, ā, ko aku mahi katoa ka
.mahia e au hei whakahonore i a koe

Ina tukua e tātou ō tātou orange ki te Atua, ka kitea e
tātou ka huri te ora hei waiata ataahua. Ā, ki te ngana tātou
ki te rongo i te aroaro o te Atua i a tātou e mahi ana i ā tātou
mahī katoa, ka kitea e tātou e whiriwhiri ana ia i ngā mahi
motuhake mā tātou i ia rā, ā, e āwhina ana i a tātou ki te
.whakatutuki i aua mahi

Kei roto i te whakaatu i ngā hua o te wairua te huarahi
anake ki te noho i runga i te rangimārie. Kei roto i a tātou te
.mana ki te huri i te kāinga hei pararaiha
Ka hinga i ahau te whakapehapeha ki te ngākau mahaki,
te mauahara ki te aroha, te harikoa ki te marino, te hiahia
whaiaro ki te atawhai, te kino ki te pai, te kuware ki te
mātauranga, me te manukanuka ki te rangimārie o te
.whakaaro me te whakaaroaro ki te Atua
Me ārahi ā tātou mahi katoa e te reo o roto o te
.hinengaro wairua

He pai ake te whakangawari i ō tātou orange. Kua kite
ahau i ngā tāngata marama, e penapena ana i ā rātou kai, e
noho ana i roto i ngā āhuatanga tino ātaahua, engari he
tinana kī tonu i te kaha me te ora, nā te mea kua
whakangungua ō rātou hinengaro kia kaua e whakawhirinaki
.katoa ki ngā puna hauora me te ngākau māhorahora o waho
Rere atu i te rangimārie i runga i ngā tihi teitei o te
whakaaro nui, ka kopikopiko i te whenua o te ataahua
.mutunga kore me te harikoa hou

Āraia ahau i te kino, e te Ariki, manaakitia hoki ahau kia
kore ai ahau e rongo i te kino, e kite rānei i te kino, e kōrero
kino rānei, e manawa kino rānei, e pā atu rānei ki te kino, e
.pupuri kino rānei, e whakaaro kino rānei
Kia noho tahi mātou, e te Ariki, i ia rā, i ia rā, kia taea ai
e mātou te whakaoti i ā mātou mahi me te ngākau harikoa,
.me te ngākau e whakakanapahia ana e tō aroaro tapu

Ka tahuri tātou ki ngā whakaakoranga wairua nā te mea
e hiahia ana tātou kia watea i ō tātou mamae. Ehara ngā
tikanga me ngā huarahi o te ao i te otinga. Ko te Atua te
otinga. Kua tae ki te wā kia ara ake te tangata, kia
whakakorea te pōuri o te kuware ki te māramatanga o te
whakaaro nui. Ko te mea nui rawa atu o te ao ko te noho i
.roto i te wāhi tapu o te hinengaro mārama
E whakaaro ana te nuinga kāore rātou e ahu whakamua
ana i te taha wairua, arā, kāore rātou e rerekē ana, e
whakapai ake ana rānei ahakoa ā rātou mahi. He maha ngā
āhuatanga ka ārai i tō tātou ahunga whakamua, ā, ko tā
tātou mahi he titiro matatau ki te ao, he arotake, he tātari
hoki, kia kitea ai ēnei āhuatanga, kia ako ai me pēhea te
.whakatika me te wikitoria i aua āhuatanga
Ko te tangata e hoatu ana i te āwhina hinengaro me te
āwhina ā-tinana ki ētahi atu, ā, e puea ana tōna ngākau i te
atawhai me te aroha, ka kitea e ia ko tāna i hoatu ai ka hoki
.mai ki a ia anō

?Te Rākau Hiahia He aha ngā mea kua tutuki



I ngā rā o mua, i noho tētahi mokemoke karakia ki tētahi
whenua, ā, he maha ngā tau i haereere ai ia i waenganui i
ngā maunga ki te rapu i tētahi rākau onge e kiia nei ko te
.Rākau Hiahia

E ai ki te pūrākau i whakatōkia ēnei rākau whakamiharo
e ngā kōtiro o Pararaiha, ā, ko ngā tāngata whakahihi anake
ka kitea hei utu mō tā rātou mahi pakari i ngā tikanga wairua

pakari. E ai ki te kōrero, he mana tō ēnei rākau ki te whakatutuki i ngā hiahia me ngā wawata o te tangata e noho .ana i raro i ō rātou manga

I te hohonu o tōna ngākau, i tino mōhio tēnei mokemoke

he tika kia kitea e ia taua rākau nā āna mahi uaua, nā tana awhi tūao i te uauatanga, me tana piripono ki te ture pakari i whakatakotoria e ia māna ake. Ahakoa ēnei mahi me ngā mahi katoa, he akoranga anō kei a ia kia ako. Ahakoa i hiahia ia ki te māramatanga, i puritia e ia ētahi atu hiahia, .kāore i te tino hira

I roto i aua hiahia ko te hiahia nui ki te kimi i te Rākau

Hiahia. Nā ngā ara maunga paripari i ngenge ōna waewae tahanga i tana rapunga tonu mō te mea i hiahiatia e tōna ngākau me te whakatutuki i ōna wawata hohonu. Nā tōna kare ā-roto i whakaū tonu i a ia ka tutuki tana hiahia, ā, e tatari ana te rākau ki a ia hei utu tūturu mō āna mahi wairua, .i nui atu i te kaha me te manawanui o te tangata noa
He tika te whakaaro o tō tātou hoa. I tētahi o ngā awaawa i ngā maunga teitei, ka kitea e ia tētahi rākau he whānui ōna rau, ā, ka mōhio tonu ia me tana tirohanga koinei te taonga i rapua tonutia e ia, i hiahia tonu hoki kia .kitea

Me te hiahia nui, me te tere tonu, ka whakatata atu ia ki ngā manga manaaki o te rākau, ka noho ki raro. Hei wheako i ngā mana whakamiharo o tēnei rākau ahurei, ka katia ōna kanohi, ka mea ki a ia anō, "Ki te mea he rākau wawata
"!tēnei, kia waiho hei pā kaha mōku

Kāore i roa ka puta te whakaaro i roto i tōna hinengaro,

ka puta mai tētahi whare rangatira i te taha o te rākau, e karapotia ana e ngā māra momona kī tonu i ngā rōhi hou, i .te pēhara kakara, me ngā rākau teitei

I harikoa ia i tēnei merekara, ā, i tino harikoa ia i te whakatutukitanga o tana i tino hiahia ai, nā te mea kua kitea e ia te rākau i rapua tonutia e ia. Kāore i roa tana tatari i mua i te whakapuaki i tana i hiahia ai, me te kī: "E hiahia ana

ahau kia kite i tētahi tira o ngā kōtiro e tuku mai ana i ngā
kai tino pai me ngā kai tino reka ki runga i ngā pereti koura,
e mahi mai ana hoki i ngā inu he pai ake i ngā ipu hiriwa i
".roto i ngā kapu e kanapa ana pērā i te koura kanapa
I roto i te kimo o te kanohi, ka tutuki tana hiahia, i te
kitenga atu i tōna aroaro i tētahi tēpu kī tonu i ngā momo kai
reka katoa e whakatakotoria ana i runga i ngā pereti koura,
me ngā kōtiro ataahua e tuku ana i ngā momo kai me ngā
.inu e tika ana mō ngā kīngi me ngā rangatira
I tōna mōhiotanga me noho haumarū, me tiaki hoki te
whare rangatira hou me ōna māra me ōna hua rākau, ka
tono ia ki te rākau kia puta hei ope taua nui hei tiaki i a ia
me āna taonga hou. I taua wā tonu, ka puta mai he ope taua
nui, ka noho ki te taha o te whare rangatira, ā, ko ngā
kaitiaki kua rite rawa ki ngā taputapu katoa e tū ana i ngā
.kūaha o te whare rangatira hei tiaki i a rātou
I muri i tana pārekareka ki te hakari nui, whakahīhī, ka
tīmata ia ki te tiro tiro i tōna whare kingi hou. Ka piki ia i te
arawhata māpere kua orohia, ka hiko i haere i roto i ngā
rūma kua whakakikoruatia ki ngā kohatu utu nui, he kanapa
.whakaharahara

Hei whakamutunga, ka ngenge tō tātou mokemoke
waimarie i te hiko i, ā, ka rapu i te rangimārie me te
okiokinga i roto i tētahi o ngā rūma o te papa o raro. Ko ngā
matapihi iti o taua rūma i whakamarumaruhia e ngā manga
.roa o te Rākau Hiahia whakahīhī
I a ia e takoto ana i runga i te moenga e tata ana ki te
matapihi, ka kite ia kua āraia te mārama e ngā manga
matotoru o te rākau hiahia, ā, ka noho mokemoke ia, ka
ngokingoki te wehi ki roto i tōna ngākau. I pakaru noa te
wahangu i ētahi oro torutoru, ā, ka whakaaro ia mēnā nō te
māra, nō ngā kararehe mohao rānei o te ngahere e
.kopikopiko noa ana i tua atu o ngā pakitara o te whare kingi
I te tipu haere o tōna manukanuka, ka puta he
whakaaro kaha ki roto i tōna hinengaro, ā, ka mea ia ki a ia

anō: "He pono kei konei tētahi ope taua nui hei tiaki i ahau,
engari kāore au e kite i tētahi hōia e tū tata ana ki tēnei
matapihi, ā, kāore te matapihi e tiakina ana e te kupenga
rino. Me pēhea rā mēnā ka taea e tētahi taika o te ngahere
te tomo mā te matapihi? Mēnā ka pau ahau i a ia, ā, koia te
"mutunga mōku

Kātahi anō ka puta ake te whakaaro wehi ki roto i tōna
hinengaro, ka peke mai tētahi taika nanakia i te matapihi, ka
.hopu i te hermit matakū, ka haere atu (ki te kai i a ia)
Engari, kāore te moke i te mōhio kāore te Rākau Hiahia
e wehewehe i ngā whakaaro pai me ngā whakaaro kino. Ko
tōna kaupapa he whakatutuki i ngā whakaaro e
whakaohoho ana i roto i ngā ngākau o te hunga e pupuri
ana i aua whakaaro. Ina hoki, ko te Rākau Hiahia te
whakaata i te ahua hinengaro kaha o te moke, ā, koinei tana
.hiahia whakamutunga

Kei raro i te rākau wawata makutu e whakatutuki ana i ō
rātou hiahia katoa te noho o ia tangata. Ko taua rākau te
.mana o te ngākau

Ko te tangata kāore anō kia mōhio ki te whakahaere i
ōna hiahia, i ōna wawata, me ōna whakaaro, me
whakawhetai ki tōna Ariki, nā te mea kāore ōna whakaaro
koretake e tutuki wawe tonu, ki te kore ka puta mai he taika
pōuri i aua hiahia mohoa ka eke ki runga i tōna rangatira
.me ētahi atu

Ko te akoranga o te kōrero ko te hiranga o te arotahi i
ngā whakaaro ki ngā mea pai me ngā mea pai i a koe e noho
ana i raro i ngā manga o te Rākau Hiahia, arā, ko te hiahia
.me te hinengaro kaha o te tangata

Mā te arotahi o ngā whakaaro ki te wehi, ki te kore
angitu, ki te mate, ki te kuware ka puta ake pea ngā taniwha
mai i te ao whakaaro ngaro, ka puta ai he raruraru mutunga
kore, ka ohorere hoki te tangata ki ngā mea kāore e
.hiahia ana

Ngā kōrero poto mai i te whakaaro nui o ngā Baramhani

He tauira te hunga nui
Ahakoa he iti noa iho ō rātou tinana
Engari i mōhio rātou he wāhanga rātou nō te moana
mutunga kore
Ā, ko ngā āhua takitahi katoa
He ngaru rātou i te uma o te moana o te rangi
I tēnei ao ka whakawhāitihia, ka whakawhāitihia hoki e
tātou
I roto i ngā rohe o tētahi whānau iti
Engari ina aroha tātou ki ō tātou hoa tata, ka tipu tātou
Ina aroha tātou ki tō tātou whenua, ka nui ake tō tātou
aroha
Ina aroha tātou ki ngā iwi katoa, ka nui ake tō tātou
whakaute
Ā, ina rumakina tō tātou hinengaro ki roto i te Atua i te
ao kei muri i te ao
I tēnei ao rānei mā te whakaaroaro hohonu
Ahakoa kei roto tātou i te tinana
E tino mārama ana mātou ki te ao tūturu
Ko te moana ngā ngaru
Ā, i puta mai ngā ngaru i te moana
Mai i tā mātou whare pukapuka kua purangatia: Ngā
Reta
E ngā hoa aroha, kei roto i tā mātou whare pukapuka
pūranga
I runga i ngā kōrero poto mai i ngā mano tini reta i
tukuna e ngā kaipānui
Nō ngā whenua rerekē rātou i whakapuaki i ō rātou
wheako
Me ngā whakaakoranga a te Kaiwhakaako Paramhansa
Yogananda
Kua whakamāoritia e au tētahi tauira o aua reta
Nā te mea e ōrite ana ki te nuinga o ō kōrero me ō
karere

He tohu tēnei ko te wheako tangata tētahi o ngā mea
Ā, kia tuwhera ngā ngākau me ngā whakaaro taurite
Ka tūtaki rātou tetahi ki tetahi, ahakoa kei hea rātou
Me te aroha, te pai, me te rangimārie
Mena kei te hiahia koe i ētahi atu o ēnei karere
Ka koa ahau ki te tuku atu i ētahi atu
Me te aroha pono me ngā manaakitanga pai rawa atu
Mahmoud Abbas Masoud
Pānuihia ētahi o ngā karere inaianei
Nā ēnei akoranga i āwhina i ahau ki te tūhura anō
Te rangimārie mutunga kore e takoto ana i roto i ō tātou
ngākau katoa
I homai he whakapono hohonu ake ki ahau mō te heke
mai
Ā, i whakanuia e au tōku aroha ki te Atua me te hunga e
mōhio ana ki a ia
He pono kei roto te māramatanga me te manaakitanga
* * *
He nui te whakawhetai e puta mai ana i ahau ki te Atua
Nā wai ahau i ārahi ki ēnei akoranga wairua
E tino harikoa ana ahau i te ngākau whakawhetai me te
maioha
Mō te āwhina i riro mai i ahau, whakawhetai ki te Atua
Me ngā kauwhau a te Paramahansa whakaaro nui
E whakaaro ana hoki ahau kua tīmata ahau i tētahi
haerenga whakamiharo
Kia kitea ngā taonga huna o te wairua i roto i te rua o
tōku ao
* * *
I roto i ngā whakaakoranga a te Kaiwhakaako
Paramahansa
I kitea e au he puna waiora e rere tonu ana, he puna o
te rangimārie, te kaha, me te ora
He uaua ki te whakarārangi i ngā painga katoa e rere
ana

Ki roto i tōku ao o ia rā mai i ōna whakaaro rangatira

* * *

I pānuihia e au ēnei kauhau i ia wā, i ia wā
Ia wā ka kitea e au he mea hou, me te mea nei
Kāore anō kia pānuitia e au i mua
Ki ahau nei, he puna pūngao nui, he puna nui hoki
Mai i te mātauranga atua, te whakaaweawe, me te

aroha

* * *

Ko te nui haere o taku pānui i ēnei whakaakoranga me
te arotahi me te whakaaroaro
I ngā wā katoa ka kite ahau i tētahi whakapainga nui i
roto i tōku ao

I ngā taumata rauemi, hinengaro, me te wairua
He āhuatanga aukume tōna
Hei kukume i te pai me ngā mea pai katoa

* * *

I a au e pānui ana i ēnei kauhau
I tīmata ahau ki te whakaaro kei te piki haere ahau
Ka piki ahau i ngā taumata hinengaro me te wairua
Kāore au i mōhio ki tēnā i mua
E whakapono ana hoki ahau kua nui ngā whakapainga
kua puta mai i tēnei ki tōku ao
Ā, i whakamōmona ake, i whakakanapa ake hoki
I mua i ara ake ahau i te haurua
Ā, inaiane kua kite ahau i te nui haere o te mōhiotanga
Me te aro ki ngā kare ā-roto
Ko taku hiahia kia horahia ēnei whakaaro
Kia whai hua ai ētahi atu, pērā i ahau kua whai hua mai

* * *

" Kua oti noa i ahau te pānui i te "Whispers from Eternity
Ki te kaiako, ki a Paramhansa, ā, e rongo ana ahau i te
nui o te rangimārie
E whakakī ana te aroha atua i tōku tinana katoa

He whakataurite i waenga i te ngākau mahaki me te
whakapehapeha
He awaawa momona o te mōhiotanga te ngākau mahaki
Te wāhi e ringihia nui ai te ua atua, e kohikohi ai
Kāore hoki e taea te ua te kahi i runga i te tihi o te
maunga
Nō reira, e kore e taea e ngā wai o te mātauranga te
kohikohi ki runga i te māhunga o te whakapehapeha
.whakakake
Ka kati te whakapehapeha i te tatau ki te whakaae me
te tuwhera, e uru ai te mātauranga
Mā te ngākau mahaki ka huaki whānuitia ngā tatau
Ka karanga ia kia haere mai te whakaaro nui, kia
whakatūria
Ko te whakapehapeha he āhua kino e kitea ana i te
mata o te tangata whakapehapeha
Ka āwangawanga te iwi ki a ia, ka noho tawhiti atu i a ia
He kakara reka te ngākau mahaki e arohaina ai, e
hiahiatia ai hoki e te katoa tōna rangatira
I ahu mai te whakapehapeha i te matatini o te whakaiti i
te whakaaro
E puta mai ana hei mea e kiia nei ko te matatini hiranga
Ahakoa te whānautanga o te ngākau mahaki i te
whakaaro nui
te mōhiotanga ki a koe anō rānei
Ka whakakahoretia e te whakapehapeha te rapunga mo
te pono
Mō te ngākau mahaki, he ngawari, he manaaki hoki ki te
pono
Ka inoi ia kia tomo ia ki te Wahi Tapu o tōna wairua
E whakakitea ana e te whakapehapeha tōna koretake
mā roto i ana ngana kore angitu
Te whakaiti i ētahi atu, me te whakaatu i a rātou kia iti
Heoi, he tohu whakamiharo te ngākau mahaki o te
mārama ki ngā ngākau

He tauira kanapa o te rangatira me te rangatira
He koroka mārama te whakapehapeha e mau ana i te
whakapehapeha
Ko te ngākau mahaki te kākahu o te rangatira me te
ngākau māhaki
Ka peia atu e te whakapehapeha ngā hoa me te pono i
tōna ao
Ka kukume te ngākau mahaki i ngā hoa me te
māramatanga
He rite te tangata whakakake ki te kēne kau e haruru
ana ina patohia
He rite te tangata whakaiti ki te oko kua whakakiia ki te
wai manaaki o te whakaaro nui
He mea ātaahua te ngākau mahaki; ka horahia te
harikoa ki a ia
Ka kukume mai i ngā hoa pono me ngā wairua atawhai
Ka kawea mai e te tangata ngākau mahaki te pai me
ngā manaakitanga ki tōna ao
Me tōna ngākau mahaki, pērā i te rōhi hou, kakara reka
Kia whakakīia tō oranga e te Atua ki te harikoa me te
koa
Te hiahia nui me te hara
Ko te wawata kia noho hei mirionaire
Te aroha ki te taonga me te apo ki te whakapati
He paerewa teka tēnei mō te harikoa pono
Ā, ko wai e hiahia ana kia noho hei mirionaire i tēnei
?ara
Kāore ia e whara noa i a ia anō
Ka pā kino hoki ki ētahi atu
Nā te mea ka arahina rātou e ia ki ngā ara e arahi ana ki
te pouri me te pōuri
Hei tauira, he kaimahi noa i tētahi hōtēra
Ko te tangata e kite ana i te mirionaere e mau ana i ngā
kākahu utu nui

Ka puta ia i roto i tētahi waka papai me te
whakapehapeha me te ngākau nui
E taraiwahia ana e te taraiwa tūmataiti
E hae ana ia ki a ia mō āna manaakitanga e kitea ana
E ngana ana ia ki te whai i tōna āhua noho
Ka huri ia ki te nama moni, ka hoko waka, he waka kua
.whakamahia pea

Me utu nui te tiaki
Ā, ka hoko ia i ētahi atu mea papai
Ko tāna e whakapono hē ana
Ka hoatu he āhua motuhake ki a ia
Mai i te whakapehapeha koretake me te taonga
tinihanga

He tangata rawakore ia e petipeti ana ki ana rauemi iti
Ka tūtaki ia ki ngā raruraru ka taea e ia te karo ngāwari
He tokoiti te hunga e mārāma ana
Ko te tangata e patu ana i tōna hauora me tōna harikoa
I runga i te aata o ngā wehi me te mahi uaua
Te pakaru o te io me ngā raruraru o te ngākau
Hei riro hei mirionaere
E tinihanga ana ia i te hunga kuware, i te hunga kuware
hoki

Ki te hikoi i ngā ara pahekeheke
Te wāhi e inehia ai te ora e ngā āhua tinihanga
Te whakaari i te harikoa
Mō te paerewa teka e
Ko te taonga te whāinga matua o te ao, kāore he
whāinga kē atu i tua atu i tēnā
Nā tēnei ka tahuri te tangata ki te mahi tinihanga me te
tinihanga
Hei tinihanga i te hunga kuware, hei pahua i ō rātou
oranga

Ngā tikanga noho whakahihi
Ahakoa te āhua o te whiwhi moni

Ko te koa ki te whakamoemiti me te whakapatipati he
tohu o te kuware
Nā te whakapehapeha whakarihariha me te whakaatu
whakarihariha
Mā ēnei katoa ka nui ake te apo o te tangata e rapu ana
i te taonga
Me te whakatakoto tikanga tinihanga
Ka tahuri rānei ki te mahi whakawehi me ngā mahi hē
Hei whiwhi i ngā mea papai ake
He rite ki te kakaho pakaru
E whara ai te ringa e pupuri ana
Ā, kua e whakawhirinaki ki taua mea
te noho rangatira
Te hiahia ki te whiwhi moni i roto i ngā huarahi katoa
Me te āwangawanga mō te noho i roto i tētahi whare iti
Me te wehi kei ngaro te tūnga pūtea
I roto i ngā kanohi o te whānau me te hāpori
Haunga te whaiaro
He tohu katoa ēnei mō te hē
Ngā haerenga kore tatau
Te ngaronga o te aroha ki te hunga e matea ana
Me i noho noa te katoa, me kakahu noa iho
Kua mutu te ahua o te noho rangatira
Ko tēhea te mea e tino arahi ana
Nui rawa te mamae me te pōuri
Ā, i ngana te iwi ki te whakatipu i ngā āhuatanga wairua
Ā, ko te winika rangatira hei utu
Me whakakore te hiahia whaiaro
I noho ngāwari ia, ā, i whakapai ake i ana whakaaro
Paerewa me te paearu whakamātautau
Kāore he mahi tahi, he mahi tahi rānei e hiahiatia ana
Me te hunga whai taonga kua kohia
Ko te hunga kāore e rongō i ngā whakaaro o ētahi atu
Kāore ō rātou ngākau e ngawari ki ō rātou teina pōuri

Ahakoia i kite rātou i a rātou i roto i ngā kakahu tawhito
me te hiakai

Ehara te taonga i te hara
Engari, he manaakitanga pea i roto i ngā ringa o te
.hunga pai, atawhai hoki

Ko te hunga kua whai rawa i te Atua i roto i tana aroha
noa nui

Ko te hunga e pai ana ki te āwhina i ētahi atu
Ā, ka hiki ake i te moemoeā kino o te rawakore me te hē
i ō rātou pokohiwi

He mana nui tō ngā kupu ki te hanga, ki te whakangaro
rānei

Mō te whakamarie me te aroha
Hei wawahi i ngā wairua, hei wawahi i ngā kare ā-roto
He kupu kei reira hei whakapoauau, hei whakapoauau
hoki

Ngā kupu e whakakore ana i ngā āwangawanga, e
whakamarie ana i ngā ngākau

Ka whakatō i te māia me te whakamarie
Ngā kupu e mura ai ngā pakanga nanakia
Ngā kupu hei whakangawari i te āhuarangi
Ā, ka whakamama i ngā aituā me ngā taumahatanga
He maha ngā taonga kua homai e te Atua ki te tangata
Kei roto i tēnei ko te kaha ki te whakapuaki i a koe anō
I roto i te kupu kōrerotia, i te kupu tuhituhia, i te kupu i
rangona

Hei whakatutuki i te whakawhitiwhiti kōrero whai
tikanga, whai hononga hoki i waenganui i te tangata

He whānau kotahi te tangata
Ahakoia ngā whakaaro rerekē te āhua
Kia waiho ngā kupu hei taputapu hei whakatata i te
tangata, kaua hei taputapu whakamataku
Hei whakamanawa i te ngākau, kaua e horapa te
mataku me te ngangau

Hei whakatū i te rangimārie, kaua e rui i te ngangau

Hei tango i ngā arai me ngā aukati
Kāore e hiahiatia te whakakī i ngā ara ki ngā tataramoa
me ngā arai
Ko te kōrero mō te kaiwhakamahi nāna i whakaako te
kīngi

I ngā rā o mua, i kī atu tētahi kīngi ki tētahi o ana
tāngata, ki te kore ia e whakautu i tētahi pātai motuhake, ka
.tatari te tārewa ki a ia

" ?Ka whakahoki te tangata, "He aha te pātai, e te Ariki
Ka pātai te kīngi, "Kōrero mai ki ahau, kei hea te wāhi o
" ?te hinengaro atua

I tono te tangata ki te kīngi kia rua wiki te roa hei
whakahoki mai i te whakautu, ā, i whakaaetia e te kīngi tana
.tono

Kātahi ia ka hoki ki tana mahi me te pouri, ā, ka mea atu
ki tana kaituku mahi, ki te kore ia e whakautu i te pātai a te
.kīngi i roto i ngā wiki e rua, ka utua e ia ki tōna ora
I mea atu te kaiwhakamahi, i mōhioia mō tōna maia me
tōna mōhio, ki a ia
Tukua ahau kia haere mōu, ā, māku anō e whakautu te "
" pātai

I haere te tangata ki te kīngi, ā, ka mea atu ki a ia
Tuatahi, tukua ahau kia noho ki runga i tō koutou "
torona, nā te mea i a au e kōrero ana i tētahi mea kāore
". koutou e mōhio, ko ahau tō koutou ariki
I whakaatu te kīngi i tōna torona ki te kaiwhakamahi, ā,
ka mea

" ?Kōrero mai, kei hea te wāhi o te hinengaro atua "
Ka whakahoki te tangata e noho ana i runga i te torona:

" "Mauria mai he kau ki ahau
I kawea mai te kau, ā, ka pātai te kaiwhakamahi, "Kei
" ?hea te miraka

" Ka whakahoki te kingi: "I roto i te ū
Ka whakahoki te kaiwhakamahi: "Ehara i te mea pēnā,
ehara i te mea kei roto i te ū anake te waiū, engari kei ngā

wāhanga katoa o te tinana o te kau, nā te mea ko te waiū te
" mauri o te kau

Kātahi ka tono te kaiwhakamahi i tētahi peihana miraka,
ā, i te taenga mai o te peihana ki a ia, ka pātai ia ki te kīngi:
" ?"Kei hea te pata

" Ka whakahoki te kingi, "Kāore au e kite i te pata
I mea te kaiwhakamahi: "Kei reira te pata, engari kua
horapa puta noa i te miraka. Whakakorikoria te miraka, ā, ka
".wehe te pata, ka mānu ki te mata

Pērā i te miraka e kitea ana i ngā wāhanga katoa o te
tinana o te kau, ā, e horahia ana te pata puta noa i ngā
ngota miraka katoa, waihoki kei roto i ngā ngota katoa o te
.ao te māramatanga atua

Nō reira, nā te whakaaro nui o te kaiwhakamahi i ora ai
te ora o tōna rangatira, i te mea i whiwhi te kīngi i te
.whakautu tika ki tana pātai

Kāore te hinengaro atua e motuhake ki te hunga
mārama anake; kei roto i ngā wairua me ngā ngākau o te
katoa. Ko te tangata e ruku hohonu ana ki te whakaaroaro
ka whakatuwhera i te tatau o tōna ngākau, ka rongu i te
aroaro o te hinengaro atua, ā, ka pānui i te pukapuka o te
ora. Ki te kore tēnei kare ā-roto, ka noho tonu te pātai hei
.whakautu

E mea ana ngā tāngata whakaaro nui
Kia whai hua ai te tangata i te ao
Me whakawātea ia i a ia anō i ngā whakaaro kino katoa
ngā kare ā-roto mamae me te hiahia ki te rapu utu
Ahakoa te whakahē tika
Kaua te aroha e whakakorea
Me kaha ake te aroha i ngā kare ā-roto
Koinei te pūtake o te taunekeneke i waenga i te tangata
He nui ngā mea me ngā hiahia o te ao e tino pai ake ana
Mai i te whakapūmau i ngā kare ā-roto o te mauahara
me te mauahara
Te whakamahere ki te whara me te hopu i ētahi atu

Ā, ka uaina iho ngā ahi o te reinga
Ahakoa te hunga e whanonga ana i tētahi ara
Kāore e tika ana mō te āhua rangatira o te tangata
Me i mutu noa te tangata ki te whakakā me te whakanui
i ngā kino

Engari, ka whakamahia e ia te kanohi o te ngākau
māhaki

Nā te Kaihanga Kaha Rawa i homai ki a ia
Kia arotahi ki te mahi i te pai mōu ake me ētahi atu
Nā te mea e whakawhāiti ana i ngā whakaaro me ngā
kare ā-roto ki te mauahara
Te whakakore i ngā taputapu pai
Nā te Atua i homai ki te tangata kia whakamahia e rātou
I tana haerenga poto ki tēnei whenua
Ko te arotahi hē ka arahi ki te whakapakeketanga o ngā
ngākau

Ā, hei whakaara ake i ngā whakapae kino me ngā kare
ā-roto mauahara

Ki te mea ka mau ki roto i te ngākau, he uaua ki te
whakakore

He āhuatanga pōuri tēnei, kua huri te tirohanga pōuri ki
te pouri

Ka kino ngā mea ataahua katoa, ā, ka whakarihariha
ngā mea ataahua katoa

Ahakoa ngā taputapu hauora ka huri hei taputapu mō te
hanga

Ngā paitini me te mate kino

Ko te reinga tēnā

Kia tiakina tātou e te Atua, tātou hoki, kia matara atu i
tēnei

Ā, mō tōna kino me ōna hē

Kia tau te rangimārie ki a koe

Kia karapotia tonutia koe e te aroha

Te rā o te hinengaro ao

I puta tēnei tuhinga i te putanga tuatahi o te maheni
East and West i te tau 1925. I whakatūria tēnei maheni, i
muri mai ka mōhiotia ko te maheni Self-Knowledge, mō
tētahi kaupapa: kia tata ake ai ngā iwi, kia whakaatu hoki i
ngā āhuetanga me ngā āhuetanga ahurei o ngā iwi, kua whai
wāhi mai, ā, kei te whai wāhi tonu ki te hanga i te whare
.tangata nui i runga i tēnei aorangi o Papatūānuku
He maha ngā tau i mahi ai te kaiako nui ki te whakatipu
i te wairua aroha me te whanaungatanga i waenganui i te
tangata, me te whakatenatena i te whakawhitiwhiti wheako
me te mātauranga kia pai ake ai, kia ataahua ai, kia whai
tikanga ai te ao. I roto i tēnei whakaaro, i mea ia: "Ko tā
tātou hiahia ki te mātauranga me wareware tātou i ō tātou
rerekētanga iti, me te akiaki i a tātou kia koa ki te whakaae
ki ngā pono o ētahi atu. Kia rite te Rawhiti me te Hauāuru ki
te whakawhitiwhiti i ngā mea pai rawa atu a ō rātou iwi, he
tuakana, he teina hoki ngā tāngata katoa, ā, he tamariki
".tātou katoa nō te whenua kotahi o te ao whānui
I noho ahau i runga i tētahi puke iti, me ōku kanohi e
katia ana, e titiro ana ki te pōuriuri e taupoki ana i ahau. I te
tīmatanga, kāore he mea i kitea e au engari ko te pōuri
anake, heoi i te rapu ahau i tētahi mea kāore i te mōhiotia
.engari he mōhiotia, ā, i te wā kotahi e mōhiotia ana
I whakatuwherahia ōku kanohi, ā, i titiro atu ahau ki te
ao whakahīhī, harikoa, i whakapaipaihia ki te whānuitanga
mutunga kore o te māramatanga o te marama me ngā
whetū e kanapa ana i te whānuitanga o te wāhi, ngā mara
me ngā pukepuke e ataata ana me ngā tarutaru kakariki-
emerara he ngawari pērā i te weriweri, ngā pae maunga
kanapa, ngā ngaru e pakaru ana i runga i ngā moana
pōrearea, me ngā tāone e whakamanamana ana ki ngā
whakatutukitanga me ngā mahi auaha a te tangata. Heoi, ko
ngā mea katoa i kitea e au i te āhua nei i whakahe i ahau mō

te moumou taima ki te whakaaroaro, te whakapae i ahau he
.moemoeā, ngaro i roto i te ao wawata
I mea mai te ao ki ahau, "He aha koe i katia ai ō kanohi,
i tahuri ke ai i tōku ataahua i tō tirohanga, i noho ai i te pōuri
"?kau, i te pōuri kau kore

I hāhā ahau: "E te tangata whakaeke toa, me i kore te
ataahua o roto, kāore tō ataahua e whai kororia, kāore hoki
"!he kanapa

I te taenga mai o tēnei whakaaro ki roto i tōku
hinengaro, ka rongo ahau i tētahi karanga huna mai i tētahi
kokonga hōhonu o tōku wairua, ā, ka wiri ōku kare ā-roto, ka
.ora anō ngā pūtau o tōku tinana

I katia anō ōku kanohi kia kite i te moana pōuri. I titiro
matatau atu ahau ki roto i te ngākau o te pōuriuri, e rapu
ana i te hihi o te māramatanga—he māramatanga i mōhio
ahau kei reira, me rapu noa kia kitea rā anō. I te ohorere, ka
kite ahau i tētahi whakaaro ngoikore, tata kanapa e puta mai
ana i tētahi o ngā kokonga o taua rūma hohonu, ngaro. I
arotahi ahau ki taua whakaaro ngoikore, ā, ka tiaho ake, ka
.tiaho ake, ā, ka whakakitea tōna kororia huna

Ā, ka kitea e au ka taea e au te titiro atu i reira, ahakoa
kāore he kanohi, ka kite i ia whakaaro e tiaho ana me te mea
he uira e whiti ana, kātahi ka ngaro, e tiaho ana rānei me te
mea he kahui whetu nui e whiti ana e tuku ana i te marama
e puta whakarere ana, kātahi ka ngaro i te rangi o tōku
hinengaro. Ka taea e au te tatau i ia uira, i ia mura, ā, ka
mōhio ki te uara o te wā me te kaha o ia whakaaro. He

!tirohanga whakahīhī whakamiharo

Ā, i taea hoki e au te whakarongo ahakoa kāore ōku
taringa, ā, i whakarongo mārama ahau ki te reo ngoikore
engari he whatitiri o ōku whakaaro. Ae, i whakarongo ahau ki
ngā kōrero puku a te hinengaro me te reo puku o te
whakaaro nui. I rongo ahau i ngā mea katoa e kōrerotia ana
e aua reo me te mārama, me te mea kāore anō kia rongo
ahau i mua. Ā, mō te wā tuatahi, i rongo ahau i te aroaro o

ēnei whanaunga ngaro, whanaunga o roto. I rongo ahau i tō
rātou aroha me tō rātou kore aro ki ahau. Ko ēnei
whanaunga i noho i mua noa atu i roto i te hohonutanga o
tōku wairua, i roto i ngā rūma pōuri, e whakamahere ana, e
whakarite ana, e hanga ana i tōku ao. Heoi, i noho huna tonu
rātou, i noho whakaiti, i huna hoki, me te mea kāore he
.aroaro, he oranga rānei

He mahi whakamiharo tā koutou, e ngā whanaunga me
ngā hoa ngaro! He aha koutou te puta mārama mai ai, e
?tūwhera mai ai

Kei te matakū koe i ngā titiro mārō, taratara o te
hinengaro tangata? Tērā pea kei te matakū koe kei puta mai
i te pōuriuri o ngā hinengaro kāore e taea te whakaaro pai,
ātaahua! Tērā pea kei te matakū koe kei mate koe i ngā wiri
!kaha o te mea matotoru

Heoi, e te pūkenga o tōu puku ki te puta puku atu i ngā
rūma pōuri ki te hanga whare teitei, piriti nunui, me ngā
momo whakatutukitanga rauemi katoa, kātahi ka hoki mai
!me te kore tetahi e kite, e whakanui rānei i a koe
Ko te tereina e tere ana i te pōuriuri o te pō, ko ngā
waka rererangi e haruru ana, ko ngā kaipuke nunui e rere
ana me te mea he kāinga i runga i te mata o te moana, ko
ngā mahi toi rangatira, ko te temepara o te Wahine Tapu a
Athena, ko te Parthenon, me te Taj Mahal he merekara katoa
nā te tangata, ā, e whakamahara ana i ahau ki a koe me ō
!mana i ahu mai i te whakaaro nui

Engari ina kite ahau i te roto me ōna wai kanapa e
karanga mai ana kia whakamatao i tōku matewai, me ngā
kapua pōuri e tuku ana i ngā awa me ngā rerenga wai hei
whāngai i ngā mara me ngā rākau e kī ana i ngā hua reka,
reka; ā, ina kite ahau i te mārama o te marama katoa e
mura ana i te pō, me te tiro tiro i te huringa o ngā wā, me te
whenua e taupokina ana e te whāriki tarutaru matotoru, me
ngā kapua whero e whakairohia ana hei āhua e ngā hihi i te
arai o te pae tawhiti, ka kite ahau i ēnei whakaahua ātaahua,

kore e taea te whakataui, ā, ka whakaaroaro ahau ki taua
ringa o te ao e mahi ana me te mana me te whakaaro nui i
!ngā wāhi katoa

Ā, ka whakaaro ahau me te miharo ki taua reo o te ao e
whakahau ana i te rā, i te marama, i ngā aorangi, i te
whenua, i te taiao, i ngā wā, i ngā mana matapo katoa, i ngā
moana me ō rātou tai, i te tangata, i te ora, i te mate, ā, ka
.rongo rātou i tōna reo, ka whakarongo ki a ia
He kokonga huna, kāore he rohe, kāore he mutunga, e
huna ana ngā whakaaro mārama, e mahi ana i roto i te ao
?whānui, me te kore e kitea e tetahi

I titiro ahau mā roto i ngā matapihi o te mahara, ā, i
mahara ki ngā tīmatanga o tōku tamarikitanga, i te putanga
mai o te rā o tōku hinengaro i te rangi o tōku ao, ā, i tōna
putanga mai i te pōuri o te hinengaro papaku, i
whakamārama noa i tētahi wāhanga iti o te pae tawhiti o
tōku hinengaro, nō reira kāore au i kite i tetahi mea engari
ko tōku whaea, aku taonga tākaro, me ētahi monamona o
.ngā tae rerekē

I muri mai, i te mārama haere o tōku mōhiotanga, ka
kite ahau i tētahi wāhanga nui ake o tōku pae hinengaro; ka
mārama, ā, he maha ngā mea i kite ahau kāore anō kia kitea
e au i mua. I kite ahau i ōku hoa, i ōku whanaunga, i ōku hoa
noho, i tōku whenua—kua puta katoa mai, ā, kua whakaurua
.ki roto i taku tirohanga

I te rangi o tōku hinengaro, i whiti te rā o tōku hinengaro
me te māramatanga pumau, kaha, e whakamārama ana i
ngā mea katoa i huna i mua. I kite ahau i ngā tāngata katoa,
i ngā iwi katoa, i ngā mea ora katoa, i te taiao, i ngā aorangi,
i ngā whetū, me ngā irahiko katoa. I kite ahau i te ao tūroa
!me te wāhi mutunga kore

Kāore au i mōhio i mua ka kitea e au i roto i te pōuri o
!tōku hinengaro te rā o te hinengaro ao
Te whakahaere i ngā au kino

Ka noho te tangata e inu nui ana i te waipiro hei tangata waranga, ā, ka arahi tēnei waranga ki tētahi āhuatanga kino, huna hoki. Mēnā kāore rātou e ngana ki te whakamutu i tā rātou inu, ka noho pea rātou hei tangata waipiro, ka pāngia e te hiahia nui ki te waipiro. He maha ngā wā ka pau te moni a ēnei tāngata pōuri ki te waipiro. He iti noa iho ā rātou kai, ā, te āhua nei ka whiwhi rātou i ētahi kai mai i te inu whakahaurangi tonu. I te mea ka mau tonu tēnei āhuatanga kino, ka ngaro i a rātou te kawenga mō ō rātou ake hauora me tō rātou tūranga i roto i ō rātou kāinga, i ō rātou haporī, me te ao whānui.

Ko te whakaahuatanga o mua mō ngā tāngata haurangi he tauira noa iho o taku e kī nei ko "ngā tāngata haurangi hinengaro". Ka taea te whakarōpū i ēnei tāngata haurangi hinengaro, hinengaro rānei i runga i ō rātou āhuatanga hinengaro, e mau tonu ana, e uaua ana hoki te whakatau, pērā i te riri, te matakū, te hiahia moepuku kore here, te pai ki te whara i ētahi atu, te petipeti, te tahae, te hae, te mauahara, te apo, te riri kino, te tinihanga, te wairangi, me te porangi.

Ina whakaatu te tangata i ngā pahūtanga rerekē o te riri, te wehi, te hae, tetahi atu rānei o ngā āhuatanga kua whakahuatia ake nei mai i te tamarikitanga, he tohu tēnei kua riro mai i a rātou ēnei whanonga hinengaro rerekē i te ao o mua. Ko ngā mātua e kite ana i tētahi o ēnei whanonga hinengaro kino i roto i ā rātou tamariki, ahakoa he tamariki tonu, me aro nui ki tēnei take, me te mahi i ngā mahi hei ārai i te tamaiti kei pāngia e te waranga hinengaro, ko te mea pai ko te whakanoho i a rātou ki tētahi taiao rerekē i raro i te manaaki a ngā kaiārahi wairua.

Mā te noho tahi pai me te taiao tautoko mō ngā tau maha, ka taea e te tangata haurangi hinengaro te wetekina i te mana whakamomori o āna mahi kino kua riro mai. I a ia e whiwhi ana i te tiaki hauora tika i roto i te taiao tautoko, me whakamōhio te tangata haurangi hinengaro ki ngā hua kino o āna mahi whakarihariha, ā, me whakatenatena kia whakaaroaro ki aua mahi, kia whakapau kaha hoki ki te karo i te whakaatu i ēnei whanonga whakarihariha me te whakangaro i raro i ngā āhuatanga katoa. Ko ia tauira o te whai i tētahi mahi kino hinengaro i riro mai i tētahi momo o mua ka whakapakari, ka whakau i roto i te hinengaro mohio tae noa ki te wā ka noho hei pononga te tangata ki roto i ngā tikanga katoa o te kupu.

Ko te tangata pukuriri, hiahia nui, apo rānei, ka wareware ki tōna tūranga, ka wareware ki tōna whanaungatanga ki te haporī, ka mahi i ngā hapa nui e whakangaro ana i tōna ake oranga me te oranga o ētahi atu. He tokomaha o ēnei tāngata mate hinengaro e whakapono ana mā te whakaatu i ō rātou whanonga hinengaro, ka tukuna e rātou he manawa, ka kitea he whakamarie. Heoi, ko te uru ki ngā kare kino he tikanga kino me ngā hua kino, nā te mea mā te whakaatu tonu i aua whanonga whakarihariha, ka noho te tangata hei tangata waranga hinengaro, ka waiho hei kata mā ētahi atu, i ngā wāhi katoa, i ngā wā katoa.

Ki te pāngia ngā tamariki e tētahi taiao paitini i a rātou e whanake tonu ana, e ngāwari ana hoki te whakarerekē i ō rātou hinengaro, ka whanakehia e rātou ngā āhuatanga kino, ki te kore e āraihia, ka arahi pea ki te mate hinengaro kino. Ko ngā mātua e kite ana i tētahi huringa ohorere o tā rātou tamaiti—pērā i tētahi tamaiti marino i mua, ka noho pōuri tonu

—me aro nui, me tautuhi me te aro ki ngā take o tō rātou pouri me te ngakaukore, me te kimi huarahi hou, whai hua hoki hei whakahaere i ō rātou kaha i roto i tētahi huarahi whai hua me te whai hua.

Ko te hunga e whakaatu ana i tētahi o ngā āhuatanga kua whakahuatia ake nei, he hunga haurangi hinengaro. Ka eke pōrearea, ka kore e whai kawenga, ka pakaru hoki tō rātou harikoa mā te tuku noa i a rātou ki ngā ia o ō rātou hiahia, me te whakaatu i ō rātou āhuatanga kino rawa atu.

Kāore he take o te riri, te whakatūpato, te whakapae rānei i te hunga haurangi hinengaro mō ā rātou whanonga tutu. Ko tō rātou āhua hinengaro he hua nō ā rātou whanonga kino tonu. Me atawhai rātou he hunga mate hinengaro e pāngia ana e ngā mate hinengaro uaua rawa.

Ko te whakawhiti hoa te rongoā tino whai hua mō tetahi momo haurangi hinengaro nui, nā te mea kua herea te hiahia o te tangata haurangi hinengaro e te tikanga, nō reira kāore he ātete ki te kino. Ko te rongoā tino tika ko te whakawhiti tika i a rātou ki tētahi taiao e mahi ana hei rongoā mō tō rātou āhua hinengaro paihana. Me whakanoho te tangata pukuriri - ki te taea - ki tētahi, ki ētahi atu rānei tāngata kāore e riri ahakoa i raro i ngā āhuatanga whakaohoho me te pukuriri. Me karapoti te tangata hiahia ki ngā tāngata whakahaere i a ia anō. Me hiahia te tahae ngaio ki tētahi rōpū o ngā tāngata pono. Ka taea te āwhina i te tangata matakū me te matakū mā te whakatenatena i a rātou ki te hono atu ki ngā tāngata toa me te pānui i ngā kōrero mō ngā toa. Ko te hunga he pukuriri me te kawa me noho tahi me te hunga harikoa me te atawhai.

Me mahara te tangata haurangi hinengaro ko te mate puku, te ngoikore rānei o te puku, me te kai

mīti, inā koa te mīti kau me te poaka, ka whakanui ake i te mate hinengaro, ka whakapūmau ake i roto i tōna roro. Mā te whakauru i te nui o ngā hua me ngā huawhenua ki roto i āna kai o ia rā, te nohopuku i te wai hua kotahi te rā i te wiki, me te whakauru i ngā nohopuku roa i ētahi wā, ka tino āwhina ki te whakarerekē i ngā rohe roro kei reira ngā whanonga kino e arohia ana.

Ka kino te pūnaha io me ngā pūtau roro i te nui rawa o te moepuku, ka whakawerawera i te riri o te tangata haurangi hinengaro. Hei tāpiri, ka ngoikore te kaha o te hiahia ki te moepuku. Nō reira, me ako ngā tāngata haurangi hinengaro katoa ki te whakahaere i ō rātou hiahia moepuku kia taea ai te whakamahi i te whakaaro pai i roto i ā rātou whanaungatanga marena, e ai ki te āhua.

He maha ngā wā ka kitea ko ngā kaiāwhina, ko ngā kaiwhakawhiwhi moni rānei o te whānau—ahakoa he pāpā, he tama rānei, ā, i ētahi hapori, he whaea, he tamāhine rānei—e whakaatu ana i te āhua o te inu waipiro nā te mea kei roto i tō rātou tūranga te mana whakahaere me te akiaki i ō rātou hiahia. Kaua ēnei kaitukino iti e tuku i ō rātou riri ki ngā mema o te whānau e hiahia ana, e whakawhirinaki ana hoki ki a rātou. Ki te pērā rātou, ka ngaro te whakaute me te manaaki o ō rātou whanaunga.

Ina whakaponu te rangatira whānau ka taea e ia te mahi i tana e pai ai i te kāinga, ka tīmata ia ki te whakaatu i ōna āhuatanga kino me ōna āhuatanga whakarihariha ahakoa i waho o te porowhita whānau. Ā tōna wā, ka taunga ia ki tēnei whanonga whakama, ā, ka mahi i runga i tēnā, i hea, i ngā wā katoa. Ki te kore ēnei rangatira e whakahaere i tō rātou hiahia ki te whakahaere i ā rātou e arohaina ana, ka āta noho pōturi haere ō rātou hinengaro, ka mahi koretake i te

taha o ngā kare ā-roto, ā, ka nui te raruraru mō te hunga e tata ana ki a rātou, te hunga e taunekeneke ana ki a rātou i ētahi wā, me rātou anō hoki.

Me rapu rongoā te hunga e whakapono ana he mate hinengaro rātou. Engari, me mutu te ngana ki te pangia ētahi atu. Whakaarohia kei te noho puku koe i te kāinga, e pānui pukapuka ana pea i te taha o te ahi, ka tomo ohorere mai tētahi mokomoko kakara kino ki roto i tō whare! He mea noa iho, ka puta he ngangau, ā, ka ngana koe me te hunga i tō taha ki te pei i te mokomoko, ka rumakina koe ki ngā matū kino. Nō reira, ka whara te whare me te mokomoko.

Waihoki, kāore e tika kia tomo te mokomoko tangata ki tētahi taiao kāore e hiahia ana ki tōna aroaro, nā te mea ka raru pea te hunga katoa e karapoti ana i a ia, ā, ka tūkinotia ia i te mutunga.

Kia mahara, e aku hoa, ko te mokomoko tangata, e mau ana i ngā wiri hinengaro o te āhua kino e whakaata ana i roto i tōna mata, e kitea ana hoki i roto i ōna kanohi, ka hanga he kino nui i roto i ngā taiao marino, rangimārie, me te ata noho. Kāore tēnei tangata e manakohia ana i hea atu.

He pai ake te huna i te āhua hinengaro i te tuku i a ia ki raro i tōna awe i waenga i te iwi. Ko te whakamā, ko te tuku noa rānei i ngā hiahia me ngā kare ā-roto o te tangata, te whenua momona e tipu ai, e puāwai ai ngā kare ā-roto i mua me muri i te whānautanga. Nō reira, me tino tūpato te hunga e pāngia ana e tēnei mate kia kaua e noho i roto i te taiao e whakatipu ana i ngā purapura hinengaro ā-roto o ngā whanonga kino, o ngā whanonga pukuriri rānei.

Ae, ina tūtaki koe ki tētahi e whakapatipati ana i a koe, e ataata rūpahu ana, "Kua roa tātou e kore e kite!" me te mea anō ki a ia anō, "Kia kanga te Atua i

te wā i huihui ai tāua," ka rongo koe i ōna kare ā-roto, ka pāngia koe e te whakarihariha ki a ia, ā, ka whakarihariha koe ki āna whakapatipati rūpahu.

Ko au nei, e hiahia ana ahau ki te mōhio ki tōku tūnga ki te hunga e pai ake ana ahau ki te pono, ahakoa te mamae, te kino rānei, i te tinihanga. Kāore he tangata e hiahia ana kia tohungia rātou e te nakahi tinihanga i raro i te putiputi ataata whero, i muri rānei i ngā kupu whakapatipati, whakamihi.

Ahakoa ērā mea katoa, he pai ake mō te tangata haurangi hinengaro kia noho hoa ki ētahi atu, ahakoa he whakaaturanga noa iho, kaua e pangia rātou e ngā paitini o tōna āhua kino.

Mā te whakahaere i a ia anō i ia rā, ahakoa i roto i ngā mea iti, ka āwhina i te tangata haurangi hinengaro kia mawhiti māriri atu i tana whai i ngā tikanga kino.

Kia tau te rangimārie ki a koe

Te mana o te arotahi

Kia aro mai te tangata rapu, me noho puku rātou, me arotahi ō rātou whakaaro ki tētahi hiahia e tika ana kia arotahihia kia mimiti rawatia ō rātou hinengaro me ō rātou whakaaro e taua whakaaro. Ina hono te hiahia o te tangata ki te hiahia atua e mōhio ana ki ngā mea katoa, ka taea te whakamahi angitu hei whakatutuki i te whāinga e hiahiatia ana. Kāore e taea te noho noa me te tatari kia taka te angitu ki roto i ō rātou uma. Ina whakatakoto koe i tō huarahi me te whakatau ki te neke whakamua, me whakahohe koe i tō hiahia me te whakapau kaha, ā, ka kitea e koe ka tae mai ngā āhuatanga katoa o te angitu ki a koe mai i te wāhi kāore koe i whakaaro. Kei roto i tō hiahia, e kī ana i te ia atua, te whakautu ki ō inoi. Ina

whakamahia e koe taua hiahia, ka whakatuwherahia e koe te matapihi e whiwhi ai koe i te whakautu ki ō inoi. Koinei taku ake wheako. I mua, i ngana ahau ki te mahi i ētahi mea hei whakamātautau i taku hiahia, engari ināianei kāore au e mahi i tēnā nā te mea kua mōhio kē ahau ki te mutunga: ka tutuki ngā mea katoa e hiahiatia ana e au.

I tētahi wā, he maha ngā tau ki muri, i kite ahau i tētahi o aku ākonga e kotiti ke ana. I te kitenga i ngā hua kino me ngā hua kino o āna mahi, ka ngana ahau ki te whakatenatena i a ia mā ngā huarahi katoa kia hoki whakamuri i tōna ara. Engari kāore i taea e au te āwhina i a ia, nā te mea kua whakatau ia ki te haere tonu i te ara o te kino. I te mutunga, ka mea ahau ki a au anō, "Nā te mea e hiahia ana ia ki te mahi i tēnei, ka waiho e ahau ia." Engari i hohoro te hoki mai o tōku aroha me tōku āwangawanga ki a ia, ā, ka noho ahau i raro i tētahi rākau paniana, ka whakaaro ki a ia. Me te ngākau nui, ka tukuna tonutia e ahau te karere hinengaro e whai ake nei ki a ia: "Kei te inoi atu ahau kia hoki mai koe." I te ahiahi, ka oho ake he kare ā-roto kaha i roto i ahau, i roto i te tinana me te hinengaro, kei te hoki mai ia. I puta whakarere mai te "tama kua ngaro", i te taenga mai ki te kāinga. I mihi mai ia ki ahau me te piko, ā, ka mea, "I te rā katoa, i ngā wāhi katoa i haere ahau, me ngā mea katoa i mahia e ahau, i kite ahau i tō kanohi. He aha te tikanga o tēnei?" I mea atu ahau, "Nā te Atua koe i karanga māku, Nāna te karanga, ehara i te mea nāku. Kāore taku hiahia i te hiahia whaiaro, engari i whakatau ahau kia kua e wehe atu i tēnei wāhi kia hoki mai rā anō koe." Ka taea e tēnei momo whakatau te whakaputa i ngā huringa nui ki te ao. He mana whakamiharo, he mana whakamiharo hoki!

Nō reira, he kaha, he hohonu hoki te pānga o te inoi hohonu. Ko te wā pai rawa atu mō te inoi ko te pō, ina iti noa ngā mea hei whakararuraru. Ki te kite koe he mea tika kia moe i te ahiahi, me mahi kia mataara tonu tō hinengaro, kia arotahi hoki i ngā inoi o te pō, kia noho tahi ai me te Atua. Tērā pea he uaua tēnei i te tīmatanga, engari ka māmā ake mā te whakapau kaha tonu, ā, ka miharo koe ki ngā hua whakamiharo ka tutuki i a koe. Ina whiwhi koe i tētahi hiahia ahurei, hihiri, ka tīmata te Atua ki te whakautu. Ā, ina pakaru te wā o te Atua Mutunga Kore, ka taupokina koe e te hari. Engari i te mea kei te pupuri tonu te tangata i tētahi hiahia whaiaro ki te whakamatau i te mana o ā rātou inoi ki ētahi atu, ki te huri rānei i aua inoi hei taonga hei whai hua, ka ngaro taua mana, ā, kāore te Atua e whakautu i a rātou, nā te mea kua whakatūria e rātou he arai i waenganui i a rātou me te Atua, e wehe atu ana i a rātou i a ia. Ka haere mai te Atua ki te tangata e rapu ana i a rātou ina pono, ina aroha rātou ki a ia mōna. Ina aro nui te tangata ki a ia anō, ā, ka tahuri ki te whakapehapeha me te whakapehapeha, e mōhio ana te Atua kāore rātou e hiahia ana ki a rātou engari e whai ana ki te whakakororia i tō rātou ake whakapehapeha, ā, e kore ia e whakaae ki tā rātou tonu.

Ko wai e u tonu me te whakaaro nui me te manawanui kia whakahokia mai rā anō e te Atua?

Ko te Atua te tino pūtake o te aroha, ko ia te pūtake o te aroha. Ki te mōhio koe ki te whakaaroaro me te whakaaro ki te hono atu ki a ia, ka whakautua e ia āu tonu aroha. Kāore he take ki te inoi kia tae atu ki a ia. Engari ko wai ka whakatapua te wā e tika ana? Ā, ko wai ka u tonu kia noho rā anō hei mura ahi o te arotahi hinengaro ki te whiwhi i Tāna whakautu?

Ki te mea he nama āu kāore e taea te utu, ki te hiahia rānei koe ki tētahi mahi, whakaaroaro tuatahi. I roto i te ata noho e whai ake nei i te whakaaroaro hohonu, arotahihia tō hinengaro me te whakatau pumau ki tō hiahia, engari kaua e aroturuki tonu i te putanga. Ki te whakato koe i tētahi kākano ki te oneone, ā, ka kerī tonu kia kite mēnā kei te tipu, e kore rawa e pihi. Waihoki, ki te titiro koe—i ia wā ka inoi koe—mō tētahi tohu kua whakamanahia e te Atua tō hiahia, e kore koe e whiwhi i tāu e hiahia ana. Me inoi tonu me te kore e aukati, waiho te toenga ki te Atua. Ko tāu mahi he kukume i te aro o te Atua ki tō hiahia, me te mahi i tō wāhanga ki te āwhina i a ia ki te whakatutuki i tō tumanako. Hei tauira, mēnā he mate kino, me mahi i ngā mea katoa e taea e koe hei whakatairanga i te whakaora. Engari kia tino mōhio kei roto i ngā ringa o te Atua te rongoā whakamutunga. Tukua tēnei whakaaro kia haere tahi me koe i roto i tō whakaaroaro i ia pō. Inoi me te whakatau nui me te whakawhirinaki tino, ā, i tētahi rā ka kitea e koe kua ngaro whakarere te mate.

Ka whiwhi tuatahi te hinengaro i ngā whakaaro, kātahi ka tukuna e te Atua te hinengaro ki tōna mana. Hei whakamutunga, ka tukuna e te roro te kaha ora hei whakaora. Kāore koe e mōhio ki te whānuitanga o te mana atua kei roto i tō hinengaro. Koia te kaiwhakahaere o ngā mahi katoa a te tinana. Ka taea e koe te rongoā i tētahi mate tinana mā te whakamahi i tēnei mana o te hinengaro. He mea nui kia mōhio tuatahi koe ki te tikanga tika o te whakaaroaro, kātahi ka taea e koe te whakamahi i te mana o te arotahi, i whakareihia e te mana atua, hei whakaora i te tinana, hei rongoā rānei i tētahi atu mate.

Ngāna ki te mahi i tētahi mea uaua i ia rā. Kia mau tonu te ngana, ahakoa e rima ngā wā ka hinga koe. Ina angitu koe, whakamahia tō kaha hiahia ki te whakatutuki i tētahi atu mea. Mā tēnei, ka taea e koe te whakatutuki i ngā mea nunui i te tere tere. Ko te kaha hiahia he whakaaturanga ora o te āhua o te Atua i roto i a koe. Kei roto i te kaha hiahia te mana mutunga kore: ko te mana kotahi e whakahaere ana i ngā kaha katoa o te taiao. Nā te mea kua hangaia koe i te āhua o te Atua, kei roto i ō ringaringa taua mana hei whakatutuki i tāu e hiahia ana: ka taea e koe te hanga i te rawa me te nui, me te huri i te mauahara hei aroha. Inoi ki te Atua kia āwhina i a koe ki te whakahaere i te tinana me te hinengaro, kātahi ka whiwhi koe i te whakautu a te Atua. E kite tonu ana ahau kua tutuki kē aku hiahia nui.

Ko te Atua tō tātou hiahia nui

Kei te rae, i waenganui i ngā tukemata, te kuwaha ki te rangi. Ko tēnei pokapū roro te nohoanga o te hiahia. Ina arotahi marie tō hinengaro ki tēnei pokapū me te hiahia, ka tutukihia te mea e hiahiatia ana e koe. Nō reira, kua rawa e whakamahia tō hiahia mō ngā mahi kino. Ko te hiahia ki te whara i tētahi atu tangata, te hiahia rānei kia whara taua tangata, he mahi hē rawa tēnei o te mana kua homai e te Atua ki a koe. Ki te kitea e koe tō hiahia e ārahi ana i a koe ki te hē, me mutu tonu. Nā te mea ko te haere tonu i taua huarahi ehara i te mea he moumou noa i te kaha tapu, engari ka ngaro anō hoki taua mana i a koe, ā, kāore e taea e koe te whakamahi ahakoa mō ngā mahi pai.

Tuatahi, me whai tikanga, me whai tika hoki ngā inoi. Kaua tātou e inoi ki te Atua mō ngā mea kāore e

taea, kāore hoki e tika ana i roto i te ao tūroa. Me tononoa tātou mō ā tātou matea nui. Me wehewehe anō hoki i waenga i ngā "matea nui" me ngā "matea kore-tino". Ko te huarahi pai ki te whakaora i a koe anō i ngā "matea kore-tino" ko te tirotiro me te tirotiro i aua matea i runga i te māramatanga o te whakaaro tika. Ko te moemoeā mō ngā whare nunui tētahi o aku mahi whakangahau i mua, engari kua memeha haere taua hiahia. He maha ngā hanganga pēnei kei a au, me ngā raruraru katoa e pā ana ki te whakatika me te tiaki. He kawenga taumaha te mana pupuri. Me whakarērea te hiahia ki te pupuri i ngā mea parakore, ā, me arotahi noa ki ngā matea tūturu.

Ko te hiahia nui o te tangata ko te Atua. Ina mōhio ia ki a ia, ka homai e ia ki a ia, ehara i te mea ko ana "hiahiatanga e tika ana" anake, engari ko ana "hiahiatanga kāore e tika ana"! Ka whakatutukihia e ia ngā hiahia katoa o tōna ngākau, pērā i tana whakatutuki i ana tumanako me ana moemoeā tino nui.

I ahau e tamariki ana i Īnia, i nui te hiahia ki te pupuri i tētahi pōni, engari kāore i whakaaetia e tōku whaea. I muri mai, i taku whakatūnga i te kura o aku tama tāne i Ranchi, i kawea mai e au tētahi hōiho uha hei whakamahi mā mātou. I tētahi ata, ka kite ahau kua whānau tana kuao, pērā i taku i hiahia ai i tōku tamarikitanga! He maha ngā wā kua pā mai ēnei momo whakamātautau ki ahau. I mua noa atu, i a au e haere ana ki Kashmir, ka kite ahau i tēnei whare (te tari matua o te mōhio ki a ia anō) i roto i tētahi moemoeā. I muri mai, ka kite ahau i tēnei wāhi, ā, ka mōhio tonu ahau ko te whare tonu i kitea e au i roto i te moemoeā, me te mōhio ko te Atua te mea i whakaaro kia nohoia e au.

Ina inoi hōhonu koe, ā, ka u tonu, ka tino harikoa koe, ka whakakī i tō ngākau me tō wairua

Kaua e makona, kaua hoki e whakapono kia tae rā anō koe ki taua hari, nā te mea ina rongo koe i taua harikoa nui i roto i tō ngākau, ka mōhio koe kua tae atu tāu inoi ki te Atua, ā, kei roto koe i Tōna hinengaro, ā, ka homai e tō Ariki ki a koe, ā, ka makona koe.

Kia homai e te Atua te angitu ki a koe. Kia tau te rangimārie ki a koe.

Ngā tikanga matua e whā



Ko te hononga i waenganui i te wairua me te tinana me te hinengaro te pūtake o ō tātou mamae katoa, ngā here, ngā here, ngā ngoikoretanga, me ngā ngoikoretanga. Nā tēnei hononga, ka pāngia tātou e te harikoa me te mamae me te koa, tae noa ki te taumata e kore ai e taea e tātou te pā ki te harikoa atua, ki te hinengaro rānei. Ko te whakapono, i roto i tōna uho, ko te karo tonu i te mamae me te whakatutuki i te harikoa parakore, i te Atua rānei. Pērā i te kore e kitea mārama te āhua tūturu o te rā i runga i te mata o te wai pōrearea, waihoki ko te āhua tūturu, harikoa o te wairua wairua (te whakaata o te wairua katoa) kāore e taea te mārama, te hopu rānei e ngā ngaru o te pōrearea me te manukanuka e puta mai ana i te hononga o te wairua ki ngā āhua hurihuri me te hurihuri o te tinana me

te hinengaro. Ā, pērā i te wai pōrearea e whakapohehe ana i
te āhua tūturu o te rā, waihoki ko te hinengaro pōrearea e
whakapohehe ana i te āhua harikoa tonu o te wairua o roto
.mā tēnei hononga, hononga rānei

Ko te whāinga o tēnei upoko he tūhura i ngā huarahi
māmā, tino tika, me te tino whai hua ka taea e te katoa te
mahi, hei whakaora i te wairua harikoa mutunga kore mai i
tōna hononga mamae ki te hinengaro me te tinana, kia ora
tonu ai i te mamae me te mamae, ā, kia ara ake ai ki te
.harikoa wairua, koinei te mauri o te whakapono

:E mea ana ngā pukapuka whakaaro nui o te Rawhiti

Me i taea e koe te ara ake i runga ake i te tinana, me te"

mōhio he wairua koe, ka whiwhi koe i te harikoa mutunga
"kore, ā, ka watea koe i ngā mamae katoa

E whā ngā ara whakapono matua, whānui hoki, ā, mā te
mahi o ia rā ka wātea te wairua i ngā here o te tinana me te
hinengaro. Kei roto i ēnei ara e whā ngā mahi whakapono
whaitake katoa i whakaakona, i tūtohutia rānei e ngā
.poropiti, e ngā hunga tapu, me ngā tohunga mārama
Ko ngā mahi whakapono ko ngā mea i whakatūria, i

whakaakona hoki e ngā poropiti i roto i te āhua o ngā
whakaakoranga rerekē. Ko te hunga he iti nei te
māramatanga kāore e mārama ki te hiranga tūturu o ēnei
whakaakoranga, e whakaae ana ki ō rātou tikanga papaku,
ā, e heke haere ana ki te taumata o ngā kawa, ngā hui, ngā
āhua, ngā tikanga tuku iho, me ngā mahi pakari. Koinei te
.pūtake o te ngākau nui ki ngā rōpū me ngā whakapono

Me mārama tātou kāore tātou i hangaia mō ngā ture me

ngā tikanga, engari kei roto ēnei ture mō tātou. Ka rerekē
haere i a tātou e rerekē ana, e whanake ana hoki, ā, ko tā
tātou mahi he piri ki te mauri o te ture, kaua ki tōna āhua o
.waho, nā te kuware me te ngākau nui

He rerekē ngā tikanga me ngā momo karakia i runga i

ngā kura whakaaro rerekē, engari kotahi te pūtake o ngā

kura whakaaro rerekē a ngā poropiti, engari kāore te nuinga
!o te iwi e mārama ki tēnā

Ka ngana ngā tāngata whakaaro nui ki te tautuhi i te
pono mutunga kore mā te whakamahi i ō rātou mana
hinengaro, engari ka hinga rātou i tā rātou mahi nā te mea
kāore e taea te hopu i te pono mutunga kore mā te
.mātauranga hinengaro anake

He rerekē te mātauranga i te mārama noa He mea
koretake te mārama ki te reka o te honi mēnā kāore anō kia
whakamātauria. Waihoki, ko te mātauranga whakapono e
puta mai ana i te hohonutanga o te wheako tangata. Koinei
te nuinga o te wā ka mahia e tātou ina ngana tātou ki te
mārama ki te Atua, ki ngā whakaakoranga whakapono, me
ngā tikanga matatika; he onge tā tātou rapu ki te mōhio ki
.ēnei mea mā roto i te wheako o roto, o te wairua

He mea pōuri te whakaaro o te hunga whai pūmanawa
hinengaro e āhei ana ki te whakamahi i ō rātou hinengaro ki
te hura i ngā pono o ngā pūtaiao taiao me ētahi atu mara o
te mātauranga, ā, e whakapono ana rātou ka taea e rātou te
hopu i ngā pono whakapono me ngā pono matatika teitei
rawa atu mā te whakaaro ā-tinana anake. Heoi anō, i te kore
e waiho hei puna āwhina, he maha tonu te mahi a ō rātou
hinengaro me ō rātou pūmanawa hinengaro hei arai, hei
.aukati i tō rātou māramatanga ki te mauri o te pono
Nā, kia tirohia tātou ngā ara whakapono e whā e tohu
:ana i te tipu wairua

Tuatahi: Te tikanga hinengaro – te tikanga noa, maori,
engari kāore e whai hua ana i runga i te tere o te tirohanga.
He mea maori, he mea noa hoki te whanaketanga me te tipu
o te hinengaro ki ngā mea ora katoa. Ko tō tātou mōhio ki a
tātou anō te mea e wehewehe ai tātou i ngā kararehe o raro
iho, he rerekē ngā taumata o te mōhio engari kāore i te
.mōhio ki a tātou anō

I ngā wāhanga me ngā tukanga o te whanaketanga me
te whanaketanga, ka kitea e tātou ka huri haere tēnei

hinengaro hei mōhio ki a ia anō. Mai i te hinengaro kararehe
ka puta te māramatanga o te tangata ki a ia anō, ā, ka
ngana haere te hinengaro ki te tuku i a ia anō me te mōhio
ki a ia anō mā roto i a ia anō. Nō reira, ka huri ki te
mōhiotanga ki a ia anō; nā te tikanga tūturu o te
whanaketanga tēnei whakawhiti. Ko te hinengaro tangata, e
hono ana ki ngā āhua tinana me ngā āhua hinengaro maha,
ka ngana haere, ā, ka hoki noa ki tōna āhua tūturu mā roto i
.a ia anō

Ko te whakawhanake i te whakaaro mohio tētahi o ngā
huarahi e whakaara ake ai te wairua i a ia anō, e
whakawātea ai i a ia anō i ngā here tinana me te hinengaro.
He mea maori te ngana a te wairua ki te hoki ki tōna ake
tūturutanga mā te whakawhanake i te whakaaro me te
.whakaaroaro. Koinei te ara o te ao

Ka whakaatuhia te wairua o te ao whānui i roto i ngā
wāhanga tipu rerekē: mai i te mea iti rawa ki te mea teitei
rawa. I roto i te kōhatu me te oneone, kāore he hinengaro,
he ora rānei e kitea ana e tātou, engari i roto i ngā rākau he
tipu tipu, arā, he huarahi ki te ora. Heoi, kāore he ora
herekore, he kore ārai, he tukanga whakaaro mohio rānei. I
roto i ngā kararehe, he ora me te mōhiotanga ki te ora. I roto
i te tangata—te tihi—he ora me te mōhiotanga ki a ia, hei
tāpiri atu ki te mōhiotanga whaiaro i roto i te wairua. Nō
reira, he mea maori ki te tangata te whakawhanake i a ia
anō mā te whakaaro, te tātari, me te whakaaroaro, mā te
ako hōhonu i ngā pukapuka, me te rangahau, te tūhura, te
tirotiro, te whakamātautau, me te ngana ki te tae atu ki te
.pūtake o ngā take me ngā pānga i roto i te ao tūroa

Ka hohonu ake te whakaaro o te tangata, ka nui ake
tana whakamahi i te tikanga i eke ai ia ki tōna taumata o
nāiane i roto i te tukanga pikinga ki te ao tūroa, ā, ka tata
.atu ia ki te Wairua Tapu

I te mea ka whakanuia ake tātou e te hinengaro i a
tātou anō ki runga ake i te tinana me ōna hiahia, mā te

whakamahi tika me te āta whakaaro i tēnei tikanga
hinengaro ka puta he hua motuhake me te tino pono. Ko te
whakangungu i te hinengaro mā te ako hohonu me te ako
pakari ki te whiwhi mātauranga i roto i tētahi mara
motuhake ka āwhina ki te whakapai ake i te mōhiotanga ki a
ia anō ki tētahi taumata, engari kāore—i runga i te hiranga—
i rite te hiranga ki te tukanga whakaaro e aro ana ki te neke
.atu i te tinana me te kite i te pono

I Īnia, ko te momo tikanga hinengaro teitei rawa e kiia
ana ko te Jnana Yoga, ko tōna tikanga ko te whakatutuki i te
whakaaro nui pono mā te maumahara me te māramatanga;
pērā i te wā e whakamahara tonu ana te tangata ki a ia anō:

"Ehara ahau i te tinana, ā, e kore e taea e ngā whakaahua

"poto o te ao te pā ki ahau, he wairua ahau

Heoi, ko te ngoikoretanga o tēnei tikanga he puhoi te

tukanga o te mōhio ki a ia anō, ā, ka roa pea te wā e
hiahiatia ana. Ahakoa ka tīmata te wairua ki te mōhio ki a ia
anō, ka noho tonu ia ki te aro nui ki ngā whakaaro hinengaro
poto, kore hononga. Ko te marino o te wairua, i tētahi atu
taha, ka hipa ake i te whakaaro nui, ka eke ki runga ake i
ngā kare ā-tinana, ahakoa—ina mōhiotia—ka horapa, ka
.taupokina aua kare ā-tinana

Tuarua: Te tikanga karakia - arā, ko te ngana ki te
arotahi i tō tātou hinengaro ki tētahi whakaaro, kua ki ngā
momo whakaaro me ngā mea rerekē (pērā i te tikanga
hinengaro)

Ko te tikanga karakia e kapi ana i ngā momo karakia
katoa, pērā i te inoi (me wetekina i ngā whakaaro o te ao
katoa). I roto i tēnei tikanga, me arotahi hohonu, me te
whakaute hoki te hinengaro o te wairua ki ngā mea katoa e
pai ana ki a ia kia arotahi: ahakoa he ariā motuhake mō te
.atuatanga, he oranga tino whānui rānei

Ko te mea nui kia arotahi te hinengaro o te tangata rapu
ki tētahi whakaaro karakia kotahi me te ngākau nui me te
hihiri. Mā tēnei tukanga, ka wetekina mārīre te wairua i ngā

mea whakararuraru hinengaro maha, ā, ka whiwhi i te wā
me te whai wāhi e tika ana mō te whakaaroaro hohonu ki
tōna mauri. Ina inoi tātou me te pono katoa mai i te
hohonutanga o ō tātou ngākau, ka wareware tātou i ngā
kare ā-tinana katoa, ā, ka maka atu i ngā whakaaro pokanoa
katoa e ngana ana ki te hopu i ō tātou aro me te whakakī i ō
.tātou hinengaro

Ka hohonu ake ā tātou inoi, ka nui ake tō tātou ngākau
māhaki. Koinei te mehua e ine ai tātou i tō tātou tata ki te
Atua, te hari nui rawa atu. Mā te waiho i ngā hiahia tinana ki
tahaki, me te whakahaere i ngā whakaaro whakararuraru,
whakararuraru, ka mārāma te hiranga o tēnei tikanga i tērā
.o mua

Heoi, he ngoikoretanga, he uauatanga hoki tō tēnei
tikanga, nā te piri roa me te mau tonu o te wairua ki te
tinana me tōna herenga ki a ia, ā, e ngana ana ki te
whakamātara i tōna hinengaro mai i te ao o ngā kare ā-
.tinana me ngā kare ā-hinengaro, engari kāore i te whai hua
Ahakoa te hiahia pono o te tangata ki te inoi, ki te
rumaki katoa rānei i a ia ki tētahi momo karakia, ka noho
ngoikore tonu tōna hinengaro ki te whakaekenga mai o ngā
kare ā-tinana kore here me ngā whakaaro poto e puta mai
ana i te mahara me te arotake. I roto i te inoi, he maha tonu
tā tātou āwangawanga ki te waihanga i ngā āhuatanga tika
mō te inoi, ki te tumanako rānei kia tangohia atu ngā
.mamae tinana

Ahakoa ā tātou mahi katoa, ko ā tātou tikanga kino, kua
noho hei āhua noa iho ki a tātou, e whakahaere ana i ngā
hiahia o te wairua, e whakawhāiti ana i ōna āheinga. Ahakoa
tō tātou hiahia pono, kei te raruraru tonu te hinengaro, ā, kei
te pōhēhē tonu, ā, e tika ana te kīwaha "kei hea tō
hinengaro, kei reira anō hoki tō ngākau". E tonoa ana tātou
kia inoi ki te Atua me ō tātou ngākau katoa, engari he maha
ngā wā ka inoi tātou me ō tātou ngākau e wiriwirihia ana e
.ngā awha o ngā whakaaro me ngā kare ā-roto

Tuatoru: Te Tikanga Whakaaroaro – He tikanga mahi
noa iho tēnei me tērā e whai ake nei, ā, he whakangungu
mahi anō hoki. He mea taunaki ēnei e ngā tohunga nui kua
mōhio ki te pono i roto i ō rātou oranga. I ako ahau i ēnei
.tikanga e rua mai i tētahi o ēnei rangatira wairua nui
Mā te mahi whakaaroaro kia noho hei tikanga pumau,
ka taea e tātou te whakaoho i tētahi āhua moe mātau. Ka
kitea tēnei āhua marino, ahuareka hoki i te wā e moe
hohonu ana tātou, e tata ana ki te kore mohio, i te wā rānei
e oho ake ana tātou i taua moe, e tata ana ki te āhua o te
.mohio

I tēnei āhua moe mātau, ka wetekina tātou i ngā
whakaaro o waho me ngā kare ā-tinana katoa, ā, ka taea e
te wairua te whakaaro mōna anō me te whakatata atu ki te
āhua harikoa i ia wā, i ia wā, e ai ki te hohonutanga o te
.whakaaroaro me te tere o te mahi
I tēnei āhua, kāore tātou e mōhio ki ngā raruraru tinana
me ngā raruraru hinengaro e whakakī ana i te hinengaro, ā,
e wātea ana hoki. Mā tēnei tukanga whakaaroaro, ka
whakahaerehia ngā okana o waho me ngā okana pūoro mā
.te whakamarie i ngā io tūao, pērā i te āhua o te moe
Ko tēnei āhua whakaaroaro te tuatahi, engari ehara i te
whakamutunga, o te whakaaroaro tuturu. I roto i te moe
(moe mōhio), ka ako tātou ki te whakahaere i ngā kare ā-
waho anake. Ko te rerekētanga anake ko te moe noa, ka
whakahaerea aunoatia ngā kare ā-roto, i roto i te
whakaaroaro, ka whakahaerea mā te kaha mōhio. Heoi, i
tēnei wāhanga tuatahi o te whakaaroaro, ka noho tonu te
wairua wairua ki te pokanoa mai i ngā mahi ā-roto o te
tinana pērā i ngā pukahukahu, te ngākau, me ētahi atu
okana e whakapono hē ana tātou kei tua atu i tā tātou mana
.whakahaere

Nō reira, me rapu tātou i tētahi ara pai ake i tēnei, nā te
mea ki te kore e taea e te wairua te whakakore i ngā kare ā-
tinana mā te hiahia, me ngā kare ā-roto hoki e puta ai ngā

whakaaro, ka noho ngoikore tonu ia ki ēnei raruraru me te kore e taea te whakahaere me te pehi i aua mea, me te kore .rānei e whai wāhi ki te mōhio ki a ia anō

Tuawhā: Te Tikanga Pūtaiao o te Yoga – I mea a Hato Paora, "Ka mate ahau i ia rā, i ia rā." Ko te tikanga o tēnei, i mōhio ia ki te whakahaere i ōna whekau o roto, me te whakawātea i tōna wairua mā te kaha o te tinana me te hinengaro. Ka pāngia te hunga noa, kāore i te whakangungua, e te āhua tata mate, ina whakawāteatia te .wairua mai i te tinana pirau

Mā te whakangungu tika me te whakamahi i tētahi tikanga mahi, ā-pūmau hoki, ka taea e te kaimahi te rongo i te wehenga o te wairua i te tinana, me te kore e pā ki te .mate whakamutunga

I konei ka whakaaturia e au he tirohanga whānui mō te tikanga me te ariā pūtaiao pakari e tū ana. Ko taku e tuku atu nei nō aku ake wheako, ā, ka taea te kī he tika whānui.

Ka taea hoki e au te kī me te whakaū ko te harikoa, ko tā tātou whāinga matua—e ai ki taku i whakamārama ai—ka kitea nuitia i roto i te mahi i tēnei tikanga. He pono, he tino pai te mahi tonu. Ka taea e au te whakaū he tino pai ake i te harikoa nui rawa atu e taea ana te whakatutuki mā roto i ngā kare e rima, i te hinengaro rānei. Kāore au e hiahia ki te tuku i tētahi taunakitanga mō te tika o tēnei tikanga i tua atu i ngā mea ka pā ki te tangata e mahi ana. Mā te manawanui me te auau o te mahi a te kaiwhaiwhai, ka kaha ake te .whakaaro kua mau rātou ki te hinengaro o te harikoa

Nā te mea he tino uaua, he tino pūmau hoki ngā whanonga kino, ka ara ake te mōhiotanga tinana i ia wā, i ia wā, ka whakaekea taua āhua o te marino me ōna maharatanga katoa. Heoi, mā te mahi auau me te roa, ka taea e tātou te whakamana i te kaiwhakamahi ka tae mai te wā ka kitea rātou i roto i te āhua o te harikoa wairua nui. Engari kaua tātou e ngana ki te whakaaro i ngā hua ka puta mai i te tikanga, kātahi ka whakarērea te mahi i muri i te

whakamātautau poto. Ko te angitu pono me te ahunga
.whakamua pono me whai i ngā kōrero nui e whai ake nei
Tuatahi: Kia aro nui ki te kaupapa e hiahia ana koe ki te
ako

Tuarua: He hiahia pono ki te ako me te wairua hihiko o
te uiui

Tuatoru: Te u tonu kia tutuki rā anō te whāinga e
hiahiatia ana

Ki te haere tātou i waenganui, ā, ka wareware i te
tikanga i muri i tētahi mahi māmā noa iho, e kore e puta te
.hua e tumanakohia ana e tātou

He mea pōuri rawa te whakapaunga a te tangata i te
nuinga o ō rātou wā ki te hoko i ngā mea e hiahiatia ana e te
ao, ki te whai wāhi atu rānei ki ngā kōrero ariā me ngā
tautohetohe hinengaro, engari he onge noa iho te ngana ki
te kimi me te wheako i ngā pono wairua e whakarei ana, e
whakakaha ana i te ao, ā, e hoatu ana hoki he tikanga ki a
ia. Kei te pukumahi ō rātou hinengaro ki ngā mea iti noa iho,
ki ngā āwangawanga koretake, me ngā hiahia nui, kaua ki te
.aro tika ki tēnei whāinga

Mō ngā tau maha kua mahi ahau i te tikanga kua
whakahuatia ake nei, ā, i ia wā ka mahi ahau, ka rongo ahau
i te harikoa nui, i te harikoa tonu rānei, e kore nei e mimiti te
.tere, e kore hoki e mutu te rere

Me maumahara tātou kua mauheretia te wairua wairua
e te tinana mō ngā tau maha, ā, mō ngā wā roa, ā, e kore
pea e wātea i roto i te rā kotahi. Kāore e taea e ngā mahi
poto, ā-wā poto, te hoatu i te harikoa wairua nui ki te
kaimahi, te whakamana rānei i te mana whakahaere i ngā
whekau o roto. Me mahi nui, āta whakaarohia hoki tēnei mō
.te wā roa

Heoi, mā te whakamahi tupato i ēnei tikanga ka taea te
whakaoho i te harikoa parakore. Ka tata atu te tangata ki
tēnei harikoa, ka nui ake tana whakamahi. Kāore tēnei āhua

i hangaia, i titoa rānei e te tangata; kei te noho maori, ā, me
.hura noa e tātou i roto i a tātou anō
Kia tau te rangimārie ki a koe

Te kaha o te hiahia me te awe o te taiao

**Ka puta ngā raruraru me ngā whakarihariha i te
kore mōhio o te tangata ki āna mahi o mua, i mahia i
tētahi wā me tētahi wāhi. Ko ō rātou mamae o nāianei
i ahu mai i ngā whakaaro me ngā mahi i
whakapuakina e rātou, i ahu mai i te oneone o te
hinengaro, ka pihi ake hei tipu, ka hua mai he hua e
whakaata ana i ngā whakaaro me ngā mahi i mahia e
rātou.**

**Kāore ngā whakamātautau me ngā raruraru e tae
mai hei wawahi i te tangata, hei whakararuraru rānei i
tōna hiahia, engari hei mea i a rātou kia mihi ki te
Atua e tika ana mōna, kia whakaute hoki i Ana ture e
taea ai e rātou te whakatutuki i te harikoa pono.**

**Kāore te Atua e tuku mai i ēnei whakamātautau
kino nā te mea nā te tangata tonu i hanga. Kei te
tangata te kawenga ki te whakaara i tōna hinengaro i
roto i te moe o te kuware, me te ara ake i te pōuri o
te kuware ki te māramatanga o te mātauranga.**

I te ao o te mātauranga wairua

**I mea te kaiako ki tētahi ākonga i rapu i tana
arataki i te ara wairua:**

**Kaua e hiahia kia mōhiotia koe me ō
whakatutukitanga wairua e te tangata, engari me
rapu ko te Atua anake.**

**Ina mōhio koe kei roto i a koe te rangimārie, ka
mōhio koe kei roto i ngā mea pai katoa o te ao hanga
te rangimārie me te rangimarie, ā, ka kite koe i roto i
te ataahua o te taiao, ka rongu i tōna tata i roto i te
whakahoahoa pono, ā, ka pā ki ōna manaakitanga i
roto i ngā wawata rangatira me ngā kaupapa honore e**

kore e whai whāinga whaiaro. Ka rongo koe i tōna aroaro i muri i ngā arai o te marino, i roto hoki i ngā mea whakamiharo katoa.

Patohia te tatau, ā, ka hurahia te arai, ā, ka kite koe i te kanohi tino kororia me tōna kororia katoa.

Ki te aroha koe ki te Atua, ka rongo koe i Tōna aroha, ā, kāore he mea kē atu e taea te tinihanga i a koe. Ka ātaahua koe ki ngā wheako ā-tinana nā te mea kāore anō koe kia pā ki te harikoa wairua. Ina pā ki a koe, ka mōhio koe ki te rerekētanga.

Kia wātea koe ki te whiriwhiri. Kaua e tukua tetahi mea hei aukati i a koe, kaua hoki e tukua tetahi atu kia whakahaere i a koe, kia whakararuraru rānei i tō harikoa.

He wāhanga motuhake koe nō te ao whānui, ā, me kimi e koe taua tino pai kia wheako ai koe i te māramatanga harikoa me te reka o te aroha atua.

Te whakaputa i te aroha i roto i ngā whare herehere o te mauahara me te mauahara

E te Ariki, me inoi atu mātou kia whiti mai tō māramatanga ki ō mātou wairua

Ā, ringihia mai ō manaakitanga nui ki ō hunga aroha, me te hunga e rapu ana i tō awhina.

Ā, kia puritia e la ngā wairua o te pakanga, te tutu, me te mate kia matara atu i a tātou

Ā, whakatenatena mai i a mātou kia waiho te rangimārie hei whāinga mā mātou

Ā, ko te aroha tā tātou whakarato

Ko tā mātou whāinga he whakaoranga mai i ngā here herekore

*** * ***

Ki te mea ko te kohikohi moni me te whakatutuki i ngā hiahia o te tinana anake te mea e whai ana te tangata

**He iti noa iho, he koretake hoki ngā hua ka riro i a
ia**

**Nā te mea ka tae mai te rā ka whakarērea e ia
ngā taonga katoa o te ao**

**Engari ki te whai rawa ia i roto i te Atua
Ka nui atu tōna taonga i ngā kingi katoa me ngā
tāngata whai rawa o te whenua**

**Kei roto i te hunga e aroha ana ki te Atua aua
taonga manaakitanga**

**Ko te hunga kāore e makona ki tētahi mea kē atu
i te taonga o te wairua**

**I a rātou e mahi ana ki te whakawhanake i ō rātou
hiahia wairua**

**Ā, hei whāngai i tō rātou hiahia mō te pūtake o tō
rātou ora**

**Me te aranga mai o te aroha mai i te hohonutanga
o te mauahara me te mauahara**

**Ka whakanuia e rātou ō rātou hinengaro ki runga
ake i ngā whakaaro whaiti o te ao**

**Ki ngā pae tawhiti o te herekoretanga, te
rangimārie, te māramatanga, me te harikoa**

**Ka kitea e rātou tō rātou whānuitanga mutunga
kore**

**Ka whiwhi rātou i ngā tirohanga hou me ngā
mātauranga hou**

**Ā, i a rātou e rui ana i ngā purapura o ngā
whakaaro me ngā mahi pai**

I ngā wāhi o ō rātou hinengaro

Kua tuwhera ō rātou māramatanga

Ā, ka whakahohehia ō rātou mana hinengaro

Ko Philamson, tō rātou tino mauri

**Ka kitea e rātou te rangatiratanga o te Atua i roto
i a rātou anō**

**Ka inoi mātou ki te Atua Kaha Rawa kia ārahi i a
mātou kia taea ai e mātou te whakahou i a mātou anō**

**Ā, ka whakaputaina mai e tātou tō tātou wairua i
roto i ngā whare herehere o te pōuri**

**Ki ngā wāhi o te herekoretanga, te marino, me
ngā māramatanga o te mātauranga**

**He mea nui ngā hua me ngā huawhenua hou hei
matūkai**

Mai i tētahi kauhau mō te kai totika

I tukuna ki Encinitas, California - Pipiri 1940

**Ehara i te mea ko te pūmua mīti anake te puna
nui o te pūngao**

**He puna nui anō hoki ētahi o ngā tote kohuke e
kitea ana i roto i ngā huawhenua me ngā hua kāore i
tunua**

**Ahakoia he nui te pūngao e whakaratohia ana e te
nui o te mīti, ki te mea ko te mīti te kai matua mō te
wā roa, ka mutu te whakarato i taua pūngao. Hei
tāpiri, ko te kai nui rawa o te pūmua ka arahi ki te
paitini pūmua, he pūtake o te ngenge me te mate. I te
poto, he rite tonu te kino o te nui o te pūmua ki te iti
rawa.**

**Ki te hiahia koe ki te whakakore i te ngenge, ko
tētahi rongoā ko te kai tika. Ahakoia he pūngao
rangitahi te mīti, he maha ngā paitini ka uru mai ki
roto i te tinana. Mā te kai i ngā kai mata, kāore i
tunua, ka whakaiti i te ngenge, ā, ka waiho koe kia
pūmau te wairua.**

**He nui te pūngao e tukuna ana e ngā wai hua,
engari he nui ake te uara kai o ngā hua me ngā
huawhenua katoa. Heoi, kāore ētahi e hiahia ki te
whakapau i te wā ki te kai i tēnei momo.**

**Ka tangohia e te pūnaha nakunaku ngā matū ka
tohatoha ki ngā momo pūtau e tika ana puta noa i te
tinana**

He maha ngā huānga matū o te tinana, ā, me whakakī e te kai ngā ngoikoretanga o aua huānga i ia rā.

Me nui te pūmua, ngā huaora, ngā kohuke, ētahi ngako me ngā hinu i roto i ngā kai o ia rā, me te nui o ngā warowaihā tūturu e tika ana, me te whakaiti hoki i te nui o ngā māngaro kua whakamaroketia me te huka kua whakamaroketia.

He puna nui te pūngao ko te ranunga o te wai karaka me te aramona whenua, nā te mea he pai ake te nakunaku o ngā aramona ina konatunatua ki te wai karaka.

He mea nui anō hoki kia nui te inu wai. Mēnā kāore e wātea ana te wai kounga pai, he pai ngā wai hua hou, te wai kokonati, me te merengi hei tāpiringa, hei whakakapi wāhanga mō te wai parakore.

Ā tōna wā, ka nui ake te inu a te tangata i ngā wai hua me ngā wai huawhenua nā te mea he nui ngā painga hauora e puta mai ana i ēnei wai.

He kino ngā matatini whakaraerae me ngā matatini whakakake

He rite tonu te kino o te matatini o te whakaiti i a ia anō ki te matatini o te whakakake, nā te mea ko te tangata e whakaiti ana i a ia anō, e kore e taea e ia te whakaatu i te whakakake kei roto i a ia.

He wairua te tangata, ā, he mura tapu tōna, ā, he hē te whakaaro he iti ia, he whakaaro rānei kei runga ake ia i te katoa, me te mahi pērā i te tangata kāore he mana, kāore he takenga mai.

Ina whakaatu te tangata i te whakapehapeha, ka huna e te atarangi matotoru o te whakapehapeha te māramatanga o te Atua i roto i te wairua.

Nō reira, me karohia ngā pona e rua i te wā kotahi, nā te mea he arai ēnei ki te ahunga whakamua o te wairua.

Kia rongo tātou kei a tātou te Atua, e whakaaweawe ana, e ārahi ana i a tātou, ā, ko la te aroha nui rawa atu i roto i ō tātou oranga.

Ko te hunga e mōhio ana ki te Atua, e whakaaro ana he pononga rātou mā te katoa, ā, kāore e whakaaro he pai ake rātou i ētahi atu

E pā ana te matatini o te whakaiti i te ngākau ki te hunga he ngoikore ō rātou whakaaro me te ngoikore o te hinengaro huna, ko te matatini o te whakanui i te ngākau ka whānau mai i te whakapehapeha whakarihariha me te whakapehapeha rūpahu.

He kino ēnei pona e rua ki te tipu wairua, ā, e ahu mai ana i te mānukanuka me te kore aro ki te pono, kua i te māramatanga tika me te whakatau tika.

Me whakatipu te whakapono ki a ia anō mā te wikitoria i ngā ngoikoretanga tuku iho o te tangata. Ko te hunga e hiahia ana ki tēnei, me whai kia wheako i tōna reka mā roto i ngā whakatutukitanga tūturu i roto i ō rātou oranga, kia wātea ai rātou i ngā āhuatanga o te whakaiti me te whakapehapeha, me te āwhina a te Atua.

Te mea ngaro me te puna o te ora

E hia ngā hāora e hiahiatia ana e te tinana hei huri i te kai hei pūngao. Engari ko ngā mea katoa e whakaoho ana, e whakahohe ana i te hiahia ka whakaputa pūngao tonu.

Ka tangohia e te kaha o te ngākau te ora mai i ngā pūtau o te tinana, mai i te puna pūngao o te roro, te wāhi e rongoa ai te pūngao i tangohia mai i te kai.

Ka kukume mai hoki te hiahia i ngā mahi hou mai i te pūtake o te ao ki roto i te tinana mā te taurakira.

Nō reira, ko te mea ngaro ki te ora kei roto i te tiaki i te kaha o te tangata me te kawē mai i te kaha hou ki roto i te tinana mā te kaha o te ngākau.

Me pēhea te mahi i tēnā?

Tuatahi, me mahi te tangata i runga i te ngākau hihiko me te ngākau aroha. Mēnā he mea whai hua hei mahi, me mahi i runga i te ngākau hihiko me te ngākau aroha.

Ina mahi koe me te ngākau hihiko, ka nui ake tō pūngao nā te mea ehara i te mea kei te kōhi pūngao mai i ngā io o te roro anake, engari kei te kukume mai hoki i te rere nui o te pūngao o te ao ki roto i te tinana.

Ka ki tonu te wahine e taka kai reka ana mā tana hoa aroha i te harikoa me te ora, engari ki te akiakihia ia ki te tunu kai ahakoa kāore i te pai ki a ia, ka ngenge ia i te tīmatanga.

Nō reira, ka kawea mai e te kaha o te ngākau te kaha

kōrero poto:

I tētahi wā, i a au e kōrero ana ki tētahi hoa mō ngā tāngata tapu. He kaihekohoko taku hoa, ā, kāore ia i rite ki taku hihiri. Engari, i mea ia, "Ko te hunga katoa e kiia nei e koe he hunga tapu he hunga tinihanga, kāore e mōhio ki te Atua." Kāore au i tautohetohe ki a ia, engari i whakarerekē i te kaupapa, ā, ka tīmata māua te kōrero mō te umanga kaihekohoko. I muri i tana kōrero mai ki ahau mō te maha o ngā mea, ka mea mārie ahau, "E mōhio ana koe kāore he kaihekohoko pono kotahi, he hunga teka katoa rātou?" Ka riri ia, ā, ka whakahoki riri mai, "Ā, he aha tāu e mōhio ana mō ngā kaihekohoko?" Ka whakahoki ahau, "Koinā tonu taku i kī ai. Ā, he aha tāu e mōhio ana mō ngā tāngata tapu?" Kāore ia i kōrero. Ka haere tonu ahau me te mārie me te

**atawhai, "Kāore au i te mōhio ki tetahi mea mō te
kaihokohoko, ā, kāore koe i te mōhio ki tetahi mea mō
ngā tāngata tapu."**

**Ngā anahera o te kaha
I hangaia tātou e te Atua hei anahera o te kaha
Ā, i whakanohoia mātou ki roto i ngā tinana
tinana**

**I arotahi katoa ō mātou whakaaro ki ngā tinana
ngoikore**

**Ā, kua wareware tātou ki te wairua wairua i
whakakīia ki te kaha o te ora o te ao tūroa**

**Inaiane me whakapau kaha tātou ki te arotahi
Hei whakahoki mai i te māramatanga katoa**

**Ko te pūtake o te angitu kei roto i te tipu haere o
te māramatanga wairua**

**Mā tēnei ka mōhio tātou ki tō tātou āhua kore-
tinana**

**Ā, kei roto i a tātou te āhua o te Atua
Ko te putiputi tuatahi i te māra o te wairuatanga
ko te putiputi o te whakapono me te tumanako**

**Ko te hua ia, ko te mōhiotanga tūturu i riro mai i
te whakamātautau-ā-tangata**

**Kia hihiri, kia mōhio hoki kei te tatari mai ngā
mea pai me ngā manaakitanga o te ao ki a koe**

**I te mea kei te mahi koe me te ngākau pono me te
ngākau pono**

**Hei whakahoki mai i te taonga tuku iho tapu kua
ngaro**

**He tangata taurite te tangata wairua pono
He tangata e ngākau māhaki ana, e ora pai ana, ā,
e tipu haere ana te māramatanga**

**Kei a ia ngā taonga o te wairua, me ngā taonga o
te whakaaro nui**

**E whakapono ana ia kei te haere mai te awhina a
te Atua**

**Ahakoā te uaua o te ao, me te kino o ngā
āhuatanga**

**E whakakitea mai ana te mata o te Atua ki a tātou
i roto i te ataahua o te taiao**

**Ā, e kōrero mai ana tōna reo ki a tātou mā roto i
ngā rangi waiata ngawari, ātaahua hoki**

Ā, mai i ngā reo reka, ngawari o te hunga aroha

Ā, mā te reo haruru o te kawenga

**Ko te hihiri e ārahi ana i a tātou ki te pai me te
rangimārie**

Ko te harikoa me te mātauranga te reo o te Atua

E karanga ana i a tātou kia hoki ki te whare tapu

He whare o te ata noho, o te rangimarie hoki

Ā, kia pārekareka ki tōna aroaro reka

Ā, tōna ataahua whakaharahara, tino ataahua

**He tino māminga te ao, ā, me pēnei tā tātou
whakatata atu ki a ia. Ki te kore tātou e wikitoria i
ana māminga me ana whakaaro pohehe i te tuatahi, e
kore e taea e tātou te āwhina i tētahi atu.**

**Me mahara tātou kei roto i te mokemoke o te
hinengaro arotahi te wheketere o ngā
whakatutukitanga nunui katoa. Ā, i roto i tēnei
wheketere whakamiharo, me whatu tonu e tātou ngā
tauirā o tō tātou hiahia kia taea ai te wikitoria, te
whakatau pai rānei i ngā āhuatanga kino katoa.**

**Me whakangungu tonu, me whakamahi tonu te
hiahia**

**He maha ngā whai wāhitanga a te tangata ki te
mahi i tēnei wheketere o te ao, mena kāore ia e
moumou taima, e maumauria rānei tōna kaha ki te
kore noa iho.**

**I te pō ka wehe atu ahau i ngā hiahia o te ao kia
noho tahi ai me ahau anō**

Tawhiti rawa atu i te ao

**Ko au anake me tōku hiahia i roto i tōku
mokemoke wairua**

**Te wāhi e anga atu ai ōku whakaaro ki te huarahi
e hiahiatia ana e au**

I whakatau ahau i roto rawa i tōku ngākau

**Ina akiakihia e au tōku hiahia ki te whai wāhi atu
ki ngā mahi hauora, whai hua hoki, ka puta he angitu
mōku. Pēnei, kua maha aku whakamahinga whai hua i
tōku hiahia. Heoi, ka tutuki noa tēnei mā te
whakamahi tonu i te hiahia.**

**Kātahi te ataahua o te kare ā-roto ka pā ki a koe
ina taea e koe te kī me te whakaū, "Mā taku hiahia, e
kī ana i te hiahia atua, ka tutuki i ahau taku e hiahia
nei!"**

**Ki te noho māriri te tangata, ā, ka tukua ngā mea
katoa ki te hiahia o te Atua, me te kore e whakamahi i
tana ake hiahia kua homai e te Atua ki a ia, e kore ia
e whiwhi i te hua e rapua ana e ia.**

**E hiahia ana te mana atua ki te āwhina i a koe i
runga i tōna ake whakaaro**

**Me whakakore atu i roto i ō tātou hinengaro te
whakaaro kei tawhiti atu te Atua i a tātou, me tōna
kaha me ōna mana tipua, ā, kei te huna i ngā pito
tawhiti o te rangi, ā, kaua e wareware kei muri i ō
tātou hiahia tangata te hiahia atua, engari ko taua
mana nui, pērā i te moana e puea ake ana i ōna tai me
ōna toronga, e kore e tae mai ki te kore te hinengaro
e tuwhera, e ngāwari hoki te ngākau ki te
whakarongo.**

Te inoi

E te Whaea o te Ao

Hei mura anake i roto i ō tātou ngākau

Ā, hei whakakore i te pōuri o ō tātou wairua

Ā, i roto i ō mātou roimata aroha ki a koe

Horoia tō mātou aroha ki ngā mea o te ao

**Ā, e harikoa ana mātou ki te whakaae ki a koe
Whakakorea atu ō mātou pouri me ō mātou
mamae mō ake tonu atu**

**Meinga ō tātou ngākau iti hei ngākau nui
Ka manaaki i tō aroaro katoa
Ā, i roto i te whakaata o tō āhua atua
Kia kite tātou i a tātou anō he tino tika, he
parakore**

**Kia kake ake ngā mura o tō mātou aroha ki a koe
I runga ake i ngā mura o ngā hiahia o te whenua
E miriona ngā whakamatautauranga e huna ana i
a rātou anō hei koe**

**Ā, e tinihanga tonu ana i a tātou
* * ***

**Haere mai, e te hari atua parakore, e te hari tino
tika!**

**Tomo mai ki ngā temepara o tō mātou hiahia nui
ki a koe**

**Kia rangimārie te ao
I roto i ō tātou maunga, i ngā pō pōuri o te
kuware**

**Kia ārahi ia i a tātou, kia whakahokia mai hoki
tātou ki te ora**

Ki tō piringa haumaru, ki tō piringa pūmau!

**Ngā Kōrerorero mai i te Ao Mutunga Kore
Ko te quatrain tuatahi o Khayyam
I whakamāoritia e Edward Fitzgerald, ā, i
whakamāramahia e Master Paramahansa**

**Ko te rongonui o Omar Khayyam i te Hauāuru e
ahu mai ana i te whakamāoritanga a Fitzgerald o ana
quatrains i waenganui o te rautau tekau mā iwa, e
kiia nei ko te whakamāoritanga pai rawa atu ki te reo
Pākehā.**

I whakaaro te kaiako a Paramhansa ko Omar Khayyam tētahi o ngā tohunga matakite nui, he nui hoki tōna mōhio ki a ia anō, ā, i whakamahia e ia ngā tohu hei whakaatu i tōna wheako wairua me ōna wheako, ā, i hē te mārama ki a ia, ā, kāore ngā kairangahau i ruku hohonu ki te mārama ki tana rapunga whakaaro wairua i whakatakotoria e ia ki roto i ngā pūrākau.

**E ara! mō te ata i te peihana o te pō
Kua whiua te kōhatu e rere ai ngā whetū
Ā, kua mau te Kaiwhai o te Rawhiti
Te pourewa o te Sultan i roto i te taura o te māramatanga**

**Whakamāoritanga Ārapi:
E ara, kua makahia e te ata he kōhatu ki roto i te oko o te pō**

**Te whakamarara rawa i ngā whetū
Ā, anei te kaiwhai o te Rawhiti
I horomia e ia te pourewa o te Sultan
Me te taura o te māramatanga
Whakamārama me te whakamaoritanga:
He whakamārama mō ngā tikanga:
Ata: Ko te ata o te oho ake i te oranga
matapōkere o te ao**

Ko te oko o te pō: te pōuri o te kuware e here ana i te wairua matekore i roto i te hinengaro tangata whaiti, iti

**Kohatu: Te whakapai wairua
Ngā Whetu: Te kanapa ataahua o ngā hiahia rauemi**

Te Kaiwhaiwhai o te Rawhiti: Te whakaaro nui o te Rawhiti e whakangaro ana i ngā toenga o ngā mānukanuka

**He taura mārama: te kanapa o te whakaaro nui
manaaki, e whakangaro ana i te pōuri tukino e
herehere ana, e here ana i te wairua**

Whakamārama:

Ka hāhā te marino o roto:

**"E ara! Whakarērea te moe o te kuware, kua
pakaru mai hoki te ata o te whakaaro nui. Makahia te
oko pōuri o te mea ngaro ki te kōhatu o te whakapai
wairua hei wawahi, hei whakamarara hoki i ngā whetu
kanapa, pōuriuri o ngā hiahia rauemi ngoikore."**

**"Tirohia te māramatanga o te whakaaro nui o te
Rawhiti, te kaiwhaiwhai me te kaiwhakangaro i ngā
mānukanuka, nā te mea kua hopukina e ia te pourewa
tiketike o te wairua ki te taura o te māramatanga, ā,
kua peia atu tōna pōuri ā-tinana, kua peia rawatia
atu."**

**"E ngā tāngata o te tāone o ngā mānukanuka,
whakarērea te moe! Kua puta mai hoki te hihi o te
karere wairua o te whakaaro nui o roto"**

**Akohia me pēhea te whakamahi i te kōhatu totoka
o te whakapai wairua hei wawahi i te oko pōuri o te
kuware, hei pei atu hoki i te hiahia mō ngā ahua
rauemi rangitahi.**

**"Hokona he akoranga mai i te kaiwhai o te
whakaaro nui, e rapu tonu ana i ngā wairua e hiahia
ana ki te māramatanga, e rapu ana i te pono, kia
karapotia rātou ki te aura o te kororia, te kororia o te
herekoretanga mutunga kore."**

Te Hokinga Mai o te Tama Ngaro

**I tētahi wā, he maha ngā tau ki muri, i kite ahau i
tētahi o aku ākonga e hiko ana i te taha ke**

**I te mōhio ki ngā hua ka puta mai i ana mahi, ka
ngana ahau ki te whakatenatena i a ia, mā te
whakamahi i ngā tikanga arorau katoa, kia**

whakarērea e ia tana mahi, engari kāore i taea e au te āwhina i a ia.

Nā te mea i whakaaro ia ki te haere i te ara o te kino

Hei whakamutunga, ka mea ahau ki a au anō:

"Nā te mea e hiahia ana ia ki tēnā, ka waiho e ahau ia"

Engari i hohoro te hoki mai o tōku aroha me tōku āwangawanga ki a ia, nō reira i noho ahau i raro i tētahi piki, ā, ka tīmata te whakaaro ki a ia

Me te hihiri nui, i tukuna tonutia atu e au tēnei karere hinengaro ki a ia:

"Kua tonu mai te Atua kia hurihia e koe tō whakaaro mō tāu e whakaaro nei ki te mahi"

I te ahiahi, ka puta he kare ā-roto kaha i roto i tōku tinana me tōku hinengaro, ā, ka whakapono ahau kei te hoki mai anō ia.

Kātahi ka puta te "tama kua ngaro", ā, i tōna hokinga ki te kāinga, ka piko ia ki a rātou, ka mea:

"I te roanga o te rā, i ngā wāhi katoa i haere atu ai ahau, ā, ahakoa pēhea taku mahi, i kite ahau i tō mata. He aha te tikanga o tēnā?"

I whakahoki ahau: "I karanga mai te Atua i a koe māku. Nāna tēnā karanga, ehara i taku."

Kāore i ahu mai tōku hiahia i te hiahia whaiaro, engari i whakatau ahau kia kaua e wehe atu

Ka noho tuwhera tonu tēnei wāhi tae noa ki tō hokinga mai

Ka taea e tēnei momo hoahoa te whakaputa i ngā huringa nui. He tino kaha whakamiharo!

Ina whakatakoto koe i tō huarahi, ā, ka whakatau koe ki te haere tonu i tō ara, me whakaoho e koe tō hiahia, me whakapau kaha hoki, ā, ka kitea e koe ka tae mai ngā āhuatanga katoa o te angitu ki a koe i te wāhi e mōhio ana koe, i te wāhi kāore koe e mōhio.

**Kei roto i tō hiahia, e whakakīia ana e te kaha
atua, te whakautu ki ō inoi**

**Ina whakamahia e koe taua hiahia, ka huakina e
koe te matapihi e whiwhi ai koe i te whakautu ki āu
inoi.**

**Nōku ake wheako tēnā. I mua i ngana ahau ki te
mahi i ētahi mea hei whakamātautau i tōku hiahia,
engari ināianei kāore au e mahi i tēnā nā te mea e
mōhio ana ahau ki te hua i mua: ko ngā mea katoa e
hiahiatia ana e au ka tutuki i te Atua Kaha Rawa.**

**Mai i te pukapuka "Te Whāinga Mutunga a te
Tangata"**

**Kia meinga e tātou te Atua hei hepara mō ō tātou
wairua**

**Ā, ko te māramatanga atua te kaititiro
I ngā ara pōuri o te ora
Ko ia te mārāma ārahi i ngā pō o te pōhēhē
Me te rā o te tino mohio i ngā hāora o te ara ake
Me te whetu ārahi i te moana pōuri o te ao tūroa
Kia inoi tātou mō tāna āwhina, kia rapu hoki i
tāna whakaaweawe**

**Nā te mea ka piki tonu te ao, ka heke hoki
He pōrearea ōna kaupapa, pērā i ngā ngaru e
mura ana**

**Nō hea tātou ka whiwhi ai i te arataki?
Kāore i roto i ā tātou tikanga hurihuri, whakaaro
pōhewa**

**Kāore hoki i ahu mai i tō tātou taiao e pāngia ana
e ngā awe**

**Ehara i ō tātou whenua, i tō tātou ao rānei
Engari, ko te reo o te pono ārahi
E puea ake ana i te hohonutanga o te wairua
I ia wā, i ia wā, ka whakaaro ahau ki te Atua
anake**

I tukua e ahau tōku wairua ki a ia

**I tukua e ahau tōku ngākau ki a ia
I tukuna atu e au tōku aroha me tōku hiahia ki a
ia**

**Kaua e whakawhirinaki atu ki tetahi mea nui atu i
te Atua**

**Ā, me whakawhirinaki tātou ki te hunga e
whakakite mai i Tōna māramatanga**

Ko taua māramatanga taku kaiārahi

Ko tōku whakaaro nui, ko tōku aroha

Te ope kaha kore e taea te hinga

Me te pono e kore e taea te whiti atu

Inaianeī me ake tonu atu

**Tērā ētahi tāngata he tino kaha rawa ō rātou
whakaaro, e whakapono ana rātou me mahi pērā i te
mīhini, kia angitu ai rātou i te ao, me mahi tonu rātou.**

**I tētahi atu taha, kei reira ētahi tāngata kāore i te
iti iho te kaha i a rātou, i te mea ka tīmata rātou ki te
aro ki ngā mea wairua, ka ngaro te hiahia ki ngā mea
katoa, ā, he tūnga hē tēnā.**

**Hei tauira, e whakapono ana rātou kāore he take
ki te mahi i tetahi mea e hiahia ana ki te arotahi nui
me te whakapau kaha tinana, ā, e tohutohu ana rātou
kia noho pūmau me te whakarērea ngā mea katoa o
te ao. Engari ko tēnei waiaro e huna ana i te korenga
o te hinengaro.**

I raro i te koroka o te wairua teka

**Kua kitea e au he nui te hiahia o ngā kaiako nui ki
te ao engari kāore he here ki taua ao. Ina hoatu he
mea ataahua ki taku kaiako, ka tiakina e ia, ka tiakina
hoki, engari ki te pakaru, ki te pakaru rānei, ka kata
ia, ka mea, "Kua mutu taku hiahia ki taua mea nā te
mea i nui rawa te aro i tangohia." I wehea ia nā te
mea kāore ia i herea.**

He rite tonu ōku whakaaro ki te maioha ki ngā mea e homai ana e te Atua ki ahau, engari kāore au e ngaro i taua mea ahakoa ka ngaro i ahau.

I tētahi wā, i homai e tetahi ki ahau tētahi koti ataahua me tētahi pōtae, ā, he huīnga utu nui, i harikoa ahau ki te tiaki me te tiaki i a ia kei pakaru, kei paru hoki, tae noa ki te wā i hoha ai ahau ki a ia, ā, ka mea ahau: "Aue, e te Atua, kāore au e hiahia ki tēnei raruraru!"

I tētahi rā, i haere ahau ki tētahi whare i Los Angeles ki te tuku kauhau, ā, i taku taenga atu ka tīmata ki te tango i taku koti, ka rongo ahau i te reo atua e mea ana, "Tangohia ngā mea katoa kei roto i ngā pōke o te koti." Nō reira, i pera ahau.

I muri i te kauhau, ka hoki ahau ki te rūma rokiroki koti, ā, ka kitea kua ngaro te koti - kia tiakina koe e te Atua.

I tino pōuri ahau mō tēnā, nō reira ka mea mai tētahi, "Kaua e pōuri, ka hokona e mātou tētahi atu koti māu." Ka mea atu ahau, "Ehara i te mea nā te mea i ngaro te koti i ahau, engari nā te mea kāore te tangata nāna i tango te koti i tango i te pōtae e tino pai ana ki te koti."

Kaua e tukua ō tātou kare ā-roto kia whakahaere i a tātou. Me pēhea te harikoa o te tangata mēnā ko ōna kākahu me ōna taonga anake tana e aro nui ana?

Ehara tēnei i te kī kāore e mau kākahu ma, ātaahua, e horoi, e whakapaipai rānei i te whare, engari kaua e tino piripono, e aro nui rānei ki ēnei mea.

I tētahi wā i karangatia ahau ki tētahi pāti tina, ā, he tino ātaahua, he pai hoki te whakaritenga o ngā mea katoa, i tino pai ahau ki te tina, engari i tino matakū ō mātou kaihautū, i wehi kei kore ngā mea katoa e haere pērā i te whakamahere, ā, nō reira, i

whakakinohia e rātou te āhuarangi e tō rātou manukanuka.

Ko te hunga tino tairongo ka kite i te manukanuka me te kore whakamarie o ētahi atu. He aha te wehi me te āwangawanga? Me whakapau kaha tātou, kātahi ka okioki, ka tuku i ētahi atu kia okioki. Me tuku ngā mea kia haere noa i tō rātou ara maori, me te kore e akiaki, ā, ka kitea hoki e te hunga e karapoti ana i a tātou te rangimārie.

Ngā kotinga Parmenidean

Kei muri i te hiahia o te tangata te hiahia o te Atua me te kaupapa o te rere mutunga kore o te kaha o te ao.

Hei whakaatu i ngā mea pai katoa, i ngā mea whai hua hoki o te ao

Nā konei, ko te tangata e u tonu ana, e piripono ana ki te hiahia o te Atua, ka angitu ia i runga i te awhina a te Atua.

Ko te kaha o te ngākau nui he pūngao me te hiahia e anga ana ki te whakatutuki i tētahi whāinga motuhake

Kāore he mea e taea te mahi me te kore he kaha o te ngākau; ina hoki, ahakoa he kaupapa māmā noa iho, kāore e taea te waihanga i roto i te oranga o ia rā me te kore e whakamahia te kaha o te ngākau.

Ko te nuinga o te iwi e mahi ana i ngā mea kāore e tino hiahiatia ana, ā, kāore e arotahi ana i ā rātou mahi ki te huarahi whai hua.

He rerekē te hiahia i te hiahia, ahakoa ka taea e te hiahia te mahi hei whakakorikori i te hiahia

I te whakawhanake i te kaha o te ngākau, me whai i te whakatau me te whakamahi i te tirohanga, te māramatanga, me te whakaaro nui.

Whai muri i tēnei ka whakangungu me te whakamahi ā-hinengaro i te hiahia ki te whakatutuki i te whāinga e hiahiatia ana.

Me haere tonu te haerenga me te kaha kia tutuki rā anō te whāinga

Ina whakatau te tangata ki te whakatutuki i tētahi whāinga rangatira, kāore e tika kia mutu te ngana

Tērā pea ka tukua ia e ngā āhuatanga kino

Ina rite te hinengaro ki te hiahia me te whakaaro teitei ake, ā, ka arotahi te hiahia ki tētahi whakaaro motuhake, ka kī tonu te kaha o te hiahia i te mahi ao mutunga kore, mutunga kore.

Ko te hiahia o te tangata e whakahaerehia ana e te kuware me ngā hiahia ka puta te mamae me te raruraru ki tōna rangatira

Hei whakamātau i te harikoa pono, me hinga ngā hiahia pai i ngā hiahia kino, ā, me anga te hiahia ki te huarahi tika ki te pūtake o te pono me te pūtake o ngā pai katoa o te ao.

He aha te take me karo ai te tangata i te whakaatu teka? Nā te mea ka whakatipu te teka i te tinihanga me te tinihanga

Ko te tinihanga tētahi o ngā hara nui rawa atu i te aroaro o te Atua. Ko te whakapae teka i tētahi mō te painga whaiaro, mō te hiahia rānei ki te rapu utu, he momo oati teka. Mēnā ka whai te katoa i tēnei mahi, ka horapa te ngangau me te pōrearea i waenganui i te tangata.

Ko te whakarongo ki ngā kōrero teka mō tētahi atu tangata he tautoko i te kaiwhakaatu teka, he whai wāhi atu hoki ki tana whanonga whakama, ā, ko taua whakarongo me te tautoko ka huri hei pakanga kare ā-roto e haehae ana i te rangimārie o te wairua, e whakararuraru ana hoki i te marino o te ao.

Ahakoia he tika mō te wā poto, ka hoki whakamuri te mahi, ka puta he mamae me te mamae hinengaro e whakararuraru ana i te hinengaro me te patu i te hinengaro.

He kino, he kino hoki ngā hua o te hae, nā te mea ka pā mai he mamae whaiaro ki te tangata hae, nā te mea ka hoki mai anō ngā whakaaro me ngā kare ā-roto e tukuna ana e te tangata ki a ia.

Ko te tangata e aroha ana, e atawhai ana, ka whiwhi ia i te aroha me te atawhai, ko te tangata ia e tuku ana i ngā whakaaro apo, i te hiahia whaiaro me te hae, ka pā mai ēnei mea ki a ia anō.

He aha te take e kore ai e tahae te tangata?

Me pēhea rā te ao mēnā ka noho te katoa mā te tahae, te pahua, me te tango taonga? Mēnā koinā, ka mahia ngā hara tino whakarihariha me te tino whakarihariha. Ka nui te pakanga hei tiaki i ngā taonga me te whakahoki mai i ngā taonga i tahaetia.

He mahi whakahē te tahae i ngā tikanga pāpori, ā, e tango ana i ngā tika o ētahi atu, nō reira he takahi i ngā ture o te ao, ā, kāore i te hāpori ngā ratonga tika me ngā tikanga whai hua hei whakatau i ngā kaihara.

Ina mauheretia ngā tahae, ka kaha ake te mau o ā rātou tikanga tawhito, ā, ka riro mai hoki i a rātou ngā tikanga kino hou i a rātou e hono ana ki ētahi atu kaihara. Mēnā ka tupu tēnei, ka kino rawa atu tō rātou āhua i tō rātou tukunga i mua i te urunga ki te whare herehere.

E te Ariki, kia manaakitia mātou, kia kore ai mātou e rongo i te kino, e kite i te kino, e kōrero kino, e manawa kino rānei.

Kāore mātou e pā ki te kino, kāore hoki e rongo i te kino, kāore hoki e whakaaro ki te kino, kāore hoki e moemoeā kino

Ngā kaha e whakamahia ana e tātou i ia rā:

Ā tātou tirohanga ā-pūmanawa

- me ō tātou kare ā-roto

- me tō tātou mātauranga

He mea tango katoa tēnei mai i te Atua, ā, e kore e taea e tātou te ora i tētahi hēkona kotahi me te kore la

Heoi, i a tātou e whakamahi ana i Ana taonga, kāore tātou e whakaaro ki a la e tika ana, kāore hoki e hoatu e tātou ki a la te aro e tika ana māna.

Engari, ka whaia e tātou ngā ahuareka o te tinana me ngā wawata o te ao, kia rite ki te ao rauemi, kia hono katoa ai ki te ao tūroa.

Koinei te pūtake o ō tātou mamae me ō tātou mamae katoa

I hangaia tātou e te Atua i roto i tōna āhua, nō reira, e kore e taea e tātou te mōhio ki te reka o te hari pono ki te kore tātou e kite i tōna aroaro i roto i a tātou, e reka hoki i te wai o tōna hari i roto i ō tātou wairua.

Kāore hoki e taea e tātou te pupuri i te mana manaaki e tika ana hei whiwhi, mā te hiahia, i ngā mea e hiahiatia ana e tātou i ia rā

Ki te kore tātou e mōhio ko te Atua te pūtake o taua kaha, me whakawhirinaki tātou ki a la, me tahuri hoki ki a la

Me te ngākau whakawhetai mō ngā manaakitanga katoa e ringihia tonutia ana e ia ki runga i a tātou

Ki te mea he whakawhetai koutou, ka whakanuia e ahau tō koutou [pai]

Ina puea ake ō tātou ngākau i te whakawhetai ki te Kaiwhakaora Tino Atawhai, ka waiho hei temepara tapu mō Tōna aroaro whakakororia, ā, koinei te whakatutukitanga nui rawa atu ka taea e te tangata te whakatutuki, nā te mea ko te kaupapa o te ora kia

noho tahi te tangata me tōna Kaihanga, kia whakatata atu ki a ia, kia mōhio hoki ki a ia.

{Rapua te rangatiratanga o te Atua, me tana tika; a ka tāpirihia mai enei mea katoa ki a koutou}

Mā te maumahara tonu ki te Atua, me te whakaaro atawhai ki a ia, ka mōhio tātou ko ia tā tātou e aroha nei, ko tātou tāna i whiriwhiri ai, ā, he wāhi tō tātou ki roto i Ana taonga.

Te rangatiratanga o te harikoa, te aroha, te māramatanga, me te pai

Ina whakaaroaro tātou ki ngā manaakitanga nui a te Atua, ko te mea nui rawa atu ko te āheinga ki te whakamahi i te herekoretanga o te whiriwhiri i roto i te whai i te ara tika e arahi ana ki te whakatutuki i ngā kaupapa teitei ake, me te whakatutuki i te harikoa wairua, ka kī tonu ia rā i te harikoa o roto, ā, ka rongo tātou i te ia manaakitanga e rere ana ki roto i ō tātou oranga, nō reira ka whakakiia ō tātou ngākau e te whakawhetai, ā, ka whai tikanga te ao.

Ko te tangata, mā te whakaaroaro hohonu, ka kite i te ture atua e mahi ana i roto i te ara ngaro, e kore e mutu te whakamoemiti, te whakawhetai, me te whakaiti i a ia anō ki te aroaro o te Atua, te tangata e tika ana kia arohaina, kia whakamoemititia, kia whakawhetaitia hoki.

Kia maumahara tātou ki te Atua, te pūtake o ngā mea pai katoa o te ao, ā, kia whakakotahitia ō tātou maumaharatanga ki te aroha pono e puta mai ana i te hohonutanga o ō tātou ngākau.

Ki te Atua, nāna nei te ora e pupū ake nei, te aroha e whiti nei, me ngā manaakitanga e ringihia tonu nei

Kia maumahara aroha tātou ki te hunga katoa i tahu i te rama mō te tangata, i rui i ngā purapura pai ki te oneone o te ao, i hora i ngā whakaaro mārama, i

whakatenatena i ngā mahi pai me ngā whanonga rangatira.

Kia whakatuwheratia ō tātou ngākau ki te aroha, kia tahuri ō tātou hinengaro ki ngā whakaaweawe māramatanga, kia inoi hoki ki te Atua kia āwhina, kia ārahi hoki.

I roto i ā tātou whakaaro me ā tātou mahi

Ka pā te wehi ki te ngākau

He whare putunga nui te hinengaro tangata o te pūngao, o ngā mahi ora rānei

E whakamahia tonutia ana tēnei mahi mō ngā nekehanga uaua, te mahi a te ngākau, ngā pukahukahu, me te diaphragm, te pākia o ngā pūtau, ngā tauhohenga matū o te toto, me te mahi a ngā whekau tairongo nekeneke (ngā io).

Hei tāpiritanga, he nui te kaha ora e pau ana ki te whakaaro, ki te kare ā-roto, me te hiahia.

Ka ngoikore te mahi ora e te wehi, ā, ko tētahi o ngā hoariri nui o te hiahia kaha.

Ka pēhia, ka whakararuraruhia hoki e te wehi ngā mahi o te ora e rere tonu ana ki ngā io, ā, ka āhua rite ki te mea kua pararutiki, ka ngoikore te tinana, ā, ka tino heke te ora (he ārai io te wehi!)

Kāore te wehi e āwhina ki te whakakore i te pūtake o te wehi. Ka ngoikore te hiahia, ka akiaki i te roro ki te tuku tohu ārai ki ngā whekau o te tinana. Ka paitini te ngākau i te wehi, ka whakararu i te nakunaku, ā, ka puta he maha ngā mate tinana.

Ina arotahi tonu te aro ki te Atua, kāore koe e wehi i tetahi mea, ā, ka taea e koe te wikitoria i ngā arai me ngā aukati katoa.

Me te maia me te whakapono. Ko te "hiahia" he hiahia kore kaha, ko te "whakaaro" ia ko te whakatau ki te mahi i tetahi mea: ki te whakatutuki i tetahi hiahia. Engari ko te "hiahia" ka taea te whakapuaki

mā te kī: "Ka mahi tonu ahau kia tutuki ra ano taku e hiahia ai."

Ina whakangungu koe i tō kaha hiahia, ka taea e koe te tuku me te whakahaere i ngā kaha o te mahi nui, kaua e hiahia ki tētahi mea me te kore e mahi i ngā mea e tika ana hei whakatutuki.

Kaua e ngaro te tumanako, engari me mārama tātou kei te homai e te Atua he whai wāhitanga ki a tātou hei whakapai ake i ō tātou āhuatanga, hei whakaara ake i ō tātou whakaaro, hei waihanga i ngā mea hou, whai hua hoki mō tātou anō me ētahi atu i te ao.

Ki te kore tātou e harikoa ki tō tātou āhua noho, me tūhura tātou i ngā huarahi me ngā tikanga hou hei homai i te ngākau māhorahora me te whakamarie hinengaro ki a tātou.

Me whakaaro tātou ki te mahi i tētahi mea hei whakapai ake i ō tātou āhuatanga, hei whai tikanga, hei whai tikanga hoki mō ō tātou oranga, kātahi ka whakatinana i tēnā.

Ko te mea e hiahiatia ana kia tere ko te whakarerekētanga o te hinengaro, te whakarerekētanga rānei i tōna huarahi

Me whakatau tātou kia kaua e tukua ngā raruraru kia pā mai ki a tātou, kia kore ai e taurite, kia kaua hoki e tukua ngā mea manukanuka kia whakararuraru i ō tātou oranga, kia whakakī i ō tātou kare ā-roto, kia whakakino hoki i tō tātou āhuarangi.

Ā, kia kore ai tātou e pāngia e ngā tikanga kino me ngā āhua kino, ā, kia herekore tātou, kia kore e herea, pērā i ngā manu i te rangi.

Kāore he take kia noho pūmau, kia kore e rerekē te tangata. Me tango atu ngā arai o te mānukanuka i te mauri o te wairua kia tiaho ai me tōna parakore me

tōna kaha, kia whakakitea ai te kororia rangatira kua homai e te Atua ki te tangata.

E manaakitia ana ngā mahi pai, ngā wawata tika, me te whakapau kaha ki te angitū

Kei muri i ō tātou oranga te mana o te Wairua Tapu, ā, kei muri i ō tātou hiahia te moana nui o te Hiahia Atua.

He wāhanga nui tātou o taua moana mutunga kore. Ina tae atu tātou ki reira, ka kaukau i roto, ka whānui ake tō tātou hinengaro, ka rongo tātou i tō tātou whānui.

Mā te whakaaro ki taua mea ka tata ake tātou ki taua mea, ā, mā te whakaaroaro ka ārahi tātou ki taua mea

Mā te whakapau kaha tonu ki te whakataurite ki tēnei mea ka homai he mātauranga, he whakatau, he kaha ki a tātou.

Ka kawea mai e te whakarite i ia rā o te hinengaro te aroha atua me ngā manaakitanga o te rangi

E rere mai ana ki a tātou, kāore he aukati, ā, e homai ana ki a tātou he wāhi nui o ngā taonga o te moana.

He hinengaro atua kei roto i te tangata katoa, he hinengaro e tatari ana kia whai wāhi ki te whakapuaki i a ia anō.

Ā, kia puta atu i te rua whaiti, here hoki o te ego Pērā i te oho ake o te tangata i tētahi moemoeā whakamataku, ā, ka mōhio ia he moemoeā noa iho tāna i kite ai, waihoki ka akiaki te hinengaro atua i te tangata kia oho ake i te moemoeā o te moe me te pōhēhē ki tētahi mōhiotanga hou me te māramatanga tika mō te tikanga me te kaupapa o te ora.

Ki te hiahia tātou ki te wheako i te ata o te oho wairua, me te kite i ngā māramatanga o te tino mohio, me whakarongo tātou ki te reo o roto.

Ka aro atu tātou ki tāna akiaki. Me tango atu e tātou i te ara ngā kōhatu o te mānukanuka me ngā kōhatu o te kuware e aukati ana i te ahunga whakamua o te wairua, e whakararuraru ana hoki i tana nekehanga.

Ā, kia patuki tātou ki te ringa o te hiahia ki te tatau o te oho ake i te moe o te koretake, kia taea ai e tātou te manawa i ngā hau o te harikoa, kia kawea mai ai te hiko o te rangi ki ia whakaaro me ia kare ā-roto o tātou.

Ā, ko ia o ā mātou mahi

Ka inoi mātou ki te Atua Kaha Rawa kia whakatuwhera i ngā matapihi o te mōhiotanga i roto i ō mātou hinengaro, kia whakakīia mātou ki te māramatanga o te whakaaro nui, kia karapotia mātou e Tōna aroha, kia karapotia hoki mātou e Tōna aroha mutunga kore.

I roto i te hunga i haere mai ki ahau, tera ētahi i kōrerotia e au i te tīmatanga, he pono, kāore ō rātou whakaaro i te tika, ā, i tono atu ahau kia hurihia aua whakaaro.

Ko ētahi o rātou kāore i pai ki taku i kōrero ai, engari ko ētahi i aro mai, ā, i huri hei pai ake.

Kāore te tinihanga e arahi ki te putanga pai, ā, ahakoa te hunga whakaaro nui rawa atu, e kore e taea te huna i ngā mea e whakakitea ana e ō rātou kanohi.

Kua tuhia te hītori katoa o te tangata ki ōna kanohi

Ki te hiahia koe ki te mōhio ki te āhua tūturu o tētahi, inoi ki te Atua kia whakakitea mai e ia ki a koe tōna āhua tūturu.

Nā te mea kāore koe e hiahia kia mamingatia, ka rongo koe i tōna āhua tūturu i roto i tō ngākau, ā, e kore tō pūmanawa e hē.

Ina kōrero tātou ki tō tātou hoa, me titiro tika tātou ki ōna kanohi, me te kōrero me te māia, te tino mōhio, me te pono.

Ina ruru ringa tātou ki tētahi, me whakaatu e tātou ki a rātou te aukume o tō tātou aroha me te ngākau pono, ā, me ngana ki te āwhina i a rātou i ngā mea katoa e taea ana e tātou.

Me noho pai te tangata e rapu ana i te mātauranga, me mahi hoki ki te whakawhanake i tōna aukume wairua; kātahi ka hoatu e te Atua ki a ia te mana hei āwhina i ētahi atu, hei tuku hoki i ngā wiri manaaki ki a rātou.

Ahakoā haere ahau ki tua atu i ngā aorangi me ngā whetū tawhiti rawa, engari ka noho tonu ahau hei āu. Ahakoā haere mai, ahakoā haere atu ō akonga, ka haere tahi ahau me koe, ā, ka noho tonu ahau hei āu ake ake. Ahakoā ka whiua ahau e ngā ngaru o ngā tini whakapuakanga, ka noho mokemoke, ka noho mokemoke, engari ka noho tonu ahau hei āu.

E te ao e pukumahi ana ki āu kēmu, ka wareware pea koe, engari ka maumahara tonu ahau ki a koe. Tērā pea ka memeha haere tōku reo, ā, tērā pea ka hinga ahau.

Engari i roto i ngā kupu o tōku wairua ka hāhā ahau: "Ka noho tonu ahau hei āu"

Tērā pea ka haehaetia ahau e ngā whakamātautau, e ngā mate, me te mate, ā, ka wera hoki tōku tinana, engari i te mea kei te mau tonu te mārama o te tumanako i roto i tōku mahara

Titiro mai ki roto i ōku kanohi e mate ana, mā roto hoki i aua kanohi ka mea atu ahau ki a koe: "Ka aroha ahau ki a koe ake ake, ā, ka noho pono tonu ahau ki a koe!"

He pono taku kōrero ki a koe, ehara i te mea nā te tangata ahau i whakautu mai ki aku pātai katoa, engari nā te Atua, te pūtake o ngā atawhai katoa.

Ā, ko te pūtake o ngā mātauranga katoa o te ao whānui

Ko ia anake taku pūtake i roto i te ao, ā, ina kōrero ahau, ka tono ahau ki a ia kia whakakīia aku kupu ki tōna mana, ki tōna pono, ki tōna aroha, me tōna māramatanga. Ka rongo ahau i ngā ngaru o te hari e taupokina ana ahau e te mea e ringihia ana tōna aroha nui ki roto i te wairua, pērā i ngā hau mārīe i ngā rā wera, ā, ka ringihia tonutia i te ao, i te pō, i te wiki, i te tau, i te tau, nō reira kāore koe e mōhio kei hea te mutunga.

E whakaaro ana te tangata me aroha me te taonga e hiahiatia ana e rātou, engari kei muri i ia aroha me ia taonga

He aroha atua e kore e rerekē, he taonga wairua e kore e taea te ine e ngā taonga o te ao. Ko te tangata e mōhio ana ko te Atua te pūtake o te aroha, te harikoa, me te atawhai katoa, ka kitea e ia, ā, ka tino harikoa ia ki a ia.

Ētahi atu whakaakoranga me ngā whakaaroaro a te
Kaiwhakaako Paramhansa Yogananda
Ko te pono te tūāpapa o te ara wairua
Engari, koinei te pou e tū ai te hononga o te wairua ki
.tōna Kaihanga
Ko te tikanga tēnei me tahuri ki te Atua me te tino
whakapono
Ka kōrero pono mātou ki a ia, ā, ka kōrero pono hoki
I te reo māmā rawa, te reo o te ngākau
Ka tono mātou ki a ia kia āwhina mai i a mātou
Kia kaha ai tātou ki te whai i a Ia, kia whakawhirinaki
hoki ki a Ia
Hei whakamarie i ō tātou ngākau

Ā, ka whakaorangia tātou e ia i te mamae me te pōuri

Ā, mai i ngā mea katoa e tū mai ana i tō tātou ara

E ngana ana ia ki te tahuri ke i a tātou i tā tātou

kaupapa wairua

I te mutunga

Kotahi te whāinga mō ā mātou whakamātautau me ngā

whakamātautau katoa

Ka akiaki i a tātou ki te mahi i tā tātou mea pai rawa atu

Ka tukua e mātou ngā mea ki te Atua

Ā, he waimarie te tangata kei a ia tēnei māramatanga

Ki te kore tēnei ka noho tātou i roto i te pakanga me te

ngangau

Me te kore e mōhio ki te take

Engari i runga i te ara wairua

E mōhio ana mātou ko ngā uauatanga e pā ana ki a

mātou

Ko tōna kaupapa he whakaiti i a tātou ki te aroaro o te

Atua

Ka whakakorea e tātou ō tātou whakaaro me ō tātou

kare ā-roto

Mai i te whakapehapeha teka me te nui tinihanga

Kia whakakīia ai tātou e te Atua ki tōna māramatanga, ki

tōna whakaaro nui, me tōna aroha

I roto i taua tukunga iho ki te Atua

Kei roto i tēnei te hononga reka

Kia maumahara tātou, i te mea kei te kaha tonu te

"whakaaro "whaiaro

He āhua kei te whakatā te tangata i a ia anō i te Atua

Te whakaponu kei a tātou te kaha me te whakaaro nui

Kia taea ai e tātou te tū ki runga i ō tātou waewae ake,

me te kore tautoko

Ka whakaotihia e mātou ā mātou raruraru

E wehi ana mātou mēnā ka ngohengohe mātou ki te

hiahia o te Atua

E kore tātou e harikoa ki ngā mea e tukuna mai ana e te
Atua ki a tātou
He tohu tēnei o te kore whakapono ki te Atua
Engari i mua, i muri rānei
Me tahuri tātou ki te Atua
Ka kitea e te tangata katoa tēnei pono i roto i ō rātou
oranga
Ki te kore ia i kitea kētia
Ehara tēnei i te whakaaro whakapōrearea, i te whakaaro
kino rānei
Ko te ahua reka tino reka o te ao ko
Te āhua kei roto tātou i tōna aroaro
Haumarū, mai i ngā ohorere o te ao me ngā pānga o te
wā
Koinei te āhua o te ngākau mahaki, me te āhuatanga o
te tangata ngākau mahaki
Kei reira te kaha wairua pono
Me te nui o te pono
Me te hohonutanga o te aroha
Me te ataahua o te ngākau māhaki me te ngohengohe
{Ehara i taku, e te Ariki, engari kia meatia tau e pai ai}
(Ka whakawhirinaki mātou ki te Atua)
Hei pā ki tō tātou wairua
Me whakapau kaha tātou ki te whakaatu i te
māramatanga teitei ake i roto i ō tātou oranga
Ina pā mai ngā uauatanga, me whakamahara tātou i a
tātou anō
Kāore mātou i te ngoikore, ā, kei a mātou ngā taputapu
tika hei whakatau i tēnei
Kaua e tukua ngā kawenga me ngā raruraru kia
whakararuraru i tō tātou rangimārie
Ka tangohia atu tō tātou rangimārie
I haere mai tātou ki tēnei ao ki te whakawhanake i a
tātou anō
Te tūhura i tō tātou pūmanawa wairua

Kaua e ruku ki roto i ngā moana pōuri o te mānukanuka
He maha ngā tūponotanga e pā ana ki tēnei
Ki te hiahia tātou kia mōhio ki tō tātou wairua
Me pono tātou ki te Atua, ki a tātou anō hoki
Me te pono i roto i ā tātou mahi tahi me te tangata
Ā, kia waiho hei hiahia nui rawa atu i roto i ō tātou

oranga

Mō te mōhio ki tō tātou pūtake atua
Nāna tātou i ahu mai ai, ā, me hoki atu tātou ki a ia
Ahakoa te roa o tō tātou ngaro i te ao o te noho

motuhake

Ahakoa te āhua pōuri me te pōuri o te āhua
Me pupuri tonu tātou i tō tātou whakapono

Ka ara anō te rā

Ā, ko te pai o te ao e hira ake ana i te kino

He kaha ake te aroha i te mauahara

Ā, ko te hunga kei te ara tika

Ka tae atu rātou ahakoa te roa o te tawhiti me te tawhiti

o te ūnga

Ā, ki te nui haere ngā āwangawanga

Me whakakore atu mā te aroha ki te Atua me te kōrero

ki a ia

Mā te inoi pono, me te ngākau pono

Me te tono ki a ia kia whakakaha i tō tātou whakaaro

He āwhina i a tātou ki te whakatika i te huarahi o ō tātou

oranga

Ka whakautua te inoi me ngā uira whakatenatena

Ka mārama ngā kapua, ā, ka mārama anō te pae tawhiti

Te aro atu ki ngā pēhanga o te ao

Ko tētahi o ngā painga o te rangahau hōhonu mō te

Atua

Ko te kaha ki te whakangā

Ka iti haere te āwangawanga, ka iti haere te matakū, ka

memeha haere ngā āwangawanga

Ina ngaro te kaha ki te pārekareka ki te ora

Te whai wāhi atu ki ngā mahi whakangahau hauora
Kei te nui ake tō mātou kaha me tō mātou matakū i te
mea e tika ana

Ko te wairua, i roto i tōna mauri parakore, kāore e
pāngia e te ahotea, e te manukanuka rānei
.Engari, ko te " ego " te mea e pāngia ana e aua āhua
Kaua e tino nui rawa te aro ki ngā mea
Kia iti ai te kaha o te "ego" me tōna mau
He maha ngā wā ka kōrero te tangata mō ngā pēhanga
e pā ana ki a rātou
Me te ahotea hinengaro e pāngia ana e rātou i raro i te
taumaha o ngā tono maha
Engari kaua tātou e tukua kia waiho hei taonga
paraurehe

Mō tetahi momo uauatanga
Kia maumahara tonu tātou nā te Atua tātou i homai he
kaha
He nui hei whakatau i ngā wero katoa e pā ana ki a
tātou

Kāore e taea e te wairua te rongō i te ngenge me te
ngenge

Tērā pea ka ngenge te tinana
Engari ina kī tātou nā tātou anō te ngoikore o te tinana
Kei roto tonu tātou i te whānuitanga iti o te tangata
Ina tūtaki tātou ki ngā arai
Me rapu tātou i te āwhina a te Atua
Te whakapumau i a tātou anō ka taea e tātou – me te
āwhina a te Atua – te wikitoria i tēnei
Ā, ka tae mai hei whakaoho i ō tātou mana moe, ā, ina
ara ake, ka taea e rātou te mahi
Mā te whakatau i ngā uauatanga me ngā raruraru o ngā
momo katoa

Ā, ko tō tātou āhua tūturu ko te wairua
Ko tōna mauri ko te rangimārie, te marino, te ata noho,
me te marino

Ā, kei roto i a tātou ēnei huānga manaakitanga
He wāhanga nui tēnei o tō tātou wairua
He wairua te tangata, e kore e taea te hinga tōna wairua
Nā te mea he āhua kore-tinana
Ina whiwhi tātou i tēnei mōhiotanga
Ka rongo tātou i aua mana e mahi ana i roto i a tātou
E whakaaro ana mātou kei te anga whakamua mātou,
kei te ahu whakamua hoki
Ka kaha ake tō tātou whakawhirinaki ki te Atua, ki a
tātou anō hoki
Ka heke te kaha o ngā uauatanga
Kia taea ai e tātou te whakahaere i tēnei
He huarahi whai hua e ahu mai ana i te māia, te
whakamarie, me te taurite
Me ia wheako e puta mai ana i te rangi o ō tātou oranga
I roto i tēnei haerenga o tātou i te ao nei
Me mōhio tātou ki te whakawhānui i ō tātou tirohanga
me te mōhiotanga
Ā, me pēhea tātou e mārāma ake ai ki ngā āhuatanga e
?karapoti nei i a tātou, e pā ana rānei ki a tātou
Kātahi anō ka taea e tātou te noho tahi i roto i te
rangimārie
Ā, kia pai ake ai te mahi tahi me te tangata me te
oranga, kia haumaruru ake hoki
Ina tirohia hohonutia e tātou ngā iwi o te ao
Ka tūhuratia e mātou ngā mea ngaro o ngā iwi tawhito
;Ka puta mai tētahi ahua nui, me ngā rārangi whiri
He rerekē ngā wā, he tino taipitopito
Ka kitea e tātou he takitahi, he pāpori hoki te āhua o te
tangata i te wā kotahi
He hiahia tō ia tangata mō tōna ake oranga, mō tōna
ake oranga pāpori hoki
He āhua takitahi tōna, ā, he hiahia anō hoki kia noho ki
ngā rōpū me ngā hapū
Ahakoa i ngā wā onamata

He taunakitanga kei reira ngā tāngata o mua
I a ia te whakaaro o te kotahitanga i roto i ngā rōpū
I roto i te oranga o ia rā, ka kitea e tātou te nui rawa o
te taunekeneke ki ētahi atu
Kāore e kawē mai i te harikoa nui
Kāore hoki te noho mokemoke nui e kawē mai i te
harikoa

E hiahia ana te Atua kia whakamahia e tātou te
whakaōrite
Ā, kia taurite ai te noho o te tangata takitahi me te noho
o te tangata i roto i te ao pāpori
Ko ngā mātāpono takitahi me ngā mātāpono ā-rōpū o te
tangata e ahu mai ana i tētahi pūtake teitei ake
Ko te Atua te Kotahi, te piringa mutunga kore
Kei tua atu i ngā whetū, te ao whānui, me ngā whakaaro
tangata

I tua atu i ngā kare ā-roto me ngā moemoeā
E hipa ana i ngā tirohanga ā-pāpā katoa
Kotahi ia, he ahurei, he mea ora i roto i a ia anō
He tino tika i roto i tōna mauri me ōna āhuatanga
Te wāhi kāore he rā e whiti ana
Kāore he marama e ara ake
Kāore he ahi e tiaho ana
Engari, ko Tōna māramatanga atua, he mea e kore e
taea te whakataurite
Kāore he pōuri i reira, i tua atu i te pōuri
Me te wahangu kore
Ā, kāore he mea ke atu i te mea i hangaia
Kei reira te mauri mutunga kore
Ko tēhea te pūtake o te oranga
Ā, te pūtake o ngā mana me ngā mea ora katoa
Ngā mea e kitea ana, me ngā mea e kore e kitea
I hangaia e te Atua tēnei ao kia
E mahi ana i raro i tētahi ture pumau, kāore e rerekē

Ki te takahia e tātou tētahi o ngā ture ā-ao, ka whiua
tātou e tātou anō
Ko te tangata e peke mai i te tuanui o tētahi whare
teitei, ka whati ōna wheua
Nō reira, e kore e taea e tātou te wareware i te ture o te
kaha ā-papa
Me te kore e pāngia e ngā hua
I tēnei ao
Ka taea e te tangata te mahi noa
Engari i roto i tētahi whānuitanga iti noa iho
Ā, ki te takahia e ia ngā ture a te Atua
Ka whiua e ia ia anō, ka whakangaromia rānei ia e ia
anō
Nā te Atua i whakatū aua ture pumau
I hiahia ia kia mahi hei painga mō tātou
Nā te mea ki te kore tēnei, e kore e kitea e tātou tō
tātou ara i tēnei ao
I homai hoki e te Atua ki a tātou te mana whiriwhiri, ā, i
whakanohoia hoki e ia te hinengaro hinengaro ki roto i a
tātou
Hei wehewehe i waenganui i te pai me te kino, i
waenganui i te pai me te kino
Ina whiriwhiria e te tangata ngā ara o te kino
E takahi ana rātou i ngā ture ā-ao a te Atua
Kei te whakaoho rātou i ngā mana o te ao tūroa
Ngā hua kāore e taea te karo
Nā te takahi i aua ture
I te mahi pera, ka whiua e rātou rātou anō
He pono, kāore a Allah e hē ana ki te iwi, engari ko te}
{iwi e hē ana ki a rātou anō
,Engari ko te hunga e pupuri ana i ana ture
Ā, ka whakarongo rātou ki āna whakaaro
E noho rangimārie ana rātou
Ā, mā roto i a rātou, ka puare te kanohi o te
māramatanga

Ka hikoī rātou me te māia, me ētahi hikoinga
E whakaaro ana rātou kei te hikoī haumarū rātou
I ngā ara o te ora
He mana nui te whakaaro i roto i tōu ao
Me i mōhio koe ki te whakatipu i taua kaha
Ā, whakamahia kia tika
Kaua e tukua te ngoikore kia uru ki roto i tō whakaaro
Kia tūpato ina hono atu koe ki te hunga he whakaaro
kino ō rātou
Me te tirohanga pōuri, kei uru mai ō rātou whakaaro
ngoikore ki roto i tō hinengaro
Ki te kore tō hinengaro e eke ki tētahi taumata kaha
Kia kore ai ia e ngoikore e ngā whakaaro o ētahi atu
Engari
Ka taea e ia te whakapakari i ngā whakaaro o ētahi atu
Ā, hei whakanui ake i tō rātou whakapono ki a rātou anō
Ko te hunga e hinga ana me hono atu ki te hunga e
angitu ana
Me whakawhanaunga te hunga ngoikore ki te hunga
kaha ake i a rātou
Mō te hunga kāore e taea te whakahaere i a rātou anō
Me haere tahi rātou me te hunga whai āhua pai, whai
.mana whakahaere hoki
Me kai te tangata kakai
Ki tētahi e kaha ake ana ki te whakahaere i tōna hiahia
:Kātahi ka taea e ia te kī
"Ka taea hoki e au te whakahaere i taku hiahia kai"
Ina whakatau koe, ā, ka oati koe ki a koe anō kia piri ki
taua whakatau
Kaua e tukua tō whakatau kia ngoikore mēnā ka puta he
mea e whakahē ana i tāu whakatau
Kia mau tonu te whakapono ki a koe anō, me te
whakapono kei a koe ngā kaha katoa e hiahia ana e koe
Kia tutuki ai tāu e wawata nei, ahakoa te āhua kāore
pea e taea

"Ki te mea koe i waho "Kua rite ahau mōna
"Ā, i mea koe ki a koe anō, "Kāore e taea e au
Mā te mahi pera ka whakaitihia e koe te mana o te
whakaaro

Ka whakaiti i te kaha o te hiahia
Ka hiahia koe i tētahi hiahia kaha ake i tōu ake
Hei whakahihiko i a ia, hei whakaaweawe hoki i a ia ki te
whakapau kaha me te whakatau
:Ko tāku tohutohu tēnei

Whakawhanakehia te kaha o te ngākau
Whakaaro pai

Ka kitea e koe ō mana tinana, hinengaro, me te wairua
Te mahi tahi ki te hoahoa me te hanga i ngā āhuatanga
katoa o tō koiora

Ahakoā te huarahi e hiahia ana koe
Ka rongo te pōpokorua i tōna tinana
Ka kite ōna kanohi koi i tētahi wāhi iti e karapoti ana i a
ia

E mōhio ana te tangata ki tōna tinana, ki tōna taiao, me
tōna whānau

Me ētahi atu mea kua mōhiotia e ia
Mō te tangata whānui
E mōhio ana ia ko tōna tinana he wāhanga o te whānau
tangata

Ko tana whakaaro e kapi ana i te ao whānui me ōna
taha tinana me ōna taha hinengaro
E mōhio ana ia kei roto i tōna hinengaro te oranga katoa
Mena ka taea e te tangata te huri i tōna hinengaro hei
harikoa wairua

Ka memeha haere te ao i roto i tōna hinengaro
Nā te mea ko ngā whakaaro o te tangata te mea e
whakaatu ana i te ao tūroa
Ki te kore he whakaaro, kāore he ao tūroa
Kua taunga te tangata ki te noho mataara me te aro nui
ki ngā raruraru o te ao

Tērā pea ka tukua ia e te moe, ka wareware ki te ao
Heoi, he nui te kaha o te tangata kāore anō kia
whakahohehia

Ā, ki te ako koe mō te harikoa wairua
Me pēhea te whakakore i te mōhiotanga tinana me te
mōhiotanga moe koretake

Ka ara ake ia i roto i te hinengaro tino tapu,
manaakitanga

Ina taea e te tangata te noho mataara
Mai i te moe tonu rānei i runga i te hiahia
Ka taea e ia te eke ki te taumata teitei o te hinengaro

Kāore he mutunga mō tōna harikoa
Ka pā ki a ia te harikoa o te moe mātau, moe tūao hoki

I ngā wā katoa, i ngā wāhi katoa
I mea te Pūrerehua o te Matekore

Tōku ake whakaaro nui ake
E ora ana i roto i ngā ngākau katoa

I ngā whenua katoa
me tōku hiahia kaha

Ka pāorooro i ngā kokonga katoa
Ā, ka whakaarahia te hunga moe

Me ngā whakaaro mutunga kore
Mō tōku ake āhua iti

I mauheretia i roto i te tinana kua whakaritea te wā
Kei roto tonu te pūrerehua i tōna kōpū whenua

piripiri oneone

Kua raka ngā tatau

Herea e te mano taura rino

E tōku wairua herehere

E koe e kaukau ana i te rā

Ā, ka manawa koe i te waiora o te ora

Ā, ka inu koe i te wai māori

Kei te moemoeā koe kia whiwhi i ngā mea pai katoa o te

?ao

Ā, he iti tō rahi

?!Ā, he ngoikore tō ngākau
!E ara ake i tō moe
Whakawhanui
Totoro atu
Whakahoutia koe
Hono atu ki tō ake wairua teitei ake
Ā, ka riro koe
Pūrerehua Mutunga Kore
Ātete ki ngā here me ngā herenga
Te Whakatutukitanga i a Ia Anō
Whakamāoritanga kua whakarerekētia e: Mahmoud
Abbas Masoud
Te mārama o te whakarongo me te tirohanga
Ehara i te kanohi e kite ana
Engari, ko te hinengaro me te kaha e hanga ana i ngā
mea
Ka taea e te tangata te whakawhanake i te taringa
whakarongo me te kanohi kite
Ko te mea pono, he rerekē rawa te ao i tā te tangata e
kite nei
Ko ngā oro e rangona ana e ia ko ērā e taka ana ki roto i
te awhe
Ngā wiri ka taea e ia te kite
Ko te Clairvoyance e kiia ana hoki ko te whakarongo
matatau
Mā te māramatanga rānei e whakarongo
Nā te mea kāore e taea e te taringa noa te oro
Ngā oro kāore e rangona
Kei roto i te wairua ngā āheinga o te tirohanga me te
whakarongo
Ka taea te whakaara ake i ngā mana huna o ngā kare ā-
roto katoa
Mā te whakangungu i te hinengaro me te
whakawhanake i ōna pūkenga hinengaro
He rite te mana o ō tātou kanohi ki ngā hihi-X

Heoi, kāore e taea e tātou te kite i ngā mea e uruhia ana
 .e ngā hihi-X
 Nā te mea kāore anō kia whakawhanakehia e tātou he
 whakahoahoa ki taua taumata o ngā wiri
 Ka whakararuhia ō tātou kare ā-roto e ngā herenga o
 ngā mana hinengaro
 Ka puta te māramatanga ina hono te kaha ora ki ētahi
 huānga
 Ngā wiri mārama Pērā i te werohanga o ngā hihi-X i ngā
 pakitara
 He rite tonu te kaha o te kanohi tangata, ā, ko taua
 momo tirohanga
 "Ka kiia ko te "māramatanga tirohanga
 Ka taea te whakamātautau i te kaha o te māramatanga
 tirohanga
 Ina rua te kaha o te tirohanga a te kanohi
 Me whakaara ake rānei i te taumata o ngā wiri o te
 mauri ora e horapa ana i ngā mea katoa
 Kāore te māramatanga tūturu e kino ki te ahunga
 whakamua wairua
 Engari, ka āwhina ki te whakawhiti, ki te whakaputa ke
 rānei i te hinengaro
 Mai i te taumata tinana ki te taumata wairua
 Engari ko ngā whakaahua e puta ake ana i te hinengaro
 huna
 I ahu mai i te mānukanuka me te whakaaro auaha, ā,
 me karohia
 Me whakaoti e te kaitono ngā whakamātautau o ngā
 .moemoeā kia tae atu ai ki te āhua o te oho wairua
 Ina mōhio ia kei roto ia i te rangimārie tata ki tētahi
 taumata tiketike o
 Kei reira ia, ā, e rongonui ana i te maringi o te hari
 whakahauora e pupū ana i roto i tōna hinengaro, tōna
 wairua, me tōna tinana

He mahi kaha te mea katoa i roto i tētahi raupapa wiri
.rerekē

Kei roto i te tangata te rangatiratanga o te Atua
Engari me whakaatu e ia mā te mahi hanga me te
.whakaaroaro tika

Kaua tātou e tukua tetahi mea hei aukati i tō tātou
ahunga whakamua

Me whakaatu te tangata mā te pure i te hinengaro, te
whakapai ake i ngā tikanga matatika, me te whakaaroaro
.hōhonu

E whakarongo tonu ana te Atua ki ngā karanga a te
wairua

Engari he tino ngawari, he mārama hoki tana urupare, ā,
.he uaua ki te kite i ētahi wā

?Ko wai ka haere tonu te rapu

Ka mau tonu tōna ngākau nui ki te wairua

Ka kitea te Atua

Ka nui tana hea

He nui tōna taonga i tēnei ao, i tērā ao anō hoki

Tirohia te paetukutuku o Suida Yoga me te whārangi

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He tūruhi i tō whenua

Ko koe te pūtake o te harikoa me te harikoa

Ko koe te mauri o te aroha me ngā taonga o te
whakaaro nui kua marara ki ngā mara o te ao mutunga kore

Ko koe te herekoretanga me te whakaoranga mai i ngā
mānukanuka katoa

Ko koe te kotahitanga tuturu, e kore e taea te

wehewehe

Ko koe te hinengaro whānui

Ko koe te tīmatanga me te mutunga

Ā, ko te whāinga matua, kāore he whāinga kē atu i tua
atu i tēnā
He tūruhi ahau i tō koutou whenua, he kaihaereere hoki
i ō koutou ara
Hopukia tōku ringa, ārahi i ōku hikoinga ki ngā ara tata
e anga atu ana ki a koe
He harikoa ahau ki te mōhio ki a koe
Ō māra hua rākau manaakitia, kī tonu i ngā hua reka,
karanga mai ki ahau
Kia toro atu ai, kia pārekareka ai ki ōna hua maha
Ano te reka o ngā hua o te mātauranga, ano te reka o
!tōna wai reka ngaro
Āe, me i hiahia tonu ahau ki ngā hua o te wairua e whai
kiko ana, e whakahauora ana
Ā, ka inu ahau i ngā wai o te rangimārie e pupū mai ana
i ngā awa o te aroha tapu
Homai ki ahau te ngākau mā, me te wairua marino
Horoia tōku wairua ki ō wai kanapa, kia ma ai i ngā poke
me ngā paru katoa
E hiahia ana ahau ki te rongō i tō aroaro me te kite i tō
mata ataahua
Kua whakaaroaro tonu ahau ki tōna ataahua
whakaharahara, ā, kua hiahia tōku wairua kia kite i a ia
Whakakīia tōku ngākau ki te whakawhetai me te
whakamihi mō tō ringa atawhai me ōu manaakitanga maha
Kia pakū tōku ngākau i te aroha ki a koe, i te mea kei
reira tonu te whetu e kanapa ana, me te ngākau e pakū ana
Manaakitia ōku whakaaro kia tahuri aunoa atu ki a koe,
kia manaakitia ai rātou e te ataahua o te kitenga i a koe me
.te kitenga i tō ataahua
Homai ki ahau te kaha ki te hopu i ō rangi waiata e rere
ana i roto i te whānui o te ao
Kua haurangi ahau i ana rangi rangi e hiahia ana ngā
anahera ki te whakarongo

Āe, me i rongo ahau i tō wairua tapu i roto i ngā ngota
katoa o tōku tinana
Ā, whāngaihia ōku hinengaro ki tōu oranga atua, koia
.nei te taro o te ora

Kei roto i tēnei te rongoā o te ora me te puna o te
mutunga kore

Āe, me i taea e au te manawa i ngā hau reka o tō aroaro
I roto i ngā awaawa o te hiahia me te ngākau nui
Ā, i kite ahau i ngā rama o tō aroha e tiaho ana
I te rangi o tōku wairua, e hiahia ana ki a koe
Ina marino te manawa, ka kitea te rangimārie e te
wairua

Kei te piki haere ngā taumata mōhiotanga
Ka taea tēnei mā te whakaaroaro
Me te ngana ki te pupuri i ngā hua marino
Mō ngā ngaru o te whakaaro me te wairua o te
rangimārie o roto

Te whakaaroaro ki te Atua me te tumanako ki ngā mea
pai

He rawaka ēnei hei pupuri i te wairua kia ki tonu i te
.mana o te wairua atua

Ngā kupu kāore he mana wairua
He rite ki te kakau witi kāhore he witi
Nō reira, i a tātou e pānui ana, me whakaaroaro tātou ki
te wairua o ngā tikanga

Ā, kia arotahi ki tāna e kī ana
Te toro atu ki te pūtake o ngā whakaaro kei muri i ngā
tikanga

Ko te Atua te pūtake parakore o ngā mea whakamiharo
katoa, me ngā mea whai hua

Ko ia te Ariki o te Rangimārie, e noho ana i runga i te
torona o ngā whakaaro marino

Māna e ārahi ngā mahi a te tangata ma, rangatira hoki
Ā, ka tutuki i a ia āna wawata tika

Kia whakatuwheratia e tātou te tatau ki te rangimārie

wairua

Tukua ngā anahera o te wahangu kia tomo mārire mai

Ki te hanganga o ā mātou pakihi me ā mātou mahi

Kia mahi tātou i ā tātou mahi me te ngākau mārie

Kī tonu i te wairua o te rangimārie me te rangimarie o te

hinengaro

Ā, i muri i ngā pā o ō tātou ngākau, ka rongo tātou i te

pā o te rangimārie atua

Kia hohonu ake tā tātou ruku ki ngā ariā o ngā

whakamātautau me ngā whakamātautau

Ahako mā roto i ngā whakaaro ka pānuihia e tātou i

roto i ngā pukapuka whai hua

Ngā raruraru rānei e tika ana kia arohia e tātou

Ngā rapunga whakaaro, ngā whakaaro, me ngā

whakapono rānei

He harikoa wairua rānei

Kia tomo tātou ki te wāhi tapu o ō tātou whakaaro

hohonu

Ā, ka koa tātou ki te rangimārie e rere ana

Mai i ngā puna o te marino

Kia mōhio: He maha ngā tauira ka taea te hoatu hei*

whakaatu i te whanaungatanga tata i waenga i te tere o te

manawa o te tangata me ngā huringa o ngā āhua o te

hinengaro. Ko te tangata e uru ana ki tētahi kōrero

hinengaro uaua, e ngana ana rānei ki tētahi mahi tinana tika

me te kaha, ka puhoi aunoa te manawa. Ko te arotahi i te

aro ka whakawhirinaki ki te puhoi o te manawa, ko te

manawa tere, koretake rānei ka haere tahi me ngā āhua

kare ā-roto kino pēnei i te wehi, te hiahia moepuku kore

here, me te riri. Ka manawa te makimaki i te tere o te 32

ngā wā ia meneti, ki te whakaritea ki te 18 noa iho ngā wā ia

meneti mō te tangata. Ko ngā arewhana, ngā honu, ngā

nakahi, me ētahi atu kararehe e mōhiotia ana mō tō rātou

roa o te ora, he puhoi ake te manawa i te tangata. Hei

tauirā, ko te honu nui e ora ana mō te toru rau tau, ka
.manawa i te tere o te 4 noa iho ngā wā ia meneti
Mai i te pukapuka: Te Rapunga Whakaaro o Īnia i te
Oranga o te Yogi

Na Paramhansa Yogananda: Autobiography of a Yogi

Nā te mea kāore e taea te whakatutuki i tētahi

whakatutukitanga rauemi

Kāore rānei e ahu whakamua ana i roto i tētahi mara

Ki te kore he herekoretanga wairua

He aratohu, he whakaaro nui rānei nā te Atua

Kia ara ake tātou, te tuatahi, te whakamutunga, ā, ake

tonu atu

Ngā whiti whakawhetai me te whakawhetai ki te Atua

Hei whakapai ake i tā mātou mahi

Ā, kia oti i a tātou te mahi i te mea pai rawa atu

Ā, kia rongō ai tātou i te hari o te whakatutukitanga

Me te puea ake o te kaha me te hihiri

Me aku mihi me aku whakamoemiti katoa

Ki te puna o ngā pai katoa

I runga i āna manaakitanga maha-kore

E pehi ana i a tātou i ia rā o ō tātou oranga

He maha ngā wā ka whakaarohia e tātou aua

manaakitanga hei tika mā tātou

Ahakoā e miriona o te ao e tangohia ana i tēnei mea

I ia wā ka whakawhetai tātou ki te Atua mō āna

manaakitanga

Ka nui ake te pai me ngā manaakitanga e riro mai ana i

a tātou

Ki te mea he whakawhetai koutou, ka whakanuia e ahau

tō koutou [pai]

Homai ki a mātou i tēnei rā he taro mā mātou mō tēnei

rā

Kia mahara tātou ko ia te tangata e tango ana i ngā mea

,katoa o te ao

Heoi, he pono ko ia te tangata e hē ana ki te whāinga

Ka kawea mai e te whakawhetai te rangimārie o roto

Ka kawea mai e ia te harikoa me te rangimarie o te

hinengaro

Ka rongo tātou i te tata o te Atua ki a tātou

Tōna āwangawanga mō tātou, me tōna aroha ki a tātou

Ki te ora tātou pēnei

Ā, i tangohia e mātou tēnei ara

Ka tae tātou ki tētahi āhua rangatira

Mai i te whakaaro kanapa, pai

Me te whakaaro o te tata ki te Atua

He take whakamiharo tēnā

Kei roto te rangimārie, te harikoa, me te whakahauora

Ina rongo te wairua i taua hononga wairua

E rere ana ngā awa o te harikoa ki a ia

E puta mai ana i te aroaro o te atua

Ko te Atua te pono tino nui i roto i a tātou

Ka kaha ake tā tātou aro atu ki ngā āhuatanga me ngā

whanaketanga hou

I taua wā, ka waiho te aroha hei mea tūturu

He mānukanuka noa iho te mauahara

Nā te mea ko te Atua te aroha

Kāore he oranga nui

Engari ko ia anake i tēnei ao

Ngā moemoeā me ngā mānukanuka

I raro i te paraikete o ngā tumanako o te ao i takoto

ahau mō te wā roa

I moemoeā ahau e noho ana ahau i runga i tētahi torona

whakahīhī, rangatira

I whakapaipaihia tōku mata ki te putiputi o ngā ataata

Engari kāore i roa ngā wā o te kata me te harikoa

Engari, ka memenge rātou, ka marara tetahi i muri i

tetahi

Kātahi ka kite ahau i ahau anō e takai ana i roto i ngā

kakahu tawhito

Ā, i takoto ki runga i ngā toka pakari o te rawakore

I roto i te awhi o te mamae me te pouri nui
I tangi nui ahau
Engari i rere ōku roimata
Ā, kāore he tangata hei titiro atu, hei whakamarie rānei
I haere te ao i mua i ahau, ā, i titiro mai ki ahau me te
wahangu whakakatakata
I karanga tōku ngākau, e rapu ana i tāu awhina, e te
!Atua
Ā, i te taenga atu o aku inoi mutunga kore ki ōu
hohonutanga
I whakaarahia ahau e ia i te mutunga
Ā, me te hari nui, i kitea e au he haumarū, he tūpato i tō
aroaro
Kia matara atu i te mau o ngā wehewehenga
whakapoauau, whakararuraru hoki
E te Ariki, me i whakaarahia e koe te tangata katoa
Mai i te ao o ngā moemoeā ataata o te taonga me te
!rawakore e tangi ana
Whakaorangia rātou, e te Kaihanga Moemoeā, i ngā
moemoeā kino o te mate
Ā, whakahoutia tahitia me rātou te mōhiotanga ki te
mutunga kore
Ā, manaakitia rātou kia mōhio ai rātou – mā te
– rangimārie pumau
Ngā whakamataku o te tinihanga o te ao
!He moemoeā noa iho, he mānumanu noa iho
Ngā whakaaweawe tino nui
E te Kaihanga Atua
E te Ariki o te Ao Whānui
E Koe e whakahaere ana, e whakatū ana i ngā
aorangi, ngā whetū, me ngā tupuni
Mā tō ture tika ka tukuna te mana whiriwhiri ki ō
tāngata whenua, ā, mā ēnei ka āwhina i a rātou ki te
whakawhanake i a rātou anō, kia tata atu hoki ki ō
mātāpono me ō wawata tapu.

Kua homai e koe ki a mātou te herekoretanga mutunga kore, ā, kua whakatōkia ki roto i a mātou ngā purapura o te hinengaro whānui. Engari, heoi anō, kua herea e mātou tō mātou hinengaro whānui ki muri i ngā pae o te hiahia whaiaro, te mauahara, te whaiti o te hinengaro, me te matakū.

E te Ariki, āwhina mai kia whakarewahia e mātou - mā tō mātou aroha mahana me te māramatanga ki te tuakana - ngā arai me ngā ārai horihori katoa i waenganui i a mātou me ētahi atu.

Āwhina mai kia mataara mātou ki te whakamahi i te hinengaro me te whakaaro tika i roto i te whakahaere i a mātou anō, kia tika ai te haere i ngā ara o te ora.

Ā, manaakitia mātou kia whakanuia tō mātou taonga wairua me tō mātou aroha aroha mā te whakawhānui i te porowhita o tō mātou aroha ā-motu kia uru atu ai ngā tāngata katoa o te ao, ahakoa te tae kiri, te kāwai, te ira tangata, me ngā whakapono.

E te Ariki o te Ao Whānui, kia whakautehia, kia manaakitia hoki te mana motuhake o ngā tāngata katoa i whānau mai i roto i te ao tūroa.

Manaakitia mātou kia hanga ai he ao kotahi, kia whiriwhiria ai koe hei kaiārahi wairua mō mātou mō te ao katoa.

**Mai i te hohonutanga o te wairua
E te Ariki, kia tiaho mai ngā mura o aku hiahia
Kei te noho tonu tō aroaro tapu
Kua hanga e au he temepara mō aku hiahia
I roto i aku whakaaro katoa
Tēnā koa, haere mai ki te toro mai ki ahau?
Ā, i noho koe i runga i te torona o tōku aroha ki a koe?!**

Kia whai ōku whakaaro i tāu arataki whakaaro nui

**Kia waiho koe hei hari nui rawa atu i roto i tōku
ao**

**Mai i te kuwaha o te whakaaro ki te Atua me te
whakaaroaro ki a ia**

**Ka tomo ahau ki te Temepara o te Rangimārie
Tauwhiro**

**I tēnei rā ka tahuna e au he paihere rākau hei
tohu i ngā āwangawanga me ngā matakū**

**Hei whakamārama i te temepara o te Atua i roto i
tōku wairua**

**Ka rapua e au te Atua i te mokemoke o tōku
wairua**

**Ā, ka inoi kaha ahau kia pakū rā anō tōku ngākau
i te aroha ki a ia**

Ā, e rongo ana ahau i tana whakautu ki aku inoi

**Āe, me i taea e te mura o tōku ora te whakaranu
ki te rā o te Atua**

**Ā, ka tiaho mai i roto i ngā kanohi katoa e aroha
ana ki te pai**

**Ka tauhiuhia e ahau te ao i pakaruhia e ngā
pakanga**

Me ngā whakaaro o te rangimārie me te aroha

Ka tomo ahau ki te wāhi tapu o te Atua

Ā, ka pā atu ahau ki te hinengaro ao

Mā te hari o te whakaaroaro me te aroha atua

**Kei te karapotia ahau e te tiaki a te Atua i ngā wā
katoa, ake tonu atu**

**Ā, ko te māramatanga o te Atua e aru ana i ahau,
e pei ana i te pōuri e karapoti nei i ahau**

**I ahau e haere ana i roto i tana māramatanga, e
kore ahau e tutuki**

E kore ahau e kotiti ke i te ara tika

Ngā kare ā-roto ora

E te Wairua o te Ora me te Ariki o ngā Ao Katoa

**Kei muri koe i aku kanohi, e kite atu ai ahau i tō
ataahua e kitea nei**

**Ā, i muri i tōku taringa, e whakarongo ana ahau ki
te ranunga o ngā oro o te whenua**

**Kei muri koe i taku pā, e pā ai ki ahau ngā mea o
tō ao whenua**

**Ā, i tua atu i te arai o te taiao e huna ana i tō
mata ataahua**

**Ka kite ahau i a koe i roto i te titiro whakamarie o
ngā putiputi**

**Ā, ka reka koe i te reka o te kai whai kiko
Ka rongo ahau i tō mauri atua me tō reka
mutunga kore**

**I roto i ngā mea pai me ngā mea whakamiharo
katoa e tū ana**

**Ka inoi ahau ki a koe, e te Ariki, kei muri koe i
tōku reo wiri**

**Ā, i muri i tōku hinengaro, e inoi nei ahau
Kei tua atu koe i ōku kare ā-roto hohonu
Kei tua atu i ōku whakaaro tapu me ōku wawata
me tōku hiahia nui ki a koe**

**Kei tua atu koe i aku whakaaro, kei tua atu hoki i
taku aroha ngawari!**

**Āe, me i puta mai koe i muri i ngā arai o ngā kare
ā-tangata**

**Me ngā tirohanga taiao whakamiharo
Whakatuwheratia ōku kanohi wairua kia kite ai
ahau i a koe i tō āhua tūturu!**

**Kāore e oti te ora me te kore Atua
Ina hono tātou ki te Atua, ka whakaaweawe mai
te māramatanga ā-whatumanawa i a tātou, ka ārahi i
a tātou i ngā mea katoa e mahia ana e tātou.**

**Me mau tonu i a tātou taua mana tapu, kei roto i a
tātou taua mana; me hura noa e tātou**

Ka kitea e koe kei te mahi tēnei mana i ngā mea katoa hei whakapai ake i ō āhuatanga, hei whakangāwari ake hoki i ngā mea māu. Ina hono koe ki tēnei mana, ka pupuhi tō oranga me te kaha o te ao, ā, ka tino mārāma ake, ka arotahi ake, ka koi ake, ka hohonu ake ō whakaaro. Ka mōhio koe ko ō wairua he oko mō te pono ora o te Atua me Tōna whakaaro nui mutunga kore.

Ko te Atua te pūtake o te hauora, te rawaka, te whakaaro nui, me te hari mutunga kore. Ina hono atu tātou ki a Ia, ka tino tutuki, ka whai hua hoki ō tātou oranga.

Kāore e oti te ora me te kore Atua Me whakaaro tātou ki taua mana nui e homai nei ki a tātou te ora, te kaha, me te whakaaro nui.

Me inoi tātou kia rere mai tēnei pono ki roto i ō tātou hinengaro, tēnei kaha ki roto i ō tātou tinana, me tēnei hari mutunga kore ki roto i ō tātou wairua.

Kei muri i te pōuri o ngā kanohi kua kati ko ngā mana whakamiharo o te ao whānui, me ngā wairua pai katoa me ngā wairua rangatira

Me te whānuitanga mutunga kore o ngā porowhita o te wairua

Ki te whakaaroaro koe, ka kite koe i te pono tuturu, ā, ka kite koe i tana mahi whakamiharo i roto i ōu oranga, i roto hoki i ngā mea whakamiharo me ngā mea kororia katoa o te ao i hangaia.

I ngā ara o te hiahia

Kei te karanga mai te Atua ki ahau

Mā roto i ngā wairua tuwhera

Me ngā ngākau atawhai e pūhia ana e te aroha

Ā, ki tonu i te whakapono

Ko ngā mahi pai katoa a te ākonga

Kotahi te taahiraa e tata atu ana tōna mōhiotanga

Mai i te paepae o te hinengaro ao

**Tukua ahau kia tomo ki roto, e te Ariki
Kia kite i tō ataahua atua
Ā, he manaakitanga ki ahau te kite i ōu
māramatanga kanapa
Ki te arahina tōku ao e tō whakaaro nui tapu
Nō reira, ka tino angitu aku mahi
E kore ahau e he
Manaakitia ahau, e te Ariki, kia mārama ai taku
tirohanga
Kua purea tōku wairua
Kātahi ia ka kite i te rā o te tino mohio
Ā, e harikoa ana ahau ki te mōhio ki te pono
I tēnei rā ka wareware ahau i aku uauatanga o
mua
Ka anga atu ahau ki te ao o nāianeī me te ao o
āpōpō
Me te māia me te whakapono, me te āwhina a te
Atua Kaha Rawa
Ka whakakīia e au tōku tinana ki te kaha o te ao
tūroa
Ā, ka horoia e ahau tōku wairua ki te
māramatanga whakaora o te hinengaro atua
He rite ki te nebula o te ao tūroa
E kī ana te rangimārie i tōku hinengaro
Ā, i rongo ia i te aroaro mutunga kore o te Atua
E te Ariki, whakamāramatia mai taku
māramatanga
Whakakīia taku oko hinengaro
Me te māramatanga me te mātauranga
Kia tiaho te māramatanga o tō aroha
I ngā ara o tōku ao
I roto i ngā moutere kikorangi
Mai i taku taupee, ka titiro atu ahau ki te
hauauru, ka rere i runga i ngā parirau o te whakaaro
ki ngā takutai o te pae tawhiti. I tōku matau me tōku**

maui, ka kite ahau i ngā pae maunga e rua kua huri hei tae papura ngaro.

I taku titiro anō, kua taupokina rātou e te ringa ngaro i roto i te arai kikorangi hohonu. I muri i ahau ko te tāone o Guadalajara, kua kaukau i te ahiahi. Kua kapi te rangi rawhiti i te māwhero ngawari. I taku titiro whakamua, ka kite ōku kanohi i tētahi tāone makutu o ngā moutere kikorangi e rere ana i roto i te roto koura.

I tēnei motu o ngā moutere kikorangi makutu, ka ara ake tētahi puke nui o te kōhatu kōhatu kikorangi, e karapotia ana e ngā kapua puia hina-mā e pupuhi ana i ngā geyser o te rangitoto whero-koura mura, e heke whakarara ana pērā i te āniwaniwa ki te roto marino. I taupokina ngā moutere kikorangi e ngā mura koura kaha i roto i ngā āputa marama e mura ana.

I whakaatahia te tihi kikorangi me tōna karauna mura, pērā i ngā māhanga i runga i te mata o taua roto koura marino. Ā, ki te taha matau rawa, i kanapa tētahi roto iti, marino, e takoto ana i te uma o tētahi o ngā moutere kikorangi, pērā i te marama katoa e kaukau ana i waenganui i ngā ngaru kapua.

I roa ahau e kopikopiko ana i te tāone o te tōnga o te rā me ngā kapua rite ki te mata o te rangi, e mānu ana i runga i te mata o te roto me tōna māramatanga koura ngawari, ā, he ataahua te ataahua o aua wai koura kua kapi i ngā tautau huka whero kua marara ki ngā taha katoa ki te taha o te mutunga kore.

I whakaaro ahau he wairua pai ngā mea ora o te māramatanga i runga i tēnei ao, ā, i muri i te angitu o ngā whakamātautau katoa o te ao, ka tukuna rātou kia ngahau, kia whakatinana hoki i ā rātou moemoeā kia rite ki tā rātou i hiahia ai.

I ia rā i te torengitanga o te rā, ka whakanuia e aua mea ā rātou moemoeā rangi i roto i ngā tāone tino ataahua e karapotia ana e ngā moana me ngā roto koura.

Kei reira, kei muri i te awhi o ngā pouri, kei tua atu i ngā mahanga o tēnei ao whenua me ōna aituā me ōna mamae katoa

I reira, i tua atu i ngā whakarihariha, ka hongī aua mea i ngā rama whero, ka inu i ngā hihi karaka, ka neke atu, ka whakatata mai, ka kopikopiko, ka kaukau i waenganui i ngā rama maha-tae.

I konei, ka tutuki tonu i aua mea ā rātou moemoeā, ka whakatinana i ā rātou wawata e ai ki tā rātou i hiahia ai, kātahi ka memeha atu, ka ngaro atu i tā rātou e pai ai.

I konei ia i pārekareka ai ki ngā taonga o te ngākau māhaki me te ngākau māhaki, ā, i whakamanahia hoki e ia ngā moemoeā a te hunga katoa i toro atu ki a ia i roto i tōna ao whakamiharo, makutu.

I konei, kāore ia i whakahaua kia tatari, kia hiahia pērā i te tangata kia tutuki ai āna moemoeā, kia tutuki ai hoki āna wawata, engari i moemoeā ia i runga i tana i hiahia ai, ā, i tutuki i a ia aua moemoeā me ngā wawata katoa nā tōna ake hiahia.

Ko taua tāone tōnga rā i roto i ngā Moutere o ngā Moemoeā tētahi o aku moemoeā i noho pūmau i roto i ngā kapiti o te hinengaro huna, ā, i tēnei rā kua tutuki i ngā huarahi katoa!

He pono, kua kite ahau i ngā taonga huna me ngā taonga o tōku wairua, ā, kua taupokina ahau e tō rātou māramatanga, ā, kua kanapa ahau i tō rātou kanapa!

**Paramehansiat: Ngā Āhuatanga o te Harikoa Atua
Ko te ngākau mahaki, e te Ariki, te ara tino pono**

**Kia whiwhi ai i te ua o tō atawhai atua
Ka whakawhirinaki ahau ki tōu tika atua, ki ngā
mātāpono o te pono**

**E mōhio ana koe kei te whakautu koe ki te
karanga o te aroha me ngā hiahia o te ngākau
I roto i te mahi tahi tata me tō hiahia whānui
Me tōku whakapono tino pono ki a koe
Ka whiwhi ahau i tāu āwhina, ā, ka tata ahau ki a
koe**

**I tēnei rā ka mahi ahau i taku kawenga ki a koe
Pērā i taku whakatutuki i aku kawenga ki te ao
E te Aroha Nui rawa atu
Ko koe te haruru etereti e haruru ana i ngā wāhi
tapu o ngā ngākau**

**Ā, ko koe te reo o ngā kare ā-roto e kore e taea e
ngā taringa te kōhi**

**He nui rawa atu te manaakitanga i tō aroha
Mai i ngā whakaaro katoa o te ao
Me ngā kororia katoa o te ao
Me tōku whakapono tino pono ki a koe**

**Ka kite ahau i ngā atarangi o te mate e memeha
haere ana, e ngaro atu ana, kāore he hokinga mai**

**Ka kite ahau i a koe, e te Ariki, i ngā matapihi o te
taiao me ngā tatau o te rangimārie**

Ringihia mai ō manaakitanga ki a mātou

**Ā, rumakina mātou ki roto i ngā ngaru o tōu kaha
o te ao tūroa**

**Kia matara atu i a tātou te hiahia whaiaro
E ārai ana i ngā wairua kia tata mai**

**Ā, ko tā rāua hui i ahu mai i te aroha ki te pai me
te māramatanga**

**Tukua ahau kia whakamakuku i ngā putiputi o aku
inoi**

**Me ngā wai o te whakaaro ki a Koe, me te
whakaaroaro ki a Koe, e tōku Atua**

**Kia pihi ake ai ngā putiputi hou, kanapa hoki
Mai i te whakaaweawe, te rangimārie, me te
harikoa**

**Ko te huarahi anake hei karo i te mahi hē ko te
whakawhanake i te whakaaro tika kia mōhio ai koe ki
te mahi hē, kia whakatau ai koe kia kaua e mahi i
taua mahi hē.**

**Kāore te he e puta mai i te whawhai ki tētahi atu,
he tika. Ko te kuware te hoariri tūturu o te tangata, ā,
me pei atu i tēnei ao. Kei a tātou ngā mea katoa e
hiahiatia ana e tātou i tēnei ao hei arahi i tētahi wā o
te whai rawa, te harikoa, me te tika tino tika.**

**Ko te arai anake ko te hiahia o te tangata, e kore
ai e taea tēnei. Ko te mamae kino, koretake hoki, nā
te hiahia o te tangata me te whai i ōna ake painga,
me te kore whakaaro ki ētahi atu.**

**Ko te moni i taea te whakamahi hei whāngai me
te whakakakahu i te hunga rawakore, engari e
whakamahia ana hei whakangaromanga me te
whakangaromanga. Ko tēnei hiahia whaiaro, i whānau
mai i te kuware, te pūtake o ngā raruraru o te ao.**

**E whakaaro ana te katoa kei te tika tā rātou mahi,
engari ki te whai noa rātou i ā rātou ake whāinga
whaiaro, ka whakatinanahia e rātou te ture karma o
te take me te pānga, ka whakangaro i tō rātou ake
harikoa me te harikoa o ētahi atu.**

**Ko te nui haere o taku kitenga i ngā aituā o te ao i
puta mai i te kuware o te tangata, ko te nui haere
hoki o taku mōhio kāore te harikoa e mau tonu
ahakoa kua whakakikoruatia ngā tiriti ki te koura.**

**Kei roto i te harikoa te whakahari i ētahi atu, ā, ki
te pērā te mahi a te katoa, ka harikoa te katoa**

**Ā, ka whiwhi te katoa i tā rātou wāhi o te hua o te
whenua**

I te mea i haere mai tātou ki tēnei ao kāore tātou i te mōhio nō hea mai, he mea maori kia whakaaroaro tātou mō te pūtake me te kaupapa o te ora.

Ka rongo, ka pānui hoki tātou mō te kaihanganga o tēnei ao, engari kāore tātou e mōhio me pēhea te whakapā atu ki a ia. Ko tā tātou e mōhio ana ko te ao whānui e whakapuaki ana i te noho o tōna hinengaro atua.

Pērā i ngā wāhanga me ngā taputapu iti, tino tika o tētahi wati iti e miharo ai tātou ki te kaihanganga wati, ā, pērā anō i ngā mīhini nunui, uaua hoki o tētahi wheketere e miharo ana, e miharo ana hoki tātou ki tā rātou kaihanganga, waihoki ina kite tātou i ngā mea whakamiharo o te taiao, ka miharo tātou ki te mohiotanga e huna ana i muri i a rātou, ā, ka pātai tātou: "Nā wai i homai he āhua kanapa ki te putiputi e anga atu ana ki te rā? Nō hea tōna kakara me tōna ataahua? Ā, me pēhea te hanga o ōna rau me te tino tino tika, me te tae ki ngā tae whakamiharo, harikoa?"

I te pō, ka titaritari ngā whetū me te marama i ō rātou marama hiriwa ki a tātou, ka whakaoho i a tātou ki te whakaaroaro ki te hinengaro e ārahi ana i ēnei tinana rangi i te whānuitanga o te wāhi. Kāore e ranea te marama ngawari o te marama mō ngā mahi o ia rā, nō reira he whakaaro nui, he ngākau ngawari ki te okioki i te pō. Kātahi ka whiti te rā, ko tōna māramatanga kanapa ka taea e tātou te kite i te ao e karapotiti nei i a tātou me te marama me te marino, ā, ka riro i a tātou te kawenga ki te whakatutuki i ō tātou hiahia.

E rua ngā huarahi hei whakatutuki i ō tātou hiahia: te ara tinana me te ara wairua. Hei tauira, ina heke te hauora, ka taea e tātou te haere ki te tākuta mō te maimoatanga. Engari ka tae mai te wā kāore e

taea e te tākuta, e tetahi atu rānei te āwhina, ā, ka tahuri tātou ki te ara tuarua; ki te mana wairua i hanga ai tō tātou tinana, hinengaro, me te wairua.

He iti te mana o te ao, ā, ina hinga tātou, ka tahuri tātou ki te mana mutunga kore o te Atua. E pā ana hoki tēnei ki ō tātou matea pūtea. Ina whakapau kaha tātou, ā, kāore tonu i te rawaka te whiwhinga, ka tahuri tātou ki taua mana.

Ki te whakaaro o te katoa ko ō rātou raruraru te mea kino rawa atu. Ko ētahi tāngata he nui ake te pēhanga i ētahi atu nā te mea he ngoikore tō rātou manawanui. Nā te rerekētanga o te kaha hinengaro o te tangata, he rerekē te nui o te kaha e pau ana i a rātou. Mena ka pāngia tetahi e te uaua nui, ā, he ngoikore tōna hinengaro, e kore e taea e rātou te wikitoria. Ka taea e te hunga hinengaro kaha te wikitoria i ō rātou uauatanga mā te wawahi i ngā arai me te whakangaeue i ō rātou turanga. Heoi, ahakoa te hunga kaha rawa atu, ka pāngia e te hinganga. Ina pāngia tātou e ngā raruraru me ngā uauatanga tinana, hinengaro, me te wairua, ka kite tātou i te iti o te kaha ora i roto i tēnei ao tūroa.

Kaua e whakatapua ā tātou mahi ki te whakatutuki i te hauora pai me te haumarutanga ā-tinana anake, engari me rapu hoki i te tikanga o te ora.

He aha te kaupapa o te ao? Ina pāngia tātou e ngā uauatanga, ka tahuri tuatahi tātou ki te taiao, ka ngana ki te whakarerekē i ngā āhuatanga katoa e whakapono ana tātou ka puta he orange. Engari ina tae tātou ki te mutunga kore, ka mea, "Kua rahua aku ngana katoa, he aha atu tāku e taea ai?" ka tīmata tātou ki te whakaaro nui ki te kimi i tētahi otinga whai hua mō tō tātou raruraru. Ā, ina hohonu rawa ō tātou

**whakaaro, ka kitea e tātou te whakautu i roto i a
tātou anō. He momo inoi tēnei kua whakautua.**

**I te marino o tōku wairua
Tukua ahau kia tūtaki ki a koe, e te Ariki!
Kia mau ahau, kia rongohia ahau i tō aroaro mutunga
kore**

**I roto i ahau, ā, i te taha hoki o ahau
I roto i te mokemoke o ōku whakaaro, e hiahia
ana ahau ki te whakarongo ki tō reo
Puritia ngā haruru nui o te whenua kia matara atu
i ahau**

**He mea huna i roto i taku mahara
Ka hiahia ahau ki te whakarongo ki tō reo marino,
whakamarie**

**Ā, kei roto tonu te kaiwaiata i te marino o tōku
wairua**

**E tōku Atua, kei reira koe i ngā mea katoa
Me noho koe i konei
I roto rawa i tōku wairua me tōku hinengaro
Āwhina mai kia whakakitea e au ahakoa he
wāhanga iti**

**Mai i ngā taonga huna i roto i taku maina wairua!
E te māramatanga kanapa
Kei te ara ake tōku ngākau
Toku hauora hinengaro
Whakakīia tōku temepara wairua ki tōu kororia
E te Whetu Raki mutunga kore!**

**Ahakoa te wāhi i haereere ai ahau, me te huarahi
i tahuri ai ahau**

**Kei te tohu tonu te ngira kāpehu aukume o tōku
hinengaro ki a koe**

**Ahakoa kua pāngia koe e ngā hau o te aituā
Kua mākū rānei i te ua o te uauatanga me te aituā
I arahina tōku hinengaro, heoi
Kia tahuri tonu atu ki a koe**

**E taku manu aroha, e papaki ana i ōna parirau
I waenganui i ngā kapua o te pōhēhē
me ngā tupuhi o te whakapoauau
Ka tino kitea e ia tōna ara ki a koe
I ngā wā onamata
I roto i te ngākau o te etere
I te wā i whānau mai ai tātou hei wairua
I moe katoa mātou
I raro i te paraikete o te aroha atua
Ā, i te whakaarahanga a te Atua i a tātou
I peia atu mātou i a ia
Pērā i te kōrero mō te tama maumau
Kua wareware tātou ki te hononga atua o te
whanaungatanga i waenganui i a tātou
I noho tauhou tāua tetahi ki tetahi
Ā, mai i tō tātou whakarēreatanga i tō tātou
kāinga i te rangi
Kua noho tātou ki tēnei ao
Ngā kaihaerere e whakawhiti ana i ngā kokonga o
te whenua
Ka hiko tātou i ngā ara o te aituā
Kua tawhiti rawa tā mātou haere
Kua neke atu mātou i tawhiti atu i tō mātou
kāinga taketake
Heoi anō i ētahi wā
Ko ētahi wāhi, wheako, me ngā kanohi ka
whakaara ake i a tātou
Ngā maharatanga huna me ngā kare ā-roto
hohonu
Ka kōrero pōhiri mai ia ki a tātou
E rite ana mātou ki te mea kei te wheako hou
mātou i ngā mea katoa
Ngā mea i mōhiotia e tātou
Ka tūtaki tātou, ka hono atu ki te hunga e
arohaina ana**

**I tata mātou ki a rātou
I ngā rā o mua
E te Kaihanga o ngā ao whānui
Kei roto i te hunga nunui tō māramatanga e tiaho
ana**

**Kia whakaaweawe mai ō rātou mātauranga atua i
tō tātou māramatanga**

**Kia mōhio tātou ko koe te whāinga matua
Ngā mea e whai ana mātou kia tutuki
Te wawata nui rawa atu
Ko tā mātou e hiahia ana kia tutuki
Whakahauoratia mātou ki ngā hau kakara o tō
aroaro**

**Whakakīia mātou ki te hiahia nui ki tō aroaro
kororia**

**Kia whāngaihia tō mātou wairua e tō whakaaro
nui atua**

**Tukua mātou kia rongō i tōu māramatanga tapu
Ka horapa ki ngā āhuatanga katoa o ō tātou
oranga**

**Ā, ka whakapakari i tō tātou whakatau
Ā, ka whakakorea tō tātou pōuri
Ā, kia tau te rangimārie ki a tātou
me te tumanako
Me te hiahia ki te mahi i ngā mahi pai
I waenganui i te Piriniha me te Heremita Mārama
I tētahi wā, i haere tētahi rangatira nanakia ki te
hopu manu me āna pononga, he mea whakarite katoa,
he mea patu katoa. I haere rātou ki roto i te ngahere,
me te whakatangi i ngā pū me te patu i ngā pahu.**

**I muri i te whaiwhai manu, tia, me ngā taika
nanakia, ka mōhio te rangatira me tana tira kua ngaro
tō rātou ara.**

**He nui ā rātou kai engari kāore he wai. Ahakoa tā
rātou rapunga wai i roto i te ngahere, kāore i kitea.**

Kāore he piringa mō rātou i ngā whakaekenga a ngā kararehe nanakia o te pō, i te tere haere mai o te pō.

Ka ngaro te rā i te tirohanga, ā, ka tae te rangatira, te kaiārahi i te tira, ki tētahi whare tawhito, pakarukaru. I muri i tana hekenga iho i te hoiho, ka panaia e ia te tatau kua kore e kati, ā, ka tomo ki te whare. He pōuri katoa i roto engari he māramatanga iti i tētahi o ōna kokonga, ā, ka whakaaro ia me te pouri, "Kua whakarerea te whare."

Engari nā te tumanako i akiaki ia, ka karanga ia, "He rangimārie, kei konei tetahi?"

I tino ohorere ia, i te rongonga i tētahi reo marino e whakautu māriri ana ki a ia, e mea ana: "Āe, kei konei ahau. Kei te rapu wai koe?"

I titiro matatau te rangatira ki roto i te pōuri mō tētahi wā poto tae noa ki te kitenga atu i te wairua o te tangata, ā, i miharo ia i te mōhio o te tangata ki ōna whakaaro i mua i tōna tūtakitanga, i tōna mōhiotanga rānei ki a ia.

Ka pātai te rangatira ki tōna kaihautu, "Ko wai koe?" Ka whakahoki te kaihautu, "He tangata rawakore, he tangata tapu ki te Atua."

Ka tahuna e te moke te rama, ā, ka karanga te rangatira i tana tira, ā, nui atu tō rātou hari i te kitenga i te wai me te hua i taua ngahere tawhiti.

Ka pātai te rangatira ki te hermit, "Kāore koe i te wehi i ngā taika me ngā nakahi?"

Ka whakahoki te sheikh mokemoke: "Kāore rawa, ko ngā taika aku ngeru mōkai, ā, he rangimārie ki ahau ngā nakahi. He hoa tāua e okioki tonu ana i te rā o te aroha o te Atua e whiti ana ki ngā mea katoa o tēnei ao."

I te titiro matatau atu a te piriniha ki te moke, ka mau ia i te wehi i tana kitenga i ētahi neke e rua e iri ana i te kaki o te moke. I tana whakatata atu ki te

whakaū i tana i kite ai, ka whiowhio, ka ngokingoki ngā nakahi, ka whakakorikori i ō rātou mahunga, i te mea ka rongo rātou i te wiri o te wehi me te rapu utu e whanga ana i roto i te ngākau o te piriniha.

I tua atu, i taua wā tonu ka tomo tetahi o ngā taika o te ngahere ki te whare, ka takoto puku ki ngā waewae o te hermit. I muri i te whakamarie a te tangata a te Atua i a ia me te papaki i tōna māhunga, ka haere puku te taika, e anga atu ana ki te ngākau o te ngahere.

I whakaaro te rangatira whakakake i roto i a ia anō, "Me tika, he ngākau atawhai tēnei koroheke, nā te mea i tiaki ia i a tātou i ngā kararehe mohao me te matewai whakamate. Hei utu mō tāna mahi, māku ia e whai rawa." Kātahi ia ka kōrero ki te hermit, ka mea:

"E te Sheikh, e tiaho ana tō mata i te atawhai me te pono, ā, e mihi ana ahau ki ngā mea katoa i mahia e koe māku me tōku tira. Nō reira, e hiahia ana ahau ki te tuku atu ki a koe tētahi mea ngaro e whai rawa ai koe. Ko tēnei mea ngaro ka whakakitea e ahau mō te wā tuatahi, ā, ki a koe anake."

I muri tata iho i tana whakapuakitanga i ēnei kupu, ka tangohia e te rangatira tētahi kōhatu i raro i tōna kākahu, ā, ka haere tonu tana kōrero, me te mea:

"E hiahia ana ahau ki te tuku atu i tēnei taonga whānau ki a koe, arā, ko te Kōhatu a te Tohunga Whakaaro, ā, tera pea ka whai rawa koe mā te whakamahi. Ka hangaia e tēnei kōhatu te koura, ā, i hoatu ki tōku matua e tētahi o ngā tohunga matū nui. Kei a ia te kaha ki te huri i ngā mea katoa e pā ana ki a ia hei koura parakore. Ka taea e koe te whakamahi i tēnei kōhatu mō te tau katoa, ka huri i ngā kōhatu hei koura, kātahi ka hoko atu hei hoko i tētahi whare

kingi koura māu. Ka hoki mai ahau ki a koe i muri i te tau ki te toro atu ki a koe ki te tiki mai i taku kōhatu, e whakaaro ana ahau he nui ake te utu i tōku ora."

Kāore te moke i pai ki te whakaae ki taua kawenga, engari i runga i te akiaki tonu a te rangatira, ka whakaae ia ki te pupuri i te kōhatu a te tohunga whakaaro. I kite te rangatira i te moke e whakatakoto ana i te kōhatu i raro i tōna whitiki (te wāhi i whakatakotoria ai e te tangata ā rātou moni i te wehi kei tahaetia!), kātahi ka haere te rangatira.

I te tau i muri mai, ka hoki mai te rangatira me tana tira, me te tumanako ka kite i tētahi whare rangatira whakahīhi hei utu mō te whare tawhito. Engari i pouri ia i tana kitenga kei te tū tonu te whare, ā, kei te kino rawa atu i tōna āhua o mua. Nō reira, ka heke iho ia i tana hōiho, ka pana i te tatau, me te karanga nui: "Kei te ora tonu koe, e te moke?"

Ka whakahoki te moke me te reo kaha, hohonu: "Āe, whakamoemititia te Atua, e te Piriniha, Nau mai ki tōku kāinga iti."

I reira tonu, kāore he kupu whakataki, ka karanga te rangatira: "He aha te he o koe, e hoa? I aha koe ki te kōhatu a te tohunga whakaaro i waiho e ahau ki a koe? He aha koe te whakamahi ai hei whai rawa?"

I whakaaro te moke mō tētahi wā poto, kātahi ka whakahoki: "He aha tēnei kōhatu whakaaro e kōrero nei koe, ā, he aha te tikanga o tāu kīnga me whai rawa ahau? Ko te pono, kāore au e hiahia kia whai rawa atu i ahau ake nei."

Ka pā te matakū ki te pirinihi, i te whakaaro kua ngaro te kōhatu a te koroua i tōna kore aro ki taua kōhatu, ā, ka mea ia me te reo inoi: "Ko te kōhatu rapunga whakaaro utu nui i whakatakotoria e koe i te tau kua hipa? [Eddie, me tō whitiki], kōrero mai ki ahau i aha koe ki taua kōhatu?"

Ka whakahoki te moke: "Ae, kei te maumahara ahau ki tō kōhatu utu nui. I tētahi rā, i ahau e whakaaroaro hohonu ana ki te Atua i taku haerenga ki te kaukau i te awa, ā, ki taku whakaaro i paheke te kōhatu i ōku kākahu, ā, i horomia e te wai. Kia ora koe."

Ka karanga te rangatira me te reo nui, "Āe, tōku mate kore utu! Kua ngaro katoa i ahau!" ā, tata hemo i te miharo. Ka tauhiuhia e te moke te wai matao ki tōna mata, ā, ka whakaorangia ia, i te mea ka whakatata atu ngā tāngata a te rangatira ki te sheikh, e mura ana ō rātou kanohi i te mauahara, e ngana ana ki te whara i a ia. Engari ka kata te moke, ka mea, "E te Ariki, he rangatira tōku tūranga, kāore au i mōhio ka ara ake koe i tēnei ngangau mō te kōhatu. Haere mai tāua ki te awa, ā, ka rapua e au tō kōhatu, ka ngana ki te kimi."

Ka whakahoki te rangatira, "Kua porangi koe? Kei te hiahia koe ki te rapu i tētahi kōhatu i taka mai i a koe, ā, i kahakina atu e te ia i te tau kua pahure?"

Engari kāore te moke i aro ki āna kupu, ā, ka karanga atu ki a ia, ka mea: "E te Piriniha iti, kāore he take mō tēnei ngangau katoa. Taria kia rapua rā anō e tātou te kōhatu i te awa. Haere mai, koutou katoa."

Me te mea kei raro i te makutu, ka whakautu te piriniha me tana tira ki te aukume mārāma o te moke, ā, ka aru puku atu i a ia ki te awa. I reira, ka tono te moke ki te piriniha kia tangohia tana tauera i tana pōke, kia puritia ki ōna kokonga e whā, ka toua ki roto i te awa, me te inoi penei:

"E te Piriniha o ngā Piriniha, e te Kīngi o ngā Kīngi, e te Kaihanga o ngā Kōhatu a ngā Tohunga Whakaaro katoa, whakahokia mai taku kōhatu ki ahau"

Kātahi anō ka tangohia ake e te rangatira tana tauera i te wai, ka miharo ia i te kitenga atu i te rua tekau ngā kōhatu tohunga, he rite tonu te āhua ki te mea taketake i ngaro i a ia. I te whakamātautau i ia kōhatu, ka kitea e ia ka taea e ia kōhatu te huri i ngā kōhatu takutai noa hei koura. Kātahi ka herea e te rangatira ngā kōhatu ki roto i te tauera, ā, ka maka te paihere ki te awa.

Ka karanga te moke me tana tira ki a ia, "He aha koe i pena ai?" Engari ka titiro te rangatira ki te tangata a te Atua, ka piko ki tona aroaro me te whakaute, ka mea:

"E hiahia ana ahau, e te rangatira, kia whiwhi i tāu mea, i te tangata e whakaaro ana ki ngā kōhatu e hanga ana i te koura he kirikiri koretake."

Nō reira, ka whakarērea e te rangatira tōna rangatiratanga o te ao kia ako ai ia i te koroua whakaaro nui me pēhea te whiwhi i te rangatiratanga o te wairua, kāore nei e puritia e te wāhi, kāore hoki e taea te whakangaro.

Ko te akoranga o te kōrero, ahakoa te āhua o te taonga o te ao, he mea memeha noa iho, ā, me waiho ki muri i tēnei ao iti ina huri te tinana hei tūpāpaku makariri, mate.

Engari ko te whakamahi i te kōhatu a te tohunga whakaaro, e tohu ana i te kaha ki te kohikohi taonga memeha noa iho, me rite tātou ki te tangata whakahihi kua whakatapua tōna wā me tōna kaha ki te whiwhi taonga atua e kore e memeha, e kore e pirau.

Ko te tangata e mōhio ana ki te Atua, ka whiwhi ia i ngā taonga nui atu i ngā moemoeā, ā, ki te tika, ka whakarērea e ia ngā taonga ā-tinana me te mea he kōhatu, me te tumanako ka whiwhi i te taonga wairua, ka koa hoki ki ngā taonga pono.

**I roto i ā tātou mahi tahi me ētahi atu
He mea tino nui te whakanui me te whakamihi
Ngā āhuatanga motuhake me ngā kounga
rangatira**

**Ngā mea i tangohia mai i ō rātou wheako
Ā, i hangaia e rātou i roto i tō rātou ake āhua
Ki te ako tātou i ngā tāngata he tuwhera ō rātou
hinengaro**

**Ka taea e tātou te mārama ki a rātou, ā, ka taea
hoki te whakahaere i a rātou me te whakamarie
Ka taea hoki e tātou te mahi tonu
Te mōhio ki te āhua o te tangata e pā ana ki a
tātou**

**Kaua e kōrero ki tētahi tohunga whakaaro mō te
reihi hōiho**

**Kaua e tautohetohe ki tētahi kaipūtaiao mō te
whakaritenga o te kāinga**

**E mōhio ana ahau ki ngā mea e pārekareka ana ki
te tangata, me ngā mea e hopu ana i tōna aro
Ā, i kōrerotia e ia ki a ia mō taua kaupapa
Ehara i te mea mō ngā mea e pārekareka ana ki a
koe**

**Ki te hiahia tātou ki te mārama ki ētahi atu
Me karo tātou i te whakahē me te whakahē i a
rātou**

**Engari, me titiro tātou ki roto i te whakaata o tō
tātou ake māramatanga**

**Kia kitea ai he aha ngā mea me whakatika, me
whakapai ake?**

**He tino rerekē taua whakaata hinengaro
Mō te whakaata e mōhiotia ana e tātou i ia ata
Ia rā ka titiro ahau ki roto i taua whakaata-
whaiaro**

Ki te kitea e au tētahi mea kāore au i te pai ki a ia

**Ka whakapae ahau i ahau anō, ā, ka whakapau
kaha ki te whakatika**

**Mā tēnei ka kitea e te tangata tōna āhua
E whakaatahia ana tōna āhua tūturu i roto i te
whakaata o tōna wairua**

**Ā, ka ahu whakamua i ia rā, i ia rā
I te ara ki te harikoa me te rangimarie o te
hinengaro**

**Kia manaakitia koe e te Atua
Kia tau te rangimārie ki a koe**

**Whatunga o ngā Hiahia
Anei ahau, e maka ana i te kupenga o aku hiahia
I te moana nui o ōku whakaaro
He maha āu mawhiti mai i ahau, e te taonga atua
utu nui!**

**Heoi anō, ka ruku tonu ahau ki roto i te
hōhonutanga o te rangimārie**

**Ā, kāore e mutu, ka maka e au ngā kupenga o
taku aroha ki a koe tetahi i muri i tetahi**

**Me mau koe i ahau i tētahi rā i roto i te kupenga o
taku hiahia mutunga kore ki a koe**

**Ka maka e au tēnei kupenga aroha ki ngā wāhi
katoa**

**I runga ake i ngā ngaru pōrearea o te ao
Ā, mō ngā whetu e kanapa ana
Ā, i roto i ngā hohonutanga o ngā wairua pai
Ko tāku anake e mōhio ana he kaiwhai ahau
Ā, ka whai tonu ahau ki te hopu i a koe
Aue te hiahia nui rawa atu, te taonga nui rawa atu
hoki o te ao!**

**Ka inoi atu ahau ki a Ia kia haehae i ngā arai o te
kuware, kia whakakorea hoki te pōuri o te
mānukanuka, kia waiho hoki hei wawata nui rawa atu
i roto i tō ao, hei hiahia nui rawa atu hoki i runga i te**

torona o ō hiahia, kia āwhina hoki i a koe ki te huri i te nenge me te whakaroa hei mahi wairua e pupuhi ana i te harikoa, te whakahoutanga, me te hihiri. Ka tono atu ahau ki a ia kia homai he waina o te aroha atua ki a koe kia inumia ra ano koe, kia toro atu hoki ki a koe me te haerenga tapu e whakamarietia ai koe, kia horoia hoki tō ngākau ki ngā wai o te aroha me te whakawhetai, kia whakamārama i roto i a koe ngā rama o te tino mohio, kia whakarewaina hoki ō moemoeā ki roto i te mooni o Tōna moana tapu, kia kitea ai e koe i roto i a ia te ngākau mārīe me te ngākau makona, kia noho ai te rangimārīe i roto i tō wairua, kia tau iho ai ngā manaakitanga o te rangi ki runga i a koe.

Ko te marino te tikanga o ngā whakaaro whakamarie

Te whakamarie i te tinana me te whakahaere i ōna hiahia

Ko te tangata e taea ana tēnā, ka rongo ia i te rangimārīe whakahauora.

Ka rongo ia i ngā ngaru whakahirahira me ngā kare ā-roto mai i ngā ao kua whakapaipaihia

Ā, ko te tangata e ruku hohonu ana ki te ata noho, kātahi

Ka kitea e ia te rangatiratanga o te Atua i roto i a ia anō

I te mea e hiko ana te tangata i te huarahi

He mea utu nui ia wā o tōna wā

He wā poto nei tā mātou noho ki tēnei whenua (te whare whakawhiti)

He rangitahi ngā mea katoa, engari ko te kare ā-roto o te Atua e mau tonu ana

Kāore he mea e taea te whakakore i roto i te ngākau me te wairua

**Kaua e tukua ngā whakamatautauranga o tēnei
ao kia ārahi i a tātou**

**Mā te tahuri ke i a tātou i tā tātou kaupapa nui
rawa atu me tā tātou whāinga teitei rawa atu: te Atua**

Ka taea te mōhio ki te Atua

Me kimi e tātou te rangatira o ngā ao tūroa

Nā wai rā ngā whetu e tiaho ana

Ā, nā tōna mana ka pā te ngākau

**Me rapu tātou i a ia i roto i te Temepara o te
Wahangu**

**Ina karanga tātou ki te Atua me te hiahia nui me
te ngākau nui**

Ā, ina whakaaro tātou ki a ia me te ngākau nui

Ka kitea ia e tātou

**Kāore au e kōrero ana mō tētahi atua kāore i te
mōhiotia**

**Engari, he mea tēnei mō tētahi Ariki kua mōhiotia
e au**

Ā, he pono ki ahau

He mea tūturu ake i ngā mea ā-tinana katoa

**Ko te moana atua tēnei e tautoko ana, e
whakapūmau ana i ngā ngaru o ō tātou oranga
tangata.**

**Ka taea e tātou te mahi ahakoa kāore he mea
katoa**

Haunga te Atua

{Nō reira te Atua, te Ariki, te Pono}

**(Ka hari te hunga ngākau mā, e kite hoki rātou i
te Atua)**

**He mea maori te hiahia o te tangata kia arohaina,
kia arohaina hoki. Engari ko te hiahia nui o te ngākau
ko te pūtake o taua aroha, arā, ko te Atua.**

**He maha ngā tumanakohanga, ngā tātaitanga, me
ngā whakaaro whaiaro e ahu mai ana i te aroha
tangata, nō reira kāore he taurangi mō tōna**

pumautanga nā te mea he herenga kei raro i ngā tikanga.

Heoi, ko te aroha atua, he mutunga kore, he pumau, he pumau. Ki te pā ki tō ngākau, ka kitea tonutia e koe.

Ahakoā ngā āhuatanga katoa, ka rongo koe i tēnei hei puna tiaki me te puna whakamarie, ahakoā i waenganui i te uaua me te pōuri.

I waenganui i te mamae me ngā whakamātautau uaua

Ahakoā te whakarērea o koe e te katoa, e kore taua aroha tapu e whakarērea koe, e kore e tuku i a koe ki raro, e kore hoki e waiho i a koe kia noho hei taonga mā ngā manukanuka me ngā mānukanuka, nā te mea he mana tiaki, he mārama ārahi hoki i te rangi i waenganui i ngā piko me ngā takahurihuri o te ao.

Ina whakakīia te aroha tangata ki te aroha atua, ka parakore, ka mārama. Engari ki te wehea te awa, arā, te aroha tangata, mai i te puna, arā, te aroha atua, ka mutu te rere, ka ngaro ki roto i ngā onepū o te ao.

I te mea e hono ana te aroha tangata ki te aroha atua, ka whakangawari i te ngākau, ka whakahauora i te hinengaro, ka whakamakuku i ngā mārā o te wairua ki te wai o te ora.

Aroha: He whakaohoho i te hiahia

Ko ngā mea katoa e mahia ana e au, ka mahia e au me te aroha katoa i roto i tōku ngākau

Ki te whakamātau koe, ka kite koe kāore koe e ngenge ana

Nā te mea ko te aroha te mea whakaoho nui rawa atu o te hiahia, ā, he mana nui whakaharahara tō te hiahia i raro i te awe o te aroha ki te mahi i ngā mea e kore e taea e ētahi te whakaaro.

I ngā ara o te mōhiotanga wairua

**Te kukume me te ira tangata kē
Me ma, kia ātaahua, kia pai hoki te āhua o te
tangata**

**Kāore he hē o te ātaahua o te tangata
I te mea kei raro taua tono i te reka pai
Engari he hē te whakamahi ā-tauira a te tangata i
te kukume i te moepuku**

**Hei kukume i te ira tangata kē
Ko te kukume i waenganui i te tāne me te wahine
me ahu mai i te wairua**

**Ko te hunga e whai mana whakahaere ana i a
rātou anō**

**Kāore rātou e whakamanamana ana he tohu ira
tangata rātou**

**He nui ake te tūponotanga ka kukume mai rātou i
te hoa rangatira tika mō te ora**

**I roto i ngā whanaungatanga marena angitu
Ko te aroha te mea tuatahi, ehara i te moepuku
Koinei te mea tino pai, me te paerewa hoki
I ētahi whenua, kāore e taea te kihi, te whakapā
atu rānei**

**I waenganui i ngā tāne me ngā wāhine taitamariki
i mua i te marena**

**Ina rongo te tokorua i te hiahia mutunga kore
tetahi ki tetahi**

Ka hihiko rātou ki te patu tetahi i tetahi

He pono te aroha pono

**Ko reira anake ka whai mana ai rātou mō tētahi
whanaungatanga piripono i roto i te marena**

**Kāore he hua o te mana pupuri
Ina ngana tetahi o ngā hoa rangatira ki te
whakahaere i tetahi atu**

He tohu tēnei o te kore aroha

**Engari i te wā e whakapuaki ana rātou i tō rātou
aroha**

**Me te ngākau pono, me te ngākau aroha
Me te whakaaroaro marie ki ngā kare ā-roto
Me te hiahia pono ki te whakahari i ētahi atu
Ka whiwhi te aroha i tētahi kounga rangatira
Ā, i roto i tētahi whanaungatanga pēnei
Ka whiwhi tātou i te tirohanga o te aroha atua
Ko te ora me te kore māramatanga he
whakamomori wairua me te whakamomori rauemi
Ka hari te hunga whai mātauranga
Koinei te matea nui rawa atu i runga i te ara
wairua**

**A i runga i ngā ara o te ora
He rama te māramatanga
E whakamārama ana i te ara o te tangata, e kawē
mai ana i te angitu ki a ia**

**I mua i te taenga atu o te tangata ki te whāinga
matua o te ao**

**Me mau i a ia taua pūkenga nui, tino hira hoki
Nō reira, kua e tukua te mārama kore e matapo i
a ia**

**Nā te mea he whakamomori wairua, tinana hoki
Me noho te mārama hei arataki i ngā āhuatanga
katoa**

**Ahako te uaua o ngā wheako e pā ana ki a tātou
Me whai māramatanga tika tātou
Kāore te Atua e whakararuraru, e whakamamae
rānei i a tātou**

**Ko tātou te hunga e āwhina ana, e whara ana
rānei i a tātou anō**

**Mā roto i tō tātou māramatanga me te
māramatanga**

**Kāore rānei i te mārama, i te kore rānei o te
māramatanga**

**Me inoi tātou ki te Atua kia whiwhi ai tātou i te
māramatanga**

**Ahakoā ngā wheako e tukuna mai ana ki a tātou
Ngā āhuatanga rānei e pā ana ki a tātou
Mā te māramatanga anake ka tiakina te tangata
Ina kaha haere, ina kino haere aku wheako
Ko taku mahi tuatahi he kimi māramatanga i roto
i ahau anō**

**Kāore au e whakapae i ngā āhuatanga, kāore hoki
e ngana ki te whakatika i ētahi atu**

**Engari ka tomo tuatahi ahau ki roto
Kei te ngana ahau ki te horoi i taku pā wairua
Me te tango i tetahi mea e ārai ana i taua
māramatanga o roto**

**Ka ārai rānei i ngā mana o te wairua kei puta
Kāore rānei e ārai i a ia ki te whakapuaki i a ia
anō**

**Koinei te ara ki te ora angitu
Ko te mawhiti atu i ngā raruraru te otinga māmā
pea**

**Engari ka kaha ake te tangata ina whawhai ia ki
tētahi hoa whawhai kaha**

**Ko te hunga kāore he uauatanga, kāore e tipu, ā,
kāore hoki e kaha ake tō rātou whakatau.**

**Ka memeha te wehi ina mārama tātou
Mā te mārama ka puta te haumaruru me te tiaki
He maha ngā wheako kua pā ki ahau i roto i te ao
Ā, ko te mea tino uaua o aua wheako ko te noho
tahi me te iwi**

**I hē tā rātou whakatau i ahau
Kua kite ahau i te hunga i arohaina e au
Ngā tāngata i hoatu e au tōku ngākau ki a rātou
He hē tā rātou mārama ki ahau, ā, ka tahuri ke
mai ki ahau**

**Engari kāore i puta te kawa i roto i ahau
Nā te mea ka huna te māramatanga e te kawa
Kāore au e tuku i ahau kia whara**

**Nā te kore mārāma o ētahi ki ahau
Engari, ka ngana ahau
Āwhina i a rātou mēnā e whakaae ana rātou
Tukua atu ki a rātou ngā whakaaro pai
Me ngā manaakitanga pai
Ina noho puku koe
Ka watea tō hinengaro i ngā pēhanga katoa
Noho mokemoke me ō whakaaro, mawehe atu i te
ao me āna tono**

**Whakamahia tō hinengaro kia whai hua i ia wā, i
ia wā**

**Ko ngā mea nunui ka puta tuatahi i roto i te
hinengaro**

**Koia te take e pupuri tonu ai ahau i tōku
hinengaro kia ora tonu**

**Ina puta te whai wāhitanga
Ka whakaoho tonu ahau i ōna mana auaha, ā, ka
puta ngā hua**

**Ngāna ki te mahi i tētahi mea auaha i ia rā
Hei whakapai ake i ō āhuatanga me te
whakahaere i tō aituā**

**Engari i te tuku i a ia kia whakahaere i a koe
Ka taea te whakapai ake i te hauora
Te whakatū rānei i ngā tikanga pai
Ki te whakatutuki rānei i te angitu ā-tinana, ā-
wairua hoki**

**Mā te arotahi nui ki ia tangata
I tētahi wā
Ko ngā mea katoa i hiahia ahau ki te whakatutuki
i tēnei ao**

**I taea e au te whakatutuki
He hua o te hinengaro te matū
Nō reira, kāore he herenga hinengaro mō te
hinengaro**

Ki te taea e koe te whakahaere i tō hinengaro

**Ka kukume te ao katoa ki a koe
I whiwhi ahau i ngā mea katoa i hiahia e au
Koia taku hiahia nui rawa atu, ā, koinei tonu taku
hiahia nui**

**Kei roto i te Atua te harikoa wairua
I tutuki taku hiahia, ā, e kore e taea te kī he
harikoa nui tōku**

**Kaua te tangata e whakaaro he koretake, he kore
tumanako, he pouri**

**Ka taea e ia te whakahaere i tōna ake ao mā te
whakahaere i ōna whakaaro**

**Mahia ngā mea whai hua me ngā mea pai e
whakaaro ana koe ki te mahi**

**He hoahoa ā-roto tōna i tino whai hua ai ki te
whakatairanga i ngā huringa pai.**

**Ka taea e koe te whakarerekē i tōu aituā
Ā, kia pai ake ai ō āhuatanga o te ao
Mā Tōna āwhina, kia whakanuia ia**

**Ka haere mai ahau me te mea he hau mai i te
pararaiha**

**Me tātari te ākonga i a ia anō i ia rā, i ia rā
Kia mōhio ai mēnā kei te whakatutuki ia i te
ahunga whakamua e hiahia ana ia**

**Ina ako tātou ki te tātari i a tātou anō me te kore
whakaaro pākiki**

**Ka taea e tātou te mōhio ki a tātou anō me ētahi
atu**

**Ko te tangata e noho ana i tēnei ao me te
māramatanga, ā, e wehe atu ana i tēnei ao me te
mōhiotanga**

Ka kitea e ia te ora tonu

**Ka whai ahau ki te hanga i te oranga o aku
ākonga**

**Ā, me anga atu ō rātou whakaaro ki te pūtake o te
harikoa me te pūtake o te māramatanga**

**Koia ahau i aro nui ai ki te taha wairua i te tuatahi
Me te kore e wareware ki te taha rauemi o te ao
Ā, e hiahia ana ahau ki te hunga e hiahia ana ki te
mōhio ki te Atua i roto i te ngākau me te wairua
Nā te mea kāore e taea te mōhio ki te Atua mā
roto i ngā tautohetohe hinengaro
Mā te whakarongo rānei ki ngā kauwhau nui,
whakahihiri hoki
E hanga ana i te oho o roto i te wairua
He tino tapu ki ahau te mea e mau ana i roto i
tōku wairua
Kāore e taea e au te kōrero noa iho
Kei te kōrero noa ahau mō ngā mea kua
whakamatauria e au, kua whakamanahia hoki e au
Mā te mōhiotanga ki a koe anō me ngā wheako o
te ao
Nā konei, he pono ēnei whakaakoranga ki ahau
Kāore au e ngana ana ki te kauwhau, engari ki te
whakaatu i aua kōrero
I kohia e au i te mārā o aku ake wheako
Ka haere mai ahau me te mea he hau mai i te
pararaiha
E kawe ana i te kakara o te pono
Mai i ngā Mārā o te Mure Kore
Kāore au e tono i tetahi mea māku ake
Ko taku hiahia anake kia hoatu ki a koe
Ko taua kakara rangi
Ā muri iho ka wehe atu ahau i ngā takutai o te
whenua
Kia hoki anō ki te ngākau o te ao tūroa
Ā, ko tāku e hoatu nei ki a koe, e hiahia ana ahau
kia wheakohia e koe
Mā tō ake whakahoahoa ki te Atua
Koinā anake taku hiahia
Ngā Kī ki te Nuinga**

**Ko te tangata e hiahia ana ki te whakataurite i
ōna whakaaro ki te nui o te atua**

**Me hutia e ia ngā taru kino katoa o te hiahia me
te rawakore i te oneone o tōna hinengaro**

**He tino tika te hinengaro whānui, kāore e mōhio
ki te hiahia, ki te apo rānei**

**Ā, ko te tangata e hiahia ana kia noho tahi me
taua whare taonga o te ao**

**Me waihanga e ia he mōhiotanga ki te nui me te
whai rawa**

**Ahakoia kāore ia e mōhio kei hea te kai e whai ake
nei**

**Me whakaaro tātou ki te nui o te Atua hei ua
whakahauora, hei ua nui hoki**

Ka taurite ki te katoa

**Ki te hapai tetahi i tētahi kapu, ka kī tonu tā rātou
kapu**

**Ā, ki te whakatakoto koe i tētahi kohua nui (ipu
rānei) ki raro i te ua**

**Ka whiwhi ia i tōna kīnga hei ua parakore, hei ua
manaakitanga**

**He aha te oko e whakamahia ana e tātou hei
whiwhi i te hua o te rangi?**

**Tērā pea he hapa, he kōhao rānei kei roto i te ipu
e hiahia ana koe ki te whakakī.**

**Nō reira, me whakarite, me hanga kia tika ai hei
whiwhi i te rerenga manaakitanga**

E pā ana hoki tēnei ki te tangata

**Ki te mamae te oko o te whakaaro nui e ara ake
ana i a ia ki te taonga o te rangi i ngā poke**

**Me whakatika, me whakarite kia ngāwari te tango
i ngā manaakitanga maha.**

**Me whakatika, me whakatikatika taua mōhiotanga
Mā te whakaora i a ia i ngā wehi me ngā feaa
katoa**

**Te hae me te mauahara, ka horoia ki te wai
parakore**

**Ngā wai o te rangimārie, te ata noho, te pono, me
te aroha atua**

**Kei te takahi te ao katoa ki te taha hei hanga
huarahi**

**Mō te tangata e mōhio ana ki tōna ūnga
Ka anga atu ia ki reira me te whakatau o te kai
rapu**

**Ngā Kī ki te Nuinga
Ahurea ā-roto o te Rawhiti-Hauauru
Ki te mea he kaha tō hinengaro
Ā, i whakatōkia e ia ki roto i a ia tētahi whakatau
pakari**

**Ka taea e koe te whakahaere i tō mutunga
Whakamātauria tō kaha hinengaro i ngā mea iti i
te tuatahi**

**Me mahi ki te whakapakari i a ia kia taea ai e ia te
whakatutuki i ngā mea nunui maha māu.**

**Kua pā ki ahau tēnei i roto i tōku ao, ā, e kōrero
ana ahau me te whakapono**

**Kei roto i te hinengaro te mana ki te angitū
Ka mōhio koe ki tēnei mea mēnā ka mau tonu koe
ki tō whakapono**

**I te aroaro o ngā feaa o te ao me ngā whakapouri
o te hunga whakapouri**

**Kōwhiria he mahi whakangahau, he kaupapa rānei
e kore e whakaarohia e ētahi atu**

**Kia taea e koe te mahi angitu
Kia mau tonu ki roto kia tutuki ra ano
Tīmata ki ngā whāinga iti
Ka tipu haere ō mana hinengaro
Kia taea rā anō e koe te whakatutuki i tō whāinga
Ka whakarōpūhia koe e te ao me tō whānau i
tētahi ara motuhake**

Engari me mahi hinengaro me te u tonu
Mō te huringa whai hua
Kāore he rohe ki te mana o te hinengaro
Arotahi ki tēnei whakaaro
Whakakīia tō hinengaro ki te hihiri kia tutuki ai
Me te whakatau ki te mahi i ngā mahi pai
Ki te whakatutuki i ō whāinga
Kia kaha tonu tō whakaaro ki ngā
whakatutukitanga teitei ake
I tutuki te taonga wairua
Ā, ka whai rawa, ka whai hua katoa
I raro i tāu whakahau, i raro hoki i tāu mahi
Ko tōku ora te kaiwhakaatu mō tēnā
Ko wai ngā tāngata tino harikoa?
Me ako te tangata i te atawhai
Te kimi i te harikoa mā te whakahari i ētahi atu
He whāinga pono, he whāinga rangatira hoki tēnei
mā te hunga e aroha ana ki te Atua
He mea nui te whakahari i ētahi atu ki tō tātou
ake hari
He whakamātautau e kī ana i te ngākau māhaki
Ko ētahi e whakaaro ana ki ō rātou whānau
anake, kāore e aro ki ētahi atu
Ko ētahi e whakaaro ana ki a rātou anō anake,
kāore ki tētahi atu
Engari ko ēnei te hunga kāore e reka i te harikoa
Kāore i te tika te rapu i te harikoa whaiaro
Ā, kua e wareware ki te harikoa o ētahi atu
Te tangata e tango ana i te moni a ētahi atu māna
ake, me te kore he mamae o te hinengaro
Ahakoa ka whai rawa ia, e kore rawa ia e harikoa
ki tōna ao
Nā te mea ka karapotia ia e ō rātou whakaaro o te
riri me te kore harikoa, ā, ka tangohia atu i a ia te
rangimarie o te hinengaro.

**Ina ngana te tangata ki te whakahari i a ia anō i
runga i te utu mō ētahi atu**

**Ka ngana te katoa ki te whakapōuri i a ia
Engari ki te ngana ia ki te whakahari i ētahi atu
Ahakoa te utu mō tōna ake oranga ngākau
Ka maumahara te katoa ki a ia me te aroha, ā, ka
hiahia kia angitu ia
Ina whakaaro tātou ki ō tātou ake hiahia
Me whai whakaaro hoki tātou ki ngā hiahia o ētahi
atu**

**Ina aro tātou ki ā rātou mahi, ka hiahia tātou ki te
āwhina i a rātou, ki te whakahari hoki i a rātou
Ko te tangata atawhai e noho ana i roto i te
rangimarie me te ngākau māhaki ki a ia anō
Me tōna whānau me te ao huri noa i a ia
Ahakoa ko te tangata hiahia tonu ka raru tonu
Ka ngaro tōna rangimārie o te hinengaro
Ko te kōrero mō te tamaiti whanoke i huri i tōna
wairua**

**I a au e tirotiro ana i taku kura i Ranchi, Īnia, ka
kawea mai ki ahau tētahi tamaiti he pakeke ake i te
tau toharite o ngā ākonga. I kōrero ahau ki ōna mātua
nāna ia i kawea mai e whakaae ana ahau ki ngā tama
kei raro iho i te tekau mā rua tau te pakeke, engari ka
whakaaetia ia e ahau mēnā he pai ia.**

**I kōrero ahau ki te tamaiti me te ngākau pono, me
te mea atu ki a ia:**

**"E momi hikareti ana koe, engari kāore ō mātua e
hiahia kia momi hikareti koe. Kua angitu koe ki te
wawahi i te whakaaetanga a ō mātua, engari kāore
anō kia angitu koe ki te whakakore i tō pouri, ā, ka
nui haere tō pouri mēnā ka mau tonu koe ki tēnei
whanonga kino."**

**I pā aku kupu ki tōna pānga, ā ka tīmata ia te
tangi, me te mea, "Kei te patu tonu rātou i ahau"**

Nā reira ka mea atu ahau ki a ia: "Whakaarohia tāu i mea ai ki a koe anō! Ahakoa rā, ka whakaae ahau ki a koe hei ākonga i runga i tētahi tikanga: kia noho ahau hei hoa mōu, kua hei kaiwhakapae i a koe. Mēnā he pono tō whakatika i ō hapa, ka āwhina ahau i a koe, engari ki te teka koe ki ahau, kāore au e mahi i tetahi mea māu nā te mea ka whakangaro te teka i te whakahoahoa. Ka taea e koe te huna i te pono, engari kia tūpato ki te teka."

I whakaae ahau ki a ia hei ākonga, ā, i mea atu ahau ki a ia, "I ngā wā katoa ka hiahia koe ki te momi hikareti, ka kawea mai e ahau he hikareti māu"

I haere mai ia ki ahau i tētahi wā, ka mea mai: He kaha te hiahia ki te momi hikareti (he hiahia nui ki te mate)

I hoatu e ahau te moni ki a ia, ā, kāore ia i whakapono ki ōna kanohi. Ka mea ia, "Puritia te moni," ā, i tino rerekē tōna whakaaro.

I ata akiaki ahau i a ia kia haere ki te hoko tupeka, engari kāore ia i haere. Engari, ka mea ia:

"Kāore pea koe e whakapono mai ki ahau, engari kua kore rawa tōku hiahia ki te momi hikareti"

Nā te mea i pērā ai, me te whai mātauranga me te whakapai ake, ka noho ia hei tangata pai, ā, ka tino mārāma tōna wairua.

Hei whakamutunga, ka taea e au te whakaara i tōna hinengaro wairua

Ka kitea, ka rangona hoki ngā tohu o te mōhiotanga wairua mā te whakapau kaha ki te whakahē i te ia o ngā tikanga tawhito, he, ki te whakatutuki i te harikoa pono, pumau.

Tērā pea ka pānui, ka rongo rānei koe i tētahi e whai ana i tētahi mea, ā, ka ngana tonu tae noa ki te mutunga, engari he tokoiti noa iho te hunga e whakapau kaha tonu ana.

**Heoi, ka taea e te tangata te whakapau kaha kia
pai ake rā anō tōna āhua, ahakoa he hohonu ana hapa
pērā i te moana.**

**I whiti ko au anake i te takutai moana
Ā, ka kite ahau i ngā ngaru e pakaru ana e
hamama ana i te haruru nui**

**Te whakaatu i tō oranga pōuriuri i te tai e ngaru
ana**

**Te horapa whakamataku, te tutu
Nā te reira ahau i wiri ai, i neke atu ai i te riri nui
o te taiao**

**I taku tiroiro haere, ka kite ahau i tētahi rākau
marumaru e poipoi ana i ōku ringa atawhai ki ahau
He whakamarie me te āhua atawhai, rangatira
I rūrū ōna rau i te manawataki o te hau
I tae mai tētahi karere ngawari ki ahau, i mōhio
ahau nōu taua karere**

**I tahuri taku titiro ki te rangi mutunga kore
I roto i tōna ngākau pōuriuri, i ngana ahau, pērā i
te tamaiti, ki te titiro tahae atu ki a koe**

**I rapu noa ahau i tō tinana i huna i muri i ngā
puranga kapua, engari kāore i kitea**

**Me te rehu o te pahuka me ngā rau matomato, he
ngawari rawa hoki mō ōku kanohi ki te kite**

**He tino parakore tō reo, e kore e taea e ōku
taringa te whakarongo**

**Heoi, i mōhio ahau kei te tata rawa koe
Engari ko koe, e te wairua aroha, i paheke atu -
me te mea he kēmu huna-me-rapu -**

**I ia wā ka tata atu ahau ki a koe, e ngana ana ki
te hopu i a koe**

**I rapu ahau i a koe, ā, i rapu huarahi ki a koe
Mā te huna i te kuware tawhito pērā i te wā tonu
Hei whakamutunga, ka mutu taku rapu i a koe i
roto i te ngakau pouri me te kore tumanako**

**Āe, e te hunga mātau ki te karo i ō kaiwhai!
Kua ngaro ahau i roto i ngā arai o te wāhi
Ki te kore he tumanako ki te hopu i a koe, ki te
titiro atu rānei ki tō mata**

**Ā, hohoro tonu taku tahuritanga atu i a koe, ā,
kāore he kupu whakahoki mai i te moana pūkeru!**

**He hāhā noa iho i te rākau pai
Me te wahangu mai i te wāhi mutunga kore
Mai i ngā awaawa hohonu me ngā tihi maunga
I mamae katoa ahau i tēnei tae noa ki te
hohonutanga o tōku wairua**

**Pērā i te tamaiti kua mamae ōna kare ā-roto, ka
ngaro atu ahau, ā, ka mutu taku rapu i a koe**

**Engari i te ohorere, i te kore e tumanakohia
I totoro atu te ringa ngaro, ā, i tangohia te arai
matotoru**

**Nā wai koe i huna i ahau mō ngā tau maha, mō
ngā tau maha**

**Me te harikoa nui rawa atu
I tahuri ahau, ā, ka kite i te moana e kata ana,
ehara i te haruru riri**

**Me te ao harikoa
Ā, ka tuwhera ngā tatau ethereal, e puta atu ai te
kohu o ngā moemoeā**

**Ā, i tōku taha i tū ai tētahi mea aroha, kāore i
kitea**

**I kōrero pōuri mai ia ki ahau i tētahi kōrero pōuri,
tino reka, tino parakore:**

**"Nau mai, nau mai! I hiahia koe kia haere mai
ahau, nō reira kei konei ahau!"**

**Ngā Kōrerorero Mai i te Ao Mutunga Kore
Nā te mea ko te whakawhetai ki te Atua ko te
aroha ki a ia**

**E whai ana mātou kia tata atu ki a ia, kia mōhio
hoki ki a ia**

**Nā te mea ko ia te Kaiwhakaora nui rawa atu o
ngā koha me ngā taonga katoa**

**Ko tōna tikanga he noho i roto i te rangimārie me
te ngākau kotahi hei whānau aroha o te ao whānui**

**E hihirihia ana mātou e ngā whakaaro o te mahi
tahi me te manaaki hoa ki ētahi atu**

**Ā, kia mōhio ai koe ko te Atua te rangatira o tēnei
ao**

**Ā, kia mahi tātou ki te whakaara ake i te
mōhiotanga mai i te matotoru ki te ngawari**

**Ā, mai i te whakaaro whakawhāiti ki ngā hiahia
whaiti, whaiaro**

**Hei whakawhānui i te porowhita o te aroha
tangata**

**Ā, ki te mahi ki te hanga i tētahi ao e
whakahaerehia ana e te aroha ki te pai me te wairua
atawhai**

**Mā tēnei ka taea e tātou te whakapuaki i tō tātou
whakawhetai ki te Atua**

Mō tēnei ora kua homai nei e ia ki a tātou

Ā, i te whai wāhitanga i homai e ia ki a tātou

Hei whakamātautau i te ataahua tūturu

Me te rangimārie tūturu

te aroha wairua

Me te hari parakore

**Ki te aroha tātou ki te Atua me ō tātou ngākau,
me ō tātou hinengaro, me ō tātou wairua**

**Nō reira, kei te rongoaia e tātou he taonga
wairua e kore e pirau mā tātou**

**Ka whakarite mātou kei a mātou ngā mea katoa e
hiahiaia ana e mātou i tēnei ao**

He tokomaha kua kōrero mō te Atua

He tokomaha i miharo ki ana mahi toi

He tokomaha kua pānui mōna

Engari ko te hunga i kite i tōna aroaro

**Ā, he tokoiti te hunga i reka ki a rātou
Koinei te hunga e mōhio ana ki a ia
Ina mōhio tātou ki te Atua, he reka te ora
Ki tonu te ora i te harikoa me te tumanako kanapa
Kia kī tonu ngā ngākau i te whakawhetai ki te**

Atua

**Ahakoā āna manaakitanga nui
Me āna manaakitanga mutunga kore
Ka taea e ia tangata te noho hei takawaenga
Ka rere te aukume wairua mā roto i a ia
Engari ko ngā hiahia whaiaro
Me te aroha o te rapu utu
me te mauahara
Ngā matū ngoikore
Ka whakawhāitihia e ēnei katoa te rere o taua
aukume, o taua kaha rānei
He hē te aukati, te whakararuraru rānei i tōna
rere
Ka āwhina te taurite hinengaro ki te whakaatu i te
aukume
Ina he ngawari, he atawhai te tangata
E whakaatu ana i te aukume
Ko te whakaaroaro te taiwhanga e whakamahia
ana
Ka taea e tātou te kite i ngā mana manaakitanga i
roto i a tātou
Ina kī te ngākau i te aroha o te Atua
Ā, kī tonu ngā kanohi i tōna māramatanga
Ka huri te aukume hei wairua
He rerekētanga nui i waenganui i te aukume
wairua
He mana nui whakaharahara
Te aukumetanga kararehe
E ārahihia ana e ngā kare ā-roto me ngā hiahia**

**He mea nui kia wehewehea ēnei momo aukume e
rua**

**Ko te aukume wairua e hangai ana ki te atawhai
me te whai hua ki ētahi atu**

**Ko te hiahia whaiaro me te whakamahi kino i
ētahi atu te mea e akiaki ana i te aukume kararehe**

Kaua te tangata e wehi

Haunga te wehi tonu

**Nā te mea koia te hoariri nui rawa atu o te angitu
me te hauora**

Ka whakapōrearea i te hinengaro

**Ā, ka kawea mai e ia ngā mea e wehingia ana e te
tangata**

Ka whakanui ake i te mamae

Ā, ka whakangaromia te ngākau

Ka pā kino ki te pūnaha io me te roro

Nō reira, me whakakore atu

Mā te whakapono ki te Atua

Te whakaaro pai me te whakaaro auaha

Te hihiri me te tumanako

Whakawhirinaki ki te tiakitanga a te Atua

Ā, ko te tangata e aroha ana ki te Atua

Ā, e haere ana ia i roto i tōna māramatanga

Kāore e taea e te pōuri o te wehi te taupoki i a ia

Nā te mea kei a ia te Atua

**Ko te tangata kei a ia te Atua, kei roto ia i ngā
ringa pai**

oranga taurite

Kei runga i te whai whakaaro nui

me te whakawhanake i ngā kaha ā-roto

Mā te whakawhanake i ngā pūkenga arotahi

Me te pupuri i te mana motuhake hinengaro

Me te kaha ki te pei i ngā awe kino

**Ā, kāore e tukua kia uru ki roto i ngā paparanga o
te hinengaro**

**Kia kore ai e huna te rangi o te wairua me te
māramatanga o te matauranga**

**Te noho i runga i ngā mātāpono matatika me ngā
tikanga matatika**

**Te māramatanga tika ki te ture o te take me te
pānga**

**Ā, tahuna ngā purapura o ngā mahi kino
Me te ahi o te whakaaroaro hohonu me te inoi
Ā, te whakatakoto i te turanga mō tētahi heke
mai wairua harikoa**

**Me ngā whakaaro pai
Ngā mahi pai
Te whakaaro arorau tika, ma hoki
Inoi mō ngā ākonga**

**E whitu tekau tau ki muri, i tuhia e te kaiako a
Paramahansa tēnei inoi**

**I roto i tēnei, e tono ana ia mō te aroha noa o te
Atua, te āwhina, me te arataki mō te hunga katoa e
rapu ana i a ia.**

**I ngā ara o te oho ake i te wairua
E te Ariki, āwhina mai kia mahara ahau ki a Koe
nui atu i taku mahara ki a au anō
Ā, kia waiho koe hei kingi nui rawa atu, e noho nei
i runga i tōku ngākau**

**Manaakitia te hunga katoa e haere mai ana ki
ahau**

**Ko tāku anake hiahia mō rātou kia rongo rātou i
tō manaakitanga, kia wheako hoki i tō aroha**

**Ko koe tōku ora
Ā, ko koe taku aroha
Ko koe taku taonga, tōku piringa i roto i te ao
Ā, ki a koe ka oati ahau i tōku pono pumau**

**Kia tiaho te māramatanga o tō aroha ki runga i te
aata o aku wawata**

**Ā, hei whakaara ake i te aroha ki a koe i roto i ngā
ngākau katoa e whakaae mai ana**

**Kua homai e koe ki ahau te ngākau nui, te
whakatau, me te kaha**

**Kia taea ai e au te kawe mai i ngā wairua e hiahia
ana ki a koe**

**Ngā wairua o ōku tuākana me ōku teina, ahakoa ō
rātou momo whakapapa rerekē**

Meinga ahau hei takawaenga mārāma

**Kia rere te māramatanga o tōu mātauranga ki
roto i ō rātou ngākau**

**Ā, ka peia atu i a ia ngā atarangi o te pouri, te
wehi, me te manukanuka**

**Ka tuku atu ahau i aku mihi nui me te maioha nui
ki a koe mai i te hohonu o tōku ngākau**

**Nā te mea kua manaakitia tōku ao e koe ki tō
aroaro katoa**

Āwhina mai ki te hora i tō karere

He karere aroha, rangimārie, me te pai

**Kāore au e hiahia ana ki te whakakororia i ahau
anō, engari ki te whakakororia i a koe**

**Kia waiho te whakaaweawe hei muri i aku kupu
me aku tuhinga**

**Kia taea ai e ngā wiri o tōku reo me aku kupu te
kawe i tō hihiri**

**Ā, kia rere mai tō kaha i roto i tōku hiahia me
tōku whakatau**

**Ko taku hiahia nui kia manaakitia ahau e koe, kia
meatia hoki tau e pai ai**

**Ngā kairangahau katoa e haere mai ana ki ahau
Ka tukuna atu e au ēnei ki a koe hei putiputi
wairua pai**

Ringihia ki a rātou tō atawhai

Whakakīia rātou ki tōu rangimārie

Ā, i tēnei upoko whakamutunga o tōku ao

**Ko koe anake te kaiārahi mō aku hikoinga
Ā, ko te whakaaweawe tapu rawa atu mō ōku
whakaaro**

**Kia waiho taku wawata nui rawa atu
Te ārahi i ngā hinengaro me ngā ngākau o te
tangata ki a koe**

**Ka inoi atu ahau ki a koe kia tiakina ngā ākonga i
ngā kino katoa**

**Ā, hoatu ki a rātou kia inu i ngā puna o āu wai ora
Ā, ka manaaki ia i a rātou, ka tiaki i a rātou
I te ara ake, i te moe, i ngā moemoeā
Ā, kia haere tahi tō manaaki me rātou i ngā wāhi
katoa e noho ana rātou**

**ināianeī
I ngā wā katoa me ngā wāhi katoa
Mai i ngā kōrero a te tohunga a Paramhansa Yogananda
Ka amuamu te iwi mō te whakaaro ki te
whakarērea i ētahi mea o te ao**

**Ahakoā he maha ngā taonga utu nui e whakarērea
ana e rātou**

**Ko te mea nui rawa atu i roto i ā rātou
āwangawanga ko te rangimarie o te hinengaro; i ētahi
wā ka patu whakahere rātou i a rātou anō**

**Mō te moni pirau, mō te moni wā poto hoki
Ka tangohia pea te taonga i te tangata, ka
tangohia rānei i a ia mā te wehe atu i te ao**

**Kāore e taea e ia te kawē tahi me ia
Ko te whakapaunga moni anake ki ngā mea whai
hua**

**Ā, i roto i te kawē mai i te harikoa ki a koe anō me
ētahi atu i runga i te huarahi e pai ai te Atua me te
hinengaro o te tangata**

**Ko te hunga e whakaaro ana ki tō rātou ake
haumarū me te whakamarie anake**

**Te wareware, te kore rānei e aro ki ngā hiahia o
ētahi atu**

Kei te takaro pono rātou ki te rawakore

Ko tēhea hei taonga mā rātou i tētahi rā

**Ko te hunga e pupuri ana i ā rātou taonga, kua e
whakamahi mō ngā mahi pai**

**Kāore rātou e kawe mai i te oranga ki a rātou anō
i roto i tō rātou ao e whai ake nei**

**Engari, i whānau rawakore mai rātou, me ngā
hiahia me ngā wawata o te hunga whai rawa.**

**Mō te hunga e tohatoha ana i ō rātou taonga me
te whai rawa ki ētahi atu**

**Ka kukume mai rātou i te waimarie me te taonga
ki ngā wāhi katoa e haere ana rātou**

**Ina hoatu e koe ki te hunga e tika ana kia hoatu ki
a koe i runga i te ngākau hihiko**

Ka kitea e koe kei a koe tonu te Atua

E kore rawa ia e whakarērea i a koe

**Mā tana āwhina me tana manaaki, kāore he mea e
hiahiatia ana e koe**

**Whakawhirinaki ki te Atua, ā, ka tae mai tana
awhina ki a koe, ā, ka karapotia koe e tana manaaki**

**Kua e wareware kei te Atua tonu te pūtake o ō
tātou oranga**

**Ina mōhio tātou ko ō tātou hinengaro, ō tātou
hiahia, me ā tātou mahi**

**E whakawhirinaki ana rātou katoa ki te Atua, ā, e
ahu mai ana tō rātou kaha i a ia**

**Kātahi ka whiwhi tātou i ngā aratohu tika mai i a
ia**

**Ka mōhio tātou ko tō tātou oranga he kotahi ki
Tōna ora mutunga kore**

**Kī tonu te ao i ngā awa ā-taiao me ngā awa ā-
tangata, ā, ko te Atua te whakangungu rakau pakari**

**me te piringa haumaruru mai i ngā awa, ngā
awhiowhio, me ngā kino o tēnei ao.**

**Ahakoia kei hea te Atua, kāore he wehi, kāore he
pōuri. Ko te tangata whakapono pono e tū pakari ana,
e māia ana i roto i ngā pakanga o te ao me ngā
whakamātautau o ngā āhuatanga, me te tino mohio
kei a ia te Atua, e tiaki ana i a ia i te kino, ā, e kore
rawa e whakarērea ia ia mō tētahi wā poto. Nō reira,
ka ngaro te wehi i roto i tōna ngākau, ā, ka pūmau te
tino whakapono ki te tiakitanga.**

**Ko te kore wehi ko te whakapono ki te Atua me
tana tiaki, me te whakapono ki tana tika, ki tana
whakaaro nui, ki tana atawhai, ki tana aroha, me tona
aroaro i nga wahi katoa.**

**Ka tangohia e te wehi te kaha hinengaro o te
tangata, ka whakapōuri i te hinengaro, ka whakararu i
ngā manawataki tūturu o te ngākau. Hei tāpiri, ka
hangaia e te wehi ngā raruraru tinana, ā, ka pā mai
hoki ngā mate hinengaro.**

**Engari ko te tuku i te tangata ki te manukanuka
me te here hinengaro, me whakamanawanui ia kei
raro i te maru o te Atua, te Kaititiro, te Whakarongo,
kei roto i tōna pā kaha, ā, kei te karapotia ia e tōna
aroha me tōna manaaki.**

**Ahakoia kei roto i ngā ngahere o Āwherika te
tangata, kei runga i te papa pakanga, e pāngia ana e
te mate, e te rawakore rānei, me whakamanawanui
rātou i a rātou anō he kaha ake te ringa o te Atua i te
tūponotanga, ā, ka taea e ia te tiaki i te hunga e rapu
piringa ana ki a ia.**

**Kāore he huarahi whai hua ake hei tiaki i a koe
anō. Ae, me whakamahi te tangata i te arorau i roto i
ngā āhuatanga, me te whakawhirinaki katoa ki te
āwhina a te Atua. Kāore te whakapono e tohu i te
mangere, i te mahi kuware rānei i roto i ngā**

āhuatanga. Engari, ahakoa te aha ka puta, me whakamanawanui te tangata ko te Atua anake ka taea te āwhina i ngā wā uaua me ngā wā whakamātautau mena ka tahuri te tangata ki a ia me ōna ngākau katoa, wairua katoa, me ōna whakaaro katoa.

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka ngoikore ngā waewae, ka whakaroa ki te neke whakamua. Me waiho e tātou te māramatanga o te Atua hei rama ārahi i a tātou e hikoi ana i ngā ara pōuri o te ao. Ko ia te marama katoa i ngā pō o te kuware me te pōuri, te rā o te kanapa i ngā hāora o te oho ake, te rama ārahi, me te Whetu Raki mō te hunga e whiti ana i ngā moana o te pōuri o te ao, e memeha haere ana.

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te tangata e rapu tohutohu ai? Kāore he painga o ōna ake whakaaro, e pāngia ana e ngā tikanga, ngā whakahāwea, ngā whakaaro kua whakaritea i mua, me ngā whakaaro whakahāwea, ā, kāore e taea e ngā awe o tōna taiao, whānau, whenua, ao rānei te whakarato i te tohutohu tika.

Nō reira, me tahuri te tangata ki te Atua, me whakarongo ki te reo marino, rangimārie e puta mai ana i te hohonutanga o te wairua, e rite ana ki te pono.

Te rerekētanga i waenga i te whakaaroaro hinengaro me te whakaaroaro wairua

Ki te whakarite te tangata i a ia anō me te mātauranga ariā

**Ka waiho hei taputapu hopu oro kawē
E kōrerotia ana e ia ngā whakatauki, e whakapuaki ana i ngā kupu whakahihi
Ki tā ētahi he tohunga mātau ia
Engari ko taua mōhiotanga**

**Kāore e whakakahangia e te kitenga tika o te
pono**

**Ā, kāore he whakatutukitanga wairua e taea te
whakarite ki tēnā**

**Ko tēnei momo mātauranga, ko tēnei momo
mātauranga rānei**

Kei te hono tonu te "ego" ki te hinengaro tairongo

He mea herea e ngā kare ā-tinana

**Kāore e taea e te mātauranga ariā te whiwhi
mātauranga atua**

He mea tika kia kaua e moumou taima utu nui

**I runga i ngā ariā kāore e taea te whakamahi i
roto i te ao tūturu**

**Ki te kore, ka kitea ia i waenganui i te ngahere
hinengaro matotoru**

**Kāore e taea te whiti atu i te whānuitanga o ngā
ariā**

**E kore tēnei tukanga e arahi ki te mōhio ki te
pono**

**Nā te mea kei tua atu te pono i ngā whakaaro me
ngā ariā**

He tokomaha e whai ana i tēnei tikanga

Ka herea rātou e ā rātou ake whakatau whaiaro

**Ki te whakamahia e te tangata ōna mana
hinengaro**

**Ki te whiwhi moni me ngā taonga, kāore he mea
kē atu**

Ka kukumea tōna hinengaro ki te ao tūroa

Ka raru i roto i ngā raruraru mutunga kore

Nō reira, e mea ana te hunga whakaaro nui

**Kaua te tangata e whakapau i ōna pūkenga
hinengaro katoa ki**

**Nā te Atua i homai ki a ia kia rapu i ngā mea
memeha noa iho**

Ki te kore, ka ngaro ia i roto i te arai o te ao tūroa

Ka hangaia e ia ngā here me ngā herenga kāore e hiahia ana e ia

Nō reira, me whakamahi ia i ōna pūmanawa hinengaro

I te whiwhi i ngā mea e hiahia ana mō te oranga

Me te whai kia whanakehia ōna āhuatanga matatika

Hei wehewehe i te tika me te hē, i te kino me te pai

Ā, ina whanake ia i tōna māramatanga wairua

Ka taea e ia te rongō i te Atua i roto i a ia

Me te tino mohio ki ngā pono wairua

E huna ana i muri i ngā arai o te mea matotoru

Ka kiia tēnei āhua ko te whakaaroaro wairua

Ko tētahi o ngā wāhanga tino nui o te tipu wairua

Ko te tikanga tēnei o te kōrero puku ki te Atua

Ka kite koe i tētahi huringa pai whakamiharo

Ka tino aroha koe ki tēnei

Ahakoā ā tātou āwangawanga

Me noho te Atua ki te tūranga tuatahi i roto i ō tātou oranga

Ina hiahia te tangata ki te mātaki i tētahi whakaaturanga

Ki te hoko kākahu hou, ki te hoko waka hou rānei

Kāore ianei i te pono kei te pukumahi tonu tōna hinengaro?

Mō ēnei take, me pēhea te whakatutuki, te whakatutuki rānei i aua mea?

Kāore ia e okioki kia tutuki rā anō ōna hiahia

Engari, ka mahi tonu ia me te kore e ngenge ki te whakatutuki i aua wawata

Nō reira, me aro nui te hinengaro o te tangata ki te whakaaro ki te Atua

Ā, ko reira ka hurihia ngā hiahia iti, iti katoa

**Ki te hiahia nui ki te rongō i te Atua me te kōrero
ki a ia**

**Ina hāhā te hinengaro ki te Atua i tētahi hāhā
ngākau nui, hihiri**

**E puea ake ana i te hohonutanga o te wairua e
matenui ana**

**Ka pā te karanga a te wairua ki te ngākau o te ao
tūroa**

**Ā, ka tae mai te whakautu, me te hari nui hoki
Mā te kōrero puku hinengaro ka whakatupu te
kaha o te ngākau**

**Kia whiwhi rā anō koe i te kaha e tika ana hei
whakatutuki i te whāinga e hiahiatia ana**

**Ina rite te hinengaro me te hiahia o te tangata ki
te Atua**

**Kua whakawhiwhia rātou ki te mana mutunga
kore**

**Nō reira, ko te whakaaro noa ki tētahi mea ka
ranea hei whakatutuki i taua mea**

**Nā te mea e mahi ana te ture atua hei painga mō
te hunga e whai ana i te hiahia nui rawa atu**

**Ngā whakatutukitanga whakahirahira katoa o
tōku ao**

**Ka tutuki mā te mana o te hinengaro i roto i te
mahi tahi me te Atua**

Ina rere te pūkaha atua

**Ko ngā mea katoa e hiahiatia ana e au ka tutuki,
kāore he okotahi**

**I te tuatahi ka puta mai he hoahoa ethereal, kāore
e kitea**

**Kātahi ka puta mai me te kaha e kore e taea te
ārai ki te whenua**

Te mea ngaro o te tipu

**Ka tipu ake tātou i roto i ia wheako e pā ana ki a
tātou, mena ka mōhio tātou ka taea e tātou te ako i**

ngā akoranga whai hua mai i aua wheako. He tikanga, he kaupapa hoki ō ngā mamae me ngā mamae katoa e pā ana ki a tātou.

Ahakoia te kaha o ngā whakamātautau, he rite tonu rātou ki te ahi e whakarewa ana i te rino, e huri ana hei maitai ataahua, pakari, ā, he maha ngā whakamahinga.

Ā, he mea whakamiharo te maitai o te whakaaro nui e tangohia ana e tātou mā roto i ngā ahi mura o ngā whakamātautau. Mā te ora tātou e pure mā te huri i ō tātou konganuku taketake hei huānga utu nui, kia taea ai e tātou te noho i tēnei ao hei wairua parakore pērā i ngā kohatu utu nui, hei pakeke pērā i te maitai, ā, i te wā kotahi he ngāwari, he piko hoki, me te kore e pakaru i raro i ngā pēhanga o ngā uauatanga me ngā whakamātautau uaua.

Ina kite tātou i ngā kanohi kua whakapōturitia e te riri, kua whara i te nanakia, ka hiahia tātou ki te whakakore i te kino i roto i ō tātou wairua—he wairua kāore i pāngia e tetahi mea engari ko ngā whakaaro kino me ngā mauahara hohonu e huna ana i te ahua tapu tapu i roto i a tātou, pērā i te pungarehu e whakapoke ana i te whakaata. Me whakaoho ake ngā mahi mamae a ētahi atu i roto i a tātou i te hiahia ki te whakapai ake i ō tātou ake whanonga me te whakahaere i a tātou anō, kia noho ai tātou hei rangatira mō ō tātou hiahia tutu, kaua hei pononga mā rātou.

He rongoā whakamiharo ngā kupu atawhai mō ngā mate maha, he mana aukume kaha, tata ki te makutu, e kawē mai ana i ngā manaakitanga me te taonga nui ki te hunga e kōrero ana. Ko te hunga e whakamahi ana i ngā kupu whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i roto i a rātou, kāore e mutu, ka kī tonu rātou i te nui o te rangimarie. Nā te

mea e hono ana taua ia ki tōna pūtake teitei ake, e rere tonu ana, e toro atu ana ki ngā wairua i roto i te rangimarie. Ka taea e rātou te tuku i tēnei rerenga o te harikoa ki ngā wairua e hiahia ana ki te rangimārie.

I ia rā, ka titiro te tangata ki te whakaata kia kite i tōna mata nā te mea e hiahia ana ia kia puta tōna āhua pai ki te aroaro o ētahi atu. Heoi anō, he mea nui ake kia tū atu ia rā ki a ia anō, kia titiro ki te whakaata o te tātaritanga o roto kia kitea ai he aha kei muri i ngā āhua kanapa o te mata? Nā te mea ko ngā mea katoa e ātaahua ana ki waho, nō roto mai i te tangata, ā, kāore he mea e taea te whakakino i te whakaata o te wairua. He rite te parakore ki ngā whakapōrearea hinengaro pērā i te riri, te mauahara, te hae, me te mauahara. Ko te tangata e ngana ana ki te wetewete i a ia anō i ēnei matū e tauhou ana ki te āhua o te wairua, ka whiti te māramatanga o te ātaahua o roto mai i roto, ā, ka reka ki ngā mea e pā ana ki te tangata he wairua marino.

Mā te tātari ka kitea e tātou e toru ngā āhuatanga o ngā raruraru tangata: ko ētahi he raruraru me ngā mate e pā ana ki te tinana tangata, ko ētahi e pā ana ki te hinengaro, me te tuatoru o ngā wāhanga e aukati ana i ngā ara o te wairua.

Ko te mate, te koroheketanga, me te mate ngā uauatanga me ngā arai e pā ana ki te tinana. Heoi, ka whakaekea te hinengaro e ngā mate hinengaro mā te pouri, te wehi, te riri, ngā hiahia kua pehia, te mauahara, te mauahara, ngā kare ā-roto, te kirika me te whakaohohoio, me te mate pukupuku hinengaro e whakararuraru ana i ngā kaha hinengaro. Ko te mate tino morearea ia, heoi, ko te mate o te wairua, e whakaatuhia ana i roto i te kuware, e puta mai ai, e horapa ai ngā mate katoa.

Tangata whānui

**I whakaaweawetia e ngā whakaakoranga a te
Kaiwhakaako Paramhansa**

**I tērā taha o ngā moana e wehe ana
I tētahi kokonga tawhiti o te ao
I puta mai te tangata o te ao ki ahau
Me te kanapa nui
Ka whai i te whitinga me te kanapa o te rā
I waenganui o ngā ngahere tawhito tōna kāinga
I kite ahau i a ia e hiko ana i roto i ngā mania
koura o te whakaaro nui**

**Me te ora o te taitamarikitanga
Me te harikoa o ngā tamariki
E moemoeā ana ia mō te kanapa makutu o te
marama hou**

**Ka neke ia i waenga i ngā whare maha
Ka puta mai ia me te marama me te tere
Mai i ngā kūaha o ngā rautau me ngā tau
Mō tētahi wā poto ka puta mai te āhua rerekē
Kātahi ka ngaro atu ia
Kātahi ka puta anō
Te ātete ki te memeha me te ngaro
He rite ki te etere o ngā rangi mutunga kore
Ā, he maha ngā rama i whiti mai i tōna mata
Ka kōrerotia ngā kōrero mō te hiahia nui e mura
ana**

**Me ngā kare ā-roto e mura ana
Me te ataahua o te taitamarikitanga
Me te aroha taitamariki parakore
I puta mai ngā mura o te whakapono kanapa i
roto i ōna kanohi**

**Me te kanapa whero o te tumanako māia
Me te uira e kanapa ai ngā kanohi
Mō te pakari me te kaha
E whakamārama ana i ngā kokonga o te ao tūroa**

**Ka tae tōna whānuitanga ki ngā whetū tawhiti
rawa**

Auē te kororia e kore e taea te whakaaro!

**E puea ake ana i tō ngākau moana, e te tangata o
te ao tūroa**

**Kua roa ahau e titiro ana ki tō āhua kororia,
kanapa**

**I kite ahau i ngā toronga mutunga kore me ngā
mea ngaro**

**Me te mea nei i kite ahau i te wairua tangata e
whakaatuhia ana**

**I roto i tōna kororia me tōna ataahua katoa
Te Makasini Rawhiti-Hauauru**

He nui atu te pai i te kino o te ao

**Ina ngokingoki mai ngā feaa, me mahara tātou ki
te oranga o ngā tāngata nunui. He pono he tangata
tātou, engari kua homai e te Atua ki a tātou ngā mana
whakamiharo e kore nei e whakamahia e tātou, nō
reira he aha tātou ka wiri ai i te wehi i te
koroheketanga, i te mate, i te pouri?**

**Me mahi tātou i ngā mea katoa e taea ana e tātou
hei tiaki i te tinana, engari kua e tukua kia matakū,
kua hoki e huna i a tātou anō ki raro i ngā puranga o
te kuware. Ehara te tinana i te tangata katoa.**

**He nui ake te pai i te kino i tēnei ao nā te mea ko
te Atua te mana nui. Engari ina pā mai te kino ki a
tātou, ka whakaaro tātou kāore he mana o tātou ki te
whakahaere, ki te mawhiti rānei i tōna ringa.**

**E tūpono ana te pupuhi mai o ngā tupuhi kino,
engari ka taea e tātou te wikitoria i ōna pānga me te
ara ake i runga ake i aua mea**

Kāore i homai he ora ki a tātou kia whakangaromia e ia, engari kia whakatōkia ki roto i a tātou te mōhiotanga ki te ao mutunga kore, ā, me mahara tātou ki tēnei pono.

Ki te kore he herekore o te whakaaro, kāore e taea e te tangata te whakapuaki i a ia anō i roto i te huarahi parakore, ohorere, me te taiao. Kia maumahara he tino herekore koe. He herekore tonu te mana o te hiahia.

Ki te whakamahi tika koe i tō kaha hiahia, ka hangaia he karma hou māu, engari ko te nuinga o te iwi kāore e hiahia ki te huri, ki te whakapau kaha rānei, nō reira ka hinga rātou i te aroaro o ngā uauatanga, ā, kāore e taea te aro atu ki ngā wero.

Ehara i te herekore te mahi a te tangata i tāna e pai ai, nā te mea he herenga tōna e ōna hiahia, nō reira, kāore e taea te kī he herekore āna mahi.

Ko te tikanga o te herekoretanga pono ko te mahi i ngā mea katoa me te hiahia e arahina ana e te whakaaro nui. Ka taea e te tangata te whakahaere i ngā hua o ā rātou mahi o mua, ka whai tonu mai i a rātou, mena ka whakahohehia e rātou tō rātou hiahia, ka whakamahia mō ngā mahi pai, whai hua hoki.

Ki te whakahaere koe i ō mahi i runga i te whakaaro nui me te kaha o te wairua, ka ngoikore ngā mana o ō mahi hē o mua, ā, ka kaha ake ō tikanga pai.

Ka herea tātou e ngā tikanga kua whakatōkia ki roto i tētahi ara, ā, nō reira, kāore tātou e noho i roto i te herekoretanga tūturu.

E hiahia tonu ana tātou ki ngā mea kāore i a tātou, ā, ka piri ki ngā mea kāore e tino hiahiatia. Kia riro mai i a tātou tētahi mea, ka ngaro tō tātou mana whakatau mō tētahi wā poto. Pērā i te pononga a te hunga o te Rawhiti i ngā tikanga tawhito, waihoki ka pononga a te hunga o te Hauāuru i ngā tikanga hou. Ka hangaia e tātou tō tātou ake ao, ā, ka noho hei pononga māna.

He aha i whānau ai tētahi tamaiti ki roto i tētahi whānau kino, ā, i whānau tētahi ki roto i tētahi whānau pai? I whakamahia e ia o rātou tō rātou rangatiratanga ki te noho i tētahi ara i mua (i te ao o mua) ā, nā reira i puta mai ai aua āhuatanga ki a rātou anō i tēnei ao.

Kāore he herekoretanga pono ki te kore te Atua. Me whakaaro tonu tātou ki a ia. Ahakoa ō tātou āwangawanga me ō tātou whakaaro, me noho te Atua ki te tūranga tuatahi i roto i ō tātou ngākau.

Ā, ina tino hono tātou ki a ia, ka homai ki a tātou te kaha ki te whakatutuki i ngā mea me whakatutuki e tātou, i ngā wā katoa, me tana awhina tapu.

He tohutohu mō te ākonga

I pātai tētahi o ngā ākonga ki te kaiako a Paramhansa

Hei hoatu i ētahi tohutohu mō te whanaketanga i a ia anō, i mea ia

Ki te hiahia koe kia arohaina

Tīmata mā te aroha ki ētahi atu e hiahia ana ki tō aroha

Ā, ki te tumanako koe i ētahi atu

Kia pono, kia pono ki a koe

Kia pono, kia pono hoki ki a rātou

Ā, ki te hiahia koe kia kaua ētahi e mahi kino, e mahi tinihanga

Kaua e tukua te tinihanga kia uru ki roto i ō whakaaro

Kaua e mahi i tētahi ara e whara ai ētahi atu

Ki te hiahia koe kia aroha mai ētahi atu ki a koe

Tīmata mā te whakaatu i te aroha ki a rātou

Ina koa ki te hunga e karapoti ana i a koe

Ki te hiahia koe kia whakautehia koe e ētahi atu

Me whakaatu e koe te whakaute ki te hunga rangatahi me te hunga kaumātua i roto i a rātou

Ki te hiahia koe ki te rangimārie mai i ētahi atu

Me noho koe i te ao o te rangimarie

Ki te hiahia koe kia whakapono te iwi

Kia hihiri, kia tukua ētahi atu kia rongo

He tauira pai koe, ā, ka taea e rātou te whakawhirinaki me te whakawhirinaki ki a koe

I roto i te poto, ko ngā mea katoa e hiahia ana koe kia whakaaturia e ētahi atu

Ko tētahi o ngā painga o te pai

Whakaaturia i roto i tō oranga i te tuatahi

Ka kitea e koe he rite tonu te tauhohenga a te tangata ki a koe

**Mena ka taea e koe te tautuhi i ngā wāhi e
hiahiatia ana**

Hei whakawhanake, hei whakapai ake i tō oranga

**Me te kore e ngakaukore, e kore hoki e
whakawhanake i te matatini o te whakaiti i te
whakaaro**

**Ā, ki te mahi tonu koe ki te whakapai ake i tō
tuakiri**

**Kātahi ka nui ake te whai hua me te whai hua o te
wā e pau ana i a koe**

He aha mēnā i pau i a koe mō te hiahia

Kia whakapai ake te tangata i a rātou anō

Tō tauira pai me tō huarahi tika

He kaha ake ki te whakarerekē i ētahi atu

Mai i ō hiahia noa iho, i tō riri, me ō kupu

Kāore e taea te tatau i a Kashmir

Ko koe te pūtake o ngā mea pai katoa

Ā, ko te pūtake o te mana katoa

Manaakitia mātou, e te Ariki

**Kia whakakitea ai e mātou āu manaakitanga ki a
mātou**

I roto i tō tātou hauora

me ō tātou wawata hinengaro

I roto i ā tātou whakaaturanga wairua

Ko koe te tiaho i roto i ngā whetu

Pūngao i roto i ngā ngota

Me te atawhai i roto i ngā ngākau

Kei roto i te pono te ataahua

Kei roto i te pono te nui

Āwhina mai kia whakakaha ake anō mātou

Mā tō mana nui

Ki tō whakaaro nui mutunga kore

Me tō pono mutunga kore

Kia mōhio mātou ko koe te puna o te ora

me te taiao o te ora

**Ā, te pūtake o ngā māramatanga me ngā
mātauranga katoa**

Whakaorangia mātou i te kuware me ōna pānga

O ngā wehi me ngā āwangawanga

Kia horomia atu e te waipuke o tō whakaaro nui

**Ngā pakaru katoa me ngā whakangaromanga o ō
tātou oranga**

Haea ngā arai e huna ana i tōu mata i a mātou

Kia kite tātou i a koe me te māramatanga nui

Ngā rā tini i te pae tawhiti o ō tātou oranga

**Tukua mātou kia rongu i a koe hei kaha e
whakahoutia tonutia ana**

Ka whakaaweawe ō mātou whakaaro

Ā, whāngai i ō tātou wairua

E whāngai ana ō tātou tinana

Ā, ka tutuki ā mātou moemoeā

Āmene

Ko te nuinga o te iwi kāore e mōhio he aha

Mai i tō rātou aroaro i runga i tēnei whenua

E whakapono ana rātou ko te kaupapa o te ora

Koia te whakatutukitanga o ngā hiahia

Te whiwhi i ngā mea e hiahiatia ana mō te oranga

Te rapu i te ahuareka me te aroha tangata

Ā, tukua atu ki te kaikaranga whakamutunga i te mutunga

Ka tīmata te oranga o te tangata

Ngā kaihotaka me ngā hiahia motuhake

Me ngā hiahia kāore i tutuki i mua

Ā, ka ngana rātou - me te iti o te hiahia e toe ana ki a rātou -

Te whai i ngā hiahia me ngā mahi a tētahi atu

Ki te mea ka hono rātou ki ngā kaipakihi

E hiahia ana rātou kia rite ki a rātou

Ā, ki te hono atu rātou ki ngā kaitoi

Ko te toi te mea nui ki a rātou

E hiahia ana te Atua kia mahi pono tātou i tēnei

ao

**Kua homai e ia ki a tātou te hiakai e hiahia ana
kia mahi tātou kia ea ai taua hiakai**

Engari ko te rapu kai me te piringa

Te moni me te taonga, kāore he mea kē atu

**Ko tōna tikanga ka wareware te tangata ki te
pūtake o tōna harikoa**

He pono me mahi tātou

Hei whakatutuki i ā tātou hiahia

**Ā, kia kaha tātou ki te whakatutuki i ā tātou
whāinga tika**

Engari ko te mea tuatahi

Hei whakatuwhera i ō tātou ngākau ki te Atua

**Ka tono mātou kia arahina mai ia e mātou, kia
whakaaetia mai hoki e mātou i ngā mea katoa e
mahia ana e mātou**

Kātahi ka angitū tātou i te kura o te ora

Nā te mea ka whiwhi tātou i ā tātou tohutohu

Mai i te Kaiwhakahaere Nui me te Kaiwhakarite

Ko te tangata e mōhio ana ki tā tātou e hiahia ana

He aha te mea pai mō tātou?

Nō reira, me whakawhirinaki tātou ki a ia

Ka ngohengohe tātou ki Tōna whakaaro nui

**Ngā reta ki te kaiako Paramahansa mai i āna
ākonga**

**Kei te mau tonu te mahara ki taku haerenga atu
ki a koe**

I roto i te Pukapuka XIV o te maheni Inner Culture

**Ngā reta i tukuna mai e ō rātou kaituhi mai i ngā
whenua rerekē**

**Ka whakahuahia e mātou te kupu e whai ake nei
mai i reira:**

**E hiahia ana ahau ki te whakamōhio atu ki a koe,
mā taku pānui whakaaro nui i āu akoranga**

I whiwhi ahau i te māramatanga wairua

Ko te mea i rapua tonutia e au

**Nā āu akoranga i huaki ngā tatau o te harikoa
mōku**

*** * ***

**Ka whakaharatau ahau i ō whakapumautanga
wairua i ia rā, i ia rā**

**Ki taku titiro ka memeha haere ngā whakaaro
kino**

Kua memeha haere ngā wehi

Ka koa ahau ki ia wā o tōku ao

Ngā mihi nui mō tō āwhina

*** * ***

He maha ngā manaakitanga e riro mai ana i ahau

Mai i āu akoranga wairua

Kei te tino tatari ahau ki te pānui i ō whakaaro

**Ka whakapau kaha ahau ki te whakamahi i tēnei
ki tōku ao**

He ataahua āu akoranga, he whai hua hoki

*** * ***

**Ka kitea e au i roto i tō rapunga whakaaro
whakamiharo**

**He aha te mea e whakaohoho ana i te miharo me
te hihiri**

**Ngā mihi nui ki a koe mō ngā mea katoa i homai e
koe ki ahau**

Mai i te āwhina me te whakamarie hinengaro

*** * ***

**He tino kaha tōku whakaaro mō te whiwhi i tēnei
ia wiki**

**I runga i tētahi akoranga hou mai i āu
whakaakoranga**

**Ka kitea e au te harikoa me te māramatanga i
roto i ia akoranga**

*** * ***

**Ngā mihi nui ki a koe mai i te hohonu o tōku
ngākau**

**Hei āwhina i ahau ki te mārama ki tōku āhua o
roto**

**Ā, kia mōhio ai ahau ki ngā mana huna i roto i
ahau**

**Ā, hei whakaatu i te māramatanga o te Atua ki
taku tirohanga**

Nā roto i ngā akoranga i riro mai i ahau i a koe

*** * ***

**Kei te maumahara tonu ahau ki taku haerenga atu
ki a koe**

E whā tau ia e noho ana i roto i ōku whakaaro

**Kei te maumahara tonu ahau ki tō whakapono
katoa ki te Atua**

Me tō aroha ki te tangata

I āwhina i ahau kia mōhio ki ahau anō

I taku whakaaro ko au anake

**Kāore ōku hoa, kāore hoki he tangata e aroha mai
ana ki ahau**

**I homai he whakapono ki ahau anō, ā, i whakanui
ake i tōku wairua**

**Nāna ahau i whakatenatena kia maia ki te aro atu
ki ngā āhuatanga o te ao**

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Mō ngā tau e whā tekau

**I ako ahau i ngā momo peka o te pūtaiao me te
mātauranga**

**Engari kāore i puta mai i ahau tetahi mea i taua
ako katoa**

**I runga i tētahi mea e rite ana ki tāku i ako ai i
roto i āu akoranga**

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**He nui ngā painga mōku i te pānui i āu akoranga
Mena he nui ake te tokomaha o te tangata
Ka ako rātou, ka whakatinana hoki i ō whakaaro
Ko te ao e noho nei tātou ka rite ki
Pai atu i tōna āhua**

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**Ka mihi atu ahau ki a koe mai i te hohonu o tōku
ngākau**

Mō ngā manaakitanga kua tae mai ki tōku ao

**Mai i taku tīmatanga ki te pānui i āu akoranga me
te arotahi me te aro nui**

**Ngā mihi nui ki a koe, ā, kia manaakitia āu mahi
whakamiharo e te Atua**

**Ā, ko tāu mahi i whakatapua ki te mahi ki te
tangata**

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Mai i taku tono atu kia inoi koe mō taku angitu

Kua tino pai ake taku āhuatanga

**Ngā mihi nui ki a koe, me te tumanako ka inoi
tonu koe**

*** * ***

I taku taenga mai i tāu karere whakamutunga

**I haereere tonu ahau i roto i te ngahere pōuri o te
ruarua**

**Ā, kāore i taea e ia te kite i te ara i waho o taua
ngahere**

**Engari, ngā mihi ki te Atua, me āu inoi motuhake
I mārama ake te ara, ā, i kaha ake taku
whakapono ki te Atua**

**I pai ake taku āhua i ngā taha katoa
Ā, kia maumahara tonu mai ki ahau i roto i āu inoi
kua whakautua mai**

*** * ***

**He nui te āwhina a āu akoranga ki ahau
Ā, i whiwhi ahau i ngā painga nui mai i reira
Ā, i whakamātauria mai ki ahau me ngā
taunakitanga whakaū**

**Te whai huatanga o ō whakaū wairua me te
whakaaro pai**

**E nui ana te whakawhetai i roto i ahau
Nā te hauora, te hari, me te rangimārie e pā ana
ki ahau**

**Kei te kite ahau kei te ahu whakamua ahau i ia rā
i roto i te whakaaroaro**

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**Me i kore āu whakaakoranga whakamiharo,
whakahihiko hoki**

**He tino iti rawa tōku oranga i tēnei taumata
whenua**

Ka mihi atu ahau ki a koe mō tō aro nui mai

**Nāna i homai ki ahau i ngā tau e toru kua pahure
ake nei**

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**Ngā mihi nui ki a koe mō te maheni Ahurea
Wairua**

**E kitea ana e au te manaakitanga me te oranga
mō te wairua i ia rā, i ia rā**

**E mihi ana ahau ki te Atua, nāna nei ahau i
whakamōhio ki a koe me āu akoranga**

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Ka mihi atu ahau ki a koe mō āu reta o ia marama

**I kitea e au te karere whakamutunga he mea
whakahihiko**

**Nō reira i pānuitia ai e au ki aku ākonga i te
akomanga tuhituhi**

I pai tā rātou urupare ki ngā ihirangi o roto

He wā harikoa mō mātou katoa

**I tino pārekareka ahau ki ngā whakaaro i
whakaurua e koe ki roto i te reta**

**Nā reira i hiahia ai ahau ki te whakapuaki ki aku
ākonga**

**Nā tēnei karere i whakaoho te whakaaroaro
hōhonu**

**Me te tirotiro hohonu ki ngā mea ngaro o te
wairua**

Ki taku whakaaro ka āwhina i ahau ki te whakaoti rapanga

Ā, kia pai te whakahaere i ngā wheako o te ao, me te whakaaro nui hoki

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He taonga utu nui āu akoranga

Kāore au e hiahia kia ngaro i tētahi o āu akoranga

Mai i ngā kauhau a te kaiako Paramahansa

Ina piki te harikoa o te wairua

Huna ana i roto i te hohonutanga o te whaiaro

He paparanga matotoru o ngā ahuareka o te kare ā-roto e memeha haere ana

Ka memeha haere te kanapa koura o te wairua

Ā, e huna ana ngā āheinga o te wairua mārama

I muri i te matotoru o te rauemi

Ina kukumea te hinengaro o te tangata

Ki te hae me te hae

Ā, kua karapotia ia e ngā kapua o te wehi me te manukanuka

Ka pōuri ia, ka pōuri hoki

Ā, kāore i a ia te mana

Engari ina aro atu ia ki taua aro anō

Ki te aroha, ki te rangimārie, ki te rangimarie

E tino harikoa ana ia

Kei te harikoa te wairua

Ina tahuri ke koe i ngā hiahia tinana

I konatunatua ki te mamae me te pōuri

Ki ngā painga o te wairua mārama

Ki tonu i ngā ahuareka kua oti te whakapai

Ki te mea kua tino rumakina te wairua

Me ngā ahuareka o tēnei ao

Ka kore ia e aro ki te rangahau

**Mō ngā ahuareka tino pai
Ā, kāore e taea te reka o te harikoa o te wairua
He tokomaha pea e tautohe ana
te whakarērea o ngā ahuareka o te ao tūroa
He mea tata kore e taea i tēnei ao
I a koe e noho tahi ana me te tangata
Ko ō rātou whakaaro e aro ana ki ngā mea tino
rauemi anake**

**Engari kāore e hiahiatia ana e te tangata noa
Ki te whakarērea te ao, ka haere ki ngā maunga
me ngā ngahere**

**Hei kimi i te rangimārie me te ata noho
Engari, me noho ia i tēnei ao
Me te kore e tukua ōna ia kia kahakina atu
Kia kore ai ia e taupokina e ngā ngaru pōrearea o
te ao**

**Kaua ia e whakaaro kino ki tōna taiao
I taua wā anō
Kaua ia e tukua te hiahia ki ngā taonga kia
matapo i a ia**

**Kia kore ai ia e ngaro te hononga ki tōna wairua
Kāore e taea e ia te reka o te harikoa
Me te kite i ngā māramatanga atua**

Ngā Taonga o te Wairua

Mai i ngā whakaakoranga a te tohunga mohio a

Paramhansa Yogananda

He moemoeā noa iho tēnei ao

Pērā i te korenga o te rerekētanga taketake i roto i te

whakaaturanga kiriata

I waenganui i te moana me te rangi, e rua ngā

nekehanga rerekē o te wiri mārama

Koinei te āhua o tēnei ao

Ko te pōuri, te hari, te mamae, te ahuareka, te wera, me

te makariri, ko ngā moemoeā ēnei o tēnei ao

Kei konei tātou i tēnei rā, ā, āpōpō ka heke iho tātou
pērā i ngā kapua, he atarangi noa iho i te moemoeā o te ao
.tūroa

Engari kei muri i tēnei whakaahua poto, rangitahi, ko te
wairua mutunga kore

He wāhanga nui o taua mea ō tātou wairua
Ko te Atua te pono kotahi Me inoi tonu tātou kia kaua e
hinga ngā whakamātautau

He hauātanga te ora e aukati ana i tō tātou kaha ki te
mahara ki a ia

Ina inoi ahau i tēnei ara, ka nui ake ngā hua ka puta mai
i tētahi atu wā

Ahakoia ka puta he mea nui, e kore e taea te aukati i
ahau

Mā te whakaaro ki a ia ahau e noho haumaruru ai, e noho
pūmau ai i roto i Tōna aroaro tapu

He āhua pakoko, he pōrearea te ao i konei kia tae rā
anō tātou ki te takutai haumaruru

Koia ahau i kī tonu ai kei konei ahau hei whakaatu i te
.hiranga me te kororia o te pono tino nui

Kaua e whakawhirinaki ki ngā whāinga o te ao e
memeha haere ana, me ngā herenga taonga ngoikore
Ka wehea tātou e ēnei here ngoikore i tā tātou whāinga
.matua, ā, kāore i te mōhiotia

Pērā i te mea e wehe atu ana i a tātou i ō tātou āhua
tūturu

Ka hangaia e te taiao he whakaaro pohehe i roto i te
tangata, ā, ka meinga rātou kia kite i a rātou anō he
rangatira

Me ara ake te tangata tino hihiri i runga ake i taua
.mōhiotanga taiao poto noa, rangitahi hoki

Ka mōhio ia ki te pono i roto i a ia anō, kia noho ai tēnei
pono hei taiao mōna

Te taiao me te mana anake i roto i tōna ao

Ka inoi mātou ki te Atua kia whakaaweawe mai i a
mātou ki te arahi i a mātou ki a ia, kia arahina hoki mātou ki
a ia

Ā, kia kitea ia i mua i tōna wehenga atu i tēnei ao
Ahakoa te āhua o ngā wheako e pā ana ki a tātou, me te
mamae hoki e pā ana ki a tātou
Kaua e ngaro te tumanako kei te tata mai te awhina a te
Atua

Ā, ka whakautua e ia ngā inoi katoa e puta mai ana i te
ngākau, e whakakīia ana e te hiahia nui
E kore ia e whakarērea ana e ia ana e arohaina ana, e
kore hoki e waiho i a rātou ki te aroha o te aituā
He nui ake te utu i te koura

I tētahi rā, i a ia e kopikopiko ana i roto i ngā maunga,
ka tū ia ki te inu i tētahi awa iti, ā, ka kite ia i tētahi puranga
koura māori parakore e tiaho ana i raro i ngā wai mārāma o
te awa. Ka whakakīia e ia tana peihana ki te wai, ka maka te
moni koura ki roto i tana putea, kātahi ka noho ki te taha o
.te rori ki te okioki

I taua wā tonu, ka puta mai tētahi taitama i te huarahi, e
hāngū ana i te nenge. Ka whakatata atu ia ki te moke, ka
mea atu ki a ia, "Kāore au i kai i tēnei rā, ā, he roa te
haerenga kei mua i ahau. He wahi taro tāu hei whāngai i tō
"?hoa i tō haerenga

Ka whakahoki te moke, "Me te harikoa me te honore, ā,
e koa ana ahau ki te tohatoha atu i ngā taro kei a au." Kātahi
ia ka tohu ki te putea, ka mea atu ki a ia, "Tēnā tangohia te
".mea e wātea ana

I te tango a te taitama i te taro i roto i te putea, ka taka
te kohatu koura, ā, ka hopukina e te hemitī, ka waiho ki
.tahaki

I a rātou e kai ana, ka titiro tonu te taitama ki te koura,
ka kōrero whakamihi mōna, me te mihi ki te moke mō tōna
waimarie me te haumarū, te haumarū, me te rangimārie o te
.hinengaro i homai e tana kōhatu kōwhai ki a ia

I te whakatikanga ake o te taitama ki te haere i tōna
ara, ka menemene te moke, ā, ka whakatakotoria te kōhatu
.ki tōna ringa

Nui atu te miharo o te taitama ki tēnei taonga ohorere
kua riro mai i ōna ringa, ā, haere atu ana ia me te harikoa
.nui, me te kore rawa e aro ki tetahi mea

Ahakoā tēnei, i mau tonu ngā whakaaro kē, e
whakararururu ana, e whakararururu ana i a ia, ā, kāore i
taea e ia te whakamutu, te whakakore rānei i aua whakaaro.
I taua wā tonu, ka huri ia i tana huarahi, ka hoki ki te moke,
ka whakatakoto i tana taonga ki mua i tana kaiwhakawhiwhi,
ā, i muri i tana mihi ki a ia me te piko ki tonu i te
:whakawhetai me te whakaute, ka mea ia

E mōhio ana ahau ki te utu nui o tēnei kōhatu i homai"
nei e koe ki ahau, engari ki taku whakaaro he mea nui atu i
tēnei koura tōu, ā, kei te inoi atu ahau ki a koe i runga i te
ingoa o te Atua kia atawhai mai koe ki ahau me taua mea kei
roto i tō wairua whai rawa i āhei ai koe ki te homai i tēnei
"!koura ki ahau

I ngā wā o te oranga, ka whakawhetai te iwi ki te Atua
Mō āna manaakitanga maha, maha hoki
Engari ina pōuri te āhuarangi
Ka tae mai te pōuri
Ka whai mai te amuamu me te mauahara
Ā, ko te nuinga o tātou kei te ngaro tō tātou whakapono

ora

Nāna e kore nei ōna kanohi e moe
Ka hangaia e tātou ngā aituā me ngā āhukatanga uaua
Tō tātou arotahi me te pokapū o te aro
Ki te rapu tātou i tētahi ara pai ki waho
Kua kite tātou i tētahi hihi o te tumanako
Me whakawhirinaki tātou ki te āwhina a te Atua
Ā, e kore te Kaihanga i a tātou e whakarērea i a tātou
Ahakoā ngā āhukatanga uaua
Te pakanga o te ao

Ā, he pōuri te tirohanga
Ki te rapu tātou i te arataki a te Atua me te whakapono
katoa, ka riro mai i a tātou
Ko te tangata kei a ia te whakapono me te
.whakawhirinaki o ngā tamariki, ka whiwhi ia i te āwhina
Ka honoa ngā āhuatanga katoa o te oranga
Hei whakatutuki i tāna e hiahia ana
Me tino mārama tātou kei te kitea tātou
Ā, kāore taua āwhina atua i tawhiti
E mārama ana mātou he rite te aukume ki te aukume e
kukume ana i te waimarie
Te whakanui i te taha kanapa o te ao
E homai ana ki a tātou te whakapono kei te noho te pai,
ā, kei te tata mai
Ā, nō te māramatanga taua wikitoria, ehara i te pōuri
me te tūponotanga
Ko te Atua te hoa atua
Ko ia e kore e whakarērea te hunga e whakawhirinaki
ana ki a la
A, i a tātou e whakaaro ana ki Tōna tata ki a tātou, ki
Tōna tiaki, me Tōna āwhina ki a tātou
Ka huri te ora mō te pai ake
Ka ki tonu te ngākau i te whakawhetai me te whakamihi
Ki a la kei roto i ōna ringa ngā taonga o ngā
manaakitanga
Me ngā kī ki Pararaiha
Ka whiua e tātou a tātou anō mā roto i ā tātou mahi
koretake
Ka utua e tātou a tātou anō mō ā tātou whanonga tika
Te whakamahinga hē o te hinengaro i homai e te Atua ki
te tangata
Ka arahi ki te hara, koinei te take o te mamae me te
mamae
Mō te whakamahinga tika o te hinengaro
Ka arahi tēnei ki te pai, ā, ka arahi anō hoki ki te harikoa

Nā te Atua i homai he hinengaro ki te tangata
me te hinengaro
te hiahia noa
Ngā ture o te rangi
Ki te whiriwhiria e ia te ara tika, ka whiwhi ia i ngā utu;
.ki te kore, ka pikaua e ia ngā hua o āna mahi
Me tuku e ia he kōrero mō āna mahi i a ia e noho
rangitahi ana
I runga i tēnei whenua o te Atua
Kua whakamahia kinotia e te tangata tēnei mana
motuhake i homai e te Atua ki a ia
Nā reira, i kawea mai e ia ki a ia anō te kuware me te
mamae tinana me te mamae hinengaro
Te mate wawe me ētahi atu mate
Ko tāna i rui ai, ko tāna e kokoti ai; ā, ko te ture o te
.take me te pānga e pā ana ki te katoa
Ko ngā rā o nāianei o te tangata e whakawhirinaki ana ki
ōna rā o mua
Ko tōna heke mai hoki e whakawhirinaki ana ki te āhua
o tōna oranga
Ā, e whakapau ana ia i ōna rā o nāianei ki taua mea
Ā, i runga i te kounga o ngā purapura e whakatōkia ana
e ia ki te oneone o tōna hinengaro
Nō reira, ahakoa i hangaia te tangata kia rite ki te ahua
,o te Atua
Kei roto i tōna wairua ngā mana atua ngaro
Ka ngaro i a ia te mana ki te whakamahi i aua mana nā
ana hapa
Me ngā here e whakatakotoria ana e ia ki a ia anō
Te takahi i ngā ture o te whakaaro nui
Te hononga o te wairua ki te tinana rangitahi, e pirau
ana
Ā, ka hinga i ngā awe o te taiao, o te ira, o te ao whānui
rānei

Ko tētahi tēnei o ngā take o te ngakaukore o te tangata,
te pouri, te mamae, me ngā hinganga
Nō reira, me whakatika e ia tana ara
Ka whakatikatika anō ia i te kāpehu o tōna hinengaro
Ki te hiahia ia kia mōhio ki a ia anō
Ā, ka hono anō ia ki tōna pūtaka matua
Ka whakakīia e ia te oko o tōna ora ki te pai, ki te
māramatanga, me te mātauranga
Kāore e taea te pupuri i te moana i roto i te pakaru
kotahi
Waihoki, kāore e taea e te hinengaro tangata iti te
pupuri i te hinengaro ao whānui
Engari ka taea tēnei e te hunga e hiahia ana, e mahi ana
.hoki ki te wetewete i ngā here
Ā, ka tae ki te paepae o te hinengaro mutunga kore
Ā, ka whakanuia e ia rātou i roto i tana atawhai. Ā, ka
.whāngai a Allah i te hunga e pai ai ia, kahore he mehua
Inoi, ā ka hoatu ki a koe
Patoto, ā ka uakina ki a koe
Ki te mea he whakawhetai koutou, ka whakanuia e ahau
tō koutou [pai]
Ko te whakamahi hē i ngā kupu tētahi o ngā patu tino
whakamate, tino whakangaro hoki
Ko te kōrero kino me te kōrero whara te tino take o te
manukanuka
Me karo te kōrero pakiwaitara, te kōrero noa rānei
Āta karohia ngā tautohetohe me ngā taupatupatu, me te
whakakore i ngā whanonga pukuriri
Ki te riri te tāne, te wahine rānei, ā, ka whakapataritari
tetahi i tetahi
Ko te huarahi pai ko te hikoi a te tangata kē
Ā, kia kaua e whakautu kia marino rā anō te tupuhi
Ā, ki te mea ka kōrero tetahi o rātou i ngā kupu kino
He pai ake kia kaua te tangata kē e whakautu mai me
ngā kupu ōrite

Engari, kia marino tonu kia marino rā anō ngā
whakaaro, kia mātao rā anō te wairua
Ki te hamama te wahine ki tana tāne, ā, ka hamama nui
:tana tāne, ka rua ngā mamae o te tāne
Ko te wā tuatahi nā āna kupu wero, ā, ko te wā tuarua
.nā āna kupu whakatau
Nō reira, ko ia te tuatahi e whara ana i a ia anō
Ka arahi pea tēnei ki te whakarere, ki ētahi atu hua kino
rānei
Me karohia hoki te pakeke, te whakaiti rānei i te tangata
I taua wā anō, kua te tangata e uru ki te totohe me te
whawhai
Engari, me tatari te tangata kia hoki mai te marino me
te marino hinengaro
Kua e tukua tetahi kia tahaetia tō rangimārie
Kua e whakararuraru i te rangimārie o ētahi atu mā te
kōrero kino (me te tuhituhi rānei)
Ko te whakamahi hē i ngā kupu tētahi o ngā patu tino
whakamate, tino whakangaro hoki
Ka kōrero pea te tangata i ēnei mea i a ia e riri ana, e
kaha rawa ana rānei ngā kare ā-roto
Ka whakamahi ia i te reo kāore i te tika, kāore hoki ia e
.hiahia ki te whakapuaki, kātahi ka pouri mō taua reo
Ahakoa ka maumahara te tangata kē ki aua kupu mō
ngā tau e rua tekau
(Kāore te pouri e warewaretia ngāwari)
Mai i tēnei tirohanga, he mea kino te mahara
He manaakitanga te mana o te mahara mēnā ka
whakamahia tika
Engari he kino ki te whakamahia hei putunga mō ngā
mea kino
I mahia ki a mātou
Hei whakarite mō te tomo ki te pararaiha o te whakaaro
nui

Ko te whāinga o te tukanga katoa o te whanaketanga o
.te tangata he whakamarie i ngā awaha o te kuware
Kia hoki ai te ngaru ki te moana, kia hanumi anō ki a ia
Ara, kia taea ai e te kaha ora tangata te hono atu ki te
ao wairua nui ake

Kei te ngana tonu ngā kaipūtaiao, ngā kaipakihi, me ngā
kaiwhakahou hapori, ā-korekore, ki te whakatakoto i te ara
.mō te hanga i tētahi kotahitanga o te ao

E whakapau kaha ana ngā kura pūtaiao, ngā kura
whakaaro nui, me ngā kura matatika katoa ki te kohikohi i te
putiputi pono mai i ngā māra o te whakaaro nui, me te
whakapaipai i ngā wairua tangata ki ngā mea katoa e
parakore ana, e whakamiharo ana, e whai hua ana hei
whakarite mō tō rātou urunga ki te pararaiha mutunga kore
.o te whakaaro nui

Mā roto i ngā kitenga koura, ka āwhina tika te pūtaiao i
te tangata mā te whakarato i ngā mea e tika ana me ngā
whakaritenga rauemi, ā, ka āwhina ā-kore ia i a ia ki te
whakatika i ētahi o ōna tirohanga mō ngā "merekara" me
.ngā āhuatanga ngaro

E ai ki te pūtaiao, ina huri te raupapa wiri o te wai nā te
makariri, ka huri hei hukapapa ka mānu i runga i te mata o
te wai, kaua e whakaranu ki roto, e tau rānei ki raro pērā i
.ētahi atu rauemi totoka

E whakaatu ana tēnei āhuatanga ki ngā kaipūtaiao, i te
wā i hikoi ai a Ihu Karaiti i runga i te mata o te wai, kua
whakarerekētia e ia ngā wiri o tōna tinana mā te whakamahi
i ngā tikanga hinengaro e mōhiotia ana e te hunga tapu, e
.ngā poropiti, me ngā tohunga

Hei kawē mai i te tangata ki te whare o te kotahitanga
me te harikoa o te ao whānui, me hono tahi ngā mahi ā-
tinana, ā-tikanga, ā-whakapono, ā-ahumahi, ā-pāpori, ā-
tōrangapū, me ā-tinana hoki, me te whakakotahi i ā rātou
.mahi mō tēnei kaupapa

Ka taea te whakaae ki ngā paerewa pumau mō ngā ture
o te ao e pā ana ki te hauora, te rangimārie, te oranga, te
mātauranga me ngā tikanga pai, me ngā paerewa mō ngā
ture wairua, hinengaro me ngā ture mahi ka taea te hoatu ki
ngā piriona tāngata o tēnei ao te tipu taurite me te tipu
taurite e tika ana mō te tangata whai tikanga, ā, ka hoatu
.hoki ki a rātou te harikoa me te rangimārie o te hinengaro
Kaua te tangata whenua o te ao e noho herea ki tētahi

oranga iti me tētahi tinana iti

Engari, e whakaaro ana ia he mema ia nō te whānau
tangata whānui, e arahina ana e te ora o te ao, ā, e
whakaaroaro ana ia ki te pono "he wāhanga nui koe nō te
"moana o te ora

He mutunga kore te mōhiotanga, ā, he mutunga kore

Ka toro atu ki ngā whetu tawhiti rawa

Ka uru ki roto i ngā ngota katoa o te ao whānui

Ahakoia ngā irahiko iti rawa

Me whakaaro te tangata kei te kotahi rātou me te

moana o te hinengaro ao whānui

Ā, kia hipa ake i te whānau me te iwi

E mōhio ana ia he mema ia nō te whānau tangata nui

ake

Te harikoa i waenganui i te hoha me te kanorau

Kāore koe e pai ki ngā mea ahuaheka he rite rawa, ā,

kāore i te rerekē

Engari, e hiahia ana ia ki tētahi harikoa hihiri, hihiko hoki

Ka kukume i te aro nā tōna ahurei

Ka hopukina te hinengaro e tōna kororia

Ā, ka whakakiia te ngākau ki tōna reka

Ka noho makona koe, ka miharo hoki koe ki tōna āhua

reka whakaharahara

Te harikoa e puta mai ana i ētahi wā

Ka whakaoho i te hinengaro engari kāore e tutuki ngā

wawata

Ā, ko ngā ahuaheka kua poke i te hoha ka puta te hoha

Me te harikoa e mau ana mō te wā poto noa iho
Kātahi ka memeha haere, ka waiho iho te pouri he
harikoa kāore i hiahiatia

Me te harikoa e whiti ana, e ngaro ana
He harikoa poto noa iho, he mamae hoki te waiho i a
koe i roto i te āhua pōhēhē me te kore aro

Mō te hari e huri haere tonu ana i ngā wā katoa
Heoi, kāore anō kia rerekē tōna āhua
He rite ki tētahi kaiwhakaari pūkenga e whakangahau
ana i tana hunga mātakitaki me ngā tūranga me ngā
nekehanga rerekē

Koinei te mea e rapu ana koe, e hiahia ana hoki kia riro
mai i a koe

Ka taea te whiwhi i taua hari mā te whakaaroaro ki ngā
mea whakamiharo a te Atua

Ā, mā te whakaaroaro hōhonu me te auau
Te puna o roto o te harikoa pumau me te harikoa hou
Ko ia anake te kaha ki te whakamā i tō hiahia mō te
harikoa

Ko te harikoa wairua anake te hari pono
Kāore e hoha ai koe ki taua mea, e anga atu rānei ki
tētahi atu mea

Ko ngā mea katoa e mahia ana e te tangata – pai, kino
– rānei

He mahi pumau, he mahi pumau ki te rapu i te harikoa
E oati ana te kino i te harikoa engari e kawea mai ana te
pouri me te pouri

Mō te pai, tera pea e puta mai ana te pouri
Nā te hiahia o te whakahaere me te whakahohenga o te
kaha o te hiahia

Engari he pono ka kawea mai he harikoa pumau i te
mutunga

Ko te Atua te hari e pumau tonu ana, e whakahoutia ana
ake ake

Ā, ina kitea e koe, ka mōhio koe kua kitea e koe te mea
tino utu nui o te ao
Kāore koe e hiahia ki te whai i te moemoeā o "tērā atu
"mea

Ko te mea e puta mai ana ki a koe, engari kāore e taea
e koe te toro atu, te whiwhi rānei

"Ko te hari wairua ko "tērā atu mea
Ā, i ngā wā katoa ka kitea e koe i roto i a koe anō
Kāore koe e hiahia ki te rapu i te harikoa i muri mai
Ā, i roto i taua harikoa hou, ka tutuki ō hiahia
Kei a ia ngā mea katoa i hiahiatia e ia

Kia mōhio mai hoki, e aku hoa, ko ngā taonga o te ao
E homai ana te harikoa e toe ana i tua atu i te whakaaro
Ā, ko aua mea, me ngā ahuareka e whakaratohia ana e
rātou

Ka uru ki te hinengaro mā roto i ngā whakaahua
hinengaro

Ko te harikoa wairua ia, ko te mōhiotanga o te wairua
Ko wai te āhua o te harikoa mutunga kore
Kei te tata rawa atu ki te whakaaro
Ka whānau mai anō hoki i te whakaaro ina anga te
whakaaro ki roto i te wā whakaaroaro
Ina pakaru ngā mea o waho

Ko tēhea whakaaro e whakawhirinaki ana mō te
ahuareka

Ka whakangaromia hoki te harikoa e tukuna ana e aua
mea

Engari ka whakahoutia tonutia te hari wairua
Kei roto i te wairua, ā, he ātete ki te whakangaromanga
Me te whakaatu kāore e taea te whakakore i te harikoa
Ki te kore tetahi e whiriwhiri āta ki te whakarerekē i tōna
āhua hinengaro

Ka uru ia ki te pouri mā te whāngai i te wairua pouri
Ko taua mea anō

"Kua ngana koe ki te hopu i taua "mea kē

He rite ki te matakite e puta mai ana ki a koe, e kanikani
ana i te papamuri o ō kare ā-roto
Ā, me pēhea rā te mutunga o ōu wawata katoa kua
?tutuki
:Tātarihia te take
E hiahia ana koe ki tētahi mea i te mea kāore anō kia
taea e koe te tiki
Engari ina wātea mai ki a koe, ka roa pea ka hoha koe ki
.tēnei mea
?Ā, e hiahia ana koe ki tētahi atu mea, kāore
Ahakoa i homai e te ora ki a koe nga mea katoa i hiahia
:ai koe i te wa kotahi
Te taonga, te mana, me ngā hoa, ā muri iho i tētahi wā,
ka noho pōuri koe
Ā, e hiahia ana koe ki tētahi atu mea, engari kotahi te
mea kāore e ngaro tōna hou
E kore tōna kanapa e memeha mōu, ko te hari tonu ia
I ngā mea katoa e rapu ana koe
Ā, e whai ana kia tae atu, kia whiwhi ai
Tika, ā-kore rānei
Kei te rapu pono koe i te harikoa
Mā te whakatutuki i ō hiahia
Kāore koe e hiahia ki aua mea e pouri ai koe
Ā, kāore koe e hiahia ki aua mea e homai ana ki a koe
he iti o te koa i te tīmatanga
Engari i te mutunga, ka rukuhia koe ki roto i te
hohonutanga o te pouri me te pouri
Ahakoa he aha te mea e rapu ana koe
E rapu pono ana koe i tēnei mea me te hiahia nui, te
ngākau nui, te hihiri, me te hihiri
Ko te tumanako kia whiwhi i te ngākau harikoa i te
whiwhinga mai
Me harikoa koe ina riro mai i a koe
Nō reira, he aha e kore ai e rapu tika i te hari, e tango
?mai hoki i ōna pūtake

?He aha i rapu ai mā te ara tinana kāore e taea
Hei hoatu ki a koe he parakore, he kore whakaranu, ā,
!kāore he hapa
Ina inoi te tangata kia arohaina ia e ngā taonga taonga
poto nei
Ko tōna harikoa e whakawhirinaki ana ki ngā ahuareka
poto
Ngā taonga ā-tinana me te ngākau māhaki e puta mai
ana i te whakatutuki i ngā hiahia ā-tinana
He rangitahi noa iho, nō reira he memeha noa iho te
harikoa e puta mai ana i roto i tēnei
He rangitahi hoki
Te kai, te hongī i ngā hinu kakara, me te whakarongo ki
ngā waiata
Te kite i ngā mea ataahua, te pā atu ki ngā mea
whakaharikoa
Ngā ahuareka poto katoa
E hono ana tōna roa ki te roa o te rongo o te reka me te
.kakara
Te rongo, te tirohanga me te pā
Kia ngenge rā anō te hinengaro
E kukume ana ia ki ētahi atu mea whakaohoho
Kāore ia e hiahia ki te harikoa poto noa
Ka waiho he pouri ina whakakorea atu
Engari, e hiahia ana ia ki te hari e kore e whiti mō tētahi
.wā poto, kātahi ka ngaro atu
Ā, e hiahia ana ahau ki te hari e kore nei e memeha
tōna kanapa
Te raiti irahiko parakore, tuturu
Ko te hari kei roto i te Atua anake
Te puna o te hari me te koa katoa
Ka whiti te rā kotahi i te rā
Engari e tiaho tonu ana tōna aroaro
Ka pirau te ao whānui, engari
Ko te ora tonu e toe ana

Kia hou tonu te harikoa i roto i ō koutou ao
Ko tēnei whenua manaakitanga kua homai e te Atua ki a
tātou

E hiahia ana ia kia pārekareka tātou ki tōna ataahua
Ā, ka tiakina e tātou
Ki tā mātou whakaaro he manaakitanga tēnei e kore e
tika kia maumauria, kia tukinotia rānei
He maha ngā mea whakamiharo me ngā mea
!whakamiharo kei roto
Ngā tihi i runga i ngā tihi
Ā, he paparanga i runga i ngā paparanga
ngā mania me ngā steppes
Ngā moana me ngā awa
ngā ngahere me ngā ngahere
Me ngā koraha e totoro mutunga kore ana ki ngā taha
katoa

He whare tapere ao tūroa
Kei hea ngā pukepuke e takoto moe ana
Ā, kei te takoto ngā pari kua taupokina e te hukarere
Ka piko ake ngā kaki o ngā rākau teitei
Kei te hoki mai ngā whenua pukepuke pakoko ki tō
rātou matomato me tō rātou ataahua
Kua tāia ngā tohu o te wā ki runga i ngā toka nunui
Ko wai kei a ia te kaha ki te tuku tirohanga
?whakamiharo
Ā, me pēhea rā ngā tirohanga whakamiharo o tēnei
!?whenua o te Atua, e tika ana kia whakaahuatia
Ka whakakiia te ngākau ki te harikoa
Ā, ka whakakā i te hinengaro ki ngā mano whakaaro
!Hei whakapuaki i te mea e kore e taea te whakaahua
Mā te whakaaroaro ki ngā ataahua o te ao ka
whakapakari i te whakaponono o te tangata whakaaroaro
Ka whiti atu i ngā ture o te taiao ki te paepae o te
hinengaro teitei
Te wāhi e kore ai e mutu te auahatanga

Ā, kāore e mutu ki tētahi rohe
Kāore e pau
:I tetahi wā, ka mea tetahi tamaiti
Kāore au i te mōhio he aha te tikanga o te whakaaro o"
"te tangata kāore he mea
Koinei te mea ka kitea e te tangata ina whakaaroaro ana
ki ngā mea whakamiharo a te Atua
He mea kāore e rite, i ngā wāhi rerekē o tēnei ao
Heoi e whakaaro ana te tangata ko ia te mea katoa
Alif rāua ko Ya
Te tīmatanga me te mutunga
Me te tū pakari kāore he tihi teitei ake
He teitei whakamiharo
Me ngā hōhonutanga e whakaoho ana i te wehi i roto i
te wairua
Me te whānuitanga e memeha ai te hinonga
Ā, he nui pērā i te awatea
Me ngā rama e akiaki ana i te tangata kia titiro ake
Me i whai tirohanga whānui te tangata
Ka kite koe i ngā taha katoa
Kia kitea ai ngā mea whakamiharo o te auahatanga e
karapoti ana i a ia
Horahia pērā i ngā pērara kua marara
I te whenua nui a te Atua, kei reira te hunga e
whakaaroaro ana
He pono, he mea whakamiharo ngā mea katoa i hangaia
e te Kaihanga
He mea whakahihiko
Ngā Taonga o te Rawhiti - Te Makasini o te Rawhiti-
Hauāuru
Ka inoi mātou ki a Ia, ki te Runga Rawa
Hei whakakore atu i ngā mura o te mātauranga
te pōuri o ngā mānukanuka
Ā, hei whakakī i ngā ngākau me ngā hinengaro
Me te nui o ngā manaakitanga me ngā māramatanga

Kia kitea ai hoki tōna aroaro tino kororia i roto i ngā

wairua

Ā, ka homai e ia tōna pono

He piringa haumaru

Ā, ka peia atu e ia ngā kapua o te pōhēhētanga mai i te

rangi o te wairua

Ā, ka ārai i a tātou i ngā kare ā-roto o te pouri

Ā, e whakahihiko ana i a tātou me te māia ka whiti mai

te ata o te harikoa

Ā, ka koa ngā wairua

Ā, ko ngā manu o te rangimārie me te harikoa

Ka waiata ia i roto i ngā ngahere o te ora

Ka hinga te mauahara i te aroha

Ā, mā te tumanako kanapa e whakakore te pōuri o te

ngakaukore

Ā, kia haere tonu te haerenga o te pai

Ka rere tonu te kara o te pono ki runga

I runga ake i ngā whakamaharatanga o te māramatanga

hoa

Me ngā kare ā-tangata rangatira

E te rata o ngā ngākau, nōu te rongoā

I pāngia ngā wairua e ngā mate

Mā te pā atu i a koe ka peia te paitini me te mate

Kia karohia te mate me te aituā

He makutu tōu ingoa mō te kino me te pōuri

Me te inoi e whakarongohia ana e ngā rangi

Te whakarite me te

Te whakatipu tika: ngā tikanga me ngā mahi whai hua

Ko ngā tikanga whakatipu tika ko te whakawhanake i te

māramatanga

Me te ngana ki te uru atu ki te whare putunga o te

mōhiotanga ā-whatumanawa

Te mea ngaro i roto i te wairua me te hononga o te

hinengaro tangata ki taua mea

Kāore e ranea te kotahi ora

Kia mōhio ki ngā mea wairua me ngā mea ā-tinana

katoa

Te whakamahi i ngā tikanga mātauranga tuku iho

Te whakawhirinaki anake ki ngā kare ā-roto

Te mahi i te aroātahi me te whakaaroaro

Ka āwhina rātou ki te whakawhanake me te whakarei

ake i te pūkenga ā-roto

Mā te tirohanga tika, motuhake

Me tīmata te whakawhanake i te māramatanga i te wā

kōhungahunga mēnā ka taea

Ki te kore e taea, ka taea te tīmata i ngā wā katoa

Hei tāpiritanga

Me āwhina ngā tamariki me ngā taiohi i ngā wā katoa e

taea ana

Mā te whakaako i a rātou i ngā tikanga whakatipu

tamariki tōtika, mā roto i

Te anga atu i ō rātou whakaaro ki ngā wawata

Ā, e whāngai ana i ō rātou kare ā-roto ki ngā kare ā-roto

rangatira

Me te whakaako i a rātou ki te whakaute i te mahi

Ā, kia pono, kia whakaute, kia ngākau pono hoki ki a

rātou anō me ētahi atu

Ko ētahi o ngā āhuatanga nui o te whakahaere i a koe

:anō ko

Te hikoi me te noho me te tuaiwi tika

Hei whakahaere i te rere o ngā mahi nui o te tinana, kia

kore ai e araia

Akohia, ā, whakamahia te arotahi hinengaro hei

whakawhanake i te whakaaro nui ki a koe anō

Te whakaharatau i te whakaaro auaha

Te whakatutuki i ngā mahi me te ngākau pono

Te wehewehe i waenga i te whakaaro nui me te kore

whakaaro nui

Te pono me te mānukanuka

Ā, te whakawhānui ake i te whānuitanga o te aroha

Mai i te aroha ki a ia anō ki te aroha ki te whānau
Mai i te aroha ki te whānau ki te aroha ki te hāpori
Mai i te aroha ki te hāpori ki te aroha ki te whenua tupu
Mai i te aroha ki te whenua ki te aroha ki te ao whānui
Mai i te aroha ki te ao ki te aroha ki te Atua
Ā, me tō rātou tipu wairua
Ka taea e rātou te hora i te pai me te pono ki ngā wāhi
katoa
Ā, ka memeha atu te māramatanga o te pai e tiaho ana i
roto i a rātou
Ko te pōuri o te kino e karapoti ana i a rātou
Mā Tōna āwhina, kia whakanuia ia
Te hononga wairua ki ngā whanaunga kua wehe atu i
tēnei ao
Ki te hiahia koe ki te tuku i ō whakaaro ki ō whanaunga
kua wehe atu i tēnei ao
Noho puku i roto i tō rūma, ka whakaaroaro ki te Atua
Ā, ina rongo koe i te rangimārie i roto i tō wairua
Arotahi hohonu ki te pokapū o te mōhiotanga wairua kei
mua
Ko tēhea te pokapū o te hiahia i te pūwāhi i waenganui i
ngā tukemata
Tukua atu tō aroha ki te hunga aroha kua wehe atu
Whakaarohia i roto i taua pokapū te tangata e hiahia
ana koe ki te kōrero ki a ia
Ā, tukua atu ki tōna wairua ngā wiri o te aroha, ngā
manaakitanga pai, me te whakatenatena
Ki te mahi tonu koe i tēnā
Ā, kāore koe i ngaro te hiahia ki taua tangata aroha
Ka tino whiwhi ia i ngā wiri mai i ō whakaaro
Ko te hunga kua wehea mai i ā rātou whanaunga i runga
i tēnei ao, kāore e warewaretia rātou
Pērā i te kore e warewaretia rātou e ō rātou hoa aroha
Ā, kei te mau tonu tō rātou hinengaro, e tiaki ana i te
maharatanga o ō rātou whanaunga

Te hunga i whakarērea i a rātou i runga i tēnei whenua
Ā, ina hiahia koe ki te whiwhi whakautu mai i aua hunga
e arohaina ana e koe
Arotahi ki te ngākau, ā, ina tae tō arotahi ki te
hohonutanga e tika ana
Tērā pea ka puta tuatahi mai rātou ki a koe i roto i ngā
moemoeā, ā, ka taea tēnei e rātou
I ētahi wā, ka mau tonu pea te moemoeā kotahi i a koe
anō

Ehara i te mea he koretake ngā moemoeā katoa
Ki te mea he marino, he taurite hoki ō whakaaro
Ka mōhio koe kei te ngana tetahi ki te kōrero ki a koe
mā te moemoeā
I te whanaketanga wairua, ka puta pea ō whanaunga ki
a koe i roto i ngā kitenga i te wā e whakaaroaro ana
Ina eke te tangata ki tētahi taumata tiketike o te
whanaketanga wairua
Ka taea e ia te kite i aua wairua kua riro atu i mua i a ia
He maha ngā tauira o aua kēhi
Engari me tupu tuatahi te ahunga whakamua wairua
Ko te tangata e whakaaroaro hohonu ana ki te Atua
Mā te Atua ēnei mea katoa e whakakite ki a ia
Engari i te pouri, te tangi, me te pōuri i muri i te
matenga o te hunga e arohaina ana
Me tuku atu e tātou te aroha kia rongo ai rātou
Ka taurite te kare ā-roto e rātou
Engari kaua e tōia te wairua o te hunga kua wehe atu ki
a tātou

Nā roto i ō tātou kare ā-roto koretake
Ngā here whaiaro me te pouri hohonu
He nui noa te kī atu ki te tangata e wehe atu ana, "E
"aroha ana ahau ki a koe
Tukuna atu ngā whakaaro aroha me ngā manaakitanga
ki te hunga kua wehea
I ngā wā katoa ka hiahia ahau ki te mahi i tēnā

Engari kia kotahi te wā i te tau - i tētahi huritau

motuhake

:Mea atu ki a rātou, i runga i te hinengaro

Ka huihui anō tātou e te Atua

Ka whakanui tonu tātou i tō tātou aroha, ka whakakaha

hoki i ngā here o te aroha i waenganui i a tātou

Ki te tukuna atu e koe ō whakaaro hoahoa ki a rātou

ināianei, me mahi tonu

Tērā pea ka tūtaki koe ki a rātou i tētahi rā, ki te pai te

Atua

Ka mōhio koe ehara i te mea ko te ao nei anake te mea

e ora nei

He hononga kotahi noa iho tēnei i roto i te mekameka o

tō whanaungatanga mutunga kore

Me ō hoa aroha kua wehe atu

Kia aroha mai te Atua ki a rātou, kia ringihia hoki ki a

rātou tōna māramatanga me tōna hari

Kia mōhio: Kāore he pānga o tēnei tikanga ki ngā

karakia whakaipoipo, kāore mātou e tūtohu ana i tēnei, nō

.reira tēnei whakamārama

Te whakakore i te nenge

Kia mōhio: Ehara ēnei mōhiohio me ngā tohutohu i te

whakakapi i ngā tohutohu hauora, nō reira tēnei

whakamārama

Me whakauru te pata me te miraka ki te kai

Me inu motuhake te miraka i te kai

He pai ake kia kaua e inumia me te kai

He pai ngā āhuatanga whakamāmā i te miraka

Engari ka puta te hūpē i te waiū

Ko tēhea te mea kāore e tika ana mō te hunga e pāngia

ana e ngā raruraru sinus

Nā te ihu pupuhi me te makariri rānei

Ka pā anō hoki tēnei ki te wai karaka

Mō te hunga e pāngia ana e ēnei āhuatanga

He tokomaha i pāngia e taua mate i kite i te
- whakaoranga - i runga i taku tohutohu
He whakapainga nui mā te tango i te wai karaka i tā
rātou kai
(I a rātou e pāngia ana e taua mate)
Ahakoa he pai ngā āhuetanga patu huakita o te wai
rēmana
Engari ka kino ake hoki te sinusitis
Kāore he mea e nui ake te makona (e whakamākona ai
te hiakai) i te taro i hangaia mai i
I hangaia mai i te paraoa witi katoa kua mira houtia
Heoi, me karo te hunga whai huware i ngā māngaro
Ka taea te kai i te taro witi katoa i muri i te tunu pai
Ko te kōroke tētahi atu take o te ngenge, ā, e pā ana ki
.te kohikohinga o ngā paitini i roto i te tinana
Ka pā ki te tango pūngao mai i te kai
Mena kei te pāngia koe e te mate puku, whakamahia he
.rongoā whakamāmā tūturu mēnā ka taea
Ki te kore e puta ngā paitini (para) i roto i tō tinana, e
.kore koe e ngenge
Ko ngā paitini e kohia ana i roto i te tinana e
whakangenge ai te tangata
Ka puta hoki i ngā raau taero me ngā narcotics ngā kare
ā-roto o te ngoikore
Hei tauira, ka tangohia e te opium te mana whakahaere
a ōna kaiwhakamahi
Kāore rātou e hiahia ki te mahi i tetahi mea engari ko te
kōrero noa, te moe, me te moemoeā
Ko tētahi o ngā huarahi tino whai hua hei whakakore i
ngā kare ā-roto o te ngenge
He mea nui kia mau tonu te kaha o te moepuku i ngā wā
katoa e taea ana
Nā te mea he moumou te kaha auaha i te nui rawa o te
mahī i tēnā

Ka hua ake he mate nui ki a rātou, i te taha tinana me te
. taha hinengaro hoki
: I pātai te akonga ki tōna kaiārahi
He aha tāu whakamārama mō te wairua me tōna
? mōhiotanga ki a ia, e te rangatira
: Ka whakahoki te kaiārahi
Ko te wairua ko te mōhiotanga ā-hinengaro ki ngā
tirohanga me ngā mana wairua
Pērā i ngā mea ora o te moana ina rukuhia ki te wai
Ā, ko ngā manu o te rangi e karapotia ana e te wāhi
Ko te tango i te kaha ora mai i te etere o te wairua
Me te wairua o te orange me te ora e rere ana i roto i te
tinana
Ka whakaora i ngā pūtau me te rongoā ora, ā, ka
. whakahoutia katoatia rātou
: Kātahi ka pātai te ākongā
? Ā, he aha te huarahi hei whiwhi i taua whakamātautau
: Ka whakahoki te kaiārahi
Mā te whakaū i a koe anō he wairua tō āhua
Ā, ko te mea tūturu, ahakoa tōna āhua tūturu
Heoi, koinei te anga o waho o te mauri o te wairua
Ā, ko te wai o te ora, koia te puna o te harikoa
Ka rere mā roto i ō io, ka pā mai te harikoa, te kaha, me
te mataara
: Ka haere tonu te akonga, ka mea
? He aha ngā arai ki te whakatutuki i taua āhua
: E whakamārama ana te aratohu
Kei roto i aua arai ngā whakaaro taupatupatu me ngā
kare ā-roto pouri
Me ngā pānga kino e mahi ana hei taru pirinoa kino
Mō te tipu wairua
Nō reira, me horoi te mara o te hinengaro, me pure hoki
. i ngā poke katoa
Ā, kia hutia ake ngā tataramoa o te ruarua i tōna
. oneone, kia whakawairakau ai ki te whakapono ora

Te hiahia nui, te ngākau mā, me te ngākau pai
He tipu paitini kāore i te tūturu me whakakore atu
Pērā i te mauahara, te mauahara, te hae, te hae, te
wehi, me ērā atu kare ā-roto
Te kaiwhakangaro, me te whakato i ngā purapura o te
aroa, te whakawhirinaki, te māramatanga, te
rangatiratanga me te pono ki tōna wāhi
:Kātahi ka pātai te ākonga
He aha te huarahi pai rawa atu hei whakatau i ngā
?raruraru o te ao
:Ka whakahoki te kaiārahi
He kī tō ia raka, ā, he otinga tō ia raruraru
Ā, ko te tangata kei a ia te mātauranga, te whakaaro
nui, te maia, me te manawanui
Mā te whakawhirinaki ki te āwhina a te Atua ka kitea he
otinga mō tētahi raruraru
Kaua hoki e wareware ko ngā raruraru uaua katoa e pā
.ana ki a koe he whakamātautau i tō kaha
Ā, hei whakaara ake i tō wairua, ā, i ia raruraru ka
wikitoria, ka anga whakamua koe
I runga i te arawhata o te ora, kei te tatari atu ngā
whakatutukitanga nunui ki a koe
I runga i tēnei kaupapa i whakatau ia i ngā āhuatanga
uaua
Ka kitea e koe ka whiwhi koe i te māramatanga, te kaha,
me te harikoa
Mā te wikitoria i ngā arai me te whakaoti i ngā wāhanga
hou i te ara
Kia mōhio koe, mā te Atua e whakanui tō mātauranga,
.kei roto i a koe ngā mea katoa e hiahiatia ana e koe
Ki te inoi koe ki te awhina a te Atua me te ngakau
mahaki me te pono, ka riro mai i a koe
Ka whakatuwheratia ki a koe ngā tatau o te pai me ngā
taonga o te māramatanga

Ngā Taonga o te Rawhiti – Ngā Whakaaroaro me te

Aratohu

Ahurea ā-roto o te Rawhiti-Hauauru

Te pūtake o te rangimārie me te māramatanga

I a ia e kōrero ana mō te kare o te aroaro o te Atua, i

:mea te kaiako

Ki te noho te tangata i roto i te kuware ki te Atua

Me te kore e pā ki tōna aroaro

Ka kī tonu tōna ora i te mōrearea

Ā, ka pāngia e ngā raruraru uaua me ngā raruraru

Kia whānau rā anō te hiahia me te whakatau i te mamae

Kia kitea te mea ngaro o ngā mea ngaro, me te pūtake o

te marino me te māramatanga

Mā te hura i te mea ngaro nui rawa atu

E mōhio ana ia ki te tikanga o te herekoretanga, te

harikoa, me te ataahua

Me huri te tangata i te arotahi o tōna ao me te pokapū o

tōna hinengaro

Mai i te mea ki te wairua

Ā, mai i te "whaiaro" me ōna herenga

Ki te taha kare ā-roto mutunga kore

Kātahi ia ka mōhio ko ia i mua, ā, kei te haere tonu

I roto i te awhi mahana, aroha o te mutunga kore

Me mahi anō hoki ia ki te whakatere i te māramatanga

Mā te ruku hohonu ki te whakaaro

Ā, kia rua te kaha

Ā, ina pā te aroaro o te atua

Ka wikitoria ia i ngā arai me ngā tūraru katoa

E ārai ana i tōna ara, e ārai ana hoki i a ia kei ahu

whakamua

Kāore he tangata i muri i te mate

He tata atu ki te Atua i tōna āhua ināianei

Te whānuitanga o tōna mōhiotanga ki tēnei mea i muri i

tōna matenga

Kei te nui o tana mōhiotanga mō taua mea ināianei

!Kāore he take e whakaroa ai, e whakaroa ai rānei
Ko te whakaaro ki te Atua te pūtake o te hari, te aroha,
me te pai katoa
Ka kawea tātou ki te hononga tika ki aua huānga
manaakitanga

Ā, ka ringihia mai e ia ki a tātou ngā manaakitanga o te
Atua Aroha Nui

Me whakauru e tātou te āhuatanga wairua ki roto i ā
tātou mahi

Ā, kia mahi i te mahi e whakarato ana i te ratonga pai
rawa atu ki ētahi atu

He tangata e whai ana kia mahi i te mahi, kua ki te
whiwhi moni

Ka kitea e ia kua rerekē tōna ao katoa mō te pai ake

E kore ia e waiho mokemoke, engari ka tae mai te

.āwhina ki a ia i te wāhi kāore ia i whakaaro

Kāore e taea e te nuinga o te iwi te whakatutuki i te

taurite e hiahiatia ana

I waenganui i ō rātou oranga mahi me ō rātou oranga

wairua

E hiahia ana te tohunga wairua ki te moni

E kore e taea e te tangata o te ao te noho harikoa me te

kore te Atua

He mahi tā te tohunga wairua, ā, he nui ngā kōrero a

:āna mahi

E homai ana e te Atua te kaha ki ahau, e homai ana"

"hoki te manawanui ki ahau

Ka kaha ake ia, ā, ka manaakitia e te Atua āna mahi

He mahi anō hoki tā te tangata o te ao, engari e mea

:ana ia

Ko au anake te tangata e mahi ana i ēnei mea katoa, ā,"

"kāore he tangata e whai mana ana ki ahau

Ka pā mai ngā hua ohorere ki a ia

Kei Mahadhir tēnei

Ngā mahi whaihua katoa

Ahakoa mō ngā kaupapa ā-tinana, ā-wairua rānei
Me ahu mai i ngā mātāpono pakari
Kei raro i te mana whakahaere o te hinengaro me te
taurite o te whakaaro
E hiahiatia ana te taurite i roto i ngā mea katoa e mahia
ana e tātou
Nā te mea ko tōna ngaro he mamae, he mamae ngākau,
he mamae upoko
Ki te tuku pōhiri tetahi ki tētahi rōpū rawakore
Kāore i te rawaka te moni hei hoko i ngā mea e tika ana
mō te hakari
Ko te tikanga o tēnei he kore whakahāwea
Ā, te kore e taea te whakamahere tika
Me mārama tātou ki te āhua o te pūnaha whānui e
.whakahaere ana i ā tātou mahi
He hē te whakamahi i te taha wairua hei whakatairanga
i ngā hiahia whaiaro
Ahakoa he mea tika kia whakamahia ngā tikanga
pūtaiao
Hei hora me te whakatairanga i ngā whakaakoranga
wairua ora
He ture whānui hei whakatutuki i te harikoa
He pumau tēnei ture, ā, kāore e rerekē
Kei te mahi tonu, ā, e tino whai hua ana
me te whai, te pupuri rānei i taua ture
Ko tōna tikanga he harikoa
I roto i tana whakamāramatanga o te harikoa, i mea a
:Master Paramahansa
Ko te harikoa pono e ahu mai ana i te āhua hinengaro o
te tangata
Ko te ngākau māhaki, te ngākau māhaki, te rangimārie,
me te ata noho, he tohu ēnei nō te harikoa
Me whai te tangata kia pai te hauora
Te hinengaro hohe
me ngā mea e hiahiatia ana mō te ora

Te mahi e tika ana
Me te whakataua tika
Me te māramatanga tika
Kaua ia e tukua kia
Mā te tuku i a koe ki te taiao, ki ngā āhuatanga rānei he
hē

He maha ngā wā ka whatu te tangata i ngā kōkō hei
here i a rātou
Ā, e aroha ana ia ki a koe me ngā taura e here ana i a ia
Me mārama ia ki ngā take mō aua here
Tērā pea ka whakakorea te mate e neke haere puhoi
ana

Mai i tōna hinengaro, mai i tōna tinana hoki
Mā tēnei ka puta he whakahoutanga hinengaro
Ka whakatakoto i te ara mō te harikoa me te putanga
.mai o te mōhiotanga wairua ki te pae tawhiti o tōna ao
Ā, hei whakaara ake i ngā mana ora i roto i a ia
Me whakaara ake te māramatanga mai i te
hohonutanga o te kuware
Ki ngā taumata o te māramatanga me te mātauranga
Ahakoa te whakapono o te tangata ki ōna mana wairua
Engari he mārama te pānga o te taiao kino
Ka taea te whakakore i ana ake parepare
Ā, e tango ana i te harikoa e rapua ana e ia
Nō reira, me whakapau kaha ia ki te
Hei waihanga i tētahi taiao hauora, e tika ana mō te
harikoa

Ā, ki te rapu i te hari wairua pumau
Hei utu mō ngā ahua reka ā-hinengaro poto noa iho
Ki te hiahia ia ki te whakarērea tētahi whanonga kino e
tango ana i tōna harikoa
Me karo ia i ngā mea katoa e pā kino ana ki a ia
Hei whakatūpato, hei whakaara rānei i taua whanonga
Kātahi ka whakatipu ia i tētahi tikanga pai hei
whakakapi mōna

Ka whakahaerehia e ia me te kaha hinengaro nui
Kia noho rā anō hei wāhanga nui o tōna ao
Kia tū pakari ai, kia pumau ai
Ka ngoikore te whanonga kino
Ā, ka wetekina e ia tōna pupuri

Ka rongo ia i te harikoa kāore anō kia kitea e ia i mua
Ngā whakamārama me ngā tino mōhiotanga

Nga Akoranga a te Kaiwhakaako Paramhansa Yogananda

**Te ora me ōna āhuatanga, ōna whāinga me ōna
kaupapa**

**He panga uaua ki te mārama, engari kāore e kore
e taea te whakaoti**

**Mā te whakaaro matatau, ka ea i a tātou ētahi o
ōna mea ngaro i ia rā, i ia rā.**

**Ngā taputapu e ahu mai ana i ngā mātāpono
pūtaiao tika i tēnei wā**

He tino whakaohoho i te miharo

**Mā ngā kitenga e kawea mai ana e te pūtaiao ka
mārama ake tā tātou tirohanga**

**Mō ngā huarahi hei whakapai ake i ngā āhuatanga
noho**

**Ahakoā ngā taputapu katoa, ngā mea hou, me
ngā rautaki kei a tātou**

**Te āhua nei kei te rite tonu tātou ki ngā pēpi i
roto i ngā ringa o te aituā**

Ā, he roa tonu te ara kei mua

I mua i tō tātou wetekina i te mana o te taiao

**Ko te noho i raro i te aroha o te taiao ehara i te
herekoretanga**

**Ka taupokina, ka herea hoki ō tātou hinengaro
hihiri e te kare o te āwhinakore**

**Ina rite tātou ki ngā pāngia e ngā waipuke, ngā
awhiowhio, ngā rū whenua rānei**

**I te wā rānei ka kahakina atu tātou e ngā kaupapa
- kāore he take whaitake**

**Ko ō tātou hoa aroha e tata ana ki ō tātou ngākau
Kātahi ka mōhio tātou kāore anō kia maha ngā
wikitoria kua riro i a tātou**

**Kāore i taea e mātou te wikitoria i ngā āhuatanga
kino**

**Ahakoā ā tātou mahi katoa kia rite te ora ki tā
tātou e hiahia ai**

**Ka puta tonu mai ētahi āhuatanga i tēnei ao
Me ngā kaupapa i arahina e te hinengaro kaha e
kore nei e tino mōhiotia e tātou**

**Ka mahi motuhake mai i ō mātou whakaaro, ā, ka
Ko te mea pai rawa atu ka taea e tātou ko te mahi
me te whakapai ake i ētahi mea**

**Ka whakatipu mātou i te witi, ka hanga paraoa
Engari nā wai i hanga te purapura tuatahi?
Ka kai mātou i te taro, i te raihi rānei i hangaia
mai i te paraoa**

**Nā wai rā i homai te kaha ki ō tātou tinana ki te
nakunaku?**

**Ā, me pēhea te huri i te kai hei oranga ngākau?
I ngā kokonga katoa o te ao
Te āhua nei he ringa atua e kore e taea te huna
Kāore e taea e tātou te whakahaere i ā tātou mahi
me te kore**

**Me ngā tino pono katoa kei a tātou
Kāore mātou e mōhio ana āhea ka mutu te mahi a
te ngākau**

**Nō reira te hiahia kia whakawhirinaki nui
I runga i te mana atua tino teitei
Me te whakawhirinaki ki ō tātou ake teitei ake
E puta mai ana i taua mana whānui
Ko tā tātou tauira tēnei**

**Me whai whakapono tātou, kāore he
whakapehapeha**

**Ā, kia haere māia i ngā ara o te ora
Me te kore maku, me te kore wiri
Kāore he herenga, he herenga rānei
Te whakatau i ngā mate pāwera**

**He mahi toi ātaahua te wikitoria i te aro, ā, he
mea nui te whakahaere i te tere o te tauhohe hei
whakawhanake i te tuakiri taurite, whānui hoki.**

**Ka puta te aro nui mai i te kore mārama o te
māramatanga, te whakaiti i te whakaaro, te
whakapehapeha nui, me te whakapehapeha nui rawa**

**Ina whakaaro te tangata kua whara ōna kare ā-
roto, ka pūmau taua whakaaro ki roto i tōna
hinengaro, ka whakaoho i ōna io, ka huri hei
āwangawanga, ka whakakeke. Ka mura te riri i roto i
tōna ngākau nā ngā kare ā-roto kua whara. Heoi, kei
ētahi tāngata te kaha ki te whakahaere i ō rātou kare
ā-roto, nō reira kāore ō rātou tohu o waho e puta
ahakoa te riri nui i roto i a rātou. Ka whakapuakihia e
ētahi atu tō rātou riri mā roto i ngā tauhohenga tonu,
e kitea ana i roto i ngā uaua o ō rātou kanohi me ngā
āhua o te kanohi, me roto i ngā urupare koi, huna
hoki.**

**He kino ngā hua o te nui rawa o ngā kare ā-roto;
ka whakararuraru i te āhuatanga, ka waihanga i
tētahi āhua koretake e kore e hiahiatia ana e pā kino
ana ki ētahi atu.**

**Me whakapau kaha ki te whakahaere i a koe anō
me te marino, me te whakatipu i tētahi āhuarangi
māramatanga me te rangimarie e whakatairanga ana i
te rangimārie, kaua i te taumahatanga, ā, e
whakakore ana i ngā au o te ahotea. Ko te hunga e
pena ana ka noho hei rangatira mō tō rātou ake ao, ā,**

ka whakawhiwhia ki te maioha me te whakaute mai i te hunga e karapoti ana i a rātou.

He āhuatanga e kitea ana e te nuinga o te tangata te tairongo nui, ā, ina mura ake tēnei kare ā-roto koretake, ka matapohia te māramatanga, ka whakapōuritia hoki ngā kanohi o te whakaaro nui. Ko te mea kino rawa atu, ka whakapono te tangata tairongo nui kei te tino tika tana whakaaro, tana kare ā-roto, me tana mahi, engari tera pea he hē rawa tana whanonga!

He tokomaha te hunga e whakapono ana me aroha rātou ki a rātou anō ina whakahengia, ā, mā te aroha ki a rātou anō ka whai wāhi rātou ki te whakamarie. Engari pērā i te hunga whakamahi tarukino, ka nui ake tā rātou tango, ka kaha ake te waranga.

He maha ngā wā ka mamae noa te tangata ngākau aroha. I te nuinga o te wā, kāore tetahi e mōhio ana ki te take o tō rātou mamae, ki te āhua rānei o tō rātou amuamu, ka piki ake te mamae i roto i tō rātou noho motuhake. Kāore he mea e taea te whakatutuki mā te noho puku ki ngā mea e kitea ana e rātou he whakatoi, he whakahē rānei.

He pai ake te whakakore i ngā pūtake o taua mate pāwera mā te tātaritanga whāinga me te whakahohe i te mana whakahaere i a koe anō.

He kino ngā hua o tēnei momo mate pāwera kino; ka pau te ngākau pērā i te ahi, ka whakangaro hoki i ngā kiko o te rangimārie. Nō reira, me whakahaere i tēnei me te whakaaro nui, me te arorau, me te ngākau pakari.

Te herekore i te ngoikore

Ko te huarahi pai ki te whakakore i te ngoikore

Kāore e whakaarohia ana e ia

Ki te kore, ka horapa te whakaaro o te ngoikore i roto i te hinengaro, ka whakahaere i ngā āheinga o te wairua.

Ina kawea mai e tātou te māramatanga ki roto i a tātou

Ka memeha haere te pōuri me te mea kāore i te tupu

He mea whakahihiri tēnei whakaaro mōku

Ina whakaurua mai te mārama

Ki tētahi ana i nohoia e te pōuri mō ngā mano tau

Ka memeha tonu te pōuri

Waihoki, ka memeha haere ngā ngoikoretanga, ā, me ērā atu hoki, ka memeha haere ngā hapa

Ina tukua e tātou te māramatanga o te Atua kia tomo ki roto i ō tātou hinengaro

E kore e taea te noho tonu te pōuri o te kuware

Koinei te rapunga whakaaro e tika ana kia ora tātou

Kāore he hua o te whakaroa

Kāore te wira o te ora e mutu

Ā, ka tere te pahemo o ngā rā o te ao

Ia meneti e pau ana i a tātou ki te whakaaro mārama, ki te mahi whakaaro nui

He haumi angitu, he whai hua hoki tēnei i roto i te mara o tō tātou harikoa

**He tokomaha e whakapau ana i tō rātou oranga
katoa**

Te whakaaro ki te moni, te taatai, me te rongonui

**Kāore i te maha ngā wā ka aro atu rātou ki ngā
mea nui**

**E homai ana ki a rātou te rangimarie o te
hinengaro**

**Ā, kia ara ake ō rātou mōhiotanga ki ngā taumata
teitei ake**

**Ahakoia te iti o te tūranga e takarohia ana e te
tangata**

**E kiia ana ia he tangata angitu i te aroaro o te
Atua**

**Me i mōhio ia ki te whakapau i tōna wā me te
whakaaro nui**

Ka ārahi ia i ōna whakaaro ki ngā huarahi tika

Ina whiti te māramatanga o te Atua ki te tangata

**Kāore ia e whakaaro ana e hiahia ana ia ki tetahi
mea**

Nā te harikoa e taupokina ana ia e te

Ka tutuki i a ia āna moemoeā katoa

Ā, ka tino pāngia ia e te pouri

**Ko ia te tangata whai rawa o te hunga whai rawa,
ā, ko ia te tangata harikoa o te hunga harikoa**

I tēnei ao

Kauhanga o te Mārama

Ko ia te kaiwhakaara i te hinengaro wairua
Me ngā whakaaro mārama
Ngā mahi atawhai
Ngā kare ā-roto pai
Te whakaaroaro hohonu
Ka taea e ia te rongō i tōna wehenga atu i te tinana
Te wā mō te wehenga whakamutunga
Mā te kanohi wairua
Ka mahi te yogi i a ia e noho ana i te ao
Te Tirohanga o te Kauhanga Kanohi Wairua
I te rārangi wehewehe
I waenganui i te matū me te wairua
Ka taea e ia te wehe atu i te Ao i tēnei wā tonu
Te tomo ki tēnei kauhanga rama
Ā, ko te whakawhiti atu i tēnei ao
Ki te wāhi mutunga kore o te Atua
Kei hea te māramatanga
Me te harikoa
Te rangimārie
te herekoretanga tino
Ko te kanohi te rama o te tinana (te wairua)
Ki te kotahi tō kanohi

Ko reira ka ki ai tō tinana katoa i te māramatanga

{ I roto i te pōuri te mārama e whiti ana, ā, kihai i mōhiotia e te pōuri }

atawhai

**Ko te atawhai tangata ko te mārama ki ngā
mamae o ētahi atu**

**Ā, kia tata atu ki a rātou, kia kōrero hoki ki a
rātou**

**Ka whakapau kaha mātou ki te whakamarie i a
rātou i roto i tō rātou mate**

**Ā, kia hari tātou i roto i tō rātou harikoa
Kei te mahi mātou i te mea pai rawa atu o tō
mātou kaha**

**Hei ārai i te matakū, te hiahia, me te manukanuka
i a rātou**

**Ko te hunga e mahi ana kia harikoa ai ētahi atu
Kia homai e te Atua ki a ia he whakamarie
hinengaro o roto**

**Ā, ki te ngaro tetahi mea i a ia e whai ana i te
hunga e ngana ana ia ki te āwhina**

**Kāore ia e whakaaro he mate tēnei nā te mea ka
whiwhi ia i tētahi mea hei utu**

**Te ahua reka o te Atua me te rangimarie o te
hinengaro**

**E ora ana ia ki te aroha, ki te mahi, ki te hoatu
E ruia ana e ia ngā purapura o te pai me te
rangimārie ki ngā mara o te tangata**

**Ko ōna whakaaro me ōna kare ā-roto e hipa ana i
tōna ao whaiaro**

**Ka whānui ake tōna mōhiotanga, ka nui ake tōna
aroha**

**E whakaaro ana ia ko te ao tōna kāinga, ā, ko te
tangata tōna whānau**

**E mārāma ana ia ko te kaupapa o tōna oranga i
runga i tēnei ao**

**Me whakahou e ia ia anō i mua i te ngana ki te
whakahou i ētahi atu**

**Nā te mea ko te hunga e whakapai ake ana i a
rātou anō ka āwhina i ētahi atu**

**Hei whakahou i a rātou anō mā te tauira o tōna
oranga**

**He hohonu ake te pānga o ngā mahi, ā, he hohonu
ake te pānga**

I roto i ngā hinengaro o ētahi atu, mai i ngā kupu

Ko wai kei a ia te wairua o te atawhai?

**Kāore e mahi ana i runga i ngā tātaitanga me ngā
tumanakohanga iti noa iho**

**Engari, ka whakamahia e ia tōna mātauranga me
tōna whakaaro tika**

Kei te āwhina tonu ia i a ia anō me ētahi atu

**E whakawhetai ana ki te Atua mō te angitu kua
tutuki i a ia**

**Ā, ki te kore ia e angitu i te kotahi, i ngā wā maha
rānei**

**Kāore ia e ngākau pouri, engari ka kaha ake tōna
ngākau pono**

Ka whakanekehia e ia āna mahi, ā, ka ngana anō

Te tūhura i ngā whakaaro me ngā hongere hou

I arahina e te māramatanga o te whakaaro nui

Mā te āwhina a te Atua

Kia tutuki rā anō tana whāinga

Ka tutuki i a ia tana whāinga rangatira

Ngā Whakamārama o te Rawhiti-Hauauru

**Mai i ngā whakaakoranga a te tohunga mohio a
Paramhansa Yogananda**

Te whakarite me te

He kaha te whakaaro, pērā i te hiko

ngā āhuatanga hinengaro

**Ka hoki anō ki te whakaaro me te huarahi
whakaaro**

**He pai, he kino hoki te hiko
Nā wai rā e mōhio ana me pēhea te whakahaere?
Ka waiho e ia hei ratonga māna
Ki te kore, ka pāngia pea ia e te hiko
Ā, pērā anō hoki te whakaaro
Ki te mea ka arahina ki ngā ara tika
Ka kawea mai e ia te harikoa ki tōna rangatira
Ki te kore, ka raru ia
He rite te whakaaro ki te hōiho mohoa
Heoi, ehara i te mea kāore e taea te whakamārie
Ko te whakaaro pai tētahi huarahi hei**

whakahaere i ō whakaaro

**He hoa tata te whakaaro tika
Ā, he hoariri pumau te hinengaro mate
Ka kukume te whakaaro pai i te rangimārie me te**

haumaru

Ā, ka tukuna e te hinengaro mate ngā pere

whakamate

**Ka rua ngā pānga o te peke ki tōna rangatira
Nō reira te kīanga, he rite tonu te utu ki te mahi
I te mea ka tukuna e te tangata ngā whakaaro pai
Ka huri ōna whakaaro hei rama
Whakamāramahia ngā rūma o te wairua
Ā, peia atu ngā puranga o te pōuri
Kātahi ia ka rongō i te tino whakamarie
I whiti tōna kanohi i te ataata o te harikoa!
He rite te ora ki te mira e huri ana
Ngā pire whakamātautau me ngā whakamātautau**

whai hua

**Hei hanga taro mai i taua mea
He rite ki te ara piko
Kei ōna taha he putiputi ataahua
pūrerehua kanapa**

**Me ngā rākau me ngā hua reka i runga i ō rātou
manga**

**Heoi, he onge noa iho tā mātou whakamutu
Kia pārekareka tātou ki tōna tirohanga, kia reka
hoki ki tōna reka**

**Ina hoki, he maha tonu ngā wā ka raru tātou i te
mahi**

**Hei uru atu ki ngā wāhi whānui
Ki tā mātou whakaaro he nui ake ngā tirohanga
ataahua i ērā i kitea e mātou**

**Engari i a tātou e neke haere ana
Mō ngā ara puawai, hua
Ka kitea e tātou ngā rākau kei reira te pōuri
Neke atu i te hou noa iho
Kātahi ka ngaro ngā putiputi
Ā, me ērā atu, ngā pūrerehua me ngā hua hoki
Kātahi ka kitea tātou i te koraha pakoko
He rite te oranga o te tangata ki ngā wai o te
moana**

**Ka purea, ka reka
Ina piki koe ki te āhuarangi o runga anake
He rite ki te moemoeā o te ata
Ka mārama ake i te pakeketanga
Ko te take, ka mārama ake, ka mārama ake ngā
mea**

**He rite ki tētahi haerenga, ka rerekē te tirohanga
i te tawhiti e haerea ana**

**Kātahi ka rerekē te tirohanga i a tātou e tata atu
ana ki reira, ā, pērā tonu.**

**Kāore te ora e whakapōrearea i te hunga
whakaaro nui**

**Nā te mea he pūkenga tā rātou whakahaere, ā, he
pārekareka ki a rātou**

**Me te kore e tukua kia whakahaere i a rātou, kia
tangohia hoki tō rātou herekoretanga**

Hei tauira, e pai ana rātou ki te wai
Ka inumia e rātou, ka kaukau ki roto, engari kāore
rātou e tuku i a rātou anō kia toremi ki roto
E pai ana rātou ki ngā kākahu e pai ana ki a rātou
Me te kore e piri nui ki ngā tikanga me ngā
tikanga e kiia ana he papaku noa iho
E pai ana ki a rātou te kai, engari kāore e tukua
kia pau rātou i te kakai nui
Nā te mea ka pau te kaha i te kai nui
Ā, ka horomia ngā whakaaro
Ā, ka whakangaromia rawatia e ia
Nō reira, me koa te tangata ki te ora
Engari me te kore e pau te kaha o ngā kare ā-roto
mā te rumaki
te noho tahi me ētahi atu
Kāore tā rātou whakaaetanga i te tikanga katoa
Ka patu whakahere rānei i ngā wawata mō rātou
anō
Nā te mea kāore e pai ana tēnei tikanga
whakamāoritanga
Kāore e rite ana ki te pono
Kāore i whakaae ngā kaiwhakahou me ngā
tāngata nunui
Me te tini o te tangata e karapoti ana i a rātou
Heoi, i mau tonu rātou ki tō rātou whakaaro nui
Nā te mea i mōhio rātou ki tā rātou e mahi nei
He tika rawa tēnā
Kaua te mātāpono e whakararuraruhia
Ā, kaua e tahuri ki ngā kaupapa huna hei
whakatutuki i tētahi whāinga motuhake
Nā te mea kāore tēnā e tika ana mō te hunga
whai mātāpono
Ko wai ka taea te noho i roto i te ara e pai ai te
Atua?

**Kaua e whara i ētahi atu, nā te mea kāore he mea
e wehi ai rātou**

**Ko te mea tuatahi, me noho tahi te tangata me te
Atua**

**Kātahi me te hinengaro, ā, muri iho me te iwi
Engari ki te kore tēnei huarahi e makona ai ētahi
atu**

**He nui noa iho te rangimarie o te tangata i roto i a
ia anō**

**Ka rongo ia i te rangimārie o roto, ā, ka tū
motuhake ia i te aroaro o te tangata**

te aukume wairua

**Ko te kaha o te wairua me tōna hiahia ki te tahuri
ki te Atua e kiia ana ko te aukumetanga wairua, ā, mā
tēnei aukumetanga ka kukume mai te wairua i ngā
manaakitanga, i ngā wiri whakahirahira, me ngā
wheako pai katoa o te tangata e whakamahara ana i a
ia ki te pai me te tika.**

**Ko te aukume wairua te mana e kukume mai ai te
tangata i ngā hoa pai, i ngā mea nui, me te
mōhiotanga ā-roto ki ngā mea.**

**I ahu mai tēnei mana i te mana aukume, te mana
kukume o te Atua**

Rama o te Rangimārie

Tangohia he kohua hinengaro

Whakakīia ki tō rangimārie

Tangohia te pounamu o ōku kare ā-roto

Whakakīia ki tōu aroha

Tangohia taku kete wairua kau

Whakakīia ki ngā hua o tō whakaaro nui

Ringihia ngā wai o tōu aroha ki roto i tōku wairua

**Ka ringihia e ahau ki roto i ngā kapu o te wairua
matewai**

Horoia ngā taiepa o te ego

Rukuhia ahau ki roto i tō aroaro katoa

**Te hihi o te ata o te aroha
Tukua ia kia titiro mai i te tuwhera o tōku ngākau
He whakamahara mai ki ahau i te hihi o tō aroha
E horapa ana puta noa i te rangi o tōku ao
Kua tiaho mai te māramatanga o tō aroha
I runga i ahau anō, ā, i mārama
I whakakīia tōku wāhi wairua e tōu māramatanga
Ko koe te ora e tautoko ana i tōku tinana
Me te hinengaro e whakaoho ana i ōku whakaaro
Me te whakaaro nui e whakakore ana i tōku
kuware**

**Ka tahuna e au te rama angiangi o taku aroha
Hei pānui i te pukapuka koura
I tiakina i roto i ahau mai anō i ngā wā onamata
Ko tō aroha i mua, ā, kei te mau tonu
Te rama e kore e kitea o te rangimārie
E whakakore ana i te pōuri, e whakaatu ana i ō
karere ki ahau**

Kei ngā whārangi o ngā ngākau te rangitaki
He Ao Hou: #Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

**Ina whakamātau koe i ō whakapono wairua, ka
tuwhera mai he ao hou. He mea nui te whakapau kaha
ki te mōhio ki te Atua. Tērā pea he tino whakapono
tōu, ā, tērā pea kei te makona tō hinengaro ki tēnā.
Engari ki te kore koe e tino whakapono kei te
whakautua tika mai ō inoi, kāore he nui o ngā tikanga
whakapono e taea te whakaora i a koe. Ahakoa he
uaua te whiwhi whakautu a te Atua, ka taea. Kia tino
eke koe ki te Rangi, me whakamātau koe i te mana o
ō inoi kia taea ai e koe te whakahohe i aua inoi. I a au
e tamariki ana, i whakatau ahau ka whakautua aku
inoi i ngā wā katoa ka tahuri ahau ki te Atua me te
inoi. Ko te whakatau pumau te huarahi. Kātahi ka tae**

mai ngā whakamātautau katoa hei whakaiti i tō whakatau, hei whakakore i tō hiahia, engari he mutunga kore te mana o te Atua ki te whakautu. Ko te whakapau kaha me te whakamahi tonu i te kaha o te hiahia ka puta te whakautu a te Atua.

He mea nui kia ako i te huarahi tika hei arotahi i te hinengaro. He mea nui hoki kia nui te wā mō te noho mokemoke me te whakaaroaro takitahi. Ko te taunekeneke tonu me ētahi atu ka aukati i te tipu wairua. He rite te nuinga o te tangata ki ngā hautai; ka mimitihia e rātou ngā mea katoa i a koe, ā, he onge te whiwhinga i tetahi mea. He pono, he pai te noho tahi me ētahi atu he pono, he kaha hoki te wairua. Mena e mōhio ana ia tangata ki te kaha, te ngākau pono, me te hiahia o tētahi atu, ka taea te tohatoha i ngā āhuatanga wairua rangatira i waenganui i a rātou.

Kaua e moumou taima ki ngā mea koretake. He maha ngā tāngata e whakararuraru ana i a rātou anō ki ngā mea kore hua, ā, ki te pātai atu koe ki tētahi o rātou he aha tā rātou mahi, ka whakahoki mai rātou, "I pukumahi tonu ahau!" Engari kāore e taea e rātou te mahara ki tētahi mea mō taua "mahī"! Hei tāpiri, ka ngoikore te hinengaro i te nui o te wā wātea me te whakangahau. Ki te mātaki koe i ngā kiriata i ia rā, ka ngaro tō rātou ataahua , ā, ka hoha koe. He rite tonu ngā kiriata, he rerekē ngā tūranga: he hoa aroha, he mōrearea, he toa, he tangata kino, me ētahi atu. Tērā pea ka pai ki a tātou te mātaki i te kaupapa o te kiriata, engari he onge te āhua o te ao pērā. I tētahi atu taha, ki te tino pono te ao, ko wai ka hiahia ki te kite i ngā kaupapa o te ao pērā i te wā e okioki ana rātou?

He tino tinihanga te ao, ā, me whakatata atu tātou ki tēnei āhua. Ki te kore tātou e wikitoria i ōna tinihanga me ōna whakaaro pohehe i te tuatahi, e kore e taea e tātou te āwhina i tētahi atu. Kei roto i te mokemoke o te hinengaro arotahi te wheketere o ngā whakatutukitanga nunui katoa. Kia mahara ki tēnei. Kei roto i tēnei wheketere whakamiharo, whatu tonu i ngā tauira o tō hiahia hei wikitoria i ngā arai katoa. Whakangunguhia, whakatikatikahia hoki tō hiahia i ngā wā katoa. He maha ngā whai wāhitanga ki a koe ki te mahi i roto i tēnei wheketere i te ao, i te pō, mena kāore koe e moumou taima me tō kaha.

I te pō, ka wehe atu ahau i ngā tono o te ao kia noho ko au anake, kia matara atu i te ao, i roto i tōku mokemoke wairua me tōku hiahia. I reira, ka ārahi ahau i ōku whakaaro ki te huarahi e hiahiatia ana e au, ā, ka whakatau i roto i ahau anō. Kātahi, ka akiaki ahau i tōku hiahia kia uru atu ki ngā mahi tika, whai hua hoki e angitu ai ahau. Pēnei, kua maha ngā wā kua whakamahia paitia e au tōku hiahia. Engari ka tutuki noa tēnei mā te whakamahi tonu i te hiahia.

He tino ataahua te kare ā-roto o te kaha ki te kī me te whakaū, "Ko taku hiahia, e whakakīia ana e te hiahia whānui, ka tutuki taku e hiahia nei!" Ki te noho māriri koe, ka tuku i ngā mea katoa ki te hiahia atua, me te kore e whakamahi i tō ake hiahia, i homai nei e te Atua ki a koe, e kore koe e whiwhi i te hua e hiahiatia ana. E hiahia ana te mana atua ki te āwhina i a koe i runga i tōna ake hiahia. Kāore he take mō te inoi, te tono rānei; engari, me whakamahi koe i tō hiahia ki te tono me te tono—hei uri tika—me te mahi i runga i tēnā. Me whakakore atu i tō hinengaro te whakaaro kei tawhiti, kei huna hoki te Atua, i roto i tōna kaha me tōna mana nui, i ngā pito tawhiti rawa o

te rangi, ā, ko koe anake i waenganui i ngā manukanuka me ngā uauatanga o tēnei ao. Kia mahara kei muri i tō hiahia tangata te hiahia atua, engari ko taua mana nui, pērā i te moana mutunga kore, e kore e tae mai ki a koe ki te kore tō hinengaro e tuwhera, e aro mai hoki tō ngākau.

Te manukanuka: ōna take me te maimoatanga

He mate te manukanuka ka taea te wikitoria mā te rongoā motuhake e kiia nei ko te marino. Ko te kore taurite o te hinengaro e arahi ana ki ngā mate io ka puta mai i ngā āhua o te whakaohoho tonu, te whakaohoho nui rānei o ngā kare ā-roto. Ko te rumaki i a koe anō ki ngā manukanuka, ki te wehi, ki te riri, ki ngā kare ā-roto pouri, ki te pouri, ki te hae, ki te pōuri, ki te mauahara, ki te riri, ki te manukanuka, me te kore o ngā mea e tika ana mō te oranga noa, harikoa—pērā i te kai tika, te whakakori tinana tika, te hau hou, te rā, te mahi tika, me te kaupapa kua tautuhia i roto i te ao—he mea whai wāhi katoa ēnei ki ngā mate io.

Ko te whakaohoho hinengaro, kare ā-roto, tinana rānei e kaha ana, e roa ana rānei, ka nui te mamae, ka whakararuraru hoki i te rere taurite o te kaha ora i roto i ngā kare ā-roto e rima me ō rātou āheinga. Mena ka honoa e koe he pūrāma rama 50-watt ki tētahi pūtāke hiko 2,000-volt, ka mura te pūrāma. Waihoki, kāore i hangaia te pūnaha io hei tū atu i te kaha whakangaro o ngā kare ā-roto kaha, o ngā whakaaro me ngā kare ā-roto kino e mau tonu ana.

Ehara te manukanuka i te raruraru ngāwari. He hoariri kaha, he maha ngā raruraru kino me ngā pānga whānui. I te taha tinana, he uaua ki te rongoā i tētahi mate e whakanuia ana e te manukanuka. I te

taha wairua, nā te kore taurite o te kaha ora i roto i te tinana ka tino uaua te arotahi, te whakaaroaro hōhonu rānei ki te whakatutuki i te rangimārie me te whakaaro nui.

Waimarie, he mea ka taea te rongoā i te manukanuka. Me rite te tangata e pāngia ana e tēnei mate ki te tātari i tōna āhua me te whakakore i ngā kare ā-roto me ngā whakaaro kino e whakangaro haere ana i a rātou. Mā te tātari i a ia anō i ō raruraru me te pupuri i te marino i raro i ngā āhuatanga katoa ka taea te rongoā i te nuinga o ngā take o te manukanuka.

Ina mōhio tātou ko ngā pūkenga e hiahiatia ana e tātou—ahakoa he whakaaro, he kōrero, he kare ā-roto, he mahi rānei—nō te Atua katoa, ā, kei a tātou tonu la, e whakahihiko ana, e ārahi ana i a tātou, ka kite tātou i te herekore tonu mai i te ahotea hinengaro. Mā tēnei mōhiotanga ka puta mai ngā mura o te hari tapu, ā, i ētahi wā ka waipuketia tātou e te māramatanga hohonu, ka peia tonutia ngā whakaaro o te wehi.

He rite te mana o te Atua ki te moana, e ngaru ana, e ngaru ana, e horomia ana te ngākau i roto i te tukanga horoi, e tango ana i ngā arai tinihanga katoa o te ruarua, te manukanuka, me te wehi.

He maha ngā wā e whakapono ana te tangata he tinana tinana noa iho rātou, engari he whakaaro pohehe tēnei ka taea te wikitoria mā te hono atu ki tō rātou wairua mā te whakaaroaro. Kātahi ka mōhio rātou he mirumiru mahi noa iho te tinana e rere ana i runga i te moana nui o te ao tūroa.

Me mārama te tangata e pāngia ana e te manukanuka ki tōna āhua, me te tātari i ngā hapa hinengaro e mau tonu ana e take ana i tōna korenga o te rangimarie me te hototahi ki te ao e karapoti ana i

a ia. Ina whakaae te tangata manukanuka, ahakoa kotahi noa te wā, ehara tōna mate i te mea ngaro engari he hua arorau nō ngā whanonga whaiaro, kua tutuki kē i a ia te haurua o te rongoā!

Ka whakararuraru te harikoa i te taurite o te pūnaha io mā te tuku i te nui o te pūngao ki tētahi wāhanga o te tinana, ā, ka tangohia atu ngā mahi o ia wāhanga.

Ko tēnei kore taurite o te tohatoha o te pūngao ki ngā io te take me te take o te manukanuka. Ka karo te tangata marino i te harikoa nā te mea e mōhio ana ia ko te Atua te kaiwhakahaere me te arataki i te ao me ōna mahi, ā, i te mōhio ki tēnā (ka tapahia e te wehi ngā io), ka ngana ia ki te noho marino te hinengaro, ā, nō reira ka taea e ia te aro atu ki ngā āhuatanga me ngā āhuatanga o te ao me te marino nā te mea he taurite ōna kaha io.

I a ia e pupuri ana i te hinengaro koi, kāore e whakakorikoria, ka whakawātea ia i a ia anō i ngā mānukanuka o te ao, ā, ka ara ake i te harikoa i puta mai i ngā wheako ahua reka. Mō ngā whakamātautau kino, ka whai ia kia kaua e whakararuraru i tōna rangimārie hinengaro, e tango rānei i tōna marino o roto. Koinei te whāinga me whakapau kaha tātou, me whakapau kaha hoki kia tutuki.

Ko te pūnaha io te mea e whakarato ana i te kaha ora ki te roro, ki te ngākau, me ngā whekau katoa. Ka tohatoha hoki i te kaha ki ngā mātāpuna e rima: te tirohanga, te whakarongo, te pā, te reka, me te hongī. Ko ngā io te reo e kōrero ai tātou ki te ao e karapoti nei i a tātou, ā, koinei hoki te pūtake o ngā urupare katoa a ō tātou mātāpuna. Nō reira, he mea nui kia mau tonu te taurite o ō tātou pūnaha io, me te karo i te whakararuraru i tētahi wāhanga o te tinana ki te nui rawa o te kaha, me te tango i ētahi atu

wāhanga o tēnei kai ora. Ko te taurite o te ao me te whakatutukitanga o ngā whāinga tika kāore e tutuki mā te manukanuka, mā te pahūtanga o ngā kare ā-roto rānei, engari mā te marino me te whakapono hohonu ki te Atua.

He tikanga motuhake ā ngā Yogi hei whakaora i te kiko kua wera mā te tuku i te kaha ora ki ngā io kua pakaru. He hanganga ora, he hanganga mohio ia pūtau me ia kiko i roto i te pūnaha io. Kei tēnei kaha ora, te kaha rānei, te mana ki te whakahou tonu i taua hanganga, he rite ki te whakakī i te pākahiko kua pau.

E rua ngā momo manukanuka: te manukanuka hinengaro me te manukanuka ā-ringa, te manukanuka papaku me te manukanuka rauropi rānei

Ko te riri hinengaro te momo tino noa, e puta mai ana i te harikoa hinengaro, i te oho rānei. Ko te noho roa ki roto i tēnei āhua, tae atu ki te whakahoahoa ki ngā tāngata tutu kāore e whai hua mai i ā rātou whakahoahoa, kāore hoki e whai wāhi ki tētahi mea pai, ā, ko ngā tikanga kino e pā ana ki te kai me te momo noho, he āhuatanga riri uaua katoa.

Me māmā te kai, me taurite, kaua e nui rawa te kai Me auau te whakakori tinana Ka whakangoikore te nui o te moe Ka whakangoikore ngā io, engari he kino te iti o te moe Engari ko te whakaaro nui ko te whiriwhiri i te hoa me te āta whakaaro nui Kōrerotia mai ngā hoa o tētahi tangata, ā, māku e kōrero atu ki a koe mō taua tangata Kāore he āwhina o ngā kaiwhakapatipati me ngā kaiwhakapatipati Me rapu tātou i tētahi haporī whakapai ake i a tātou anō—ko ngā tāngata e kōrero ana i te pono ki a tātou, e āwhina ana i a tātou kia tipu Ko ngā hoa pai ko te hunga e whakaaro whakaiti ana i ngā huarahi ka taea

**e tātou te whakamahi me ngā mea me mahi e tātou
hei whakarerekē i ō tātou oranga kia pai ake**

**Ko te whakahē kino, e tukuna ana me te
mauahara me te kore aroha, he rite ki te patu i te
mahunga o te tangata ki te hama; ko te aroha ia he
kaha ake, he whai hua ake. Ko ngā whakaaro atawhai
e tukuna ana me te aroha me te māmā he mana ki
te mahi merekara, ko te whakahē mamae ia kāore he
hua o te whakahē.**

**Ka āhei te tangata ki te whakawā i ētahi atu ina
kua purea e ia tōna āhua, ā, kua peia atu te pōuri o
tōna kuware ki te māmāmatanga o te mātauranga. Kia
tae rā anō ki taua taumata, he pai ake mā rātou te
tātari i a rātou anō me te whakatika i ō rātou ake
tirohanga, kua e whakahē me te tawai i ētahi atu.**

**Ko te whakahoahoa ki te hunga whakaaro nui, he
marino te āhua, tētahi o ngā huarahi tere me te tino
whai hua ki te whakakore i te manukanuka, me te
kimi i tō tātou tuakiri wairua.**

**Kaua te hunga manukanuka e nui rawa te
taunekeneke me ētahi atu tāngata manukanuka pērā i
a rātou anō.**

**Me whakatipu te rangimārie o roto kia hinga ai te
manukanuka. Ko te tangata marino, he tangata ata
noho, he tangata marino tonu i roto i ngā āhuatanga
katoa. Kāore e tukua kia whakahaeretia rātou e ngā
kare ā-roto, kia ārahi rānei i a rātou ki te whakatau i
ngā whakatau hē. Kāore rātou e tinihangatia e ngā
kupu māeneene, whakapatipati a ngā kaiwhai
wāhitanga hei whiwhi painga kāore i tika. Nā te
marino o te taiao, he onge te taka ki roto i ngā kōrero
teka me te tinihanga. Ina hoki, e whakaatu ana ō
rātou ngākau i te āhua tūturu o te hunga e mahi tahi
ana rātou, ā, e whakaatu ana i ō rātou whakaaro me
te tino tika. Kāore rātou e paitini i ō rātou tinana ki te**

riri me te wehi, e pā kino ana ki te rere o te toto. He mea kua whakapumautia ko te waiū o te whaea riri ka pā kino ki tana tamaiti, ā, he nui ngā taunakitanga e whakaatu ana he mana tō ngā kare ā-roto kaha ki te kino me te whakangaro i te tinana.

He ataahua te taurite, ā, me waiho hei tūāpapa mō ō tātou kare ā-roto, whakaaro, me mahi, me te pou e huri haere ai ō tātou oranga.

Ka mau tonu te marino me te rangimārie o ngā wairua nui, ā, ka āwhina i a rātou ki te puta i ngā whakamātautau me ngā raruraru o te ao me te kore e ngaro te whakaaro pai, te taurite rānei.

Kei ngā wāhi katoa te Atua, e whakahaere ana i ngā ao, e ārahi ana i ngā tupuni whetu i roto i ngā porowhita mutunga kore. Ā, ko te tangata, i hangaia kia rite ki tōna āhua, kei a ia te kaha ki te whakahaere i tōna oranga me te whakarite i ana mahi me te kore e manukanuka, e whakararuraru rānei.

Me tuku tonu e tātou ngā whakaaro o te aroha, te ngākau pai, me te rangimārie ki ētahi atu

I roto i te hanganga o te whakaaroaro, te wāhi e tiaho tonu ai te māramatanga o te māramatanga ki runga i te aata o te wairua, kāore he manukanuka, kāore he ahotea, kāore he taumahatanga, kāore he manukanuka, engari he marino, he marino, he whakaponu ki a ia anō, me te harikoa pono.

Kia tau te rangimārie ki a koe

I te wā i whakatūpato ai te wahangu

I te wā i whakatūpato ai te wahangu

Ina oati ahau kia noho puku

Kia mau tonu ai te rangimarie ki taku e aroha nei

Ka okioki ahau i roto i ōna ringa, e karapoti ana i te ao
whānui

Ka whakarongo tonu ahau ki ana waiata

Me ngā waiata o te rangimārie me te harikoa

Te kite i ngā wairua huna me ngā whakakitenga tapu
me ngā kitenga mō te Mea Mōhio Katoa

Engari e kore ahau e wareware i a koe

Ka mātakitaki puku ahau i a koe, ka aro nui hoki

I runga ake i ahau e hikoi ana koe i te tarutaru, i roto i
ngā otaota o te whenua

Tērā pea ka kite koe i ahau e tupu pai ana i runga i te
manga, e kakariki ana me ngā rau waina

Ka manaaki ahau i a koe me te ngākau aroha me te
whaea atawhai

I roto i te whero o te putiputi, e whakakīia ana e te
rangimarie

Mā tēnei ka hari koe, ka koa, ka tau te rangimārie

Ka awhi ahau i a koe, ka mirimiri i a koe ki te hau mārie

Kia whakaorangia ai koe e ahau i te wehi, i te atarangi o
ngā manukanuka

Ā, ka takai ahau i a koe i te rā, ka whakaoho i te kare
mahana me te piripono

Ina ngokingoki mai te mokemoke me te wiri ki te puku

Ina titiro koe ki te moana, ka kite koe i ahau i roto i ōna
hohonutanga

Kotahi me tōku Ariki i te pae tawhiti me te awa o ngā
tēneti

Kei roto he ira kanapa me te lapis lazuli utu nui

E kore rawa ahau e kōrero engari i ahau mai i te
hinengaro mātau

Ā, mai i te hohonutanga o tōku ngākau, ki te hiahia
ahau, ka whakahe ahau, ka whakapae rānei

Nā te aroha ki a koe, ka whakatenatena ahau i a koe,
me te ngākau kī tonu i te hihiri

Tērā pea kei te hiahia koe ki te wahine e karakiatia ana,
he rite te hiahia ki tō te wahine hapu

Ka whakamatautauria koe e ahau, engari me te
whakamatautauranga tika

Kia pārekareka ki te aroha o te Ariki, te pūtake o te
ngākau nui

Wareware mai ki ahau mēnā e hiahia ana koe, engari
kaua e wareware ki te Mea Aroha

Ki te whakaaro ahau ki a koe i te pō, ka mahara koe ki
ahau

I ngā wā katoa!

Te whāinga matua a te tangata

Kaiwhakaako Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

He ataahua, he kanapa ngā putiputi me ngā rōhi, engari
kei muri i a rātou he māra tino ataahua, tino ataahua hoki.
Ahakoa he mārāma rawa tēnei māra, ā, he uaua ki te kite i
te tīmatanga, ki te taea e koe te uru atu ki te taha wairua mā

te kuwaha o te kanohi wairua, ka taea e koe te tūhura i taua ao wairua me te koa ki ōna mea whakamiharo.

E noho ana ahau i taua ao ngawari, he mea reka ake, he mea kakara ake ngā āhuatanga ataahua me ngā whakaaro ngawari, ngawari atu i tētahi putiputi, i tētahi rōhi rānei o te ao. Kei reira, e mitimiti tonu ana te pī o tōku hinengaro i te waihonga o te aroaro o te Atua.

Ina arotahi tātou ki roto, ā, ina noho nui atu tātou i roto i taua ao huna i roto i a tātou, ka kitea e tātou ka puta ō tātou āhuatanga wairua ki ngā āhua motuhake e mahi ana hei matapihi e kite ai tātou i te reka o te Atua e kore e taea te whakaahua me te whakaaro.

Kāore te rapu i te Atua e herea noa ki te whakaaroaro noa. Ko ia kounga pai me ia āhua rangatira e whakaatuhia ana e tātou i roto i ō tātou whakaaro me ā tātou mahi ka waiho hei wai huna o te aroaro o te Atua i roto i a tātou, ki te hohonu tō tātou mōhiotanga.

Ina haere tātou mā te kuwaha o te kanohi wairua, ka kite tātou i roto i a tātou anō i te wheketere o ngā mahi ora, atamai, e huna ana i muri i te ao whānui. Nā te mea kāore tātou e aro ki roto, ka tū tātou me te miharo me te miharo ki mua i ngā tohu me ngā hiri o te wairua atua i roto i te taiao. Ka kite tātou i ngā hua o te Atua; kua tuhia tōna ingoa tapu ki runga i ngā putiputi, ki ngā rangi, ki ngā mea katoa, heoi e noho puku ana ia.

He tino waimarie tātou te tangata, nā te mea, i roto i ngā mea hanga katoa a te Atua, ko te tangata anake kei a ia ngā pūkenga me ngā āheinga tinana, hinengaro, me te wairua e tika ana hei rapu i a ia, hei kitea ai ia, hei mōhio ki a ia, hei mārama hoki ki Tana reo... te reo o te wahangu.

He nui ake te painga mō te tangata ki te pānui i ngā pukapuka me ngā tuhinga whai hua, kua ki te mōmōu taima ki ngā mahi kore hua. He nui ake i te pānui pukapuka te whakaaroaro ki te Atua, te whakaaroaro ki Tōna nui, me te ngana ki te mārama ki ngā mea ngaro mutunga kore o te ao.

Ko te kaupapa o te ao kia mōhio te tangata ki a ia anō, kia rongo i te taiao o te ao e pupuhi ana i roto i tōna ngākau, e rere ana i roto i ōna uaua, e whakakī ana i tōna wairua ki te rangimārie, ki te aroha, ki te harikoa, me te ata noho, ā, koinei te angitu nui rawa atu!

Hei tangata, ka eke tātou ki te taumata teitei rawa atu mā te mana o te whakaaro

Me whakarite he wā i ia rā hei whakawhanake i ngā āheinga hinengaro. He nui ake te uara o te pānui pukapuka i te whai tonu i ngā mahi papaku me ngā mahi koretake. Me whakatū hoki he kaupapa arorau o ia rā hei whakarite i te tikanga me te whakaritenga. Heoi, ko te whakahaere wā nui rawa he momo pakari, ā, me karo.

He mea nui te taurite i roto i ngā āhuatanga katoa o te ao. He mea tika kia noho wātea tonu ngā rauemi pānui whai hua, kia pānuhia hoki i ngā wā wātea. Ko ngā mea tino nui o ēnei rauemi ko ngā pukapuka wairua, ā, whai muri ko ngā tuhinga pūtaiao, ētahi hītori, rapunga whakaaro, tuhinga nui, kōrero mō ngā oranga o ngā tino tangata, ngā kōrero haereere, me ētahi atu mea hei whakawhānui ake i te tirohanga me te whakahihiko hohonu.

He hoa pono ngā pukapuka, ā, ko te whiriwhiri i ngā pukapuka kōunga teitei ka nui ake ngā painga. I te tīmatanga, he uaua pea te hopu i te mauri o ngā whakaakoranga wairua me ngā whakaaro o ngā kaitātari whakaaro nui, engari i muri i tētahi wā, ka kitea e koe kei te

whakaaroaro koe ki ā rātou tuhinga me te whai wāhi atu ki ō rātou whakaaro. Ka rongo koe kua whiwhi koe i tētahi mea nui, nā te mea i tangohia e aua tāngata whakaaro nui ō rātou whakaaro nui me ō rātou mātauranga mai i te taonga mutunga kore o te whakaaro nui o te Atua—ngā whakaaro kāore pea koe i whakaaro i roto i tō oranga.

Heoi, he tokomaha e pānui tonu ana, engari kāore e taea te tuku atu i tētahi mea whai hua ki a koe. Ko te huarahi pai ki te pānui pukapuka ko te whakaaroaro ki ngā ihirangi me te kite me pēhea te whakamahi i aua mea ki tō ake ao. Kua e whakaae noa ki ngā mea katoa e pānuhia ana e koe. Me whāngai tō hinengaro i tāu e pānui nei, me whakamātau hoki i tō arorau. Kia tino whai hua ai te pānui, me whakaoho te pukapuka i tō whakaaro, ā, ka rongo koe i te whanaketanga me te whānui o tō hinengaro.

mōhioatanga tika

Ko te hunga kāore e pānui, kāore hoki e whakaaroaro, engari e noho papaku ana i te ao, kāore he kaupapa, he tikanga rānei, kāore e whakawhanake i te māramatanga hohonu, kāore hoki e whiwhi i te mōhioatanga tuturu. Mā te Whakakotahitanga tātou e hono atu ki te mana atua e whakaoho ana i ō tātou whakaaro, e whakamārama ana i ō tātou hinengaro ki te māramatanga o ngā whakaohoho teitei ake. Ko te whakaaroaro te ara ki te eke ki te tangata teitei ake. Ka hē te tangata ki a rātou anō mēnā kāore rātou e pānui, engari he pai ake te whakaaroaro i te pānui.

He pai ki ahau te pānui pukapuka, engari e rua whārangi anake taku e taea te pānui i mua i te karangatanga mai kia mahi i tētahi atu mea. Nō reira, kua whakakapia e ahau te pānui pukapuka ki te whakaaroaro. I a au e ruku ana ki roto i ngā hōhonutanga o tōku wairua, ka puta mai ngā māramatanga kanapa, ā, ka puta te hari nui rawa atu—he hari e haere tahi ana me ahau i te roanga o te rā. Koinei taku

i kite ai i roto i tōku ao, me te mea e kitea ana e te hunga katoa e kōrero ana ki te Ariki Tapu i roto i te hāhā o te wairua me te hiahia o te ngākau.

He nui rawa te utu mō te wā, kāore e tika kia moumou. E hiahia ana te Atua kia taurite tātou. Ko te tangata e tuku ana i tōna oranga kia kore e taurite, ka whiua ia e te ture whānui. Ki te noho noa koe, ki te whakakorikori tinana i ia rā, ki te pānui pukapuka whai hua, ā, ki te whakawhanake i te tikanga o te whakaaroaro ki te Atua i ia rā, ka oho ō kare ā-roto i te harikoa, ka rere ngā iahiko ora i roto i ō toto, ā, ka kī ngā pūtau o tō tinana i te māramatanga me te kaha kāore anō kia kitea e koe i mua. Ā, ka whiwhi koe i te mātauranga katoa e hiahiatia ana e koe mai i te wairua i roto i a koe.

Koinei tonu tōku ao. Kāore anō kia rua tekau ngā pukapuka i pānuhia e au i roto i ngā tau rua tekau. Kāore au e whakahīhī ki tēnei pukapuka, ā, me i kore te mōhiotanga wairua atua i riro mai i ahau mā te whakaaroaro, kua tino kuware ahau. Ina titiro ahau ki tētahi pukapuka, ka kitea e au kua whakakitea mai ki ahau e te Atua ngā pono kei roto. Ko ngā whakaaro me ngā pono whakahirahira katoa i ahu mai i te Atua, te Mōhiotanga Katoa. Ki te whakaaroaro koe ki aua mea, ka whiwhi tika koe i Tōna whakaaro nui. Nō reira, he pai ake te pānui pukapuka pai i te moumou taima ki ngā mahi kore hua, ā, he pai ake i te pānui te whakaaroaro me te whakatipu i te mōhiotanga ki te Pono Tino Pai, arā, ko te Atua.

Te Ture Ao Whānui me te Whanaketanga o te Māramatanga

I ngā wā me ngā wāhi rerekē, kua riro mai i te tangata ngā whakaaro maha mō te ora me te wairua nā roto i te whakaaro nui. Hei tauira, i te wā e pāngia ana tētahi mema o tētahi iwi mohoa e te mamae o te upoko, e whakapono ana tōna whānau kua mawhiti tōna wairua i tōna tinana, nō reira

ka karangahia e rātou te tākuta makutu kia whakahokia mai te wairua ki a ia. Ka haere te tākuta ki te ngahere ki te rapu i te wairua, ka kitea, ka whakahokia mai i roto i tētahi pouaka, ka whakahokia ki te upoko o te tūroro, ā, ka ngaro te mamae o te upoko e ai ki te whakapono o te iwi whānui.

I tētahi atu ahurea, ko te "tihe" o te tangata tūroro ka mahia mā te whakatakoto matau (he rino piko he koi ngā pito) ki roto i tōna tinana kia kore ai tōna wairua e mawhiti ina tihe ia, engari ka mau i ngā matau!

Pērā i ētahi tāngata kua tae ki ngā whakatau hē mō te hinengaro tangata nā te whakaaro hē, ko ētahi atu - nā te mārama pono - kua tae ki tētahi māramatanga rerekē, hohonu, me te pakari ake. E mōhio ana tātou ehara te wairua i te manawa nā te mea kua noho pōrearea ētahi tāngata mō ngā wā roa me te kore manawa, e whakaatu ana kāore e taea te here i te wairua ki te manawa. Ka hipa te wairua i te manawa me tētahi atu āhua tinana.

Ahakoia te whakapono o te tangata he wairua ia, kei te akiaki tonu te ture whānui i a ia ki te whakaatu i tōna āhua wairua. Ahakoia tā rātou mahi, tā rātou tūranga rānei i te ao, ka whanake, ka whānui hoki ō rātou hinengaro i ngā wā katoa e whakamahia ai e rātou ō rātou hinengaro ki te auaha me te whai hua. Ko ia mahi whai hua ka whai wāhi ki te whanaketanga o te tangata, ka whānui ake hoki ō rātou māramatanga.

Engari he maha ngā wā ka whakaaro te tangata ki tētahi atu mea i a ia e mahi ana i tētahi mea, ā, kāore rātou e mōhio ki te huarahi tika hei arotahi i ō rātou hinengaro ki tā rātou e mahi ana. Me ako tātou ki te whakaaro ki tētahi mea i te wā kotahi me ō tātou kaha hinengaro katoa. Me arotahi tō tātou aro katoa ki taua mea kotahi anake. Kaua te tangata e mangere, e kore e hihiri, e kore rānei e aro. Mā te mangere

me te kore whakaaro ki te mahi i ngā mea ka ngaro te kaha, ā, nō reira, ka hinga, ka pouri.

Kaua te tangata e noho hei mīhini hinengaro e whakahaere ana i a ia anō, pērā i te kararehe e mahi ana i runga i te kare ā-roto. He hapa nui te kore e whakaara i a ia anō, e whakahohe rānei i ōna pūkenga hinengaro. Kua homai e te Atua ēnei pūkenga ki a tātou, ā, e hiahia ana ia kia whakamahia e tātou me te whakaaro nui, kia tino mōhio hoki ki ngā mea katoa e mahia ana e tātou.

Me ata whakaaroaro hoki tātou i mua i te mahi i tētahi mahi, me te whakamahi i ō tātou hinengaro ki ngā huarahi e āwhina ai i a tātou ki te tipu me te whakatutuki i tō tātou kotahitanga ki te Kaihanga Kaha Rawa. Ko ngā mea katoa e mahia ana e tātou me ahu mai i te whakaaro tika me te whakamahere whakaaro nui.

He mahi mā te tangata te whai kia tutuki ngā whāinga rangatira. Ko te aro ki ngā mea koretake, koretake, he maumau noa iho o te kaha hinengaro. Me hutia ake ngā taru i roto i te māra o te hinengaro, me whakapaipai ki ngā putiputi o te aroha atua, kia kukume mai ai i te Atua ataahua e aroha ana ki te ataahua. Ki te hiahia koe kia puāwai tonu tēnei māra hinengaro i roto i te oneone o te whakaaro nui, me whakangawari koe i te oranga, me whakawātea i te uaua. Mā te whakatutuki i ngā mea katoa me te aro nui me te hinengaro arotahi, kore e whakararuraru, ka taea e koe te tātari i ō mahi, te whiriwhiri i ngā mea nui me ngā mea nui, me te whakarērea ngā mea papaku me ngā mea koretake. Kia oti te mahi, ka taea te tango atu i te hinengaro i roto, ka whakamahia hei whai i ētahi atu wawata auaha.

Me ako te tangata ki te whakatipu i tō rātou mōhiotanga ki te atua, nā te mea koinei tonu te kaupapa i hangaia ai rātou. I hangaia rātou i runga i ngā ture o te whanaketanga kia taea ai e rātou te whakamahi i ō rātou mana tapu ki te

kimi i te Atua. Kāore i ngā kararehe tēnei kaha. I mahi te kaiako a Lahiri Mahasaya i tētahi pūtaiao hei āwhina i ngā kararehe kia tere ake te whanaketanga, engari kāore i ora ia ki te whakaoti. Kei a au anō hoki te mōhiotanga ki ētahi tikanga hei whakaterere i te whanaketanga o ngā mea ora o raro. Engari me pēhea ngā miriona tāngata e noho ana, e whanonga ana pērā i ngā kararehe? Ka noho rātou i tēnei ao, kātahi ka wehe atu me te kore e tutuki i tā rātou kaupapa. Ka taea e rātou te whakatutuki i taua kaupapa inaianei mēnā ka arotahi rātou i ō rātou mana hinengaro me te whakamahi tika.

Ko te tikanga anake o te ora ko te kimi i te Atua aroha me te atawhai Me kimi e tātou la Kei te rapu tonu te tangata i a la, me te kore e ngenge.

"Ko tētahi atu mea" e tumanakohia ana e rātou ka kawea mai he harikoa tino pumau ki a rātou

Ko te hunga i rapu i te Atua, ā, i kitea la, kua mutu te rapunga nā te mea ko te Atua taua mea nui!

Ka huna e te taiao te aroaro o te atua

He aha i tukuna ai te whakamātautau ki te tangata? Kia hiahia pea rātou ki taua mea tino nui, he mea ātaahua ake, he mea ātaahua ake i ngā whakamātautau katoa o te ao. Ehara i te mea hei hopu i a rātou ngā mahanga me ngā mahanga o te ao e karapoti nei i te tangata i ngā taha katoa, engari hei akiaki, hei whakahihiko i a rātou ki te rapu i ngā mea kei tua atu, hei mea hoki kia pātai rātou: "Nā wai ēnei mea katoa i hanga? Nā wai ahau i hanga? Ko wai ahau? Kei hea koe, e te Ariki? He aha koe i huna ai i ahau? Kōrero mai ki ahau!"

Ina tahuri tika koe ki te Atua me ēnei pātai, ka whakautua e la. Ko te nuinga o te tangata kāore e ruku

hohonu ki roto i ā rātou inoi ki a la, nō reira kāore rātou e kite i a la, e kitea rānei.

Me kōrero tātou ki te Atua i roto i te ngākau, i roto i te temepara o te wairua. Ka karanga te ākonga e hiahia ana ki a la, me te mea:

"E tōku Atua, kāore e taea e au te titiro noa ki te ataahua i hangaia e koe, i whakatinanahia hoki e koe i roto i te taiao, engari e hiahia ana ahau kia kite i tōu mata, he mea ātaahua ake i ngā putiputi katoa o te taiao, he mea ataahua ake i ngā mata katoa o te ao, e hiahia ana ahau kia mārama ki ngā mea kei muri i te taiao."

Ahakoia ka hipokina e te tangata tōna mata ki te kopare, ka mōhio tonu koe kei reira te tangata. Waihoki, he rite te taiao ki te arai nui, kua pupuhi i te aroaro o te Atua. Kei muri i ngā arai me ngā kopare o te taiao te Atua, engari ka titiro pōturi te tangata, ā, kāore e kite i te aroaro o te mea ora e huna ana i muri i ngā ārai o te taiao.

Ina noho puku ahau, ina ata noho, ina whakaaroaro, ka rongo ahau i te wiri o te hari i roto i ahau, ā, ka rongo ahau i te Atua e kōhimuhimu ana, "Kei konei ahau"

Ko te hinengaro kua homai e te Atua ki a tātou, koia te kūaha ki te rangi: te kūaha o waho o Tōna rangatiratanga. Engari kāore te tangata e whakamahi ana i tēnei mea e tika ana. Kāore tātou e hiahia ki te tatari kia wehe atu tātou i tēnei ao kia whakamahia ai ō tātou hinengaro ki te rapu i te Atua. Kua tae te wā, ā, kua tae te wāhi. Ko te hunga kāore e whakamahi i ō rātou hinengaro ki te rapu i ngā mea ngaro o te ora me ngā mea ngaro o te oranga i a rātou e noho ana i tēnei ao, e kore rawa e kitea i hea atu.

Te Kitea o te Ao Atua

He maha ngā huarahi hei kimi i te wairua o te ao whānui, i te atua rānei. Ko te whakarongo puku tētahi o aua huarahi. Ko te tikanga o te whakarongo puku ko te whakamutu i ngā hiahia katoa e ngana ana ki te uru ki te hinengaro mai i waho, e āwhina ana i te kaitono ki te ruku ki roto i tōna ake wairua, me te pā ki te mauri o tōna wairua.

Ko tētahi atu huarahi ko te aroha atua, te kōrero rānei ki te Atua mai i te ngākau me te hiahia me te pono. He koretake te kōrero poto, kātahi ka wareware, ā, kāore he whakautu atua. He uaua ki te kimi i te Atua nā te mea kāore te nuinga o te tangata e aro nui ana ki te wairua, ā, ko ngā tikanga inoi kāore i te whai hua nā te mea kāore i te tino hohonu, i te tino pono hoki. Me whakahoki ngā inoi me te hohonu me te ngākau nui kia tae rā anō ki te hinengaro teitei ake. Ko te inoi e mura ana te wairua i te hiahia ki te Atua ko te inoi angitu me te whai hua. Kua inoi pea koe pēnei i mua, i te wā pea i tino hiahia koe ki tētahi mea, i te wā rānei i tino matea moni koe, ā, i tahuna e koe te hau ki tō hiahia. Koinei te āhua o ō tātou whakaaro ki te Atua. Me kōrero tātou ki a ia, kātahi ka kitea e tātou ia e whakarongo mai ana ki a tātou, e whakautu mai ana, nā te mea ko ia te Kaiwhakarongo Katoa, te Kaiwhakautu.

Ko te Yoga tētahi o ngā huarahi tino whai hua ki te toro atu ki te Atua me te hono atu ki a ia. Kei roto i tēnei he maha ngā mahi whakaaroaro he pūtaiao, he whai hua hoki. I mārama ngā tohunga nui o Īnia ko te arorau te mea e kī ana he ture tika, he huarahi motuhake hoki hei whakatata atu ki te Atua, pērā i ngā ture tika e whakahaere ana te Atua i ngā mahi o te ao whānui.

I kitea e ngā kaiako o Īnia ngā ture pūtaiao o te yoga mā roto i tō rātou manawanui me te whakamahi i ō rātou mana hinengaro whakamataku. Ka noho te Yoga hei tētahi o ngā

pūtaiao whakamātautau tino nui i roto i te mara o te rangahau wairua.

Me mahi e te katoa te noho tahi tapu me te Atua. Koinei te mahi a ngā tāngata nunui ki ā rātou ākonga puta noa i ngā tau. Ehara i te mea kei konei ahau hei kōrero noa mō te reka o te aroaro o te Atua; ko taku whāinga matua he whakarite kia pāngia ētahi atu. Kāore au e moumou taima. Ko ngā mea katoa e mahia ana e au he mea mā te Atua anake, ā, hei whakahonore i a Ia, e rumakina ana ahau e Ana whakaaro, ā, kāore au e mōhio ki te tere o te wā me te ngenge o aku mahi o ia rā. Ahakoa kei te mahi ahau, e rongo ana ahau i Tōna aroaro.

Kāore au i wehea i te Atua, ahakoa mō tētahi hēkona kotahi

Koinei te āhuatanga i hiahiatia e au, ā, i mahi kaha hoki ahau mōna

Kia tau te rangimārie ki a koe

I ngā Pae o te Mōhiotanga Whaiaro

Ko te temepara e tino arohaina ana e te Atua ko te temepara o te rangimārie o roto me te ata noho mō āna tāngata karakia, te wāhi e tomo ai rātou ki te whakaaroaro me te kōrero, me te waiho i te ao me ōna mea whakararuraru mutunga kore. Ina whakatūria e te tangata he temepara ataahua me te rangimārie wairua i roto i a rātou anō, ka taea e rātou te rongo i te aroaro o te Atua me te rongo i Tōna tata. Ki te kore, he maha ngā mānukanuka o te ao, ā, kei te noho tonu, ā, ka whakakīia te ngākau e ōna manukanuka.

I ētahi wā ka ngākau pouri te tangata, ka whakaaro kua roa rawa te rapu i te Atua. Engari e kī ana ngā karaipiture ki te mōhio te tangata he tinihanga, he whakapohehe tēnei ao, ā, ko te wairua anake te mea pumau, ā, e kore e mutu, ka tomo rātou ki tētahi ao pai ake i muri i tō rātou wehenga atu i tēnei ao, ahakoa ka puta mai taua mōhiotanga i mua tata noa i te matenga.

Ka tangohia atu tātou katoa i tēnei ao i tētahi wā, ā muri ake nei rānei, nō reira me mārama tātou ki te kaupapa o te ora. Ko te kaupapa matua o te wheako tangata i tēnei ao he akiaki i a tātou ki te rapu i te tikanga o te ora. Kaua tātou e miharo ki tēnei haerenga hurihuri me te nekeneke tonu o te tangata. I a koe e haere tonu ana te tira o te wā, ka mōhio koe he wāhanga nui koe nō te Kotahi, te Kaha Rawa. Me whai te mōhio ki te Atua hei whāinga māu, ā, kia mōhio koe ko te rapunga pono me te pono mō te mea ngaro o te ora ka ārai i a koe i ngā uauatanga maha, ka whakaora hoki i a koe i ngā matakū maha. Ko te matakū ki te mate, ki te korenga, ki ngā raruraru, me ngā pōuri ka ara ake te matakū nui i roto i te tangata. Ina kore e taea e te tangata te āwhina i a ia anō, ā, kāore e taea e tōna whānau me ōna hoa te tuku atu i tetahi mea ki a ia, ka taupokina rātou e te ngakaukore, ā, ka pōuri te ao i roto i ō rātou kanohi. Engari kāore he take kia tae atu ki taua āhua. Mena ka whakaaro rātou ki te Atua i roto i ō rātou oranga katoa, ā, ka mau tonu te whakapā atu ki a ia, ka kitea e rātou ia e tata ana i ngā wā uaua me ngā rā uaua.

I mua i te taenga mai o tētahi atu tangata ki a tātou, ko wai i noho ki a tātou? Te Atua. Ā, ina wehe atu tātou i tēnei ao, ko wai hei noho ki a tātou? Te Atua, kāore he atu. Engari ka uaua ki te mōhio ki a ia i taua wā mēnā kāore tātou e whai kia mōhio ki a ia ināianei. Mēnā ka rapu pono koe i te Atua, ka kitea e koe, ā, ka kaha ake tōu tino mōhio kei a koe

tonu ia. Ka wehe atu ngā āwangawanga me ngā whakaaro pohehe i a koe, ā, e kore koe e tinihangatia anō.

He whakamātautau ngā mea katoa o te ao hei kukume i te tangata kia matara atu i te Atua. Engari he nui atu te ataahua o te Atua i ngā whakamātautau o te ao. Mēnā ka kite koe i a ia, ka mārama koe ki tēnei pono, ā, ka taea e koe te kimi i a ia mā te inoi, te whakaaroaro wairua, me te whakatau pumau. Me u tonu te whakatau ki te kimi i te Atua. He uaua ki te tangata te mōhio ki te Atua i te mea e rere ana ōna whakaaro mai i tētahi mea ki tētahi mea, pērā i te huruhuru i te hau. E hiahia ana te Atua kia haere mai ki a tātou, engari kāore tātou e mahi tahi me ia, e kore hoki e tuku i a ia. He ngāwari ki te tangata te rapu i ngā ahua eka poto noa iho, me te moumou taima ki ngā whakangahau, ki ngā pāti, me ngā huihuinga pāpori. He pono, "Ko te oranga o tēnei ao he whakangahau noa iho, he mea whakakatakata, he whakapaipai, he whakapehapeha, he whakataetae ki te nui haere o ngā taonga me ngā tamariki."

Ki te mea kotahi te mea e tonoa ana e te Atua, ko te aroha o te tangata. Ka patuki puku ia i ngā tatau o ō tātou ngākau, ka karanga mai kia hoki tātou ki a ia, engari ko te nuinga o te tangata kāore e pai ki te hoki mai. Heoi, ina pōuri te ao i mua i ō rātou kanohi, ā, ka mau rātou i roto i ngā mahanga o ngā raruraru, ka taka rānei ki te mate, ka hohoro rātou ki te inoi ki a ia me te rapu i tana awhina. Ko te tangata e whakakaha ana i ngā here o te rangimarie me te whakaae i waenganui i a rātou me te Atua i ngā wā o te harikoa me te whai rawa, ka kitea e ia te Atua i tō rātou taha ina hiahia rātou ki a ia. Engari ko te tangata e whakaroa ana ki te whakakaha i taua whanaungatanga ka whakahe i a ia anō ki te aro atu ki ō rātou uauatanga me te tohe ki ō rātou whakamātautau ko ia anake kia taea rā anō e rātou—me te whakaaro nui me te tuku katoa—te tahuri ki tō rātou hoa mutunga kore me te patuki i tōna tatau atawhai.

I roto i te tini o te tangata, he tokoiti noa iho e rapu pono ana i te Atua. Kei hea te hunga i whakaaro nō rātou tēnei ao i ngā tau e rua rau ki muri? Kua riro katoa rātou, ā, he tokoiti noa iho pea, ko te hunga i tahuri ki te Atua, ā, i mōhio ki a rātou anō, i tino mārama ki te ao tūturu. Heoi, e whakaaro ana ia whakatipuranga he ao tūturu tēnei!

Engari i tinihangatia rātou e te mānukanuka pērā i a rātou

(Ā, kei te kōrero tonu mai i tēnā whakatupuranga, i tēnā whakatupuranga!)

I a tātou e noho poto ana i konei, he mea nui ki te tangata tēnei tirohanga. Heoi, kua tātou e tino aro nui ki tēnei mea me ōna huihuinga mutunga kore, nā te mea ki te pērā tātou, ka mawhiti atu tātou i te Atua, e tohe tonu ana, mā roto i ngā tikanga me ngā tikanga maha, ki te kukume i a tātou ki a la anō i roto i Tōna aroha nui ki a tātou me Tōna aroha nui ki a tātou. E homai ana e ia ki a tātou ngā merekara katoa e hiahia ana tātou kia kite: ngā mea whakamiharo o te tipu me te raupapa mutunga kore o te taiao. Kei muri ia i ngā putiputi me ngā rōhi, ā, ko te tangata e rapu pono ana i a la, ka kitea ia e ia. Kāore ngā kaipūtaiao taiao i tae ki ā rātou kitenga mā te inoi matapo, engari mā te whai i ngā ture o te pūtaiao wheako. Waihoki, ko te tangata e whakamahi pono ana i ngā ture wairua o te pūtaiao, ka kitea tonutia te Atua i tō rātou taha. Kua tae ki te wā kia whakatuwherahia e te tangata ōna kanohi wairua, kia mōhio ai ko te kimi i te Atua me whai ngākau nui me te pupuri i Ana ture.

He rerekē ngā iwi kua tohunga ki ngā mahi toi me ngā pūtaiao rerekē. Kua tino mōhio a Īnia ki te toi pūtaiao o te mōhio ki te Atua, engari ahakoa tēnei, he maha ngā tāngata tinihanga i Īnia, nō reira me wehewehe te mea rūpahu me te mea pono.

Me taurite te mātauranga wairua me ngā pūtaiao taiao. Ki te kore tēnei taurite, ka hinga ngā tāngata takitahi me ngā iwi i waenganui i te mamae me te whakangaromanga. Me i mārama ngā kaiārahi o te ao hou ki te wairua, ā, i mahi tahi rātou, ka taea e rātou te whakakore i te pakanga me te rawakore i te whenua i roto i ētahi tau. Ko te mōhiotanga wairua ko te mōhio ki te aroaro o te Atua i roto i a ia anō me ngā mea ora katoa. Mā tēnei mōhiotanga anake ka taea te whakaora i te ao, ā, ki te kore, kāore au e kite i te tumanako mō te rangimārie. Me tīmata te tangata ki a ia anō. He nui rawa te utu mō te wā hei moumou. Mā te mahi tātou e akiaki ki te mahi i tā tātou wāhanga ki te kawē mai i te rangatiratanga o te Atua ki te whenua.

He tokomaha e whakaroa ana ki te rapu i te Atua, e wehi ana kei pōuri, kei pōuri te ao, kāore he ataahua, he harikoa. Engari ko te ritenga kē! Ko te harikoa parakore e kitea ana e te hunga e tino mōhio ana ki te Atua i roto i te tino hononga ki a ia, kāore e taea te kī. Kei roto ahau i te āhua o te harikoa wairua i te ao, i te pō. Ko taua harikoa ko te Atua, ā, ko te mōhio ki a ia ko te hipoki i ngā mamae katoa me te tanu i aua mamae me te kore e pouri.

Kāore te Atua e tono ana i te tangata kia pōuri, kia pōuri, kia mokemoke, kia pōuri rānei, ehara tēnei i te māramatanga tika mō te Atua, ehara hoki i te huarahi tika hei whiwhi i Tōna manako. Ko te nui ake o te rangimārie e pā ana ki te tangata, ko te nui ake o te rongo i te aroaro o te Atua. Ko te nui ake o te harikoa o te tangata, ko te nui ake o te noho tahi me te Atua. Ko te hunga e mōhio ana ki te Atua, e hari ana rātou nā te mea ko te Atua te pūtake o te harikoa nui rawa atu.

E ngana ana te tangata ki te kimi i te harikoa i roto i te waipiro, te taatai, me te moni, engari kua ki tonu ngā

whārangi o te hītori i ngā kōrero mō ō rātou tumanako kua pakaru me ngā moemoeā kāore anō kia tutuki.

Nā te wā i pau i ahau ki te whakaaroaro kua tino whai hua ai tōku ao. Kāore e taea e te mano pounamu waina te waihanga i te harikoa i pā ki ahau i roto i te whakaaroaro. Kei roto i taua harikoa te arataki me te whakaaro nui o te Atua. Ina noho tahi te tangata me te Atua, ahakoa ka hē ia, ka mōhio ia me pēhea te whakatika i tana hapa, ā, ki te whakapuaki ia i tētahi whakaaro hē, ka ārahi, ka whakatika hoki te Atua i a ia me te aroha.

Kua mutu te tatari! E mōhio ana te hunga katoa e rongorongo ana, e pānui ana rānei i ēnei kupu, he pono taku kōrero. Mēnā ka whakaaturia e au ngā mana katoa kua homai e te Atua ki ahau, ka rere mai te iwi ki ahau, ehara i te mea nā te aroha ki te Atua, engari nā ngā merekara. Engari kāore aku hiahia ki taua momo ākonga papaku. Kaua rātou e kukumea e te mana, engari e te aroha o te Atua, ā, koinei taku kaupapa i roto i te ao.

Me i kore ahau e mōhio ki te Atua, kāore au e kōrero pēnei. Ka taea e te katoa te mōhio ki a ia mēnā e hiahia ana rātou. Kāore au e ngana ki te kukume i te tangata mā te whakamahi i ō rātou kare ā-roto, engari e kōrero ana ahau ki ō rātou hinengaro, e aro ana ki ō rātou whakaaro me ō rātou māramatanga. Kāore he hua o te whakapono matapo. Me whakahohe e te tangata ngā pūkenga mārama kua homai e te Atua ki a rātou, kaua e whakaae ki ngā mea noa iho. Engari, me mārama rātou ki ngā take, ngā pānga, me ngā whakaaro kei muri i ō rātou hiahia wairua me ngā mahi. Me i kotahi mano ōku mangai, ka whakamahia e au katoa hei kōrero mō te Atua me te hiranga o te tahuri ki a ia me te mōhio ki a ia.

Kāore te tangata e mōhio ki ngā mea e ngaro ana i a ia i te ngaronga o te mātauranga o te Atua, nā te mea kāore ia i

tino mōhio ki a Ia! Ā, ina hono atu ia ki a Ia, kāore he mana o te ao e taea te pana atu i a ia. Ko taku hiahia anake he hoatu ki ngā tāngata e rapu pono ana i te Atua he tirohanga ki a ia, nā te mea ko te kitenga i Tōna māramatanga me te wheako i Tōna harikoa he mea nui atu i ngā taonga me ngā kororia katoa o te ao. Ko te mōhio ki te Atua he mea nui atu i ngā ahuareka o te ao. Ā, ina kitea e te tangata te taonga o ngā taonga, ka tutuki ngā hiahia katoa o tōna ngākau. He pono, kua tutuki i te Atua aku hiahia katoa, aku moemoeā, me aku wawata katoa.

Kāore au e whai ana i ngā mea ināianeī nā te mea kei te haere tonu mai ēnei mea ki ahau. Ina tuku mai te Atua i a ia ki a koe, ka whakatutukihia e ia ō hiahia katoa. Kāore koe e hiahia ki te tono i tetahi mea i taua wā, nā te mea kei roto i tō ringaringa ngā mea katoa e hiahia ana koe. Engari i te tuatahi, me whakaatu e tātou ki te Atua e hiahia ana tātou ki a ia, nui atu i ngā taonga katoa e homai ana e ia ki a tātou.

Ka karanga mai te Atua ki a tātou, ā, e hiahia ana kia tahuri tātou ki a Ia. He paionia ngā kaiako nui, ā, ki te whai i ā rātou tapuwae, ka taea e tātou te whai hua mai i ō rātou mātauranga me ō rātou wheako, kia māmā ake ai te tautuhi i tō tātou kaupapa me te tae atu ki te haumarū. Pērā i te tangata ka taea te noho hei tohunga nui mā te ako mai i tētahi tohunga nui, waihoki ka taea e te tangata rapu te noho hei tetahi o ngā mea wairua nui rawa atu mā te whiwhi mātauranga me te whakaaro nui mai i tētahi kaiako kei a ia te mātauranga atua.

Kāore te waro e whiwhi, e whakaata rānei i te rā, engari ka whiwhi te taimana i te māramatanga o te rā. Waihoki, ko ngā hinengaro kua whakapakeketia e te ruarua, te whakaaro kino, me te kore aro ki te wairua, kāore e taea te whiwhi i te māramatanga atua. Heoi, ko ngā hinengaro rite ki te taimana, ki tonu i te pono, te whakapono, te manawanui, me

te whakatau pono, ka taea te whiwhi i te māramatanga o te hinengaro atua me te whakaata i te whakaaro nui tapu.

Ki te nuinga o te iwi, he tikanga whānau noa iho te whakapono, he painga pāpori, he tikanga rānei e pā ana ki ngā tikanga matatika me ngā tikanga tika. Kāore i a rātou te māramatanga pono ki te mauri me te hiranga o te whakapono.

Ko te hunga kāore e rapu ana i te Atua hei mea nui mō te ora, kāore e mārama ki te tikanga o te whakapono. He aha te take e whai ai te katoa i te moni? Nā te mea e whakaaro ana rātou he mea nui tēnei mō tō rātou oranga me tō rātou oranga. Kāore rātou e hiahia ki tētahi hei whakaako i tēnei pono mārama, nā te mea e mōhio pai ana rātou. He aha rā te nuinga o te iwi kāore e mārama ki te hiranga o te mōhio ki te Atua? Nā te mea kāore i a rātou te mārama tika. I kite ahau i tōku tamarikitanga, kāore e taea e ngā whakautu whakapono ki ētahi pātai te whakatutuki i te tino makona o te wairua ki te kore e whakamatautauria ō rātou pono mā te mōhiotanga me te wheako tika.

Hei tauira, i te matenga o tōku whaea i ahau e tamariki ana, ā, i te matenga o aku whanaunga, ka whānau mai he whakakeke puku ki te ora i roto i ahau, ā, kāore he tangata hei whakamarie i ahau, hei whakamārama rānei i ngā āhuatanga o te ora me te mate. I te mutunga, ka whakatau ahau māku anō e kimi te whakautu mā roto i aku ake mahi. Ā, ka oati ahau ki ahau anō: "E kore ahau e whakaae matapo ki tetahi mea, engari ka kitea e ahau te whakautu mai i te Kaihanga me te Ariki o tēnei ao."

I tono tika atu ahau ki te Atua kia whakamārama mai i ngā mea ngaro o te ao kāore e taea e tētahi atu te whakamārama mai ki ahau.

I whakaaro ahau he aha ētahi tāngata i whānau rawakore ai, ko ētahi i whai rawa ai, ko ētahi i matapo ai, ko ētahi i hauora ai, ko ētahi kāore i taea te whakaoti i tēnei mea ngaro e ahua whakahē ana i te tika me te aroha o te Atua. Hei whakamutunga, i ārahi ahau e te Atua ki ētahi rangatira wairua mārama kua eke ki te āhua o te kotahitanga atua, ā, kua kitea e rātou ngā whakautu whakamīharo ki ngā mea ngaro o te ora mā roto i ō rātou mōhiotanga ā-roto. I reira, i whiwhi ahau i ngā whakautu whakamīharo ki aku pātai katoa me ngā whakamārama whakamīharo mō aku pātai katoa.

He tini ngā tāngata whakapono whakakeke o tēnei ao. Ko ētahi he māramatanga kare ā-roto noa iho ki te whakapono, ā, ina whakarerekētia ō rātou kare ā-roto, ka tino pōuriuri rātou. Engari ka motuhia e te kaha o te kare ā-roto te hononga o te tangata ki te Atua, ā, ka huna i ō rātou māramatanga wairua.

Me whai tonu te hunga kare ā-roto i tētahi mea hei whakaoho i ō rātou kare ā-roto, hei whakakā hoki i ō rātou hiahia wairua. Ina kōrero koe i runga i te arorau me te whakaaro tika, ka ngaro te hiahia ki te haere tonu i te kōrero, ā, ka kitea e rātou he hoha, he hoha hoki ō kupu. Engari ko te whakahaere i ngā kare ā-roto o ētahi atu he momo tinihanga, he whakatoi i te mātauranga o te tangata, ā, he huna i ngā pono wairua i a rātou.

I taua wā anō, kei reira anō hoki ngā tāngata whakapono tino kaha, he hunga whai whakaaro hinengaro hoki e pai ana ki te ruku hohonu ki ngā momo rangahau whakapono, rapunga whakaaro rānei, e tinihanga ana i a rātou anō ki te whakapono he nui ake te taumata o te mātauranga tapu i tō te hunga e ārahihia ana e te kare ā-roto. Engari ko te whakaohoho hinengaro tētahi atu momo o te "whakangoikore," tētahi atu momo tinihanga hinengaro

rānei, kāore e tino whakarato ana i te mea e hiahiatia ana e te kaitono, engari ka angitu noa ki te whakaoho i ō rātou kare ā-roto me te whakaoho i ō rātou kare ā-roto.

Kāore i te tino mārama ngā tāngata whakakeke ki te whakapono; he maha ā rātou kōrero pakiwaitara mō ngā mea kāore anō kia tino mārama ki a rātou, ā, kāore anō kia pā ki ō rātou oranga. Ki te pātai koe i tētahi pātai wairua ki a rātou, ka hohoro rātou ki te whakahua i ngā whakataukī, i ngā karaipiture rānei, me te tumanako ka mutu koe i reira nā te mea kāore i a rātou te kaha ki te kōrero marino, whai take, me te arorau. Ehara i te whakanui rawa te kī he kaikorero wairua noa iho rātou, ā, he koretake te whai wāhi atu ki a rātou nā te mea e whakapono ana rātou e mōhio ana rātou ki ngā mea katoa mai i te tīmatanga ki te mutunga, mai i te A ki te Z.

E tino whakapono ana ngā tāngata whakapono nui, ki te kore koe e whakapono ki tētahi ara, ko tō mutunga he whakangaromanga.

Kāore te kaiako mātau e whakaako pēnei. Ka whakaatu ia i ōna whakaaro, ā, ka tautoko i ana tautohetohe me ngā taunakitanga. Me whakamātau te whakapono i ō tātou hiahia wairua, me whakatutuki hoki i ō tātou wawata, kaua ki ngā kupu, engari ki ngā taunakitanga e kore e taea te whakahē. Kāore au i hiahia kia tino pakari rawa, kia kore ai e taea e au te whakamahi i tōku hinengaro me te whakahohe i tōku māramatanga. I taku tūtakitanga ki taku kaiako, ki a Sri Yukteswar, ka mea mai ia ki ahau:

"He tokomaha ngā kaiako ka tono kia whakapono koe i muri i tā rātou whakamatapo i tō hinengaro, me tā rātou whakahau kia whai koe i ō rātou whakaaro, kaua i tua atu. Engari ko taku e hiahia ana kia tuwhera tonu ō kanohi hinengaro, ā, hei tāpiritanga, ka whakatuwherahia e ahau tētahi atu kanohi mōu, arā, te kanohi o te whakaaro nui."

Kua homai e Sri Yuktsuwar tētahi whakaakoranga ki ahau, ā, ka taea e au te kite i tōna pono māku anō. Koia ahau i tīmata ai i tēnei ara, e kore nei e taea e tetahi te neke atu i ahau, te ārahi rānei i ahau kia hē.

Ko tētahi atu tino rerekē ko te hunga whakapono rīperare e whai ana i ngā mea katoa, ā, kāore e piri ki tetahi mea!

Nā te mea e whakaaro ana ia he tuwhera tōna hinengaro, he whānui hoki tōna hinengaro, e mea ana ia, "He pai ngā ara wairua katoa, nō reira e kore ahau e herea e tētahi o aua ara." Engari me te whakaute katoa ki ngā ara wairua me ngā whakapono whakapono katoa, kaua te tangata e rite ki te pūrerehua wairua e neke haere tonu ana, e rere ana i ngā taha katoa.

Me karo i te whakaaro rūpahu teka me te whakaaro nui matapo, ā, me awhi i te whakaaro nui kia angitu ai i roto i ngā mahi wairua, kia kitea ai te kaupapa o te ao.

Ka kitea e ia ia mahi katoa a te tangata mā te Atua. Engari ki te kore te tangata e whai i te ara ki te Atua i runga i te whakaaro tika, ka puhoi tana whanaketanga wairua. Ka whiwhi ngā kaiwhai pono i ētahi mātauranga, engari ko te hunga e whakapono matapo ana, e inoi ana mā te mīhini, ka maha pea ā rātou whakawhānau i mua i te taenga atu ki te Atua.

Rapua kia kitea rā anō e koe te ara e pai ana ki ō kare ā-roto me ō hinengaro, ā, kia mau tonu ki taua ara. Tirohia maretia ngā mea katoa e pānuhia ana e koe, e akohia ana e koe, kaua hoki e whakaae ki tētahi kaiako, ki tētahi whakaakoranga rānei, me te kore e whakamatautauria rātou.

Ka taea e te kaihanga whakapaipai te wehewehe i waenga i ngā kohatu tūturu me ngā kohatu rūpahu. Waihoki, ka taea e te kaiako wairua pono te wehewehe i waenga i te hunga rapu pono me te hunga hiahia noa iho. Ko ētahi e whiwhi ana i ngā whakaakoranga wairua engari kāore e whakamahi i roto i ō rātou oranga. Heoi, ko te painga tūturu o tētahi whakaakoranga wairua kei roto i te mimiti i tōna wairua me te whakamahi i ōna āhuatanga mahi ki te oranga o ia rā. Ko te kōrero mō te kai, ko te mātakitaki noa rānei, kāore e makona te hiakai. Me kai te tangata hiakai kia makona rā anō. E ai ki te kōrero, "Ko te tangata e kai ana me ōna niho, ka whai hua ia ki a ia anō."

Me ako tuatahi ngā kairapu wairua ki te mōhio ki te Atua. Ko te arotahi ki te moni, ki te hauora rānei, he mea whakararuraru i te whāinga. He pono nō te Atua ngā mea katoa, engari ko te hunga e whai ana i ētahi atu mea i te tuatahi, ka rongo i ngā herenga o aua mea, ahakoa ko rātou te hunga whai rawa me te hunga hauora. Ko te kaiako wairua matatau me te mātau e mōhio ana, e aroha ana ki te Atua, ā, ko tā rātou hiahia ki te Atua e hipa atu ana i ngā hiahia katoa.

I ngana tetahi kaikauwhau ki te whakatenatena i ahau kia whakaae ki tana arataki wairua, me te oati mai ka nui taku hunga whakarongo. Engari kāore tana tono i pai ki ahau nā te mea ko taku whāinga anake ko te Atua, ehara i te kohikohi akonga. Ka ngana tonu ngā kaiako pono ki te whakatō i roto i a koe te hiahia ki te mōhio ki te Atua; e kore rawa rātou e arahi i a koe ki raro i te ara kore.

Ko te pou matua o te whakapono ko te whakaae ki te Atua. Kaua ngā wāhi karakia e waiho hei wāhi whakangahau, hei wāhi kanikani, hei wāhi whakaaturanga kiriata, hei wāhi huihuinga pāpori rānei. Ka whakararuraru ēnei mahi whakangahau i te tangata i te Atua. Me waiho te

whakangahau i waho o ngā wāhi karakia, me toro atu te tangata mō tētahi kaupapa anake: te hono atu ki te Atua. Ko te rongō i te aroaro o te Atua i roto i ngā wāhi karakia te whāinga matua o te toro atu ki ēnei wāhi tapu me ngā wāhi tapu. Koinei taku i whakapono ai me taku i ora ai.

Me i kōrero atu ahau ki a koe mō tētahi hua whakamiharo i kitea e au, ā, me whakaahua atu ki a koe i ia rā, i ia rā, mō te tau katoa, me te kore e tukua kia reka, kāore koe e tino whakapono ki tōna uara. Waihoki, ko te whakarongo noa ki ngā kauwhau me ngā kauhau mō te pono, kāore e taea te whakamātau i te hiakai o te wairua. Ko te hunga e makona ana ki te whakarongo me te kore e ngana ki te mōhio ki te Atua, ka whiwhi noa i te makona teka. Me tino hiakai te tangata ki te Atua, me te rapu pono me te pono i a ia. Ko te kaupapa o ngā kauhau whakapono, ngā kauwhau, me ngā kauhau he whakaoho i te hiahia wairua e tipu haere ana ki te Atua i roto i te wairua.

I ētahi wā, ka tūtaki ahau ki tētahi e hiahia ana ahau ki te Atua. Engari ko te mōhio ki te Atua he nui atu i tērā! Ko te kai rapu e tino mōhio ana ki te Atua, ka kite i te ao katoa e kī ana i Tōna māramatanga—he wheako whakamiharo, he wheako whakamiharo! Engari kāore e taea tēnei te tupu i te pō kotahi. Ko te mōhio ki te Atua me mahi roa, me te auau hoki i aua ara me ngā tikanga wairua e ārahi ana ki te mōhio ki te Atua.

Ko te hiahia mō te harikoa te mea tino kaha o ngā hiahia katoa. Ko te harikoa pono me te pumau kei roto i te Atua anake e kitea ai. Ina kitea e koe Tōna aroaro, ka ki tonu koe i te harikoa nui, he harikoa e kore e kitea e koe i hea atu, i roto rānei i tētahi atu mea. I kī mai taku kaiako, a Sri Yuktiswar ki ahau:

Ina nui ake tō harikoa i roto i te whakaaroaro me te rangimarie wairua i ngā hari katoa, kua kitea e koe te Atua.

Mēnā i hoatu ki a koe te ao katoa, kāore koe e mōhio me pēhea te whakahaere; ka taumaha koe, ka manukanuka tonu ki ngā mea katoa. Mēnā i mōhio koe ki te oranga o ngā kīngi, o ngā perehitini, o ngā rangatira, me ngā tāngata rongonui o te ao, ka kitea e koe he koretake, he riri rātou, e akina ana e ngā ngaru o te raruraru, e whiua ana e ngā hau o te manukanuka mai i ngā taha katoa. I pau ō rātou rā me te mea he pēpi i roto i ngā ringa o te aituā. Engari ko te tangata e hono ana ki te Māramatanga o te Ao he tangata tino harikoa. Ahakoa kāore he mea i a rātou, kei a rātou ngā mea katoa nā te mea kei a rātou te harikoa. Ko te tangata e hono ana ki te Atua kāore e wehi i tetahi mea nā te mea e noho ana te Atua i roto i ō rātou ngākau, ā, ko te ngākau e noho ana te Atua he kore wehi, he manukanuka.

He kaupapa tō ngā wāhi karakia katoa, koia ahau i aroha ai ki a rātou katoa. Ina noho hei wāhi mō te hononga pono ki te Atua, ka tutuki i a rātou tā rātou kaupapa whakahirahira. Me rite ēnei wāhi ki ngā whare pī kua whakakīia ki te honi o te mātauranga o te Atua, ā, kei reira te hiranga me te uara. E aroha ana te Atua ki ngā ngākau pono e tino whakatapua ana ki a ia, ā, ka toro atu ia ki aua ngākau ahakoa kei waho ō rātou rangatira e karakia ana i raro i te rangi tuwhera. Ina huihui te iwi ki te karakia, me mahi rātou i runga i te aroha ki te Atua me te hiahia ki te rongo i Tōna aroaro. Kāore ngā kaiwhai pono e makona ki te whakapono pono, te pakari, me te whakapehapeha whakapono. Ko te mea nui ki a rātou he huarahi whai hua ki te hono atu ki te Atua me te toro atu ki a ia.

Ki te aroha te tangata ki te Atua me tōna wairua katoa, ka ahu mai āna mahi katoa i te pono, ā, e kore tōna aroha ki te Atua e tuku i a ia ki te whakamahi kino, ki te tinihanga rānei i te tangata mō ōna ake hiahia whaiaro.

Ahakoia te hohonu o te pōuri, ka peia e te mārama ina tahuna. Mēnā ka tahuna e tātou te rama o te aroha atua i roto i a tātou anō, ka memeha te pōuri o te kuware. Ka āwhina te pūtaiao o te yoga wairua i te kaitono ki te arotahi i ō rātou hinengaro ki te Atua, me te tuku i te aroha o ō rātou ngākau ki a ia. Ka tukuna hoki he tikanga pūtaiao kua whakamātauhia hei āwhina i te kaitono ki te whakatutuki i te rangimarie tapu e tika ana mō te aroha ki te Atua.

Kua homai e te Atua ki a tātou te kaha ki te aroha ki ō tātou whānau me ō tātou hoa, ā, me whakamahi tātou i taua kaha ki te aroha ki a ia pērā i tō tātou aroha ki ō tātou whanaunga tino nui o te ao nei. Me taea e te tangata te kī, "E aroha ana ahau ki a koe, e te Ariki, pērā i te aroha o te matua ki tāna tama, pērā i te aroha o te tangata aroha ki tāna e aroha nei, pērā i te aroha o te hoa ki tana hoa, e aroha ana ahau ki a koe nā te mea ko koe te pūtake o te aroha me te pai katoa o te ao, ā, nā te mea ko koe tōku matua, tōku whaea, tōku hoa, tōku ariki, tōku hoa aroha, me ngā mea katoa o te ao ki ahau."

Ina aroha pono te tangata ki te Atua mai i te ngākau, ka rongoa ia i taua aroha ki a ia i te ao, i te pō

He tokomaha e karanga ana i a koe "e taku hoa aroha" "e taku hoa tata" i tēnei rā, ā, āpōpō ka whakarērea koe mō tētahi take, mō tētahi take rānei. Ehara tēnei i te aroha. Ko te hunga e kī ana ō rātou ngākau i te Atua, e kore e taea te whara i tētahi. Ina aroha koe ki te Atua me te kore here, ka whakakīia e ia tō ngākau ki tōna aroha parakore ki te katoa. Kāore taua aroha e taea te whakaahua e te arero tangata.

Kāore e taea e te tangata te aroha ki te Atua me te ngākau pono ki te kore e mōhio ki a ia anō. Ka puta tēnei mōhiotanga ki a ia anō i ētahi wā i roto i te moe hohonu, ina mōhio te tangata ki tōna ake wairua. Engari ka taea hoki te whakatutuki mā te whakaaroaro. Ina mōhio te tangata ki a ia

anō he wairua, kua kitea e ia te aroaro o te Atua i roto. Kāore e kitea mārama te whakaata o te marama i roto i te wai pōuri, i te wai pōrearea rānei, engari ina marino, mārama hoki te mata o te wai, ka tino puta te ahua o te marama. He pono anō hoki tēnei mō te hinengaro: ina marino te hinengaro, ka kite mārama koe i te mata o tō wairua, he rite ki te marama, nā te mea he whakaata ngā wairua i te Atua. Ina tāia e tātou—mā te whakaaroaro—ngā whakaaro pōrearea mai i te roto o te hinengaro, ka kite tātou i a tātou anō he whakaata parakore o te wairua atua, ā, ka mōhio tātou he kotahi te wairua me te Atua.

Ka ako hoki te yoga i a tātou ki te tango i te kaha me te hinengaro mai i te tinana, ka arahi i a rātou ki tō rātou pūtake, arā, ko te Atua. Ka ako hoki i a tātou ki te whakahaere me te huri i te kaha ora mai i te hinengaro tinana ki te hinengaro atua.

Ina inoi te tangata ki te Atua, me aro katoa tōna hinengaro me tōna arotahi ki a ia, me te kore e whakaaro ki tētahi atu mea i aua wā. E mōhio ana te Atua ki ō tātou whakaaro, ā, me pupuri tonu ō tātou hinengaro ki a ia i a tātou e whakaaroaro ana, e inoi ana. Ki te tīmata ō tātou whakaaro ki te kopikopiko haere—koinei tōna āhua—me whakahoki mai e tātou ki te arotahi me te whakaaroaro tonu. Ina inoi ahau ki te Atua, ka piri tōku hinengaro ki a ia. Ki te whakatipu koe i tēnei mana ata noho o te arotahi, ka kitea e koe i tētahi rā, ahakoa tō pukumahi, ka pahemo ngā rā me ngā pō me tō hinengaro e aro nui ana ki te Atua.

Me aroha pono hoki tātou ki ētahi atu. Kāore e taea e te tangata noa te aroha ki tēnei momo aroha nā te mea kei roto rātou i tō rātou ake wairua iti, nō reira kāore anō kia mōhio kei roto i a rātou te Atua e noho ana, ā, kei roto hoki i ngā mea ora katoa. E aroha ana ahau ki ngā tāngata, ā, e manaaki ana i arātou i runga i te ōrite, nā te mea he

whakaata wairua katoa rātou nō te Atua. Kāore e taea e au te kī he tauhou tetahi ki ahau, nā te mea e mōhio ana ahau he wāhanga tātou katoa o te wairua atua kotahi. Ina mārāma koe ki te tikanga pono o te whakapono, arā, te mōhio ki te Atua, ka mōhio koe ko ia tō ake wairua teitei, ā, kei te noho ōrite ia, kāore he whakaaro pākiki i roto i āna mea hanga katoa. Kātahi ka taea e koe te aroha ki te katoa pērā i tō ake wairua teitei.

Kāore au e whai ana ki te kukume i ngā akonga, ehara hoki tēnā i taku kaupapa i te ao. Kāore he rerekētanga ki ahau ahakoa he rau, he mano rānei e haere mai ana ki aku kauhau, ahakoa he takoto kau noa iho ngā tūru. Ko te pono, he pai ake ki ahau te tokoiti o ngā whakapono pono i ngā rau o ngā tāngata hiahia engari kāore i te pono. Ko taku whāinga anake he āwhina i te tangata kia mōhio ki a rātou anō. Ina mōhio te tangata he mahi tapu te mōhio ki te Atua, he mana wairua hoki, ka kite tātou i tētahi ata hou i runga i tēnei ao. Kāore e ranea ngā pukapuka, ngā kauwhau, me ngā kauhau hei whakamāmā i te tangata e rapu ana i te Atua. Engari ina hopukina e rātou te pono, ka mōhio rātou ki tōna āhua tūturu.

Me whakamahi tātou i ngā pono e rangona ana, e pānuihia ana e tātou, kia kaua e noho hei whakaaro noa iho, engari hei whakapono pakari. Mā te pānui i ngā Karaipiture Tapu ka ara ake te hiahia o te tangata rapu wairua ki te mōhio ki te Atua. Engari kāore he mea hei whakakapi i te whakaaroaro hohonu kia tutuki ai taua whāinga rangatira.

Ko te wheako wairua te mea e tino hiahiatia ana. Ko te rangimarie atua anake ka taea te whakakore i te hoha nui e puta mai ana i te korenga o te kaupapa o te ao. He tino pono te wheako wairua, ā, ka taea te whakatutuki mā te whakaaroaro o ia rā. Ka taea te mōhio ki te Atua mā te whakaaroaro. Ā, ina kite koe i Tōna aroaro, ka memeha

haere ngā feaa, ka memeha haere te kapua o te kuware, ā,
ka rongo koe i te rangimārie kāore anō kia mōhiotia e koe i
mua, nā te mea he rangimārie atua kāore e rite.

Kua tae te wā kia kitea e te tangata te pono mā rātou
anō. Ko taku e kī atu nei ki a koe, ka taea hoki e koe te kimi
mēnā e hiahia ana koe. Ahakoa te āhua rapunga whakaaro o
ēnei whakaakoranga ki ētahi, e mōhio ana te hunga e
whakamahi ana i aua whakaakoranga ki ō rātou uara, ā, ka
whiwhi i ngā hua.

I ia wā, i ...

I taku kitenga i taku kaiako, ā, i kitea e au tēnei ara, i
tino mōhio ahau, mai i aku ake wheako, he ara tika tēnei e
arahi ana ki te mōhiotanga ki te Atua me te pono, nō reira i
whakatapua ai e au tōku oranga katoa ki a ia, ki te mahi hoki
ki te tangata.

Kia tau te rangimārie ki a koe i ngā wāhi katoa e noho
ana koe i te ao whānui a te Atua

Ngā tirohanga poto o te mātauranga wairua

I mea te kaiako ki tētahi ākonga i rapu i tana arataki i te
:ara wairua

Kaua e hiahia kia mōhiotia koe me ō whakatutukitanga
.wairua e te tangata, engari me rapu ko te Atua anake

Ina mōhio koe kei roto i a koe te rangimārie, ka mōhio
koe kei roto i ngā mea pai katoa o te ao hanga te rangimārie
.me te rangimarie

Ka kite koe i a Ia i roto i te ataahua o te taiao, ka rongo i
Tōna aroaro i roto i te whakahoahoa pono, ā, ka wheako i
Āna manaakitanga i roto i ngā wawata rangatira me ngā
whakaaro honore, e wātea ana i ngā whāinga whaiaro. Ka
.rongo koe i Tōna aroaro i muri i ngā arai o te marino

Ā, i roto i ngā mea whakamiharo katoa

Patohia te tatau, ā, ka hurahia te arai, ā, ka kite koe i te
.kanohi tino kororia me tōna kororia katoa

Ki te aroha koe ki te Atua, ka rongo koe i Tōna aroha, ā,
kāore he mea kē atu e taea te tinihanga i a koe. Mā ngā
.wheako ā-tinana koe e whakamatautauria

Nā te mea kāore anō koe kia reka i te hari wairua. Ina pā
.ki a koe, ka mōhio koe ki te rerekētanga

Kia wātea koe ki te whiriwhiri. Kaua e tukua tetahi mea
hei aukati i a koe, kaua hoki e tukua tetahi atu kia
.whakahaere i a koe, kia whakararuraru rānei i tō harikoa

He wāhanga motuhake koe nō te ao whānui, ā, me kimi
e koe taua tino pai kia wheako ai koe i te māramatanga
.harikoa me te reka o te aroha atua

Te whakaputa i te aroha i roto i ngā whare herehere o te
mauahara me te mauahara

E te Ariki, me inoi atu mātou kia whiti mai tō
māramatanga ki ō mātou wairua

Ā, ringihia mai ō manaakitanga nui ki ō hunga aroha, me
.te hunga e rapu ana i tō awhina

Ā, kia puritia e Ia ngā wairua o te pakanga, te tutu, me
te mate kia matara atu i a tātou

Ā, whakatenatena mai i a mātou kia waiho te rangimārie
hei whāinga mā mātou

Ā, ko te aroha tā tātou whakarato

Ko tā mātou whāinga he whakaoranga mai i ngā here
herekore

* * *

Ki te mea ko te kohikohi moni me te whakatutuki i ngā
hiahia o te tinana anake te mea e whai ana te tangata

He iti noa iho, he koretake hoki ngā hua ka riro i a ia

Nā te mea ka tae mai te rā ka whakarērea e ia ngā
taonga katoa o te ao

Engari ki te whai rawa ia i roto i te Atua

Ka nui atu tōna taonga i ngā kingi katoa me ngā tāngata
whai rawa o te whenua

Kei roto i te hunga e aroha ana ki te Atua aua taonga
manaakitanga

Ko te hunga kāore e makona ki tētahi mea kē atu i te
taonga o te wairua

I a rātou e mahi ana ki te whakawhanake i ō rātou hiahia
wairua

Ā, hei whāngai i tō rātou hiahia mō te pūtake o tō rātou
ora

Me te aranga mai o te aroha mai i te hohonutanga o te
mauahara me te mauahara

Ka whakanuia e rātou ō rātou hinengaro ki runga ake i
ngā whakaaro whaiti o te ao

Ki ngā pae tawhiti o te herekoretanga, te rangimārie, te
māramatanga, me te harikoa

Ka kitea e rātou tō rātou whānuitanga mutunga kore

Ka whiwhi rātou i ngā tirohanga hou me ngā
mātauranga hou

Ā, i a rātou e rui ana i ngā purapura o ngā whakaaro me
ngā mahi pai

I ngā wāhi o ō rātou hinengaro

Kua tuwhera ō rātou māramatanga

Ā, ka whakahohehia ō rātou mana hinengaro

Ko Philamson, tō rātou tino mauri

Ka kitea e rātou te rangatiratanga o te Atua i roto i a
rātou anō

Ka inoi mātou ki te Atua Kaha Rawa kia ārahi i a mātou
kia taea ai e mātou te whakahou i a mātou anō

Ā, ka whakaputaina mai e tātou tō tātou wairua i roto i
ngā whare herehere o te pōuri

Ki ngā wāhi o te herekoretanga, te marino, me ngā
māramatanga o te mātauranga

He mea nui ngā hua me ngā huawhenua hou hei
matūkai

Mai i tētahi kauhau mō te kai totika

I tukuna ki Encinitas, California - Pipiri 1940

Ehara i te mea ko te pūmua mīti anake te puna nui o te
pūngao

He puna nui anō hoki ētahi o ngā tote kohuke e kitea
ana i roto i ngā huawhenua me ngā hua kāore i tunua

Ahakoia he nui te pūngao e whakaratohia ana e te nui o
te mīti, ki te mea ko te mīti te kai matua mō te wā roa, ka
mutu te whakarato i taua pūngao. Hei tāpiri, ko te kai nui
rawa o te pūmua ka arahi ki te paitini pūmua, he pūtake o te
ngenge me te mate. I te poto, he rite tonu te kino o te nui o
.te pūmua ki te iti rawa

Ki te hiahia koe ki te whakakore i te ngenge, ko tētahi
rongoā ko te kai tika. Ahakoia he pūngao rangitahi te mīti, he
maha ngā paitini ka uru mai ki roto i te tinana. Mā te kai i
ngā kai mata, kāore i tunua, ka whakaiti i te ngenge, ā, ka
.waiho koe kia pūmau te wairua

He nui te pūngao e tukuna ana e ngā wai hua, engari he
nui ake te uara kai o ngā hua me ngā huawhenua katoa.
Heoi, kāore ētahi e hiahia ki te whakapau i te wā ki te kai i
.tēnei momo

Ka tangohia e te pūnaha nakunaku ngā matū ka
tohatoha ki ngā momo pūtau e tika ana puta noa i te tinana
He maha ngā huānga matū o te tinana, ā, me whakakī e
.te kai ngā ngoikoretanga o aua huānga i ia rā

Me nui te pūmua, ngā huaora, ngā kohuke, ētahi ngako
me ngā hinu i roto i ngā kai o ia rā, me te nui o ngā
warowaihā tūturu e tika ana, me te whakaiti hoki i te nui o
ngā māngaro kua whakamaroketia me te huka kua
.whakamaroketia

He puna nui te pūngao ko te ranunga o te wai karaka
me te aramona whenua, nā te mea he pai ake te nakunaku o
.ngā aramona ina konatunatua ki te wai karaka

He mea nui anō hoki kia nui te inu wai. Mēnā kāore e
wātea ana te wai kounga pai, he pai ngā wai hua hou, te wai
kokonati, me te merengi hei tāpiringa, hei whakakapi
.wāhanga mō te wai parakore

Ā tōna wā, ka nui ake te inu a te tangata i ngā wai hua
me ngā wai huawhenua nā te mea he nui ngā painga hauora
.e puta mai ana i ēnei wai

He kino ngā matatini whakaraerae me ngā matatini
whakakake

He rite tonu te kino o te matatini o te whakaiti i a ia anō
ki te matatini o te whakakake, nā te mea ko te tangata e
whakaiti ana i a ia anō, e kore e taea e ia te whakaatu i te
.whakakake kei roto i a ia

He wairua te tangata, ā, he mura tapu tōna, ā, he hē te
whakaaro he iti ia, he whakaaro rānei kei runga ake ia i te
katoa, me te mahi pērā i te tangata kāore he mana, kāore he
.takenga mai

Ina whakaatu te tangata i te whakapehapeha, ka huna e
te atarangi matotoru o te whakapehapeha te māramatanga
.o te Atua i roto i te wairua

Nō reira, me karohia ngā pona e rua i te wā kotahi, nā te
.mea he arai ēnei ki te ahunga whakamua o te wairua

Kia rongo tātou kei a tātou te Atua, e whakaaweawe
ana, e ārahi ana i a tātou, ā, ko ia te aroha nui rawa atu i
.roto i ō tātou oranga

Ko te hunga e mōhio ana ki te Atua, e whakaaro ana he
pononga rātou mā te katoa, ā, kāore e whakaaro he pai ake
rātou i ētahi atu

E pā ana te matatini o te whakaiti i te ngākau ki te
hunga he ngoikore ō rātou whakaaro me te ngoikore o te
hinengaro huna, ko te matatini o te whakanui i te ngākau ka
whānau mai i te whakapehapeha whakarihariha me te
.whakapehapeha rūpahu

He kino ēnei pona e rua ki te tipu wairua, ā, e ahu mai
ana i te mānukanuka me te kore aro ki te pono, kaua i te
.māramatanga tika me te whakatau tika

Me whakatipu te whakapono ki a ia anō mā te wikitoria i
ngā ngoikoretanga tuku iho o te tangata. Ko te hunga e
hiahia ana ki tēnei, me whai kia wheako i tōna reka mā roto i
ngā whakatutukitanga tūturu i roto i ō rātou oranga, kia
wātea ai rātou i ngā āhuatanga o te whakaiti me te
.whakapehapeha, me te āwhina a te Atua

Te mea ngaro me te puna o te ora

E hia ngā hāora e hiahiatia ana e te tinana hei huri i te
kai hei pūngao. Engari ko ngā mea katoa e whakaoho ana, e
.whakahohe ana i te hiahia ka whakaputa pūngao tonu

Ka tangohia e te kaha o te ngākau te ora mai i ngā
pūtau o te tinana, mai i te puna pūngao o te roro, te wāhi e
.rongoa ai te pūngao i tangohia mai i te kai

Ka kukume mai hoki te hiahia i ngā mahi hou mai i te
.pūtake o te ao ki roto i te tinana mā te taurakira

Nō reira, ko te mea ngaro ki te ora kei roto i te tiaki i te
kaha o te tangata me te kawe mai i te kaha hou ki roto i te
.tinana mā te kaha o te ngākau

?Me pēhea te mahi i tēnā

Tuatahi, me mahi te tangata i runga i te ngākau hihiko
me te ngākau aroha. Mēnā he mea whai hua hei mahi, me
.mahi i runga i te ngākau hihiko me te ngākau aroha

Ina mahi koe me te ngākau hihiko, ka nui ake tō pūngao
nā te mea ehara i te mea kei te kahi pūngao mai i ngā io o te
roro anake, engari kei te kukume mai hoki i te rere nui o te
.pūngao o te ao ki roto i te tinana

Ko te wahine e taka kai reka ana mā tana hoa aroha, e
ki ana i te harikoa me te ora

Engari ki te akiakihia ia ki te tunu kai i waho o tōna
.hiahia, ka ngenge ia mai i te tīmatanga

Nō reira, ka kawea mai e te kaha o te ngākau te kaha
:kōrero poto

I tētahi wā, i a au e kōrero ana ki tētahi hoa mō ngā
tāngata tapu. He kaihokohoko taku hoa, ā, kāore ia i rite ki
taku hihiri. Engari, i mea ia, "Ko te hunga katoa e kiia nei e
koe he hunga tapu he hunga tinihanga, kāore e mōhio ki te
Atua." Kāore au i tautohetohe ki a ia, engari i whakarerekē i
te kaupapa, ā, ka tīmata māua te kōrero mō te umanga
kaihokohoko. I muri i tana kōrero mai ki ahau mō te maha o
ngā mea, ka mea mārie ahau, "E mōhio ana koe kāore he
kaihokohoko pono kotahi, he hunga teka katoa rātou?" Ka riri
ia, ā, ka whakahoki riri mai, "Ā, he aha tāu e mōhio ana mō
ngā kaihokohoko?" Ka whakahoki ahau, "Koinā tonu taku i kī
ai. Ā, he aha tāu e mōhio ana mō ngā tāngata tapu?" Kāore
ia i kōrero. Ka haere tonu ahau me te mārie me te atawhai,
"Kāore au i te mōhio ki tetahi mea mō te kaihokohoko, ā,
".kāore koe i te mōhio ki tetahi mea mō ngā tāngata tapu

Ngā anahera o te kaha

I hangaia tātou e te Atua hei anahera o te kaha

Ā, i whakanohoia mātou ki roto i ngā tinana tinana

I arotahi katoa ō mātou whakaaro ki ngā tinana ngoikore

Ā, kua wareware tātou ki te wairua wairua i whakakīia ki
te kaha o te ora o te ao tūroa

Inaianei me whakapau kaha tātou ki te arotahi

Hei whakahoki mai i te māramatanga katoa

Ko te pūtake o te angitu kei roto i te tipu haere o te
māramatanga wairua

Mā tēnei ka mōhio tātou ki tō tātou āhua kore-tinana

Ā, kei roto i a tātou te āhua o te Atua

Ko te putiputi tuatahi i te māra o te wairuatanga ko te
putiputi o te whakapono me te tumanako

Ko te hua ia, ko te mōhiotanga tūturu i riro mai i te
whakamātautau-ā-tangata

Kia hihiri, kia mōhio hoki kei te tatari mai ngā mea pai
me ngā manaakitanga o te ao ki a koe

I te mea kei te mahi koe me te ngākau pono me te
ngākau pono

Hei whakahoki mai i te taonga tuku iho tapu kua ngaro

He tangata taurite te tangata wairua pono

He tangata e ngākau māhaki ana, e ora pai ana, ā, e
tipu haere ana te māramatanga

Kei a ia ngā taonga o te wairua, me ngā taonga o te
whakaaro nui

E whakapono ana ia kei te haere mai te awhina a te
Atua

Ahakoia te uaua o te ao, me te kino o ngā āhuatanga

E whakakitea mai ana te mata o te Atua ki a tātou i roto
i te ataahua o te taiao

Ā, e kōrero mai ana tōna reo ki a tātou mā roto i ngā
rangi waiata ngawari, ātaahua hoki

Ā, mai i ngā reo reka, ngawari o te hunga aroha

Ā, mā te reo haruru o te kawenga

Ko te hihiri e ārahi ana i a tātou ki te pai me te
rangimārie

Ko te harikoa me te mātauranga te reo o te Atua

E karanga ana i a tātou kia hoki ki te whare tapu

He whare o te ata noho, o te rangimarie hoki

Ā, kia pārekareka ki tōna aroaro reka

Ā, tōna ataahua whakaharahara, tino ataahua

He tino māminga te ao, ā, me pēnei tā tātou whakatata
atu ki a ia. Ki te kore tātou e wikitoria i ana māminga me ana
whakaaro pohehe i te tuatahi, e kore e taea e tātou te
.āwhina i tētahi atu

Me mahara tātou kei roto i te mokemoke o te hinengaro
arotahi te wheketere o ngā whakatutukitanga nunui katoa.
Ā, i roto i tēnei wheketere whakamiharo, me whatu tonu e
tātou ngā tauira o tō tātou hiahia kia taea ai te wikitoria, te
.whakatau pai rānei i ngā āhuatanga kino katoa

Me whakangungu tonu, me whakamahi tonu te hiahia

He maha ngā whai wāhitanga a te tangata ki te mahi i
tēnei wheketere o te ao, mena kāore ia e moumou taima, e
.maumauria rānei tōna kaha ki te kore noa iho

I te pō ka wehe atu ahau i ngā hiahia o te ao kia noho
tahi ai me ahau anō

Tawhiti rawa atu i te ao

Ko au anake me tōku hiahia i roto i tōku mokemoke
wairua

Te wāhi e anga atu ai ōku whakaaro ki te huarahi e
hiahia ana e au

I whakatau ahau i roto rawa i tōku ngākau

Ina akiakihia e au tōku hiahia ki te whai wāhi atu ki ngā
mahi hauora, whai hua hoki, ka puta he angitu mōku. Pēnei,
kua maha aku whakamahinga whai hua i tōku hiahia. Heoi,
.ka tutuki noa tēnei mā te whakamahi tonu i te hiahia

Kātahi te ataahua o te kare ā-roto ka pā ki a koe ina
taea e koe te kī me te whakaū, "Mā taku hiahia, e kī ana i te
"!hiahia atua, ka tutuki i ahau taku e hiahia nei

Ki te noho māriri te tangata, ā, ka tukua ngā mea katoa
ki te hiahia o te Atua, me te kore e whakamahi i tana ake
hiahia kua homai e te Atua ki a ia, e kore ia e whiwhi i te hua
.e rapua ana e ia

E hiahia ana te mana atua ki te āwhina i a koe i runga i
tōna ake whakaaro

Me whakakore atu i roto i ō tātou hinengaro te whakaaro
kei tawhiti atu te Atua i a tātou, me tōna kaha me ōna mana
tipua, ā, kei te huna i ngā pito tawhiti o te rangi, ā, kua e
wareware kei muri i ō tātou hiahia tangata te hiahia atua,
engari ko taua mana nui, pērā i te moana e puea ake ana i
ōna tai me ōna toronga, e kore e tae mai ki te kore te
hinengaro e tuwhera, e ngāwari hoki te ngākau ki te
.whakarongo

Te inoi

E te Whaea o te Ao

Hei mura anake i roto i ō tātou ngākau

Ā, hei whakakore i te pōuri o ō tātou wairua

Ā, i roto i ō mātou roimata aroha ki a koe

Horoia tō mātou aroha ki ngā mea o te ao
Ā, e harikoa ana mātou ki te whakaae ki a koe
Whakakorea atu ō mātou pouri me ō mātou mamae mō
ake tonu atu

Meinga ō tātou ngākau iti hei ngākau nui
Ka manaaki i tō aroaro katoa
Ā, i roto i te whakaata o tō āhua atua
Kia kite tātou i a tātou anō he tino tika, he parakore
Kia kake ake ngā mura o tō mātou aroha ki a koe
I runga ake i ngā mura o ngā hiahia o te whenua
E miriona ngā whakamatautauranga e huna ana i a
rātou anō hei koe

Ā, e tinihanga tonu ana i a tātou

* * *

!Haere mai, e te hari atua parakore, e te hari tino tika
Tomo mai ki ngā temepara o tō mātou hiahia nui ki a
koe

Kia rangimārie te ao
I roto i ō tātou maunga, i ngā pō pōuri o te kuware
Kia ārahi ia i a tātou, kia whakahokia mai hoki tātou ki te
ora

!Ki tō piringa haumarū, ki tō piringa pūmau

Ngā Kōrerorero mai i te Ao Mutunga Kore

Ko te quatrain tuatahi o Khayyam

I whakamāoritā e Edward Fitzgerald, ā, i
whakamāramahia e Master Paramahansa

Ko te rongonui o Omar Khayyam i te Hauāuru e ahu mai
ana i te whakamāoritanga a Fitzgerald o ana quatrains i
waenganui o te rautau tekau mā iwa, e kiia nei ko te
.whakamāoritanga pai rawa atu ki te reo Pākehā

I whakaaro te kaiako a Paramahansa ko Omar Khayyam
tētahi o ngā tohunga matakite nui, he nui hoki tōna mōhio ki
a ia anō, ā, i whakamahia e ia ngā tohu hei whakaatu i tōna
wheako wairua me ōna wheako, ā, i hē te mārama ki a ia, ā,
kāore ngā kairangahau i ruku hohonu ki te mārama ki tana
rapunga whakaaro wairua i whakatakotoria e ia ki roto i ngā
.pūrākau

E ara! mō te ata i te peihana o te pō
Kua whiua te kōhatu e rere ai ngā whetū
Ā, kua mau te Kaiwhai o te Rawhiti
Te pourewa o te Sultan i roto i te taura o te
māramatanga
:Whakamāoritanga Ārapi

E ara, kua makahia e te ata he kōhatu ki roto i te oko o
te pō

Te whakamarara rawa i ngā whetū
Ā, anei te kaiwhai o te Rawhiti
I horomia e ia te pourewa o te Sultan
Me te taura o te māramatanga
:Whakamārama me te whakamaoritanga
:He whakamārama mō ngā tikanga

Ata: Ko te ata o te oho ake i te oranga matapōkere o te

ao

Ko te oko o te pō: te pōuri o te kuware e here ana i te
wairua matekore i roto i te hinengaro tangata whaiti, iti

Kohatu: Te whakapai wairua

Ngā Whetu: Te kanapa ataahua o ngā hiahia rauemi

Te Kaiwhaiwhai o te Rawhiti: Te whakaaro nui o te
Rawhiti e whakangaro ana i ngā toenga o ngā mānukanuka

He taura mārama: te kanapa o te whakaaro nui
manaaki, e whakangaro ana i te pōuri tukino e herehere ana,
e here ana i te wairua

:Whakamārama

:Ka hāhā te marino o roto

E ara! Whakarērea te moe o te kuware, kua pakaru mai"
hoki te ata o te whakaaro nui. Makahia te oko pōuri o te mea
ngaro ki te kōhatu o te whakapai wairua hei wawahi, hei
whakamarara hoki i ngā whetu kanapa, pōuriuri o ngā hiahia
".rauemi ngoikore

Tirohia te māramatanga o te whakaaro nui o te Rawhiti,"
te kaiwhaiwhai me te kaiwhakangaro i ngā mānukanuka, nā
te mea kua hopukina e ia te pourewa tiketike o te wairua ki
te taura o te māramatanga, ā, kua peia atu tōna pōuri ā-
".tinana, kua peia rawatia atu

E ngā tāngata o te tāone o ngā mānukanuka,"
whakarērea te moe! Kua puta mai hoki te hihi o te karere
"wairua o te whakaaro nui o roto

Akohia me pēhea te whakamahi i te kōhatu totoka o te
whakapai wairua hei wawahi i te oko pōuri o te kuware, hei
.pei atu hoki i te hiahia mō ngā ahua reka rauemi rangitahi

Hokona he akoranga mai i te kaiwhai o te whakaaro"
nui, e rapu tonu ana i ngā wairua e hiahia ana ki te
māramatanga, e rapu ana i te pono, kia karapotia rātou ki te
aura o te kororia, te kororia o te herekoretanga mutunga
".kore

Te Hokinga Mai o te Tama Ngaro

I tētahi wā, he maha ngā tau ki muri, i kite ahau i tētahi
o aku ākonga e hiko ana i te taha ke

I te mōhio ki ngā hua ka puta mai i ana mahi, ka ngana
ahau ki te whakatenatena i a ia, mā te whakamahi i ngā
tikanga arorau katoa, kia whakarērea e ia tana mahi, engari
.kāore i taea e au te āwhina i a ia

Nā te mea i whakaaro ia ki te haere i te ara o te kino

:Hei whakamutunga, ka mea ahau ki a au anō

"Nā te mea e hiahia ana ia ki tēnā, ka waiho e ahau ia"

Engari i hohoro te hoki mai o tōku aroha me tōku
āwangawanga ki a ia, nō reira i noho ahau i raro i tētahi piki,
ā, ka tīmata te whakaaro ki a ia

Me te hihiri nui, i tukuna tonutia atu e au tēnei karere

:hinengaro ki a ia

Kua tonu mai te Atua kia hurihia e koe tō whakaaro mō"

"tāu e whakaaro nei ki te mahi

I te ahiahi, ka puta he kare ā-roto kaha i roto i tōku
tinana me tōku hinengaro, ā, ka whakapono ahau kei te hoki
.mai anō ia

Kātahi ka puta te "tama kua ngaro", ā, i tōna hokinga ki

:te kāinga, ka piko ia ki a rātou, ka mea

I te roanga o te rā, i ngā wāhi katoa i haere atu ai ahau,"
ā, ahakoa pēhea taku mahi, i kite ahau i tō mata. He aha te
"?tikanga o tēnā

I whakahoki ahau: "I karanga mai te Atua i a koe māku.
".Nāna tēnā karanga, ehara i taku

Kāore i ahau mai tōku hiahia i te hiahia whaiaro, engari i
whakatau ahau kia kaua e wehe atu

Ka noho tuwhera tonu tēnei wāhi tae noa ki tō hokinga
mai

Ka taea e tēnei momo hoahoa te whakaputa i ngā
!huringa nui. He tino kaha whakamiharo

Ina whakatakoto koe i tō huarahi, ā, ka whakatau koe ki
te haere tonu i tō ara, me whakaoho e koe tō hiahia, me
whakapau kaha hoki, ā, ka kitea e koe ka tae mai ngā
āhuatanga katoa o te angitu ki a koe i te wāhi e mōhio ana
.koe, i te wāhi kāore koe e mōhio

Kei roto i tō hiahia, e whakakīia ana e te kaha atua, te
whakautu ki ō inoi

Ina whakamahia e koe taua hiahia, ka huakina e koe te
.matapihi e whiwhi ai koe i te whakautu ki āu inoi

Nōku ake wheako tēnā. I mua i ngana ahau ki te mahi i
ētahi mea hei whakamātautau i tōku hiahia, engari ināianei
kāore au e mahi i tēnā nā te mea e mōhio ana ahau ki te hua
i mua: ko ngā mea katoa e hiahiatia ana e au ka tutuki i te
.Atua Kaha Rawa

"Mai i te pukapuka "Te Whāinga Mutunga a te Tangata

Kia meinga e tātou te Atua hei hepara mō ō tātou
wairua

Ā, ko te māramatanga atua te kaititiro

I ngā ara pōuri o te ora

Ko ia te mārama ārahi i ngā pō o te pōhēhē

Me te rā o te tino mohio i ngā hāora o te ara ake

Me te whetu ārahi i te moana pōuri o te ao tūroa

Kia inoi tātou mō tāna āwhina, kia rapu hoki i tāna
whakaaweawe

Nā te mea ka piki tonu te ao, ka heke hoki

He pōrearea ōna kaupapa, pērā i ngā ngaru e mura ana

?Nō hea tātou ka whiwhi ai i te arataki

Kāore i roto i ā tātou tikanga hurihuri, whakaaro pōhewa

Kāore hoki i ahu mai i tō tātou taiao e pāngia ana e ngā
awe

Ehara i ō tātou whenua, i tō tātou ao rānei

Engari, ko te reo o te pono ārahi

E puea ake ana i te hohonutanga o te wairua

I ia wā, i ia wā, ka whakaaro ahau ki te Atua anake

I tukua e ahau tōku wairua ki a ia

I tukua e ahau tōku ngākau ki a ia

I tukuna atu e au tōku aroha me tōku hiahia ki a ia

Kaua e whakawhirinaki atu ki tetahi mea nui atu i te
Atua

Ā, me whakawhirinaki tātou ki te hunga e whakakite mai
i Tōna māramatanga

Ko taua māramatanga taku kaiārahi

Ko tōku whakaaro nui, ko tōku aroha

Te ope kaha kore e taea te hinga

Me te pono e kore e taea te whiti atu

Inaianei me ake tonu atu

Tērā ētahi tāngata he tino kaha rawa ō rātou whakaaro,
e whakapono ana rātou me mahi pērā i te mīhini, kia angitu
.ai rātou i te ao, me mahi tonu rātou

I tētahi atu taha, kei reira ētahi tāngata kāore i te iti iho
te kaha i a rātou, i te mea ka tīmata rātou ki te aro ki ngā
mea wairua, ka ngaro te hiahia ki ngā mea katoa, ā, he
.tūnga hē tēnā

Hei tauira, e whakapono ana rātou kāore he take ki te
mahī i tetahi mea e hiahia ana ki te arotahi nui me te
whakapau kaha tinana, ā, e tohutohu ana rātou kia noho
pūmau me te whakarērea ngā mea katoa o te ao. Engari ko
.tēnei waiaro e huna ana i te korenga o te hinengaro

I raro i te koroka o te wairua teka

Kua kitea e au he nui te hiahia o ngā kaiako nui ki te ao
engari kāore he here ki taua ao. Ina hoatu he mea ataahua
ki taku kaiako, ka tiakina e ia, ka tiakina hoki, engari ki te
pakaru, ki te pakaru rānei, ka kata ia, ka mea, "Kua mutu
taku hiahia ki taua mea nā te mea i nui rawa te aro i
.tangohia." I wehea ia nā te mea kāore ia i herea

He rite tonu ōku whakaaro ki te maioha ki ngā mea e
homai ana e te Atua ki ahau, engari kāore au e ngaro i taua
.mea ahakoa ka ngaro i ahau

I tētahi wā, i homai e tetahi ki ahau tētahi koti ataahua
me tētahi pōtae, ā, he huinga utu nui, i harikoa ahau ki te
tiaki me te tiaki i a ia kei pakaru, kei paru hoki, tae noa ki te

wā i hoha ai ahau ki a ia, ā, ka mea ahau: "Aue, e te Atua,
"!kāore au e hiahia ki tēnei raruraru

I tētahi rā, i haere ahau ki tētahi whare i Los Angeles ki
te tuku kauhau, ā, i taku taenga atu ka tīmata ki te tango i
taku koti, ka rongo ahau i te reo atua e mea ana, "Tangohia
ngā mea katoa kei roto i ngā pōke o te koti." Nō reira, i pera
.ahau

I muri i te kauhau, ka hoki ahau ki te rūma rokiroki koti,
.ā, ka kitea kua ngaro te koti - kia tiakina koe e te Atua

I tino pōuri ahau mō tēnā, nō reira ka mea mai tētahi,
"Kaua e pōuri, ka hokona e mātou tētahi atu koti māu." Ka
mea atu ahau, "Ehara i te mea nā te mea i ngaro te koti i
ahau, engari nā te mea kāore te tangata nāna i tango te koti
".i tango i te pōtae e tino pai ana ki te koti

Kaua e tukua ō tātou kare ā-roto kia whakahaere i a
tātou. Me pēhea te harikoa o te tangata mēnā ko ōna
?kākahu me ōna taonga anake tana e aro nui ana

Ehara tēnei i te kī kāore e mau kākahu ma, ātaahua, e
horoi, e whakapaipai rānei i te whare, engari kaua e tino
.piripono, e aro nui rānei ki ēnei mea

I tētahi wā i karangatia ahau ki tētahi pāti tina, ā, he
tino ātaahua, he pai hoki te whakaritenga o ngā mea katoa, i
tino pai ahau ki te tina, engari i tino matakū ō mātou
kaihautū, i wehi kei kore ngā mea katoa e haere pērā i te
whakamahere, ā, nō reira, i whakakinohia e rātou te
.āhuarangi e tō rātou manukanuka

Ko te hunga tino tairongo ka kite i te manukanuka me te
kore whakamarie o ētahi atu. He aha te wehi me te
āwangawanga? Me whakapau kaha tātou, kātahi ka okioki,
ka tuku i ētahi atu kia okioki. Me tuku ngā mea kia haere noa

i tō rātou ara maori, me te kore e akiaki, ā, ka kitea hoki e te
.hunga e karapoti ana i a tātou te rangimārie

Ngā kotinga Parmenidean

Kei muri i te hiahia o te tangata te hiahia o te Atua me
.te kaupapa o te rere mutunga kore o te kaha o te ao

Hei whakaatu i ngā mea pai katoa, i ngā mea whai hua
hoki o te ao

Nā konei, ko te tangata e u tonu ana, e piripono ana ki
.te hiahia o te Atua, ka angitu ia i runga i te awhina a te Atua

Ko te kaha o te ngākau nui he pūngao me te hiahia e
anga ana ki te whakatutuki i tētahi whāinga motuhake

Kāore he mea e taea te mahi me te kore he kaha o te
ngākau; ina hoki, ahakoa he kaupapa māmā noa iho, kāore e
taea te waihanga i roto i te oranga o ia rā me te kore e
.whakamahia te kaha o te ngākau

Ko te nuinga o te iwi e mahi ana i ngā mea kāore e tino
hiahiatia ana, ā, kāore e arotahi ana i ā rātou mahi ki te
.huarahi whai hua

He rerekē te hiahia i te hiahia, ahakoa ka taea e te
hiahia te mahi hei whakakorikori i te hiahia

I te whakawhanake i te kaha o te ngākau, me whai i te
whakatau me te whakamahi i te tirohanga, te māramatanga,
.me te whakaaro nui

Whai muri i tēnei ka whakangungu me te whakamahi ā-
hinengaro i te hiahia ki te whakatutuki i te whāinga e
.hiahiatia ana

Me haere tonu te haerenga me te kaha kia tutuki rā anō
te whāinga

Ina whakatau te tangata ki te whakatutuki i tētahi
whāinga rangatira, kāore e tika kia mutu te ngana

Tērā pea ka tukua ia e ngā āhuatanga kino

Ina rite te hinengaro ki te hiahia me te whakaaro teitei
ake, ā, ka arotahi te hiahia ki tētahi whakaaro motuhake, ka
kī tonu te kaha o te hiahia i te mahi ao mutunga kore,
.mutunga kore

Ko te hiahia o te tangata e whakahaerehia ana e te
kuware me ngā hiahia ka puta te mamae me te raruraru ki
tōna rangatira

Hei whakamātau i te harikoa pono, me hinga ngā hiahia
pai i ngā hiahia kino, ā, me anga te hiahia ki te huarahi tika
.ki te pūtake o te pono me te pūtake o ngā pai katoa o te ao

He aha te take me karo ai te tangata i te whakaatu
teka? Nā te mea ka whakatipu te teka i te tinihanga me te
tinihanga

Ko te tinihanga tētahi o ngā hara nui rawa atu i te
aroaro o te Atua. Ko te whakapae teka i tētahi mō te painga
whaiaro, mō te hiahia rānei ki te rapu utu, he momo oati
teka. Mēnā ka whai te katoa i tēnei mahi, ka horapa te
.ngangau me te pōrearea i waenganui i te tangata

Ko te whakarongo ki ngā kōrero teka mō tētahi atu
tangata he tautoko i te kaiwhakaatu teka, he whai wāhi atu
hoki ki tana whanonga whakama, ā, ko taua whakarongo me
te tautoko ka huri hei pakanga kare ā-roto e haehae ana i te
rangimārie o te wairua, e whakararuraru ana hoki i te marino
.o te ao

Ahako he tika mō te wā poto, ka hoki whakamuri te
mahī, ka puta he mamae me te mamae hinengaro e
.whakararuraru ana i te hinengaro me te patu i te hinengaro

He kino, he kino hoki ngā hua o te hae, nā te mea ka pā
mai he mamae whaiaro ki te tangata hae, nā te mea ka hoki
mai anō ngā whakaaro me ngā kare ā-roto e tukuna ana e te
.tangata ki a ia

Ko te tangata e aroha ana, e atawhai ana, ka whiwhi ia i
te aroha me te atawhai, ko te tangata ia e tuku ana i ngā
whakaaro apo, i te hiahia whaiaro me te hae, ka pā mai ēnei
.mea ki a ia anō

?He aha te take e kore ai e tahae te tangata

Me pēhea rā te ao mēnā ka noho te katoa mā te tahae,
te pahua, me te tango taonga? Mēnā koinā, ka mahia ngā
hara tino whakarihariha me te tino whakarihariha. Ka nui te
pakanga hei tiaki i ngā taonga me te whakahoki mai i ngā
.taonga i tahaetia

He mahi whakahē te tahae i ngā tikanga pāpori, ā, e
tango ana i ngā tika o ētahi atu, nō reira he takahi i ngā ture
o te ao, ā, kāore i te hāpori ngā ratonga tika me ngā tikanga
.whai hua hei whakatau i ngā kaihara

Ina mauheretia ngā tahae, ka kaha ake te mau o ā rātou
tikanga tawhito, ā, ka riro mai hoki i a rātou ngā tikanga kino
hou i a rātou e hono ana ki ētahi atu kaihara. Mēnā ka tupu
tēnei, ka kino rawa atu tō rātou āhua i tō rātou tukunga i
.mua i te urunga ki te whare herehere

E te Ariki, kia manaakitia mātou, kia kore ai mātou e
rongo i te kino, e kite i te kino, e kōrero kino, e manawa kino
.rānei

Kāore mātou e pā ki te kino, kāore hoki e rongo i te kino,
kāore hoki e whakaaro ki te kino, kāore hoki e moemoeā
kino

:Ngā kaha e whakamahia ana e tātou i ia rā

Ā tātou tirohanga ā-pūmanawa

me ō tātou kare ā-roto -

me tō tātou mātauranga -

He mea tango katoa tēnei mai i te Atua, ā, e kore e taea
e tātou te ora i tētahi hēkona kotahi me te kore ia

Heoi, i a tātou e whakamahi ana i Ana taonga, kāore
tātou e whakaaro ki a ia e tika ana, kāore hoki e hoatu e
.tātou ki a ia te aro e tika ana māna

Engari, ka whaia e tātou ngā ahuareka o te tinana me
ngā wawata o te ao, kia rite ki te ao rauemi, kia hono katoa
.ai ki te ao tūroa

Koinei te pūtake o ō tātou mamae me ō tātou mamae
katoa

I hangaia tātou e te Atua i roto i tōna āhua, nō reira, e
kore e taea e tātou te mōhio ki te reka o te hari pono ki te
kore tātou e kite i tōna aroaro i roto i a tātou, e reka hoki i te
.wai o tōna hari i roto i ō tātou wairua

Kāore hoki e taea e tātou te pupuri i te mana manaaki e
tika ana hei whiwhi, mā te hiahia, i ngā mea e hiahiatia ana
e tātou i ia rā

Ki te kore tātou e mōhio ko te Atua te pūtake o taua
kaha, me whakawhirinaki tātou ki a ia, me tahuri hoki ki a ia

Me te ngākau whakawhetai mō ngā manaakitanga katoa
e ringihia tonutia ana e ia ki runga i a tātou

Ki te mea he whakawhetai koutou, ka whakanuia e ahau
tō koutou [pai]

Ina puea ake ō tātou ngākau i te whakawhetai ki te
Kaiwhakaora Tino Atawhai, ka waiho hei temepara tapu mō

Tōna aroaro whakakororia, ā, koinei te whakatutukitanga nui
rawa atu ka taea e te tangata te whakatutuki, nā te mea ko
te kaupapa o te ora kia noho tahi te tangata me tōna
.Kaihanga, kia whakatata atu ki a Ia, kia mōhio hoki ki a Ia

Rapua te rangatiratanga o te Atua, me tana tika; a ka}
{tāpirihia mai enei mea katoa ki a koutou

Mā te maumahara tonu ki te Atua, me te whakaaro
atawhai ki a Ia, ka mōhio tātou ko Ia tā tātou e aroha nei, ko
tātou tāna i whiriwhiri ai, ā, he wāhi tō tātou ki roto i Ana
.taonga

Te rangatiratanga o te harikoa, te aroha, te
māramatanga, me te pai

Ina whakaaroaro tātou ki ngā manaakitanga nui a te
Atua, ko te mea nui rawa atu ko te āheinga ki te whakamahi
i te herekoretanga o te whiriwhiri i roto i te whai i te ara tika
e arahi ana ki te whakatutuki i ngā kaupapa teitei ake, me te
whakatutuki i te harikoa wairua, ka kī tonu ia rā i te harikoa
o roto, ā, ka rongo tātou i te ia manaakitanga e rere ana ki
roto i ō tātou oranga, nō reira ka whakakiia ō tātou ngākau e
.te whakawhetai, ā, ka whai tikanga te ao

Ko te tangata, mā te whakaaroaro hohonu, ka kite i te
ture atua e mahi ana i roto i te ara ngaro, e kore e mutu te
whakamoemiti, te whakawhetai, me te whakaiti i a ia anō ki
te aroaro o te Atua, te tangata e tika ana kia arohaina, kia
.whakamoemititia, kia whakawhetaitia hoki

Kia maumahara tātou ki te Atua, te pūtake o ngā mea
pai katoa o te ao, ā, kia whakakotahitia ō tātou
maumaharatanga ki te aroha pono e puta mai ana i te
.hohonutanga o ō tātou ngākau

Ki te Atua, nāna nei te ora e pupū ake nei, te aroha e
whiti nei, me ngā manaakitanga e ringihia tonu nei

Kia maumahara aroha tātou ki te hunga katoa i tahu i te
rama mō te tangata, i rui i ngā purapura pai ki te oneone o
te ao, i hora i ngā whakaaro mārama, i whakatenatena i ngā
.mahi pai me ngā whanonga rangatira

Kia whakatuwheratia ō tātou ngākau ki te aroha, kia
tahuri ō tātou hinengaro ki ngā whakaaweawe
māramatanga, kia inoi hoki ki te Atua kia āwhina, kia ārahi
.hoki

I roto i ā tātou whakaaro me ā tātou mahi

Ka pā te wehi ki te ngākau

He whare putunga nui te hinengaro tangata o te
pūngao, o ngā mahi ora rānei

E whakamahia tonutia ana tēnei mahi mō ngā
nekehanga uaua, te mahi a te ngākau, ngā pukahukahu, me
te diaphragm, te pākia o ngā pūtau, ngā tauhohenga matū o
te toto, me te mahi a ngā whekau tairongo nekeneke (ngā
.io)

Hei tāpiritanga, he nui te kaha ora e pau ana ki te
.whakaaro, ki te kare ā-roto, me te hiahia

Ka ngoikore te mahi ora e te wehi, ā, ko tētahi o ngā
.hoariri nui o te hiahia kaha

Ka pēhia, ka whakararuraruhia hoki e te wehi ngā mahi
o te ora e rere tonu ana ki ngā io, ā, ka āhua rite ki te mea
kua pararutiki, ka ngoikore te tinana, ā, ka tino heke te ora
(he ārai io te wehi!)

Kāore te wehi e āwhina ki te whakakore i te pūtake o te
wehi. Ka ngoikore te hiahia, ka akiaki i te roro ki te tuku tohu
ārai ki ngā whekau o te tinana. Ka paitini te ngākau i te wehi,
ka whakararu i te nakunaku, ā, ka puta he maha ngā mate
.tinana

Ina arotahi tonu te aro ki te Atua, kāore koe e wehi i
tetahi mea, ā, ka taea e koe te wikitoria i ngā arai me ngā
.aukati katoa

Me te maia me te whakapono. Ko te "hiahia" he hiahia
kore kaha, ko te "whakaaro" ia ko te whakatau ki te mahi i
tetahi mea: ki te whakatutuki i tetahi hiahia. Engari ko te
"hiahia" ka taea te whakapuaki mā te kī: "Ka mahi tonu ahau
".kia tutuki ra ano taku e hiahia ai

Ina whakangungu koe i tō kaha hiahia, ka taea e koe te
tuku me te whakahaere i ngā kaha o te mahi nui, kaua e
hiahia ki tētahi mea me te kore e mahi i ngā mea e tika ana
.hei whakatutuki

Kaua e ngaro te tumanako, engari me mārama tātou kei
te homai e te Atua he whai wāhitanga ki a tātou hei
whakapai ake i ō tātou āhuatanga, hei whakaara ake i ō
tātou whakaaro, hei waihanga i ngā mea hou, whai hua hoki
.mō tātou anō me ētahi atu i te ao

Ki te kore tātou e harikoa ki tō tātou āhua noho, me
tūhura tātou i ngā huarahi me ngā tikanga hou hei homai i te
.ngākau māhorahora me te whakamarie hinengaro ki a tātou

Me whakaaro tātou ki te mahi i tētahi mea hei whakapai
ake i ō tātou āhuatanga, hei whai tikanga, hei whai tikanga
.hoki mō ō tātou oranga, kātahi ka whakatinana i tēnā

Ko te mea e hiahiatia ana kia tere ko te
whakarerekētanga o te hinengaro, te whakarerekētanga
rānei i tōna huarahi

Me whakatau tātou kia kaua e tukua ngā raruraru kia pā
mai ki a tātou, kia kore ai e taurite, kia kaua hoki e tukua
ngā mea manukanuka kia whakararuraru i ō tātou oranga,
kia whakakī i ō tātou kare ā-roto, kia whakakino hoki i tō
.tātou āhuarangi

Ā, kia kore ai tātou e pāngia e ngā tikanga kino me ngā
āhua kino, ā, kia herekore tātou, kia kore e herea, pērā i ngā
.manu i te rangi

Kāore he take kia noho pūmau, kia kore e rerekē te
tangata. Me tango atu ngā arai o te mānukanuka i te mauri o
te wairua kia tiaho ai me tōna parakore me tōna kaha, kia
whakakitea ai te kororia rangatira kua homai e te Atua ki te
.tangata

E manaakitia ana ngā mahi pai, ngā wawata tika, me te
whakapau kaha ki te angitū

Kei muri i ō tātou oranga te mana o te Wairua Tapu, ā,
.kei muri i ō tātou hiahia te moana nui o te Hiahia Atua

He wāhanga nui tātou o taua moana mutunga kore. Ina
tae atu tātou ki reira, ka kaukau i roto, ka whānui ake tō
.tātou hinengaro, ka rongo tātou i tō tātou whānui

Mā te whakaaro ki taua mea ka tata ake tātou ki taua
mea, ā, mā te whakaaroaro ka ārahi tātou ki taua mea

Mā te whakapau kaha tonu ki te whakataurite ki tēnei
mea ka homai he mātauranga, he whakatau, he kaha ki a
.tātou

Ka kawea mai e te whakarite i ia rā o te hinengaro te
aroha atua me ngā manaakitanga o te rangi

E rere mai ana ki a tātou, kāore he aukati, ā, e homai
.ana ki a tātou he wāhi nui o ngā taonga o te moana

He hinengaro atua kei roto i te tangata katoa, he
hinengaro e tatari ana kia whai wāhi ki te whakapuaki i a ia
.anō

Ā, kia puta atu i te rua whaiti, here hoki o te ego

Pērā i te oho ake o te tangata i tētahi moemoeā
whakamataku, ā, ka mōhio ia he moemoeā noa iho tāna i
kite ai, waihoki ka akiaki te hinengaro atua i te tangata kia
oho ake i te moemoeā o te moe me te pōhēhē ki tētahi
mōhiotanga hou me te māramatanga tika mō te tikanga me
.te kaupapa o te ora

Ki te hiahia tātou ki te wheako i te ata o te oho wairua,
me te kite i ngā māramatanga o te tino mohio, me
.whakarongo tātou ki te reo o roto

Ka aro atu tātou ki tāna akiaki. Me tango atu e tātou i te
ara ngā kōhatu o te mānukanuka me ngā kōhatu o te kuware
e aukati ana i te ahunga whakamua o te wairua, e
.whakararuraru ana hoki i tana nekehanga

Ā, kia patuki tātou ki te ringa o te hiahia ki te tatau o te
oho ake i te moe o te koretake, kia taea ai e tātou te
manawa i ngā hau o te harikoa, kia kawea mai ai te hiko o te
.rangi ki ia whakaaro me ia kare ā-roto o tātou

Ā, ko ia o ā mātou mahi

Ka inoi mātou ki te Atua Kaha Rawa kia whakatuwhera i
ngā matapihi o te mōhiotanga i roto i ō mātou hinengaro, kia
whakakīia mātou ki te māramatanga o te whakaaro nui, kia
karapotia mātou e Tōna aroha, kia karapotia hoki mātou e
.Tōna aroha mutunga kore

I roto i te hunga i haere mai ki ahau, tera ētahi i
kōrerotia e au i te tīmatanga, he pono, kāore ō rātou
whakaaro i te tika, ā, i tono atu ahau kia hurihia aua
.whakaaro

Ko ētahi o rātou kāore i pai ki taku i kōrero ai, engari ko
.ētahi i aro mai, ā, i huri hei pai ake

Kāore te tinihanga e arahi ki te putanga pai, ā, ahakoa
te hunga whakaaro nui rawa atu, e kore e taea te huna i ngā
.mea e whakakitea ana e ō rātou kanohi

Kua tuhia te hītori katoa o te tangata ki ōna kanohi

Ki te hiahia koe ki te mōhio ki te āhua tūturu o tētahi,
inoi ki te Atua kia whakakitea mai e ia ki a koe tōna āhua
.tūturu

Nā te mea kāore koe e hiahia kia mamingatia, ka rongo
koe i tōna āhua tūturu i roto i tō ngākau, ā, e kore tō
.pūmanawa e hē

Ina kōrero tātou ki tō tātou hoa, me titiro tika tātou ki
ōna kanohi, me te kōrero me te māia, te tino mōhio, me te
.pono

Ina ruru ringa tātou ki tētahi, me whakaatu e tātou ki a
rātou te aukume o tō tātou aroha me te ngākau pono, ā, me
ngana ki te āwhina i a rātou i ngā mea katoa e taea ana e
.tātou

Me noho pai te tangata e rapu ana i te mātauranga, me
mahi hoki ki te whakawhanake i tōna aukume wairua; kātahi
ka hoatu e te Atua ki a ia te mana hei āwhina i ētahi atu, hei
.tuku hoki i ngā wiri manaaki ki a rātou

Ahakoa haere ahau ki tua atu i ngā aorangi me ngā
whetū tawhiti rawa, engari ka noho tonu ahau hei āu.
Ahakoa haere mai, ahakoa haere atu ō akonga, ka haere tahi
ahau me koe, ā, ka noho tonu ahau hei āu ake ake. Ahakoa
ka whiua ahau e ngā ngaru o ngā tini whakapuakanga, ka
noho mokemoke, ka noho mokemoke, engari ka noho tonu
.ahau hei āu

E te ao e pukumahi ana ki āu kēmu, ka wareware pea
koe, engari ka maumahara tonu ahau ki a koe. Tērā pea ka
.memeha haere tōku reo, ā, tērā pea ka hinga ahau

Engari i roto i ngā kupu o tōku wairua ka hāhā ahau: "Ka
"noho tonu ahau hei āu

Tērā pea ka haehaetia ahau e ngā whakamātautau, e
ngā mate, me te mate, ā, ka wera hoki tōku tinana, engari i
te mea kei te mau tonu te mārāma o te tumanako i roto i
tōku mahara

Titiro mai ki roto i ōku kanohi e mate ana, mā roto hoki i
aua kanohi ka mea atu ahau ki a koe: "Ka aroha ahau ki a
"!koe ake ake, ā, ka noho pono tonu ahau ki a koe

He pono taku kōrero ki a koe, ehara i te mea nā te
tangata ahau i whakautu mai ki aku pātai katoa, engari nā te
.Atua, te pūtake o ngā atawhai katoa

Ā, ko te pūtake o ngā mātauranga katoa o te ao whānui

Ko ia anake taku pūtake i roto i te ao, ā, ina kōrero
ahau, ka tono ahau ki a ia kia whakakīia aku kupu ki tōna
mana, ki tōna pono, ki tōna aroha, me tōna māramatanga.
Ka rongo ahau i ngā ngaru o te hari e taupokina ana ahau e
te mea e ringihia ana tōna aroha nui ki roto i te wairua, pērā
i ngā hau mārīe i ngā rā wera, ā, ka ringihia tonutia i te ao, i
te pō, i te wiki, i te tau, i te tau, nō reira kāore koe e mōhio
.kei hea te mutunga

E whakaaro ana te tangata me aroha me te taonga e
hiahiatia ana e rātou, engari kei muri i ia aroha me ia taonga

He aroha atua e kore e rerekē, he taonga wairua e kore
e taea te ine e ngā taonga o te ao. Ko te tangata e mōhio
ana ko te Atua te pūtake o te aroha, te harikoa, me te
.atawhai katoa, ka kitea e ia, ā, ka tino harikoa ia ki a ia

E homai ana e te Atua ki te hunga e tumanako ana ki a
la, ki te hunga hoki e

E titiro ana ia ki a la, kua ki te mea hanga
Ka whakaorangia ia e ia i ngā aituā me ngā raruraru

Ā, ka āraia e ia te kino i te ara
I roto i tōna ngākau ka ora tātou i te ora marino
Ā, ka rongo ngā wairua marino i tēnei
Ā, ina hiahiatia ia e tātou, ka haere mai ia ki te āwhina i
a tātou

Me te pā e kawē mai ana i te whakamarie me te hari
Ā, ka tae mai te pai ki a tātou pērā i te ua e ringihia ana

Kāore e mutu tana tuku i te roanga o tōna oranga

!Kia whakapaingia te Atua Aroha, he nui rawa ia

Nō tātou tonu ia, pērā i a tātou e noho nei ki a la

Ngā whakaaweawe tino nui

E te Kaihanga Atua

E te Ariki o te Ao Whānui

E Koe e whakahaere ana, e whakatū ana i ngā aorangi,
ngā whetū, me ngā tupuni

Mā tō ture tika ka tukuna te mana whiriwhiri ki ō
tāngata whenua, ā, mā ēnei ka āwhina i a rātou ki te
whakawhanake i a rātou anō, kia tata atu hoki ki ō mātāpono
.me ō wawata tapu

Kua homai e koe ki a mātou te herekoretanga mutunga
kore, ā, kua whakatōkia ki roto i a mātou ngā purapura o te

hinengaro whānui. Engari, heoi anō, kua herea e mātou tō
mātou hinengaro whānui ki muri i ngā pae o te hiahia
whaiaro, te mauahara, te whaiti o te hinengaro, me te
.matau

E te Ariki, āwhina mai kia whakarewahia e mātou – mā
tō mātou aroha mahana me te māramatanga ki te tuakana –
ngā arai me ngā ārai horihori katoa i waenganui i a mātou
.me ētahi atu

Āwhina mai kia mataara mātou ki te whakamahi i te
hinengaro me te whakaaro tika i roto i te whakahaere i a
.mātou anō, kia tika ai te haere i ngā ara o te ora

Ā, manaakitia mātou kia whakanuia tō mātou taonga
wairua me tō mātou aroha aroha mā te whakawhānui i te
porowhita o tō mātou aroha ā-motu kia uru atu ai ngā
tāngata katoa o te ao, ahakoa te tae kiri, te kāwai, te ira
.tangata, me ngā whakapono

E te Ariki o te Ao Whānui, kia whakautehia, kia
manaakitia hoki te mana motuhake o ngā tāngata katoa i
.whānau mai i roto i te ao tūroa

Manaakitia mātou kia hanga ai he ao kotahi, kia
whiriwhiria ai koe hei kaiārahi wairua mō mātou mō te ao
.katoa

Mai i te hohonutanga o te wairua

E te Ariki, kia tiaho mai ngā mura o aku hiahia

Kei te noho tonu tō aroaro tapu

Kua hanga e au he temepara mō aku hiahia

I roto i aku whakaaro katoa

?Tēnā koa, haere mai ki te toro mai ki ahau

! ? Ā, i noho koe i runga i te torona o tōku aroha ki a koe

Kia whai ōku whakaaro i tāu arataki whakaaro nui

Kia waiho koe hei hari nui rawa atu i roto i tōku ao

Mai i te kuwaha o te whakaaro ki te Atua me te
whakaaroaro ki a ia

Ka tomo ahau ki te Temepara o te Rangimārie Tauwhiro

I tēnei rā ka tahuna e au he paihere rākau hei tohu i ngā
āwangawanga me ngā matakū

Hei whakamārama i te temepara o te Atua i roto i tōku
wairua

Ka rapua e au te Atua i te mokemoke o tōku wairua

Ā, ka inoi kaha ahau kia pakū rā anō tōku ngākau i te
aroha ki a ia

Ā, e rongō ana ahau i tana whakautu ki aku inoi

Āe, me i taea e te mura o tōku ora te whakaranu ki te rā
o te Atua

Ā, ka tiaho mai i roto i ngā kanohi katoa e aroha ana ki
te pai

Ka tauhiuhia e ahau te ao i pakaruhia e ngā pakanga

Me ngā whakaaro o te rangimārie me te aroha

Ka tomo ahau ki te wāhi tapu o te Atua

Ā, ka pā atu ahau ki te hinengaro ao

Mā te hari o te whakaaroaro me te aroha atua

Kei te karapotia ahau e te tiaki a te Atua i ngā wā katoa,
ake tonu atu

Ā, ko te māramatanga o te Atua e aru ana i ahau, e pei
ana i te pōuri e karapoti nei i ahau

I ahau e haere ana i roto i tana māramatanga, e kore
ahau e tutuki

E kore ahau e kotiti ke i te ara tika

Ngā kare ā-roto ora

E te Wairua o te Ora me te Ariki o ngā Ao Katoa

Kei muri koe i aku kanohi, e kite atu ai ahau i tō ataahua
e kitea nei

Ā, i muri i tōku taringa, e whakarongo ana ahau ki te
ranunga o ngā oro o te whenua

Kei muri koe i taku pā, e pā ai ki ahau ngā mea o tō ao
whenua

Ā, i tua atu i te arai o te taiao e huna ana i tō mata
ataahua

Ka kite ahau i a koe i roto i te titiro whakamarie o ngā
putiputi

Ā, ka reka koe i te reka o te kai whai kiko

Ka rongo ahau i tō mauri atua me tō reka mutunga kore

I roto i ngā mea pai me ngā mea whakamiharo katoa e
tū ana

Ka inoi ahau ki a koe, e te Ariki, kei muri koe i tōku reo
wiri

Ā, i muri i tōku hinengaro, e inoi nei ahau

Kei tua atu koe i ōku kare ā-roto hohonu

Kei tua atu i ōku whakaaro tapu me ōku wawata me
tōku hiahia nui ki a koe

Kei tua atu koe i aku whakaaro, kei tua atu hoki i taku
!aroha ngawari

Āe, me i puta mai koe i muri i ngā arai o ngā kare ā-
tangata

Me ngā tirohanga taiao whakamiharo

Whakatuwheratia ōku kanohi wairua kia kite ai ahau i a
!koe i tō āhua tūturu

Kāore e oti te ora me te kore Atua

Ina hono tātou ki te Atua, ka whakaaweawe mai te
māramatanga ā-whatumanawa i a tātou, ka ārahi i a tātou i
.ngā mea katoa e mahia ana e tātou

Me mau tonu i a tātou taua mana tapu, kei roto i a tātou
taua mana; me hura noa e tātou

Ka kitea e koe kei te mahi tēnei mana i ngā mea katoa
hei whakapai ake i ō āhuatanga, hei whakangāwari ake hoki
i ngā mea māu. Ina hono koe ki tēnei mana, ka pupuhi tō
oranga me te kaha o te ao, ā, ka tino mārama ake, ka
arotahi ake, ka koi ake, ka hohonu ake ō whakaaro. Ka
mōhio koe ko ō wairua he oko mō te pono ora o te Atua me
.Tōna whakaaro nui mutunga kore

Ko te Atua te pūtake o te hauora, te rawaka, te
whakaaro nui, me te hari mutunga kore. Ina hono atu tātou
.ki a Ia, ka tino tutuki, ka whai hua hoki ō tātou oranga

Kāore e oti te ora me te kore Atua Me whakaaro tātou ki
taua mana nui e homai nei ki a tātou te ora, te kaha, me te
.whakaaro nui

Me inoi tātou kia rere mai tēnei pono ki roto i ō tātou
hinengaro, tēnei kaha ki roto i ō tātou tinana, me tēnei hari
.mutunga kore ki roto i ō tātou wairua

Kei muri i te pōuri o ngā kanohi kua kati ko ngā mana
whakamiharo o te ao whānui, me ngā wairua pai katoa me
ngā wairua rangatira

Me te whānuitanga mutunga kore o ngā porowhita o te
wairua

Ki te whakaaroaro koe, ka kite koe i te pono tuturu, ā, ka
kite koe i tana mahi whakamiharo i roto i ōu oranga, i roto
hoki i ngā mea whakamiharo me ngā mea kororia katoa o te
.ao i hangaia

I ngā ara o te hiahia

Kei te karanga mai te Atua ki ahau

Mā roto i ngā wairua tuwhera

Me ngā ngākau atawhai e pūhia ana e te aroha

Ā, ki tonu i te whakapono

Ko ngā mahi pai katoa a te ākonga

Kotahi te taahiraa e tata atu ana tōna mōhiotanga

Mai i te paepae o te hinengaro ao

Tukua ahau kia tomo ki roto, e te Ariki

Kia kite i tō ataahua atua

Ā, he manaakitanga ki ahau te kite i ōu māramatanga
kanapa

Ki te arahina tōku ao e tō whakaaro nui tapu

Nō reira, ka tino angitu aku mahi

E kore ahau e he

Manaakitia ahau, e te Ariki, kia mārama ai taku
tirohanga

Kua purea tōku wairua

Kātahi ia ka kite i te rā o te tino mohio

Ā, e harikoa ana ahau ki te mōhio ki te pono

I tēnei rā ka wareware ahau i aku uauatanga o mua

Ka anga atu ahau ki te ao o nāianei me te ao o āpōpō

Me te māia me te whakapono, me te āwhina a te Atua
Kaha Rawa

Ka whakakīia e au tōku tinana ki te kaha o te ao tūroa

Ā, ka horoia e ahau tōku wairua ki te māramatanga
whakaora o te hinengaro atua

He rite ki te nebula o te ao tūroa

E kī ana te rangimārie i tōku hinengaro

Ā, i rongo ia i te aroaro mutunga kore o te Atua

E te Ariki, whakamāramatia mai taku māramatanga

Whakakīia taku oko hinengaro

Me te māramatanga me te mātauranga

Kia tiaho te māramatanga o tō aroha

I ngā ara o tōku ao

I roto i ngā moutere kikorangi

Mai i taku taupee, ka titiro atu ahau ki te hauauru, ka
rere i runga i ngā parirau o te whakaaro ki ngā takutai o te

pae tawhiti. I tōku matau me tōku mauī, ka kite ahau i ngā
.pae maunga e rua kua huri hei tae papura ngaro

I taku titiro anō, kua taupokina rātou e te ringa ngaro i
roto i te arai kikorangi hohonu. I muri i ahau ko te tāone o
Guadalajara, kua kaukau i te ahiahi. Kua kapi te rangi rawhiti
i te māwhero ngawari. I taku titiro whakamua, ka kite ōku
kanohi i tētahi tāone makutu o ngā moutere kikorangi e rere
.ana i roto i te roto koura

I tēnei motu o ngā moutere kikorangi makutu, ka ara
ake tētahi puke nui o te kōhatu kōhatu kikorangi, e karapotia
ana e ngā kapua puia hina-mā e pupuhi ana i ngā geyser o
te rangitoto whero-koura mura, e heke whakarara ana pērā i
te āniwaniwa ki te roto marino. I taupokina ngā moutere
kikorangi e ngā mura koura kaha i roto i ngā āputa mārāma
.e mura ana

I whakaatahia te tihi kikorangi me tōna karauna mura,
pērā i ngā māhanga i runga i te mata o taua roto koura
marino. Ā, ki te taha matau rawa, i kanapa tētahi roto iti,
marino, e takoto ana i te uma o tētahi o ngā moutere
kikorangi, pērā i te marama katoa e kaukau ana i waenganui
.i ngā ngaru kapua

I roa ahau e kopikopiko ana i te tāone o te tōnga o te rā
me ngā kapua rite ki te mata o te rangi, e mānu ana i runga i
te mata o te roto me tōna mārāmatanga koura ngawari, ā,
he ataahua te ataahua o aua wai koura kua kapi i ngā tautau
huka whero kua marara ki ngā taha katoa ki te taha o te
.mutunga kore

I whakaaro ahau he wairua pai ngā mea ora o te
mārāmatanga i runga i tēnei ao, ā, i muri i te angitu o ngā
whakamātautau katoa o te ao, ka tukuna rātou kia ngahau,
kia whakatinana hoki i ā rātou moemoeā kia rite ki tā rātou i
.hiahia ai

I ia rā i te torengitanga o te rā, ka whakanuia e aua mea
ā rātou moemoeā rangi i roto i ngā tāone tino ataahua e
.karapotia ana e ngā moana me ngā roto koura

Kei reira, kei muri i te awhi o ngā pouri, kei tua atu i ngā
mahanga o tēnei ao whenua me ōna aituā me ōna mamae
katoa

I reira, i tua atu i ngā whakarihariha, ka hongī aua mea i
ngā rama whero, ka inu i ngā hihi karaka, ka neke atu, ka
whakatata mai, ka kopikopiko, ka kaukau i waenganui i ngā
.rama maha-tae

I konei, ka tutuki tonu i aua mea ā rātou moemoeā, ka
whakatinana i ā rātou wawata e ai ki tā rātou i hiahia ai,
.kātahi ka memeha atu, ka ngaro atu i tā rātou e pai ai

I konei ia i pārekareka ai ki ngā taonga o te ngākau
māhaki me te ngākau māhaki, ā, i whakamanahia hoki e ia
ngā moemoeā a te hunga katoa i toro atu ki a ia i roto i tōna
.ao whakamiharo, makutu

I konei, kāore ia i whakahaua kia tatari, kia hiahia pērā i
te tangata kia tutuki ai āna moemoeā, kia tutuki ai hoki āna
wawata, engari i moemoeā ia i runga i tana i hiahia ai, ā, i
tutuki i a ia aua moemoeā me ngā wawata katoa nā tōna ake
.hiahia

Ko taua tāone tōnga rā i roto i ngā Moutere o ngā
Moemoeā tētahi o aku moemoeā i noho pūmau i roto i ngā
kapiti o te hinengaro huna, ā, i tēnei rā kua tutuki i ngā
!huarahi katoa

He pono, kua kite ahau i ngā taonga huna me ngā
taonga o tōku wairua, ā, kua taupokina ahau e tō rātou
!māramatanga, ā, kua kanapa ahau i tō rātou kanapa

Paramehansiat: Ngā Āhuatanga o te Harikoa Atua

Ko te ngākau mahaki, e te Ariki, te ara tino pono

Kia whiwhi ai i te ua o tō atawhai atua

Ka whakawhirinaki ahau ki tōu tika atua, ki ngā
mātāpono o te pono

E mōhio ana koe kei te whakautu koe ki te karanga o te
aroha me ngā hiahia o te ngākau

I roto i te mahi tahi tata me tō hiahia whānui

Me tōku whakapono tino pono ki a koe

Ka whiwhi ahau i tāu āwhina, ā, ka tata ahau ki a koe

I tēnei rā ka mahi ahau i taku kawenga ki a koe

Pērā i taku whakatutuki i aku kawenga ki te ao

E te Aroha Nui rawa atu

Ko koe te haruru etereti e haruru ana i ngā wāhi tapu o
ngā ngākau

Ā, ko koe te reo o ngā kare ā-roto e kore e taea e ngā
taringa te kōhi

He nui rawa atu te manaakitanga i tō aroha

Mai i ngā whakaaro katoa o te ao

Me ngā kororia katoa o te ao

Me tōku whakapono tino pono ki a koe

Ka kite ahau i ngā atarangi o te mate e memeha haere
ana, e ngaro atu ana, kāore he hokinga mai

Ka kite ahau i a koe, e te Ariki, i ngā matapihi o te taiao
me ngā tatau o te rangimārie

Ringihia mai ō manaakitanga ki a mātou

Ā, rumakina mātou ki roto i ngā ngaru o tōu kaha o te
ao tūroa

Kia matara atu i a tātou te hiahia whaiaro

E ārai ana i ngā wairua kia tata mai

Ā, ko tā rāua hui i ahu mai i te aroha ki te pai me te
māramatanga

Tukua ahau kia whakamakuku i ngā putiputi o aku inoi

Me ngā wai o te whakaaro ki a Koe, me te whakaaroaro
ki a Koe, e tōku Atua

Kia pihi ake ai ngā putiputi hou, kanapa hoki

Mai i te whakaaweawe, te rangimārie, me te harikoa

Ko te huarahi anake hei karo i te mahi hē ko te
whakawhanake i te whakaaro tika kia mōhio ai koe ki te
mahi hē, kia whakatau ai koe kia kaua e mahi i taua mahi
.hē

Kāore te he e puta mai i te whawhai ki tētahi atu, he
tika. Ko te kuware te hoariri tūturu o te tangata, ā, me pei
atu i tēnei ao. Kei a tātou ngā mea katoa e hiahiatia ana e
tātou i tēnei ao hei arahi i tētahi wā o te whai rawa, te
.harikoa, me te tika tino tika

Ko te arai anake ko te hiahia o te tangata, e kore ai e
taea tēnei. Ko te mamae kino, koretake hoki, nā te hiahia o
te tangata me te whai i ōna ake painga, me te kore
.whakaaro ki ētahi atu

Ko te moni i taea te whakamahi hei whāngai me te
whakakakahu i te hunga rawakore, engari e whakamahia
ana hei whakangaromanga me te whakangaromanga. Ko
tēnei hiahia whaiaro, i whānau mai i te kuware, te pūtake o
.ngā raruraru o te ao

E whakaaro ana te katoa kei te tika tā rātou mahi,
engari ki te whai noa rātou i ā rātou ake whāinga whaiaro, ka
whakatinanahia e rātou te ture karma o te take me te pānga,
ka whakangaro i tō rātou ake harikoa me te harikoa o ētahi
.atu

Ko te nui haere o taku kitenga i ngā aituā o te ao i puta
mai i te kuware o te tangata, ko te nui haere hoki o taku
mōhio kāore te harikoa e mau tonu ahakoa kua
.whakakikoruatia ngā tiriti ki te koura

Kei roto i te harikoa te whakahari i ētahi atu, ā, ki te
pērā te mahi a te katoa, ka harikoa te katoa

Ā, ka whiwhi te katoa i tā rātou wāhi o te hua o te
whenua

I te mea i haere mai tātou ki tēnei ao kāore tātou i te
mōhio nō hea mai, he mea maori kia whakaaroaro tātou mō
.te pūtake me te kaupapa o te ora

Ka rongo, ka pānui hoki tātou mō te kaihanga o tēnei
ao, engari kāore tātou e mōhio me pēhea te whakapā atu ki
a ia. Ko tā tātou e mōhio ana ko te ao whānui e whakapuaki
.ana i te noho o tōna hinengaro atua

Pērā i ngā wāhanga me ngā taputapu iti, tino tika o
tētahi wati iti e miharo ai tātou ki te kaihanga wati, ā, pērā
anō i ngā mīhini nunui, uaua hoki o tētahi wheketere e
miharo ana, e miharo ana hoki tātou ki tā rātou kaihanga,
waihoki ina kite tātou i ngā mea whakamiharo o te taiao, ka
miharo tātou ki te mohiotanga e huna ana i muri i a rātou, ā,
ka pātai tātou: "Nā wai i homai he āhua kanapa ki te putiputi
e anga atu ana ki te rā? Nō hea tōna kakara me tōna
ataahua? Ā, me pēhea te hanga o ōna rau me te tino tino
"?tika, me te tae ki ngā tae whakamiharo, harikoa

I te pō, ka titaritari ngā whetū me te marama i ō rātou
mārama hiriwa ki a tātou, ka whakaoho i a tātou ki te
whakaaroaro ki te hinengaro e ārahi ana i ēnei tinana rangi i
te whānuitanga o te wāhi. Kāore e ranea te mārama ngawari
o te marama mō ngā mahi o ia rā, nō reira he whakaaro nui,
he ngākau ngawari ki te okioki i te pō. Kātahi ka whiti te rā,
ko tōna māramatanga kanapa ka taea e tātou te kite i te ao
e karapoti nei i a tātou me te mārama me te marino, ā, ka
.riro i a tātou te kawenga ki te whakatutuki i ō tātou hiahia

E rua ngā huarahi hei whakatutuki i ō tātou hiahia: te
ara tinana me te ara wairua. Hei tauira, ina heke te hauora,
ka taea e tātou te haere ki te tākuta mō te maimoatanga.
Engari ka tae mai te wā kāore e taea e te tākuta, e tetahi atu
rānei te āwhina, ā, ka tahuri tātou ki te ara tuarua; ki te
mana wairua i hanga ai tō tātou tinana, hinengaro, me te
.wairua

He iti te mana o te ao, ā, ina hinga tātou, ka tahuri tātou
ki te mana mutunga kore o te Atua. E pā ana hoki tēnei ki ō
tātou matea pūtea. Ina whakapau kaha tātou, ā, kāore tonu i
.te rawaka te whiwhinga, ka tahuri tātou ki taua mana

Ki te whakaaro o te katoa ko ō rātou raruraru te mea
kino rawa atu. Ko ētahi tāngata he nui ake te pēhanga i ētahi
atu nā te mea he ngoikore tō rātou manawanui. Nā te
rerekētanga o te kaha hinengaro o te tangata, he rerekē te
nui o te kaha e pau ana i a rātou. Mena ka pāngia tetahi e te
uaua nui, ā, he ngoikore tōna hinengaro, e kore e taea e
rātou te wikitoria. Ka taea e te hunga hinengaro kaha te
wikitoria i ō rātou uauatanga mā te wawahi i ngā arai me te
whakangaueue i ō rātou turanga. Heoi, ahakoa te hunga
kaha rawa atu, ka pāngia e te hinganga. Ina pāngia tātou e
ngā raruraru me ngā uauatanga tinana, hinengaro, me te
wairua, ka kite tātou i te iti o te kaha ora i roto i tēnei ao
.tūroa

Kaua e whakatapua ā tātou mahi ki te whakatutuki i te
hauora pai me te haumarutanga ā-tinana anake, engari me
.rapu hoki i te tikanga o te ora

He aha te kaupapa o te ao? Ina pāngia tātou e ngā
uauatanga, ka tahuri tuatahi tātou ki te taiao, ka ngana ki te
whakarerekē i ngā āhuatanga katoa e whakapono ana tātou
ka puta he oranga. Engari ina tae tātou ki te mutunga kore,
ka mea, "Kua rahua aku ngana katoa, he aha atu tāku e taea
ai?" ka tīmata tātou ki te whakaaro nui ki te kimi i tētahi
otinga whai hua mō tō tātou raruraru. Ā, ina hohonu rawa ō
tātou whakaaro, ka kitea e tātou te whakautu i roto i a tātou
.anō. He momo inoi tēnei kua whakautua

I te marino o tōku wairua

!Tukua ahau kia tūtaki ki a koe, e te Ariki

Kia mau ahau, kia rongo ahau i tō aroaro mutunga kore

I roto i ahau, ā, i te taha hoki o ahau

I roto i te mokemoke o ōku whakaaro, e hiahia ana ahau
ki te whakarongo ki tō reo

Puritia ngā haruru nui o te whenua kia matara atu i ahau

He mea huna i roto i taku mahara

Ka hiahia ahau ki te whakarongo ki tō reo marino,
whakamarie

Ā, kei roto tonu te kaiwaiata i te marino o tōku wairua

E tōku Atua, kei reira koe i ngā mea katoa

Me noho koe i konei

I roto rawa i tōku wairua me tōku hinengaro

Āwhina mai kia whakakitea e au ahakoa he wāhanga iti

!Mai i ngā taonga huna i roto i taku maina wairua

E te māramatanga kanapa

Kei te ara ake tōku ngākau

Toku hauora hinengaro

Whakakīia tōku temepara wairua ki tōu kororia

!E te Whetu Raki mutunga kore

Ahakoia te wāhi i haereere ai ahau, me te huarahi i
tahuri ai ahau

Kei te tohu tonu te ngira kāpehu aukume o tōku
hinengaro ki a koe

Ahakoia kua pāngia koe e ngā hau o te aituā

Kua mākū rānei i te ua o te uauatanga me te aituā

I arahina tōku hinengaro, heoi

Kia tahuri tonu atu ki a koe

E taku manu aroha, e papaki ana i ōna parirau

I waenganui i ngā kapua o te pōhēhē

me ngā tupuhi o te whakapoauau

Ka tino kitea e ia tōna ara ki a koe

I ngā wā onamata

I roto i te ngākau o te etere

I te wā i whānau mai ai tātou hei wairua

I moe katoa mātou

I raro i te paraikete o te aroha atua

Ā, i te whakaarahanga a te Atua i a tātou

I peia atu mātou i a ia

Pērā i te kōrero mō te tama maumau

Kua wareware tātou ki te hononga atua o te
whanaungatanga i waenganui i a tātou

I noho tauhou tāua tetahi ki tetahi

Ā, mai i tō tātou whakarēreatanga i tō tātou kāinga i te
rangi

Kua noho tātou ki tēnei ao

Ngā kaihaerere e whakawhiti ana i ngā kokonga o te
whenua

Ka hikoi tātou i ngā ara o te aituā

Kua tawhiti rawa tā mātou haere

Kua neke atu mātou i tawhiti atu i tō mātou kāinga
taketake

Heoi anō i ētahi wā

Ko ētahi wāhi, wheako, me ngā kanohi ka whakaara ake
i a tātou

Ngā maharatanga huna me ngā kare ā-roto hohonu

Ka kōrero pōhiri mai ia ki a tātou

E rite ana mātou ki te mea kei te wheako hou mātou i
ngā mea katoa

Ngā mea i mōhiohia e tātou

Ka tūtaki tātou, ka hono atu ki te hunga e arohaina ana

I tata mātou ki a rātou

I ngā rā o mua

E te Kaihanga o ngā ao whānui

Kei roto i te hunga nunui tō māramatanga e tiaho ana

Kia whakaaweawe mai ō rātou mātauranga atua i tō
tātou māramatanga

Kia mōhio tātou ko koe te whāinga matua

Ngā mea e whai ana mātou kia tutuki

Te wawata nui rawa atu

Ko tā mātou e hiahia ana kia tutuki

Whakahauoratia mātou ki ngā hau kakara o tō aroaro

Whakakīia mātou ki te hiahia nui ki tō aroaro kororia

Kia whāngaihia tō mātou wairua e tō whakaaro nui atua

Tukua mātou kia rongo i tōu māramatanga tapu

Ka horapa ki ngā āhuatanga katoa o ō tātou oranga

Ā, ka whakapakari i tō tātou whakatau

Ā, ka whakakorea tō tātou pōuri

Ā, kia tau te rangimārie ki a tātou

me te tumanako

Me te hiahia ki te mahi i ngā mahi pai

I waenganui i te Piriniha me te Heremita Mārama

I tētahi wā, i haere tētahi rangatira nanakia ki te hopu

manu me āna pononga, he mea whakarite katoa, he mea
patu katoa. I haere rātou ki roto i te ngahere, me te

.whakatangi i ngā pū me te patu i ngā pahu

I muri i te whaiwhai manu, tia, me ngā taika nanakia, ka
.mōhio te rangatira me tana tira kua ngaro tō rātou ara

He nui ā rātou kai engari kāore he wai. Ahakoa tā rātou
rapunga wai i roto i te ngahere, kāore i kitea. Kāore he
piringa mō rātou i ngā whakaekenga a ngā kararehe nanakia
.o te pō, i te tere haere mai o te pō

Ka ngaro te rā i te tirohanga, ā, ka tae te rangatira, te
kaiārahi i te tira, ki tētahi whare tawhito, pakarukaru. I muri i
tana hekenga iho i te hoiho, ka panaia e ia te tatau kua kore
e kati, ā, ka tomo ki te whare. He pōuri katoa i roto engari he
māramatanga iti i tētahi o ōna kokonga, ā, ka whakaaro ia
".me te pouri, "Kua whakarerea te whare

Engari nā te tumanako i akiaki ia, ka karanga ia, "He
"?rangimārie, kei konei tetahi

I tino ohorere ia, i te rongonga i tētahi reo marino e
whakautu mārire ana ki a ia, e mea ana: "Āe, kei konei ahau.
"?Kei te rapu wai koe

I titiro matatau te rangatira ki roto i te pōuri mō tētahi
wā poto tae noa ki te kitenga atu i te wairua o te tangata, ā,
i miharo ia i te mōhio o te tangata ki ōna whakaaro i mua i
.tōna tūtakitanga, i tōna mōhiotanga rānei ki a ia

Ka pātai te rangatira ki tōna kaihautu, "Ko wai koe?" Ka
whakahoki te kaihautu, "He tangata rawakore, he tangata
".tapu ki te Atua

Ka tahuna e te moke te rama, ā, ka karanga te rangatira
i tana tira, ā, nui atu tō rātou hari i te kitenga i te wai me te
.hua i taua ngahere tawhiti

Ka pātai te rangatira ki te hermit, "Kāore koe i te wehi i
"?ngā taika me ngā nakahi

Ka whakahoki te sheikh mokemoke: "Kāore rawa, ko ngā taika aku ngeru mōkai, ā, he rangimārie ki ahau ngā nakahi. He hoa tāua e okioki tonu ana i te rā o te aroha o te Atua e ".whiti ana ki ngā mea katoa o tēnei ao

I te titiro matatau atu a te piriniha ki te moke, ka mau ia i te wehi i tana kitenga i ētahi neke e rua e iri ana i te kaki o te moke. I tana whakatata atu ki te whakaū i tana i kite ai, ka whiowhio, ka ngokingoki ngā nakahi, ka whakakorikori i ō rātou mahunga, i te mea ka rongo rātou i te wiri o te wehi .me te rapu utu e whanga ana i roto i te ngākau o te piriniha

I tua atu, i taua wā tonu ka tomo tetahi o ngā taika o te ngahere ki te whare, ka takoto puku ki ngā waewae o te hermit. I muri i te whakamarie a te tangata a te Atua i a ia me te papaki i tōna māhunga, ka haere puku te taika, e anga .atu ana ki te ngākau o te ngahere

I whakaaro te rangatira whakakake i roto i a ia anō, "Me tika, he ngākau atawhai tēnei koroheke, nā te mea i tiaki ia i a tātou i ngā kararehe mohao me te matewai whakamate. Hei utu mō tāna mahi, māku ia e whai rawa." Kātahi ia ka :kōrero ki te hermit, ka mea

E te Sheikh, e tiaho ana tō mata i te atawhai me te" pono, ā, e mihi ana ahau ki ngā mea katoa i mahia e koe māku me tōku tira. Nō reira, e hiahia ana ahau ki te tuku atu ki a koe tētahi mea ngaro e whai rawa ai koe. Ko tēnei mea ngaro ka whakakitea e ahau mō te wā tuatahi, ā, ki a koe ".anake

I muri tata iho i tana whakapuakitanga i ēnei kupu, ka tangohia e te rangatira tētahi kōhatu i raro i tōna kākahu, ā, :ka haere tonu tana kōrero, me te mea

E hiahia ana ahau ki te tuku atu i tēnei taonga whānau" ki a koe, arā, ko te Kōhatu a te Tohunga Whakaaro, ā, tera

pea ka whai rawa koe mā te whakamahi. Ka hangaia e tēnei
kōhatu te koura, ā, i hoatu ki tōku matua e tētahi o ngā
tohunga matū nui. Kei a ia te kaha ki te huri i ngā mea katoa
e pā ana ki a ia hei koura parakore. Ka taea e koe te
whakamahi i tēnei kōhatu mō te tau katoa, ka huri i ngā
kōhatu hei koura, kātahi ka hoko atu hei hoko i tētahi whare
kingi koura māu. Ka hoki mai ahau ki a koe i muri i te tau ki
te toro atu ki a koe ki te tiki mai i taku kōhatu, e whakaaro
".ana ahau he nui ake te utu i tōku ora

Kāore te moke i pai ki te whakaae ki taua kawenga,
engari i runga i te akiaki tonu a te rangatira, ka whakaae ia
ki te pupuri i te kōhatu a te tohunga whakaaro. I kite te
rangatira i te moke e whakatakoto ana i te kōhatu i raro i
tōna whitiki (te wāhi i whakatakotoria ai e te tangata ā rātou
.moni i te wehi kei tahaetia!), kātahi ka haere te rangatira

I te tau i muri mai, ka hoki mai te rangatira me tana tira,
me te tumanako ka kite i tētahi whare rangatira whakahīhi
hei utu mō te whare tawhito. Engari i pouri ia i tana kitenga
kei te tū tonu te whare, ā, kei te kino rawa atu i tōna āhua o
mua. Nō reira, ka heke iho ia i tana hōiho, ka pana i te tatau,
"?me te karanga nui: "Kei te ora tonu koe, e te moke

Ka whakahoki te moke me te reo kaha, hohonu: "Āe,
whakamoemititia te Atua, e te Piriniha, Nau mai ki tōku
".kāinga iti

I reira tonu, kāore he kupu whakataki, ka karanga te
rangatira: "He aha te he o koe, e hoa? I aha koe ki te kōhatu
a te tohunga whakaaro i waiho e ahau ki a koe? He aha koe
"?te whakamahi ai hei whai rawa

I whakaaro te moke mō tētahi wā poto, kātahi ka
whakahoki: "He aha tēnei kōhatu whakaaro e kōrero nei koe,
ā, he aha te tikanga o tāu kīnga me whai rawa ahau? Ko te
".pono, kāore au e hiahia kia whai rawa atu i ahau ake nei

Ka pā te matakū ki te pirinihi, i te whakaaro kua ngaro
te kōhatu a te koroua i tōna kore aro ki taua kōhatu, ā, ka
mea ia me te reo inoi: "Ko te kōhatu rapunga whakaaro utu
nui i whakatakotoria e koe i te tau kua hipa? [Eddie, me tō
"?whitiki], kōrero mai ki ahau i aha koe ki taua kōhatu

Ka whakahoki te moke: "Ae, kei te maumahara ahau ki
tō kōhatu utu nui. I tētahi rā, i ahau e whakaaroaro hohonu
ana ki te Atua i taku haerenga ki te kaukau i te awa, ā, ki
taku whakaaro i paheke te kōhatu i ōku kākahu, ā, i horomia
".e te wai. Kia ora koe

Ka karanga te rangatira me te reo nui, "Āe, tōku mate
kore utu! Kua ngaro katoa i ahau!" ā, tata hemo i te miharo.
Ka tauhiuhia e te moke te wai matao ki tōna mata, ā, ka
whakaorangia ia, i te mea ka whakatata atu ngā tāngata a te
rangatira ki te sheikh, e mura ana ō rātou kanohi i te
mauahara, e ngana ana ki te whara i a ia. Engari ka kata te
moke, ka mea, "E te Ariki, he rangatira tōku tūranga, kāore
au i mōhio ka ara ake koe i tēnei ngangau mō te kōhatu.
Haere mai tāua ki te awa, ā, ka rapua e au tō kōhatu, ka
".ngana ki te kimi

Ka whakahoki te rangatira, "Kua porangi koe? Kei te
hiahia koe ki te rapu i tētahi kōhatu i taka mai i a koe, ā, i
"?kahakina atu e te ia i te tau kua pahure

Engari kāore te moke i aro ki āna kupu, ā, ka karanga
atu ki a ia, ka mea: "E te Piriniha iti, kāore he take mō tēnei
ngangau katoa. Taria kia rapua rā anō e tātou te kōhatu i te
".awa. Haere mai, koutou katoa

Me te mea kei raro i te makutu, ka whakautu te piriniha
me tana tira ki te aukume mārama o te moke, ā, ka aru puku
atu i a ia ki te awa. I reira, ka tono te moke ki te piriniha kia
tangohia tana tauera i tana pōke, kia puritia ki ōna kokonga
:e whā, ka toua ki roto i te awa, me te inoi penei

E te Piriniha o ngā Piriniha, e te Kīngi o ngā Kīngi, e te"

Kaihanga o ngā Kōhatu a ngā Tohunga Whakaaro katoa,
"whakahokia mai taku kōhatu ki ahau

Kātahi anō ka tangohia ake e te rangatira tana tauera i

te wai, ka miharo ia i te kitenga atu i te rua tekau ngā
kōhatu tohunga, he rite tonu te āhua ki te mea taketake i
ngaro i a ia. I te whakamātautau i ia kōhatu, ka kitea e ia ka
taea e ia kōhatu te huri i ngā kōhatu takutai noa hei koura.
Kātahi ka herea e te rangatira ngā kōhatu ki roto i te tauera,
.ā, ka maka te paihere ki te awa

Ka karanga te moke me tana tira ki a ia, "He aha koe i
pena ai?" Engari ka titiro te rangatira ki te tangata a te Atua,
:ka piko ki tona aroaro me te whakaute, ka mea

E hiahia ana ahau, e te rangatira, kia whiwhi i tāu mea,"
i te tangata e whakaaro ana ki ngā kōhatu e hanga ana i te
".koura he kirikiri koretake

Nō reira, ka whakarērea e te rangatira tōna
rangatiratanga o te ao kia ako ai ia i te koroua whakaaro nui
me pēhea te whiwhi i te rangatiratanga o te wairua, kāore
.nei e puritia e te wāhi, kāore hoki e taea te whakangaro

Ko te akoranga o te kōrero, ahakoa te āhua o te taonga
o te ao, he mea memeha noa iho, ā, me waiho ki muri i tēnei
.ao iti ina huri te tinana hei tūpāpaku makariri, mate

Engari ko te whakamahi i te kōhatu a te tohunga
whakaaro, e tohu ana i te kaha ki te kohikohi taonga
memeha noa iho, me rite tātou ki te tangata whakahihi kua
whakatapua tōna wā me tōna kaha ki te whiwhi taonga atua
.e kore e memeha, e kore e pirau

Ko te tangata e mōhio ana ki te Atua, ka whiwhi ia i ngā
taonga nui atu i ngā moemoeā, ā, ki te tika, ka whakarērea e
ia ngā taonga ā-tinana me te mea he kōhatu, me te

tumanako ka whiwhi i te taonga wairua, ka koa hoki ki ngā
.taonga pono

I roto i ā tātou mahi tahi me ētahi atu

He mea tino nui te whakanui me te whakamihi

Ngā āhuatanga motuhake me ngā kounga rangatira

Ngā mea i tangohia mai i ō rātou wheako

Ā, i hangaia e rātou i roto i tō rātou ake āhua

Ki te ako tātou i ngā tāngata he tuwhera ō rātou
hinengaro

Ka taea e tātou te mārama ki a rātou, ā, ka taea hoki te
whakahaere i a rātou me te whakamarie

Ka taea hoki e tātou te mahi tonu

Te mōhio ki te āhua o te tangata e pā ana ki a tātou

Kaua e kōrero ki tētahi tohunga whakaaro mō te reihi
hōiho

Kaua e tautohetohe ki tētahi kaipūtaiao mō te
whakaritenga o te kāinga

E mōhio ana ahau ki ngā mea e pārekareka ana ki te
tangata, me ngā mea e hopu ana i tōna aro

Ā, i kōrerotia e ia ki a ia mō taua kaupapa

Ehara i te mea mō ngā mea e pārekareka ana ki a koe

Ki te hiahia tātou ki te mārama ki ētahi atu

Me karo tātou i te whakahē me te whakahē i a rātou

Engari, me titiro tātou ki roto i te whakaata o tō tātou
ake māramatanga

Kia kitea ai he aha ngā mea me whakatika, me
?whakapai ake

He tino rerekē taua whakaata hinengaro
Mō te whakaata e mōhiotia ana e tātou i ia ata
Ia rā ka titiro ahau ki roto i taua whakaata-whaiaro
Ki te kitea e au tētahi mea kāore au i te pai ki a ia
Ka whakapae ahau i ahau anō, ā, ka whakapau kaha ki
te whakatika

Mā tēnei ka kitea e te tangata tōna āhua
E whakaatahia ana tōna āhua tūturu i roto i te whakaata
o tōna wairua

Ā, ka ahu whakamua i ia rā, i ia rā
I te ara ki te harikoa me te rangimarie o te hinengaro
Kia manaakitia koe e te Atua, kia tau te rangimārie ki a
koe

Whatunga o ngā Hiahia

Anei ahau, e maka ana i te kupenga o aku hiahia
I te moana nui o ōku whakaaro
He maha āu mawhiti mai i ahau, e te taonga atua utu
!nui
Heoi anō, ka ruku tonu ahau ki roto i te hōhonutanga o
te rangimārie
Ā, kāore e mutu, ka maka e au ngā kupenga o taku
aroha ki a koe tetahi i muri i tetahi

Me mau koe i ahau i tētahi rā i roto i te kupenga o taku
hiahia mutunga kore ki a koe

Ka maka e au tēnei kupenga aroha ki ngā wāhi katoa

I runga ake i ngā ngaru pōrearea o te ao

Ā, mō ngā whetu e kanapa ana

Ā, i roto i ngā hohonutanga o ngā wairua pai

Ko tāku anake e mōhio ana he kaiwhai ahau

Ā, ka whai tonu ahau ki te hopu i a koe

Aue te hiahia nui rawa atu, te taonga nui rawa atu hoki

!o te ao

Ka inoi atu ahau ki a Ia kia haehae i ngā arai o te
kuware, kia whakakorea hoki te pōuri o te mānukanuka, kia
waiho hoki hei wawata nui rawa atu i roto i tō ao, hei hiahia
nui rawa atu hoki i runga i te torona o ō hiahia, kia āwhina
hoki i a koe ki te huri i te ngenge me te whakaroa hei mahi
wairua e pupuhi ana i te harikoa, te whakahoutanga, me te
hihiri. Ka tono atu ahau ki a Ia kia homai he waina o te aroha
atua ki a koe kia inumia ra ano koe, kia toro atu hoki ki a koe
me te haerenga tapu e whakamarietia ai koe, kia horoia hoki
tō ngākau ki ngā wai o te aroha me te whakawhetai, kia
whakamārama i roto i a koe ngā rama o te tino mohio, kia
whakarewaina hoki ō moemoeā ki roto i te mooni o Tōna
moana tapu, kia kitea ai e koe i roto i a Ia te ngākau mārie
me te ngākau makona, kia noho ai te rangimārie i roto i tō
wairua, kia tau iho ai ngā manaakitanga o te rangi ki runga i
.a koe

Ko te marino te tikanga o ngā whakaaro whakamarie

Te whakamarie i te tinana me te whakahaere i ōna

hiahia

Ko te tangata e taea ana tēnā, ka rongo ia i te
.rangimārie whakahauora

Ka rongo ia i ngā ngaru whakahirahira me ngā kare ā-
roto mai i ngā ao kua whakapaipaihia

Ā, ko te tangata e ruku hohonu ana ki te ata noho,
kātahī

Ka kitea e ia te rangatiratanga o te Atua i roto i a ia anō

I te mea e hikoī ana te tangata i te huarahi

He mea utu nui ia wā o tōna wā

He wā poto nei tā mātou noho ki tēnei whenua (te
whare whakawhiti)

He rangitahī ngā mea katoa, engari ko te kare ā-roto o
te Atua e mau tonu ana

Kāore he mea e taea te whakakore i roto i te ngākau me
te wairua

Kaua e tukua ngā whakamatautauranga o tēnei ao kia
ārahi i a tātou

Mā te tahuri ke i a tātou i tā tātou kaupapa nui rawa atu
me tā tātou whāinga teitei rawa atu: te Atua

Ka taea te mōhio ki te Atua

Me kimi e tātou te rangatira o ngā ao tūroa

Nā wai rā ngā whetu e tiaho ana

Ā, nā tōna mana ka pā te ngākau

Me rapu tātou i a ia i roto i te Temepara o te Wahangu

Ina karanga tātou ki te Atua me te hiahia nui me te
ngākau nui

Ā, ina whakaaro tātou ki a ia me te ngākau nui

Ka kitea ia e tātou

Kāore au e kōrero ana mō tētahi atua kāore i te
mōhiotia

Engari, he mea tēnei mō tētahi Ariki kua mōhiotia e au

Ā, he pono ki ahau

He mea tūturu ake i ngā mea ā-tinana katoa

Ko te moana atua tēnei e tautoko ana, e whakapūmau
.ana i ngā ngaru o ō tātou oranga tangata

Ka taea e tātou te mahi ahakoa kāore he mea katoa

Haunga te Atua

{Nō reira te Atua, te Ariki, te Pono}

(Ka hari te hunga ngākau mā, e kite hoki rātou i te Atua)

He mea maori te hiahia o te tangata kia arohaina, kia
arohaina hoki. Engari ko te hiahia nui o te ngākau ko te
.pūtake o taua aroha, arā, ko te Atua

He maha ngā tumanakohanga, ngā tātaitanga, me ngā
whakaaro whaiaro e ahu mai ana i te aroha tangata, nō reira
kāore he taurangi mō tōna pumautanga nā te mea he
.herenga kei raro i ngā tikanga

Heoi, ko te aroha atua, he mutunga kore, he pumau, he
.pumau. Ki te pā ki tō ngākau, ka kitea tonutia e koe

Ahakoa ngā āhuatanga katoa, ka rongu koe i tēnei hei
puna tiaki me te puna whakamarie, ahakoa i waenganui i te
.uaua me te pōuri

I waenganui i te mamae me ngā whakamātautau uaua

Ahakoā te whakarērea o koe e te katoa, e kore taua
aroha tapu e whakarērea koe, e kore e tuku i a koe ki raro, e
kore hoki e waiho i a koe kia noho hei taonga mā ngā
manukanuka me ngā mānukanuka, nā te mea he mana tiaki,
he mārama ārahi hoki i te rangi i waenganui i ngā piko me
.ngā takahurihuri o te ao

Ina whakakīia te aroha tangata ki te aroha atua, ka
parakore, ka mārama. Engari ki te wehea te awa, arā, te
aroha tangata, mai i te puna, arā, te aroha atua, ka mutu te
.rere, ka ngaro ki roto i ngā onepū o te ao

I te mea e hono ana te aroha tangata ki te aroha atua,
ka whakangawari i te ngākau, ka whakahauora i te
hinengaro, ka whakamakuku i ngā mārā o te wairua ki te wai
.o te ora

Aroha: He whakaohoho i te hiahia

Ko ngā mea katoa e mahia ana e au, ka mahia e au me
te aroha katoa i roto i tōku ngākau

Ki te whakamātau koe, ka kite koe kāore koe e ngenge
ana

Nā te mea ko te aroha te mea whakaoho nui rawa atu o
te hiahia, ā, he mana nui whakaharahara tō te hiahia i raro i
te awe o te aroha ki te mahi i ngā mea e kore e taea e ētahi
.te whakaaro

Ngā Māramatanga Wairua

**Mai i ngā whakaakoranga a te Kaiwhakaako
Paramhansa Yogananda**

**Ko te hiahia whaiaro e rapu ana i te harikoa mōna
ake, me te kore e aro ki te harikoa o ētahi atu, e
takahi ana rānei, e whakangaro ana i ngā painga tika
o ētahi atu kia tutuki ai āna ake whāinga whaiaro, ka**

whakanui ake i te pouri, ka puta ai te mamae me te pōuri.

E te Ariki, ko koe te pūtake o te atawhai mutunga kore, te puna wai o ngā manaakitanga me te pai. Kia mōhio hoki mātou ki te hari o te hoatu, kia hoatu noa hoki mātou hei whakatutuki i ngā hiahia o ētahi atu me te mea nō mātou ake rātou.

Ki te kore te tangata e whakahē i ētahi atu engari e ngana ana ki te āwhina i a rātou me te mārama me te aroha, ko reira ngā ture a te Atua—hei mana mohio—ka mahi tahi me taua tangata aroha.

Ko te tangata e hoatu ana i te āwhina hinengaro, ā-tinana hoki ki ētahi atu me te ngākau e pupū ana i te atawhai me te ngākau atawhai, ka kitea e ia ko tāna i hoatu ai ka hoki mai ki a ia anō, ā, koinei te ture o te mahi e pā ana ki ngā ngākau.

Ko ngā kare ā-roto o te tangata ki ētahi atu ka hanga i ngā wiri tonu i roto i te hau, ka kukume mai i te nui o te aroha me te atawhai. Ko te tangata e muru ana i te hara o te hunga i hara ki a ia, ka kukume mai i te murunga hara me te manawanui mōna ake anō.

Mā te noho tahi me te hunga pai, mātau hoki, he kaha te hinengaro, te pānui pukapuka pai, te tūhura i a koe anō, te whai wāhi atu ki ngā mahi toi auaha, pūtaiao, tuhituhi, me ngā mahi whai hua, ā, ka whai hua hoki ēnei mahi katoa ki te whakawhanake me te whakapakari i te hinengaro, kia ngāwari ake ai te aro atu ki ngā mātauranga teitei ake. Hei tāpiri, mā te whakaaroaro o ia rā ka whakakī anō i te wairua ki te whakaaro nui o te Atua.

Kāore he whakataurite i waenganui i te hunga whai rawa o te whenua me te hunga whai rawa o te wairua, nā te mea ko te hunga whai rawa o te wairua

**ko rātou te hunga whai rawa o te hunga whai rawa i
te aroaro o te Atua.**

**Whakahauoratia mātou ki ngā hau kakara o tō
aroaro**

**Whakakīia mātou ki te hiahia nui ki tō aroaro
kororia**

**Kia whāngaihia tō mātou wairua e tō whakaaro
nui atua**

**Tukua mātou kia rongō i tōu māramatanga tapu
Ka horapa ki ngā āhuatanga katoa o ō tātou
oranga**

Ā, ka whakapakari i tō tātou whakatau

Ā, ka whakakorea tō tātou pōuri

**Ā, kia tau te rangimārie ki a tātou
me te tumanako**

**E homai ana ki a tātou te hihiri ki te mahi i ngā
mahi pai**

**Ko te pūtake o ngā raruraru o te ao ko te hiahia
whaiaro, i whānau mai i te kuware**

**E whakaaro ana te katoa kei te tika tā rātou mahi,
engari ki te whai noa rātou i ā rātou ake whāinga
whaiaro, ka whakatinanahia e rātou te ture karma o
te take me te pānga, ka whakangaro i tō rātou ake
harikoa me te harikoa o ētahi atu.**

**Ko te nui haere o taku kitenga i ngā aituā o te ao i
puta mai i te kuware o te tangata, ko te nui haere
hoki o taku mōhio kāore te harikoa e mau tonu
ahakoa kua whakakikoruatia ngā tiriti ki te koura.**

**Kei roto i te harikoa te whakahari i ētahi atu.
Mēnā i pērā te katoa, kua harikoa te katoa, ā, ka
whiwhi te katoa i tā rātou wāhi o te hua o te ao.**

**Me āhei te tangata ki te whakahaere i tōna ao mā
te whakakore i ngā purapura me ngā pūtake o te
korenga e angitu mā te whakangungu i tōna hiahia ki
te ara tika kia taea ai e ia te neke me te
whakangauēue i ngā whakaaro pohehe o te tangata.**

**Kāore e taea te whati i tēnei hiahia nā te mea he
whakaata i te hiahia atua, ā, kei roto kē i te tangata,
ā, ko tāna mahi he whakaatu i roto i ōna
hōhonutanga.**

Ina inoi ō akonga

**Ka kohia e au ngā hihi o te harikoa tapu mai i ō
rātou kanohi**

**Ā, ka whakaranua e au ki tōku ngākau wairua
Hei inu whakahauora mō ōku whakaaro matewai
Ka inu ia kia makona rā anō, ā, ka ngaro atu ōna
mamae me ōna matakū**

**Mō te hunga e rapu ana i te aroha me te
manaakitanga**

**Ka tukuna atu e au tēnei inu reka
I roto i ngā kapu marama o te ngākau pono me
ngā whakaaro pai**

**Kia ora te hunga katoa e inu ana i tēnei rongoā
tapu**

**Ka pāngia ia e te harikoa mutunga kore, ā, ka
wareware ia ki ōna raruraru me ōna mamae!**

**Homai ki a mātou te wai o te maramatanga
E miriona ngā tāngata i ngenge, i pōuri hoki i te
matewai wairua**

**Nā reira ka tīmata rātou ki te kokiri i roto i te
mano tini o te kuware nui**

He tokomaha e wiri ana i ngā wiri nui

Ka hinga rātou i te ara

Ka kuru rātou e te kuware ki ōna waewae

**E te Ariki, e hiahia ana mātou ki te wai o te rangimārie
me te inu o te whakaaro nui
Me te rongoā o te māramatanga
Hei tinei i tō tātou matewai mura
Mō te kore e tineia e te wai o te māramatanga
Ka tautohetohe mātou, ka ngangau, ka whawhai hoki**

**Ka patu tātou tetahi i tetahi
Engari i te ngana ki te kimi
I te awaawa o ngā maunga teitei
I te roto o te māramatanga
Ko tōna wai hei whakamatao i te matewai o te wairua**

E kōrero ana i ngā mara o te kare ā-roto

Ia wā ka tukuna atu e au ngā ngaru o te aroha me te ngākau pai ki ētahi atu, ka whakatuwherahia e au he ara ki te aroha o te Atua.

Kia taea ai e koe te haere mai ki ahau

Ko te aroha atua te aukume e kukume ana i te pai nui rawa atu

Tomo mai, e te Ariki, ki te wāhi tapu o tōku wairua, mā te matapihi o te hiahia i roto i tōku ngākau, mā roto hoki i aku inoi nui.

Ka tahuna e au ōku ngoikore hinengaro me ōku ngoikoretanga matatika katoa ki te ahi o te whakatau, nā te mea ki te kore au e whakakore i aua ngoikore, e kore ahau e kite i te mura atua, te mura manaakitanga.

Āe, e te Ariki

I tēnei rā ka whakapau kaha ahau ki te whakatutuki i ngā mea motuhake, kātahi ka mahi i taku i whakamahere ai.

**Ka mātua whakarite ahau kei te tika taku
whakaaro, kātahi ka rongo ahau i tō kaha, ā, mā tō
āwhina me tō manaakitanga, ka tutuki i ahau taku e
whakaaro nei ki te mahi.**

**E toru ngā momo o te mate: te mate tinana, te
mate hinengaro, me te mate wairua**

**Ko te mate tinana ka puta mai i ngā momo
paihana maha, ngā mate pipiri, me ngā aituā**

**Ko te mate hinengaro e puta mai ana i te wehi, te
manukanuka, te riri, me ētahi atu raruraru kare ā-roto**

**Heoi, ko te mate wairua, i ahu mai i te kore mōhio
o te tangata ki tōna whanaungatanga ki te Atua.**

**Ko te kuware te mate nui rawa atu. Ina
whakakorea e te tangata te kuware, ka whakakorea
hoki e ia ngā pūtake o ngā mate tinana, hinengaro,
me te wairua.**

**I kī pinepine taku kaiako, a Sri Yuktsuwar: Ko te
whakaaro nui te rongoā mō ngā mate katoa**

**I te horapa o ngā hihi o te rā, ka whakatōkia e
ahau ngā hihi o te tumanako ki roto i ngā ngākau o te
hunga rawakore me te hunga pōuri, ā, ka tahuna ngā
rama o te whakatau me te whakapono ki a rātou anō
ki roto i ngā ngākau o te hunga e whakaaro ana he
rahua rātou.**

**Ina mōhio tātou he kura te ao mō te ako me te
mahi i ngā mahi, ā, i te wā anō he moemoeā poto noa
iho, ko reira tātou ka mōhio ai kei a tātou te Atua.**

**Me ahu te ora ki te mahi, nā te mea ki te kore
taua whāinga rangatira, e kore te hinengaro i homai e
te Atua ki te tangata e tutuki i te kaupapa i hangaia ai
ia.**

I tētahi pō ka haere ahau ki te kaukau i te moana i raro i te marama o te marama. He tino makariri te wai, engari i whakamahara ahau ki a au anō he hiko te mea hanga o ngā mea katoa, ko te hiko e hanga ana i te makariri ka hanga hoki i te wera, ā, ko te wai tonu he whakaaturanga noa iho o ngā pūngao hiko.

I waenganui i tēnei whakaaro, ka taupokina ahau e te māramatanga o te Atua, ā, ka mahue ahau i te mātao nā te mea i whakakahore ahau ki te whakaae. Engari, i whakaū ahau i te pono he mea hanga ngā mea katoa i te hiko atua.

I ngā tau kua pahure ake nei, he tino wera rawa te rangi, ā, e manawa pā ana te katoa. Nā te hononga hinengaro, ka whakawhitia mai ō rātou mamae ki ahau, ka aukati i ahau ki te arotahi me te tuhi tuhinga. Kātahi ka riria e au ahau, ka mea, "He aha tēnei katoa?" ā, ka inoi ki te Atua.

"E te Ariki, ko te hiko kotahi anō ka hanga i te wera i roto i te oumu, me te hukapapa i roto i te pouaka whakamātao. He marino te rangi!" I taua wā tonu ka pai te rangi mōku, me te mea kua karapotia tōku tinana e te hukarere, ā, ka tīmata ahau ki te tino hihiri, ā, ka tuhituhi ahau me te kore he uaua.

I tētahi wā, i a au e haereere ana puta noa i te whenua o Amerika i roto i tētahi motuka tūruhi tuwhera me tētahi rōpū ākonga taitamariki e rapu ana i a rātou anō [e kī ana ngā tohutoro ko Rashid te ingoa o tētahi o rātou]. Ko tētahi o rātou ko taku hēkeretari. I moe māua ko ia i roto i te motuka, ā, i tohaina he paraikete iti.

He tino makariri te pō. I taku moe hohonu, ka unuhia e ia te paraikete i ahau, ā, i taku oho ake i waenganui o te ata, ka unuhia noatia e ahau te paraikete i a ia! I pēnei tonu mō tētahi wā. Kātahi ka

mea tōku hinengaro, "He aha koe i pēnei ai? Kei te pai ngā mea katoa. He mahana koe!"

Kātahi ka maka atu e au te paraikete, ka noho ake, ka tīmata te whakaaroaro tae noa ki te āhua o tōku tinana he taro wera. I te oho ake o ngā ākonga i muri i ngā haora e rua, e wiri ana i te makariri, ka kitea ahau e rātou e kore e nekeneke ana. I mimiti ahau i te harikoa tapu, ā, i whakaaro rātou kua mate ahau. I whakaarahia ahau e rātou i roto i tōku harikoa wairua me ā rātou karanga, engari ka menemene ahau, ka mea, "He aha te haruru, e ngā taitama? Me haere tonu tā tātou haerenga."

I whakahē rātou, me te kī, "I noho ahau i te makariri rawa, kāhore he koti, kāhore he paraikete! Heoi, kāhore ahau i pāngia e te makariri, ko ahau anake i noho mahana!"

Kia mōhio: Kāore mātou e tūtohu kia tukuna te tinana ki ngā āhuatanga kino o te rangi. I kōrero te tohunga a Paramahansa mō ēnei wheako hei whakaatu i te pūmanawa tangata me ōna āheinga ā-roto, engari i tohutohu tonu ia kia tūpato me te whai whakaaro pai i roto i te whakatau i ēnei āhuatanga.

E mōhio ana ahau ka ārahi mai aku whakaaro i te hinganga, i te angitu rānei, i runga i te whakaaro tino kaha i roto i tōku ao. Nō reira, ka ngana ahau ki te mahara ko koe, e te Ariki, e totoro mai ana tō ringa āwhina, e whakatakoto ana i te ara mō tōku angitu.

Ka whakamahia e au te ngākau pono me te pono i roto i aku mahi tahi me te katoa, ā, ka horahia e au ngā whakaaro aroha me ngā wawata pai, ā, ka tautokona ahau e te Atua ki Tōna kaha me tōna whakaaro nui.

Ina noho tahi te hinengaro me te Atua, te pūtake o ngā pai katoa, me te pūtake o ngā mana manaakitanga katoa, ka mōhio ia ki te aroaro o te Atua, ā, ka mau i a ia ngā āhuatanga katoa o te angitu.

He hononga tata ēnei āhuatanga ki te mana nui o te Atua, e kaha ana ki te waihanga i ngā take hou me ngā whai wāhitanga mō te angitu i roto i ngā mara katoa.

Me rapu tātou i tētahi hāpori o ngā tāngata ahu whakamua e kōrero ana i te pono ki a tātou, e āwhina ana hoki i a tātou ki te whakapai ake i a tātou anō.

Ko te hoa pai rawa atu ko ia te tangata e whakaaro ana me te whakaiti i a ia anō ki ngā huarahi me ngā mea hei mahi mā tātou hei whakapai ake i ō tātou ao.

Ko te whakahē kino, e tukuna ana me te mauahara me ngā kare ā-roto whakapakeke, he rite ki te patu i te mahunga o te tangata ki te hama, engari ko te aroha he kaha ake, he pai ake.

He mana tō ngā whakaaro atawhai i tukuna me te aroha me te mārāma ki te waihanga i ngā mea whakamiharo, engari kāore he hua o ngā whakahē mamae o ētahi atu.

Ahakoā ngā pouri hohonu rawa ka ora i te wā, nō reira kāore he take o te whakanui ake i te pouri i ia rā o ō tātou oranga.

Kāore te pouri roa mō tētahi whanaunga kua wehe atu e āwhina i a ia, i a tātou rānei, kāore hoki e whakarerekē i tetahi mea i roto i te ao tūturu.

Kāore he painga o te whakawhanake i te whakaaro whakaiti, te whiu rānei i a koe anō mō ngā

hapa me ngā hinganga o mua; engari, ka whakapōuri i te ao, ka whakararu hoki i ngā pūkenga hinengaro.

Kaua tātou e tuku i a tātou kia taka ki roto i te poka o ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino whakamarie, nā te mea ka whakararuraru i te hinengaro, ka tahuna hoki ngā pūkenga huna i roto i te oumu o te kore aro.

He kaha te hiahia o te tangata ki te whakaputa pūngao. Mā te whakamahi i te hiahia me te hiahia ki te uru atu ki ngā pūtake pūngao tūturu, ka taea e te tangata te hono atu ki te kaituku mutunga kore o ngā kaha o roto.

Ko ia kupu, pai, kino rānei, ka waiho i ōna wiri (arā, ōna pānga) ki te tinana, ki te roro rānei, ā, ki te pūngao ora me te whakaaro i roto i te āhua o ngā hiahia me ngā wawata. Nō reira, ko ngā wiri o ngā kōrero katoa ka waiho i ngā au pai, i ngā au kino rānei ki te hinengaro.

Ko te tangata e whakarērea ana ngā take e whakapēke ai i te pono, ka whakatūria e ia he kaha nui ki roto i a ia anō, kia kore ai ia e whakapae teka, ā, kia pono ana kupu katoa.

E te Ariki, homai he kaha ki ahau kia whakamahia tōku reo hei mahi i te pono mā te kōrero i ngā kupu reka, whai hua, whakahauora. Whakatangihia ō rangi waiata ora tonu ki runga i te putorino o tōku ao, kia manaakitia ai ahau e ngā wiri o āu rangi tapu.

He wāhanga nui tātou o te moana nui mutunga kore. Ina tae atu tātou ki reira, ka kaukau i roto, ka whānui ake tō tātou hinengaro, ka rongo tātou i tō tātou whānui.

Mā te whakaaro ki taua mea ka tata atu tātou ki reira, mā te whakaaroaro ka ārahi tātou ki reira, ā, mā te whakapau kaha tonu ki te whakataurite ki taua mea ka whiwhi tātou i te mātauranga, te whakatau, me te kaha.

Ko te mea e ahua uaua ana, he tono ia kia wetekina ngā mana e puritia ana i roto i a tātou, ā, i ia tukunga o ngā kaha huna o te pai i roto i a tātou, ka kaha ake, ka mātau ake tātou.

Ka totoro mai te ringa āwhina a te Atua i roto i ngā huarahi ngaro. Ko te rangimārie o te hinengaro e tau ana ki runga i te tangata e rapu ana i te wā e whakaaroaro ana he tohu mō Tōna aroaro, ā, ko te hari wairua e pā ana ki te tangata e whakaaroaro ana ko Tōna urupare ki ōna hiahia me tōna aroha.

Me whai wā te tangata ki te pārekareka ki te ataahua o te taiao, ki te tātari i tōna ao, ki te tiro tiro hoki i ngā mea e whakaarohia ana e ia he mea nui, ā, kāore e taea e ia te noho me te kore, kia taea ai e ia te pārekareka ki āna mea, kia noho tahi ai me ōna whānau me ōna hoa, kia pai ake ai tōna mōhio ki a rātou, ā, ko te mea nui, kia mōhio ia ki a ia anō.

Ko te hunga e mōhio ana ki te Atua, e mōhio ana rātou kei roto i te wairua te hari mutunga kore. Ā, ko te tangata e reka ana i taua hari, ā, e makona ana ki taua hari, kei a ia te whakaaro nui pumau.

He aha te āhua whakamataku o te mate? Nā te mea ka puta mai te mamae me te mate

Me whakakore te mate i te tinana, i te hinengaro me te wairua kua taupokina e te kuware.

Kāore te mamae e herea noa ki te tinana; kei reira anō te mamae hinengaro, hinengaro, me te wairua. E

pāngia ana tātou e te pouri, e ētahi atu āhua kino me ngā āhuatanga hinengaro, me ngā matakū he mea hanga noa iho. I te taha wairua, e pāngia ana tātou e te kuware ki te āhua ora tonu o ō tātou wairua.

He tino tika te mahi a te mana atua, nō reira me noho tahi te tangata me te whai i taua tikanga.

Me tuku e tātou te wiri o te Atua kia rere mai ki a tātou, mā roto hoki i a tātou

Ā, kia kawea mai tōna aroaro ora ki roto i ō tātou oranga, kia whakakīia ai ō tātou tinana ki tōna kaha manaaki, whakaora hoki.

Mā te whakakapi i ngā painga kino ki ngā painga pai, ka memeha haere te pōhēhē, ā, ka hoki mai te rangimārie o te hinengaro.

Ina whakatau pūmau te akonga ki te haere tonu i te ara, kāore he mea hei whakararu i a ia, kāore hoki he arai hei ārai i a ia.

He tiriona pūtau te tinana, ā, he rite ia pūtau ki tētahi mea mohio. Me whakaoho te hinengaro huna i roto i ia pūtau, me whakangungu hoki kia mōhio ki ngā mea katoa e mōhiotia ana, engari kāore te tangata i whakangungu i aua pūtau, nō reira kei te noho ia i roto i te āhua pouri, i ngā tirohanga hinengaro poto, ā, e mamae ana i te kore mātauranga.

Kia mōhio: I puta te kōrero i runga ake nei i roto i tētahi kauhau a te Kaiwhakaako Paramahansa i te tau 1927. I muri i ngā tekau tau, ka taea e ngā tohunga koiora te tautuhi i te DNA kei roto i te karihi o ia pūtau. Kua whakamātauhia e ngā whakamātautau kei roto i te DNA o ia pūtau ngā mōhiotia me te mātauranga tino tika.

Ko te ngākau pono me te pono ētahi o ngā āhuatanga tino nui e tino whakanuia ana e au i roto i te tangata

Ka tupu te whakahoahoa i roto i te pono, ka tupu, ka tupu pai i roto i te oneone o te ngākau pono.

Ahakoā te tata o tātou ki tētahi, me whakareka te whanaungatanga ki te whakaute me te whanonga tika, kātahi ka ataahua, ka pumau hoki te whakahoahoa.

Heoi, ko te mōhiotanga e arahi ana ki te mangere me te kore aro ki ngā kare ā-roto o ētahi atu he mea whakangaro i te whakahoahoa.

Me hiahia te tangata ki ngā hoa pono kua piki i te arawhata o te ao hei āwhina i a ia kia whakapai tonu i a ia anō. Me āwhina hoki ia i ētahi atu kia ara ake, kia whakapuaki hoki i ngā manaakitanga a te Atua e whiwhi nei ia.

Ko te whakahoahoa pono te kukume wairua whānui e whakatata ana i ngā wairua, e herea ana hoki ki te here o te aroha atua.

Tērā pea ka puta tēnei aroha, tēnei whakahoahoa rānei i waenganui i te tokorua, neke atu rānei o ngā tāngata

Ina noho te whakahoahoa wairua i roto i te ngākau, ka mānu te wairua i roto i te moana whānui o te wairua o te ao whānui, ka waiho i muri ngā here me ngā rohe i wehe i a ia mai i te hanganga a te Atua.

E rongō ana ahau i tētahi hononga ki te tangata katoa, pērā i te tangata e tata ana ki tōna whānau. Kāore e taea te whakaahua i tēnei kare ā-roto, ā, ina tae mai, ka puta mai he māramatanga hōhonu mō te tikanga me te ataahua o te ao.

He mea whakaaro nui te whakapau kaha ki te mahi i te hiahia o te Atua i roto i ngā mea katoa e mahia ana e tātou, koinei hoki te ara ki te rangimārie me te harikoa o roto. Ko tēnei ao whānui mutunga kore, me ōna kaha taiao kanorau, e whakahaerehia ana e te hiahia ārahi a te Atua. Kei te whakahaerehia ngā mea katoa i runga i te mahere atua, ā, he wāhanga nui tātou o taua mahere ao whānui.

Me mahi tātou i tā tātou mahi, me mahi hoki i te tūranga kua whakaritea mai e te Atua ki a tātou, kua i te tūranga e pai ai tātou.

Mai i ngā pūranga: Kua tūtaki tāua i mua?

I ngā wā o mua, i te ngākau o te ao tūroa, i te wā i whānau mai ai tātou hei wairua, i moe katoa tātou.

I raro i te paraikete o te aroha atua. Ā, i te whakaarahanga a te Atua i a tātou, ka matara atu tātou i a la, pērā i te kōrero mō te tamaiti kua ngaro, ā, ka wareware tātou ki te hononga atua i waenganui i a tātou, ā, ka noho hei tauhou tetahi ki tetahi.

Nā te mea kua whakarērea e tātou tō tātou kāinga i te rangi, kua noho tātou hei kaihaerere i tēnei ao, e haereere ana i ngā kokonga o te ao, e hiko ana i ngā ara o te ao mutunga.

Kua haereere tātou i tawhiti, i tawhiti atu i tō tātou kāinga taketake. Heoi, i ētahi wā, ka ara ake ngā maharatanga huna me ngā kare ā-roto hohonu e kōrero ana ki a tātou i ētahi wāhi, i ētahi wheako, i ētahi kanohi.

E whakaaro ana tātou kei te wheako anō tātou i ngā mea i mōhiotia e tātou i mua, ā, ka tūtaki tātou, ka kōrero hoki ki ngā whanaunga i tata tātou i ngā wā o mua.

E te Ariki, manaakitia mātou ki te aroha o te Atua

**Kia rewa ō mātou ngākau i te hiahia nui ki a koe
Ā, ka mura te ahi o te hiahia i roto i a ia
Tērā pea kua mauheretia ō tātou wairua i roto i
ngā whare herehere tinana**

**Ka wetekina e ia ōna here
Ā, ka haere atu ia, i te mea e akiakihia ana e te
hiahia atua**

**Ki ngā takutai o tōu mutunga kore
E tō mātou aroha mutunga kore**

**E te Ariki, ka inoi atu mātou ki a koe
Kia tiaho mai tōu aroha ki runga i ō mātou wairua
Ā, kia tiaho mai te korōria o tōu kororia ki runga i
a mātou**

**Ā, kia ārahi mai tō whakaaro nui i a mātou i ngā
wāhanga katoa o ō mātou oranga**

**Ā, kia manakohia e ia te aroha o ō tātou ngākau
me ō tātou wawata**

Ā, manaakitia mātou ki te pā o tō aroaro

Ā, kia pai ai te noho tata ki a koe

**Ina tīmata tātou ki te mārāma ki te tangata i tōna
katoa, ka mōhio tātou ehara i te mea he mea tinana
noa iho, kei roto i a ia ngā mana maha, e whakamahia
ana e ia te pūmanawa ki ngā taumata rerekē hei
urutau ki ngā āhuatanga o tēnei ao, ā, ko te
pūmanawa o ēnei mana he nui rawa atu i te mea e
whakaarohia ana e te tangata noa.**

**Ka mahi te kukume o te aroha atua mā te
whakawai parakore me te whakatenatena ngawari.
Ina rongo te ngākau i te karanga o te aroha atua, ka
mau i te hiahia ki te whakawhānui i te porowhita o
tōna aroha herehere kia uru atu ai te oranga me ngā
mea katoa o roto. Nō reira, ka wetekina te aroha**

herehere, ā, ka kore e herea ki waho o ngā here o te hiahia whaiaro me te pakari.

Nō reira ka kitea houtia te aroha i roto i te ngākau o te Atua, ā, ka hanumi katoa ki roto i taua kotahitanga tapu.

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou, mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō ia mamae me ia mamae e pā ana ki a tātou.

Ahakoia te kaha o ngā whakamātautau, he rite tonu ki te ahi e whakarewa ana i te rino hei huri hei maitai ataahua, pakari, ā, he maha ngā whakamahinga.

Ko te ngākau mahaki te tatau tuwhera e tomo ai te nui o te aroha, te aroha, me te rangimārie ki ngā wairua pai e aroha ana ki te pai, e aro ana ki ngā māramatanga me ngā manaakitanga o te rangi.

Ahakoia he tangata pakihi angitu te tangata, he kaitōrangapū mātau, he kaitukino nanakia, he kaiwhakahou nui rānei, kāore he aha o tōna mana ki te whakataurite ki te mana mutunga kore o te Atua.

Mā te whakapehapeha ka matapo te wairua, nā te mea ka peia atu i te wairua te tirohanga ki te whānuitanga nui e noho ana i roto i ngā wairua nui.

E mōhio ana te hunga nunui ko tō rātou kaha i tangohia mai i te Atua Kaha Rawa, e aroha ana ki te hunga whakaiti, e whakanui ana i a rātou i te mātauranga, i te arataki, me te kaha.

Ko te whakahoahoa pono te māramatanga e whakaohoo ana i a tātou ki te āwhina tetahi i tetahi, kia kite ai tātou i te kūaha o te rangi, kia tika ai mā roto ki te ao o te aroha atua.

He rite te pukuriri ki te mate pukupuku, e ngau ana i te rangimarie o roto. Koinei te take e kore ai e taea e te tangata he pukuriri tōna te wikitoria i ōna uauatanga me ōna raruraru.

Ina whakawhāitihia e te tangata ia ia anō ki ngā whanonga kino, ka kore e taea e ia te whawhai tonu ki te ao, ā, ina tukua e ia he wairua kino ki te whakahaere i tōna hinengaro, ka pararutiki tōna hiahia.

Ka taupokina te roro e aua āhuatanga i roto i te kohu o te pōhēhē me te pōhēhē, ā, ka whakangaro i te whakaaro tika.

Ka taea e te tangata te wikitoria mā roto i tōna hinengaro me tōna hiahia, ahakoa te kawa me te uaua o ngā āhuatanga o te ao

E herea ana te wairua tangata ki te tinana e te mekameka o ngā hiahia, ngā whakamatautauranga, ngā raruraru, ngā manukanuka me ngā matakū, ā, e ngana ana ki te whakawātea i a ia anō.

Ki te kaha tonu tō kukume i taua mekameka e here ana i a koe ki te hinengaro tinana, ā tetahi rā ka wawao mai te ringa atua ka tapahia te mekameka, ā, ka herekore koe.

He aha te uara o te ora me te kore he hoa pai, pono? He aukume tō te ngākau e kukume ana i ngā hoa pono. He aukume o te aroha, te ngākau kore whakaaro, me te manaaki hoa.

**Ina ruru ringa tātou ki tētahi, me whakaatu e
tātou ki a rātou te aukume o tō tātou aroha me te
ngākau pono, me te ngana ki te āwhina i a rātou i ngā
mea katoa e taea ana e tātou.**

**Kāore he take kia noho pūmau, kia kore e rerekē
te tangata. Me tango atu ngā arai o te mānukanuka i
te mauri o te wairua kia tiaho ai me tōna parakore me
tōna kaha, kia whakakitea ai te kororia rangatira kua
homai e te Atua ki te tangata.**

**Ka manaakitia e te Atua ngā mahi pai, ngā
wawata tika, me te whakapau kaha ki te whakatutuki
i te angitu**

Āe, e te Ariki

**Ahakoā ngā whakamātautau me ngā raruraru e pā
mai ana ki ahau**

**E mōhio ana ahau koinei te wāhanga e whai ake
nei o tōku whanaketanga wairua**

**E mōhio ana ahau kei ahau te mātauranga me te
mana**

**Ko aua mea e rua e homai ana e koe ki ahau
He māramatanga, he wikitoria hoki**

**He rangi harikoa te rangi, kāore he raruraru, he
pōuri rānei**

**Mā te mahi pai tonu me ngā mahi pai, ka tae ngā
wairua ki te āhua o te harikoa pumau me te harikoa
hou**

**Ko ngā mahi pai he whakaaroaro me ngā mahi
whai hua, whai hua hoki.**

**Ina taea e koe te huri i te kuware hei whakaaro
nui**

Mai i te ngoikore me te ngoikore ki te hauora me te ora

Haere māia, māia hoki - ahakoa ko koe anake - i ngā ara o te ora

Me te hari o roto o te whai hinengaro ora, mataara hoki

Me te whakapono pumau ki te tika o te Atua, me te wikitoria o te pono ki te teka, me te mooni ki te mānukanuka

Ā, ina ngana koe i ia rā ki te tuku i ō whakaaro ki ngā taumata teitei ake, ki ngā taumata kua whakapaia ake

He ngākau aroha, he ngākau whakawhetai tōna

Me ngā whakaaro pai ki ētahi atu

He mea aukume tō whāngai hinengaro

Ā, ka kukume mai i ngā mea ataahua katoa, ngā mea whai hua hoki ki a koe

Mai i ngā mea, i ngā tāngata, me ngā āhuatanga e hiahiatia ana

Te haere tonu i te haerenga ki te takutai o te haumaruru me te haumaruru

Mā te piri ki te ata noho me te noho mārie, ahakoa mō te hawhe haora i mua i te moe i te pō, me te ara ake i te ata, ka whakarei ake i te wairua whakamarie hinengaro, ka āwhina i te aro atu ki ngā āhuatanga uaua katoa o te pakanga o ia rā. Mā taua wairua o roto, ka taea te whakatutuki i ngā hiahia me ngā matea o ia rā.

Mā te tae atu ki tētahi āhua o te hinengaro teitei ka tere ake te ahunga whakamua wairua, ā, ka āwhina i te ruku matatau atu ki te moana o te wairua.

Ka whiwhi te tangata i te harikoa e ai ki te kounga o ngā purapura o ngā whakaaro me ngā mahi kua ruia e ia, ā, e ruia tonutia ana e ia ki te oneone o tōna ao.

He whare putunga nui te hinengaro tangata o te pūngao, o ngā mahi ora rānei

E whakamahia tonutia ana tēnei mahi mō ngā nekehanga uaua, te mahi a te ngākau, ngā pukahukahu, me te diaphragm, te pākia o ngā pūtau, ngā tauhohenga matū o te toto, me te mahi a ngā whekau tairongo nekeneke (ngā io).

Hei tāpiritanga, he nui te kaha ora e pau ana ki te whakaaro, ki te kare ā-roto, me te hiahia.

Ka ngoikore te mahi ora e te wehi, ā, ko tētahi o ngā hoariri nui o te hiahia kaha.

Kāore te tinihanga e arahi ki te hua pai. Kāore e taea e te tangata tino mohio te huna i ngā mea e whakakitea ana e ōna kanohi, nā te mea kua tuhia katoatia te hītori o te tangata ki roto i ōna kanohi.

Ki te hiahia koe ki te mōhio ki te āhua o tētahi, inoi ki te Atua kia whakakitea mai te pono mō taua tangata ki a koe, nā te mea kāore koe e hiahia kia mamingatia, ā, ka rongo koe i roto i te hohonutanga o tō ngākau i tōna āhua tūturu, ā, e kore tō whakaaro e hē.

Te hiahia, te kaupapa, me te wawata:

Ko te "hiahia" he hiahia kāore i te kaha, ā, ko te "whakaaro" he whakatau ki te mahi i tetahi mea: ki te whakatutuki i tētahi hiahia, i tētahi wawata rānei. Mō te "hiahia," ka taea te whakapuaki mā te kī: "Ka mahi tonu ahau kia tutuki rā anō taku e hiahia ana"

Ina whakangungu koe i tō hiahia, ka taea e koe te tuku me te whakahaere i ngā kaha o te mahi nui, kaua

e hiahia ki tētahi mea me te kore e mahi i ngā mea e tika ana hei whakatutuki.

Kaua e ngaro te tumanako, engari me mārama tātou kei te homai e te Atua he whai wāhitanga ki a tātou hei whakapai ake i ō tātou āhuatanga, hei whakaara ake i ō tātou whakaaro, hei waihanga i ngā mea hou, whai hua hoki mō tātou anō me ētahi atu i te ao.

Ki te kore tātou e harikoa ki tō tātou āhua noho o nāianei, me tūhura tātou i ngā huarahi me ngā tikanga hou hei kawē mai i te ngākau māhorahora me te rangimarie ki a tātou. Me whakaaro tātou ki ngā mahi hei whakapai ake i ō tātou āhuatanga, hei whakapūmau i te whai tikanga me te whai kaupapa o ō tātou ao, kātahi ka whakatinana i aua whakaaro.

E te Ariki, kaua mātou e whakaaro ki tētahi mahi nui atu i te mahi tapu kia mōhio ki a Koe. Ahakoa he aha te āhua o ia mahi, ka taea anake te whakatutuki mā te mana o te whakatutukitanga kua homai e Koe ki a mātou. Nō reira, kia aroha mātou ki a Koe i runga ake i ngā mea katoa, nā te mea ki te kore te aroha noa o Tōu ora me Tōu aroha, e kore e taea e mātou te ora, te aroha rānei. Nō te Atua tātou, ā, e noho ana tōna mauri i roto i a tātou i roto i Tōna parakore, i tōna kororia, me tōna harikoa nui whakaharahara.

Te mōhiotanga ki te harikoa:

Kāore he whakahē mō te noho tuturu o te hinengaro harikoa, nā te mea ina whiwhi tātou i taua hinengaro ka rongo tātou kua hurihia, kua hurihia hoki tō tātou tuakiri, tō tātou āhua iti rānei, ā, kua ara ake tātou i runga ake i te takirua o te aroha me te mauahara, te harikoa me te mamae, ā, kua tae ki te

taumata e mārama ai, e kitea ai ngā āhua o te hinengaro iti noa.

Ka rongo hoki tātou i te whānui me te whānui o roto, me te aroha whānui ki ngā mea katoa.

I tēnei āhua, ka memeha haere te haruru o te ao, ka ngaro te hihiri, ā, ka puta ake i roto i a tātou te whakaaro o te kotahitanga o te oranga, ā, ka puta mai he tirohanga mārama ki te māramatanga o te ao tūroa.

Ka memeha haere ngā poke me ngā peka ke katoa ki te kore noa iho, ā, ka rite tātou ki te mea kua neke atu tātou ki tētahi ao kē: ki te pūtake o te harikoa mutunga kore me te harikoa pumau tonu.

Ka pēhia, ka whakararuraruhia hoki e te wehi ngā mahi o te ora e rere tonu ana ki ngā io, ā, ka āhua rite ki te mea kua pararutiki, ka ngoikore te tinana, ā, ka tino heke te ora (he ārai io te wehi!)

Kāore te wehi e āwhina ki te whakakore i te pūtake o te wehi; ka ngoikore te hiahia, ka akiaki i te roro ki te tuku tohu ngoikore ki ngā whekau o te tinana. Hei tāpiri, ka paitini te manawa o te wehi, ka whakararu i te nakunaku, ā, ka puta he maha o ngā mate tinana.

Ina arotahi tonu te aro ki te Atua, e kore koe e wehi i tetahi mea, ā, ka taea e koe te wikitoria i ngā arai me ngā aukati katoa me te maia me te whakapono.

Kei roto i te hinengaro te mana ki te angitu. Ka mōhio koe ki tēnei pono mēnā ka mau tonu koe ki ō whakaaro. Ahakoa ngā feaa o te ao me te ngakaukore o te hunga e ngana ana ki te turaki i a koe. Kāore he rohe ki te mana o te hinengaro. Kia arotahi ki tēnei whakaaro, ā, whakakīia tō hinengaro ki te hihiri ki te

whakatutuki me te whakatau ki te mahi pai ki te whakatutuki i ō whāinga.

Kia kaha tonu tō hinengaro ki ngā whakatutukitanga teitei ake. Kia whiwhi koe i te taonga wairua, ā, ka riro i a koe ngā momo taonga me te whai rawa katoa.

Kāore he mutunga o te māramatanga, ā, kāore he rohe; ka toro atu ki ngā whetū tawhiti rawa, ka uru ki roto i ngā ngota katoa o te ao, tae noa ki ngā irahiko iti rawa. Me kotahi te tangata me tēnei moana o te māramatanga ao, e whiti ana i ngā rohe whānau me ngā rohe ā-motu kia mōhio ai rātou ko rātou ngā mema o te whānau tangata nui.

Kāore he tangata e āhei te awe i tētahi tangata engari mā te whakamahi, mā te hē rānei o tōna hiahia. Me whakamahi te hiahia kua homai e te Atua ki a rātou ki te rapu i a ia, ā, ka tino kitea ia e rātou.

Me mahara te ākonga he mea tino nui te whakahoahoa ki ngā tāngata pai he awe pai tō rātou, ā, e āwhina ana ki te whakahihiko i a ia, ki te whakapakari i tōna hiahia, me te whakarei ake i tōna kaha ki te mārama.

I mea atu te kaiako a Paramahansa ki tētahi rōpū ākonga:

Kua hoatu e ahau tōku aroha ki a koe, kāore he herekore, ā, e tino mōhio ana ahau kua riro mai i ahau tō aroha hei utu.

Ko ētahi o te hunga i mōhio ahau i roto i tōku ao, i a rātou ngā mea katoa i whakaaro ahau i mua ka hiahiatia e au, heoi kāore i kitea e rātou te harikoa i roto i te whakatutuki i aua hiahia.

I rapua e au te Atua i te tuatahi, ā, i kitea e au ko tana hari e whakahou tonu ana e whakakī ana i ngā hiahia katoa, e whakakī ana hoki i te wairua ki te harikoa me te ngākau māhaki, ā, he ataahua ake ia i ngā whakahihiri katoa, i ngā whakamātautau katoa rānei o te ao.

Kaua te tangata e raweke i te ngākau o tētahi atu, e whakararuraru rānei i ōna kare ā-roto, nā te mea ko te ngākau te pokapū o ngā kare ā-roto, ā, nā ngā raruraru kare ā-roto ka puta te manukanuka me te pōuri o te ngākau.

Me titiro te tangata ki roto i a ia anō kia kitea ai ngā āhuatanga motuhake o tōna tuakiri

He pai ki ētahi te tuhituhi, ko ētahi he hiahia ki te tito waiata, ki te kanikani me te waiata rānei, ā, ko ētahi he hiahia ki te mahi i roto i te ao pūtea me te ōhanga, me ērā atu mea anō hoki.

Engari, kei reira ētahi e pai ana ki te hora i ngā kōrero pakiwaitara me te whai wāhi ki ngā kōrero pakiwaitara, ki te totohe me te whawhai rānei.

Kaua te tangata e ngana ki te whakarerekē i ōna āhuatanga pai, engari me whakarērea ngā mea e mahia ana e ia, e kore ai e pai ki a ia, e puta ai te pouri me te pouri.

Te herenga hinengaro rerekē:

Ka noho taha kotahi ngā tāngata e pāngia ana e tēnei mate ki te whai i te harikoa. E whakapono ana rātou kei roto i te kohikohi taonga, te whiwhi rongonui, te whiwhi hauora, te mana rānei te harikoa, ka patua e rātou ngā mea katoa—te hauora, te ingoa pai, te rangimarie o te hinengaro, te honore, me te mana—ki runga i te aata o tā rātou wawata nui. Kua

roa rawa, ka mōhio rātou ko te oranga taurite anake, ko te oranga e whakaute ana i ngā ture o te taiao me ngā ture a te Atua, e whakataurite ana i te mahi me te rangimārie, ka taea te kawē mai i te harikoa pono me te whakatutuki i te kaupapa o te oranga rangatira.

Ko te hunga e pāngia ana e ngā mate piripono kino ka horomia e ngā whakaaro o te hiahia nui, ka arahi ki tētahi tirohanga pōhēhē me te whanoke o te ao. Hei tauira, i angitu nui tētahi kaipakihi, ā, i kohia e ia he taonga nui, engari i mua i tana painga ki tana taonga, i pāngia ia e te pakaru o te io nā te nui o ngā manukanuka me ngā matakū, ā, ka mate pōuri ia [Kia whakamarie te Atua i a koe]

Ko ētahi e whakapono ana he mea tika ngā mea katoa hei whakatutuki i te whāinga. Nā tēnei pōhēhētanga, ka ngaro i a rātou tā rātou whāinga tūturu, ā, kāore e taea te whakatutuki i te iti rawa o te makona, ahakoa kei a rātou ngā mea i hiahiatia e rātou, nā te mea he whānui, he maha ngā āhuatanga o te tangata, ā, me whai whanaketanga taurite i ngā taumata katoa.

makariri hinengaro

He ingoa anō tō tēnei mate: te ngakaukore. Kāore te tangata e mōhio ana āhea ka pā mai, ka pāngia hoki e ōna tohu mamae, pērā i te kore tumanako, te manawanui kore, te manukanuka, me te manawanui kore. Ko te mea kino rawa atu, he maha ngā wā ka roa, ā, he maha ngā wā ka hoki anō te hunga i pāngia, ahakoa e whakapono ana rātou kua ora rātou.

Te mate pōrearea hinengaro

Ka puta tēnei mate i te noho tonu ki ngā āwangawanga o te ao. Ko te hunga e pāngia ana e tēnei mate, ka wareware ki te whakamahi i ō rātou kaha hinengaro, ā, ka tuku noa i a rātou ki ō rātou

**wehi tonu, kaua ki te aro atu ki aua wehi me te maia,
me te whakakore i aua wehi ki te pūtake.**

**Ko te mea nui rawa atu e hiahiatia ana e ngā tāne
me ngā wāhine mō tētahi ki tētahi ko te māramatanga
wairua e poipoi ana i te tuwhera o ngā kare ā-roto, e
whakaputa ana hoki i ngā āhuatanga rangatira pērā i
te māramatanga, te whai whakaaro ki ngā kare ā-
roto, me te aroha.**

**Heoi anō, me mārama anō hoki kāore e taea te
akiaki i te tipu wairua ki ētahi atu.**

**Ina aroha te tangata ki ētahi atu, ka
whakaaweawe tōna atawhai i ōna whanaunga e
karapoti ana i a ia, ā, ka whai mana pai hoki ki a ia.**

**Ka toro atu te Atua ki ngā ngākau kua purea e
ngā roimata o te hiahia, kua whakamāramatia hoki e
ngā rama o te aroha.**

**I mea atu a Kaiako Paramhansa ki tētahi rōpū
ākonga:**

**Kaua e tumanako ki tētahi putiputi wairua i ia rā
mai i te māra o tōu ao**

**Whakawhirinaki ki te Atua, i tukua nei e koe ō
mahi ki a ia, māna koe e utu, ā, māna hoki e
whakatutuki ō tumanako i te wā tika. Nā, kua ruia e
koe te purapura o te aroha atua ki te oneone o ō
koutou wairua, whāngaihia ki te inoi me ngā mahi pai,
ā, hutia ake ngā taru kino me ngā taru pirinoa e
karapoti ana: ngā taru o te ruarua, te hoha, me te
ngenge.**

**Kia pihi ake ngā māramatanga tapu, atawhaitia,
whakamakukuria ki ngā wai o te hiahia me te
whakapono, ā, i tētahi ata ka koa koe ki te kite i te
putiputi manaakitanga o te mōhiotanga ki a koe anō.**

Kaua rawa e wareware ki te tangata tino aroha e huna ana i muri i ngā hoa me ngā whanaunga katoa, kaua hoki e tukua te aroha ki ngā mea o te ao e memeha haere ana kia riro i ō tātou ngākau, e tika ana kia pā mai ki te aroha atua mutunga kore, pumau, kāore he rite, kāore hoki he aroha e hipa ake ana i a ia. Ina riro te ngākau i te aroha atua, ka tau te rangimārie ki roto, ā, ka whakakīia e te harikoa o te wairua.

E tohutohu ana ngā karaipiture i te tangata kia whakaaroaro ki te Atua, kia rumakina ō rātou hinengaro ki roto ki a ia, kia tukua ngā mea katoa ki a ia, kia karakia pono ki a ia, me te kore he tinihanga, he tinihanga rānei. Ko te mōhio ki te Atua te whāinga matua o te ao. Kāore e taea te whakatutuki i ngā mahi o te ao me te kore he āwhina o ngā mana kua homai e te Atua ki te tangata.

Kāore he mea i roto i te oranga o te tangata e tika ana kia kiia he mea nui atu i te Atua. Ki te aroha pono te tangata ki te Atua, ā, ka whakatutuki i tana kawenga wairua ki a ia, ka pai ake ōna āhuatanga i ngā huarahi katoa, ā, ka noho haumaruru, ka noho pūmau hoki ia ahakoa ngā āhuatanga katoa e karapoti ana i a ia.

Kaua te tangata e takahi i ngā tika o ētahi atu, kaua hoki e tango i tō rātou whenua, i te rangimārie, i te aroha, i te mana, i tētahi atu rānei o ā rātou taonga ā-tinana, ā-tikanga rānei.

Ki te kore koe e hiahia ki te tango i te mea ehara i a koe, ka tae mai ki a koe te mea e hiahia ana e koe, e hiahia ana rānei koe. Ka tīmata te tahae ki te pakiaka i roto i te hinengaro ina tīmata te tangata ki

te hae ki ētahi atu. Me hutia ake ngā purapura o te hiahia kino i te hinengaro.

Ko te atawhai wairua te ara e kukume mai ai te tangata i te nui o te taonga, ā, ka rere mai ngā manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e rātou, me ngā puna kāore e mōhiotia ana e rātou. He ture atua tino tika tēnei. Mō ngā tahae me te hunga hiahia ki te whai taonga, ka pau ō rātou oranga ki te whai i ngā taonga o ētahi atu, me ō rātou kanohi e titiro tonu ana ki ngā mea a ētahi atu, ahakoa kua puhake rawa ā rātou ake putea i te koura.

Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga, e kore e taea e te ao te mōhio ki te harikoa

I muri i ētahi tau o te marena, e mano tini ngā tāne me ngā wāhine e pātai ana ki a rātou anō:

"I hea tō tāua aroha i riro atu ai?"

Ko te whakautu mō ēnei tāngata koia tēnei: I pau ia i te ahi o te ngākau nui, ā, i hinga ia i te hiahia whaiaro me te whakaute.

Ina uru ēnei āhuatanga pōuri ki te ngākau, ka huri te aroha hei pungarehu

Ina mahi kino te tāne me te wahine tetahi ki tetahi, ka whakangaromia e rāua tō rāua harikoa ake ake

Me āwhina te tāne i te wahine ki te whakaatu i ōna āhuatanga pai, me te mea kia mōhio ia ehara ia i te hoa mōna anake hei whakatutuki i ōna hiahia, engari hei hoa haere i te ara, hei hoa whakaute, hei hoa maioha hoki mōna, ā, hei whakaaturanga mō ngā āhuatanga tino teitei o te ao.

Me titiro rite tonu ngā wāhine ki ngā tāne

Ki te kore e tika te momo tongi e whakamahia ana ki ngā pakiaka o te rākau, ka iti, ka pōturi hoki ngā

hua. Waihoki, ki te whāngai te tangata i te rākau o te whakahoahoa me ngā kare ā-roto whaiaro, ka whakapohehetia, ka whakakinotia hoki ngā hua o taua whakahoahoa e ōna whakaaro kino.

Ko te hiahia ki tētahi nā te mea he whai rawa, he whai mana rānei, ā, ka taea e ia te mahi i tētahi mea mā tātou, kāore e taea te kī he hoahoa. Waihoki, ko te kukume ki tētahi nā tōna mata ataahua, ehara i te hoahoa. Ina ngaro te ataahua taitamariki, te ataahua o taua mata, ka ngaro te "hoahoa" ka noho hei mea o mua.

Kaua ngā mahi pai a te hunga rangatira hei āwhina i ētahi atu e mahia mō te rongonui me te rongonui, mō te whakamātau rānei i te whakapehapeha, engari me mahi ngā mahi katoa i runga i te aroha ki te Atua, me te rapu i Tōna pai.

Ko te hunga e pai ana ki te kōrero kino, ki te kōrero kino, me te kōrero mō ētahi atu, e kore rawa e mōhio ki te harikoa o te āwhina i ētahi atu mā te kupu whakatenatena me te tohutohu whakaaro nui. Mā te whakahē kino ka whakapōrearea te tangata hara, ka whakapataritari hoki i tōna riri.

E mōhio ana te nuinga o te tangata i roto i ō rātou ngākau ki ō rātou ngoikore me ngā patunga mamae o te whānautanga, ā, e kore e taea te whakaora i ēnei mā te whakatoī me te tawai, engari mā te hinu whakamarie, whakamarie o te aroha.

E te Ariki, tukua ahau kia mahi i tāu e hiahia ai, kaua hoki ahau e tukua kia whakahaerea ahau e aku wawata, e aku hiahia rānei. Āwhina mai i ahau ki te whakatutuki i ngā mahi hei whakapai ake i tēnei ao i ngā huarahi katoa, kia whakapuakina ai e aku

**whakaaro me aku mahi tōu korōria, kia
whakamaharatia ai hoki koe e ētahi atu.**

**He manaakitanga te moe, ahakoa he aha ō
raruraru, ka wetekina koe i aua raruraru ina moe koe.
Engari me ako koe me pēhea te wetekina i a koe anō i
ngā raruraru i a koe e ara ana. Ki te kore koe e
whakamātau i te huka, e kore koe e mōhio ki tōna
reka. Waihoki, ki te kore koe e whakamahi katoa i te
pūmanawa o te hinengaro, e kore koe e kaha ki te
maioha ki tōna mana whakamiharo.**

**I a te Kaiwhakawā e whakaputa ana i tana
whakatau whakamutunga mō tētahi take tairongo e
tohu ana i te ora, i te mate rānei mō tētahi atu
tangata, i taua wā anō i whakaaro ia ki ngā raruraru
ā-whare i pā ki a ia i taua rā, ā, i pouri ia nā te mea
kāore tana ture i te kāinga i whakatinanahia!**

**Ki te whakaputa tētahi kaiwhakawā i tētahi
whakataunga hē e arahi ai ki te matenga o tētahi
tangata harakore nā te kore aro, ka tū ia hei
whakapae, hei whakatau he ki te aroaro o te
Kaiwhakawā Nui, te Kaiwhakawā o ngā hara katoa: te
ture whānui e kore e aro ki te whiriwhiri tangata, ā,
kāore he wāhi mō te whanaungatanga.**

**Kei te maumahara tonu ahau ki tētahi wheako
ohorere i pā mai ki ahau; mai i muri i ngā kapua o te
whakaaroaro, ka puta whakarere mai te ata o te
harikoa wairua, ā, ka taupokina ahau e te wairua.**

**I hipa atu taua wheako manaaki i ngā
tumanakohanga katoa, i a au e rongono ana i te hari e
kore e taea te kōrero, ā, i whakamārama te
māramatanga o te harikoa i ngā kokonga pōuri katoa**

o te hinengaro, i peia atu ngā atarangi o te pōhēhē me ngā pātai.

I werohia taua māramatanga—pērā i te hihi-X—mā roto i ngā mea taratara, ā, i whakakitea mai ki ahau ngā mea e takoto ana i tua atu i te pae tirohanga noa, te rawhiti me te hauauru, te raki me te tonga, i mua i ahau me muri i ahau, i runga ake i ahau me raro i ahau, i roto i ahau me te taha o ahau, me ngā wāhi katoa.

He rite te pānga o te ruarua whakangaro ki te pararutiki. Ka ārai i te whakaaro hanga, ka ārai hoki i te kaha o te hiahia.

He ārai tēnei ki ngā mahi atawhai a ngā mana teitei me ngā ture o te ao whānui, e ārai ana i ngā manaakitanga a te Atua kia tae atu ki te wairua. Ka puta hoki te manukanuka me te kore āwhina.

Ka ātete ia ki te angitu, ka whakahē i ngā whakaaro nā te kuware, te whakahāwea, te whakaaro pōhēhē, ngā kare ā-roto me ngā hihiri kāore e taea te whakahaere.

Ko te whānautanga wairua ko te whakawātea i a koe anō i te whare herehere o te kuware me te mawhiti i ngā here o te hinengaro iti

He tino ataahua te oranga o te tangata i ētahi wā, engari ko te piripono ki tēnei mea he rite ki te maka i tētahi manu o te pararaiha ki roto i tētahi whare herehere kuiti. Ki te whakatuwhera koe i te tatau o te whare herehere, tera pea ka whakaroa te manu ki te rere atu nā te mea kua taunga ia ki tēnā.

E matakū ana tēnei manu ataahua, ā, kāore e hiahia ki te wehe atu i te whare herehere, ki te hoki ki te herekore mutunga kore i ahu mai ai ia, engari e pai

ake ana ki te noho ki tētahi wāhi iti, whāiti hoki kāore e rite ki tōna āhua.

Nō reira, ka taunga te wairua tangata ki te tinana, ka noho hei herehere, kāore e mōhio he wāhanga ia nō te ao mutunga kore, ā, he wā poto noa iho tōna noho whenua, me hoki ki tōna kāinga i te rangi.

Ā, ko te wetekina o te whakaaro nui ā-roto mai i ngā here me ngā here o te tinana, koinei te mea e kiia nei e au ko te whānautanga wairua.

Kāore he rohe ki te mana o te hinengaro. Arotahi ki tēnei whakaaro, whakakīia tō hinengaro ki te hihiri ki te whakatutuki me te whakatau ki te mahi pai ki ō whāinga. Me pana tonu ō whakaaro ki ngā whakatutukitanga teitei ake. Ki te whiwhi koe i te taonga wairua, ka noho ngā momo taonga me te oranga katoa ki raro i tō mana.

Ina kore e taea e te tangata te whakatutuki i tētahi hiahia mā roto i āna ake mahi, ka tahuri ia ki te Atua i roto i te inoi. Nō reira, ko ia inoi e whakapuakina ana e whakaatu ana i te hiahia huna i roto. Engari mā te kimi i te Atua, ka ngaro ngā hiahia katoa, ā, ka tutuki ngā wawata katoa.

Me whakapau kaha te tangata, kia whai whakaaro pono, kia kore he herenga ā-ture, kia kore hoki e pāngia e te herenga ā-ture.

Me aro nui hoki ia ki ngā akoranga (ngā kaupapa me ngā āhuatanga) e whakatakotoria ana e te ao ki tōna aroaro, nā te mea kei roto i aua akoranga ngā akoranga me ako e ia.

Me whakauru ngā whāinga rangatira o te ao ki tēnei ao, ā, me whakatinana ngā wawata hei

whakaara ake i te tangata ki ngā taumata teitei, hei whakapai ake i ōna whakaaro, hei pehi i ōna hiahia, hei whakakoi hoki i ōna pūkenga rangatira.

Ka taea ēnei te whakahohe mā te tauira wairua me ngā marautanga pai, kaua mā te kaha nanakia me ngā pakanga whakangaro. He morearea te mana tōrangapū ki te kore he mātāpono wairua hei whakahaere me te ārahi.

Ina kōrero ahau mō ngā mātāpono wairua, ehara i te mea ko ngā whakaakoranga motuhake, ngā rōpū whakaponu, ngā hononga whakaponu rānei, engari ko ngā ture whānui: ko ngā ture o te tika me te ngākau pono e pā ana ki te katoa, ā, e kawe mai ana i te pai, te orange, me te rangimārie ki a rātou.

Kei raro i te rākau o ō rātou hiahia te noho o ia tangata, e whakatutuki ana i ō rātou wawata katoa. Ko taua rākau te kaha o te ngākau. Ko te kaha o te ngākau o te tangata, he whakaata i te hiahia o te Atua, kei a ia te mana ki te whakatutuki i ngā tumanako me ngā wawata o te tangata.

Engari ko te tangata kāore e mōhio ki te whakahaere i ōna hiahia, i ōna wawata, me ōna whakaaro, me whakawhetai ia ki tōna Ariki kia mano ngā wā, nā te mea kāore ōna whakaaro koretake e tutuki wawe tonu, ki te kore, ka puta ake i ngā hiahia mohoao he whakaaturanga aunoa o ngā taika kaipahua, kai kino e haehae ana i te marino o te wairua, e kuru ana i te wheua o te harikoa, e huri ana i te puna o te rangimārie wairua hei koraha.

Me tūpato te tangata kei noho tonu, kei whakaaroaro tonu ki te wehi, ki te kore angitu, ki te mate, ki te kuware, kei puta mai ēnei whakaaro kino pērā i ngā taniwha i te pōuri o te mea ngaro, ā, kei puta mai he raruraru nui e uaua ana ki te whakatau,

**ki te whakahaere rānei. Kāore he mea e puta mai i
ngā whakaaro kino engari ko te kino ki te tangata; nō
reira, me whakakapi ki ngā whakaaro pai mēnā e
hiahia ana te tangata ki te pai mōna ake me ētahi atu.**

**Ina mōhio tātou ko ngā pūkenga e hiahiatia ana e
tātou hei whakaaro, hei kōrero, hei kare ā-roto, hei
mahi rānei, i ahu mai katoa i te Atua, ā, kei a tātou
tonu ia, e whakaaweawe ana, e ārahi ana i a tātou, ka
watea tonu tātou i te raruraru.**

**I te kitenga i tēnei ka puta mai ngā hihi o te hari
pono, ā, i ētahi wā ka rumakina te tangata ki te
māramatanga hohonu e whakakore tonu ana i ngā
whakaaro o te wehi.**

**Ko ia kupu, pai, kino rānei, ka waiho i ōna wiri—
ōna tohu—ki roto i te tinana, i te roro, me te kaha ora
o te whakaaro i roto i te ahua o ngā hiahia me ngā
wawata. Nō reira, ko ngā wiri o ngā kōrero katoa ka
waiho i ngā au pai, i ngā au kino rānei ki roto i te
hinengaro. Ko te tangata kua wetekina i a ia anō i ngā
kare ā-roto ki te whakapohehe i te pono ka whakatū i
roto i a ia anō he kaha nui, kia kore ai rātou e
whakaatu teka, ā, ka pono ā rātou kupu katoa.**

**E te Ariki, homai he kaha ki ahau kia whakamahia
ai tōku reo hei mahi i te pono mā te kōrero i ngā kupu
reka, whai hua, whakahauora hoki.**

**Whakatangihia ō rangi waiata ora tonu ki te
putorino o tōku ao, kia manaakitia ai ahau e ngā wiri
o ō rangi tapu.**

**E te aroha o te ao tūroa
Ka kite ahau i tō mata e tiaho ana i roto i ngā
kohatu kanapa**

**Ā, i kite ahau i tō whero i roto i ngā rau rōhi
Ā, ka rongo ahau i tō reo i roto i ngā manu e tangi
ana, ā, ka tino harikoa ahau
Ā, e moemoeā ana ahau ka tūtaki ahau ki a koe i
roto i ngā ngākau katoa
Kua taupokina ahau e te harikoa
Whakaahuatanga neke atu i te**

Te herekore i te wehi

Kaiwhakaako Paramhansa Yogananda

**He pūngao, he wiri rānei ngā mea katoa o te ao
whānui. He kaha ake te wiri o te kōrero i te wiri o te
whakaaro. Ka rere ngā whakaaro o te tangata katoa i
roto i te etere. Nā te mea he teitei te taumata wiri o
ngā whakaaro, kāore anō kia whakakitea. Waimarie,
kāore tātou e mōhio ki ngā whakaaro o te katoa!**

**Mā te pēhi, te huri rānei i ngā pātene reo irirangi
(me ētahi atu huarahi i ēnei rā), ka taea e koe te
whakarongo ki ngā rangi me ngā oro rerekē. Me i kore
te mōhiotanga ā-roto i roto i ngā paparanga o te etere
e haere ana ngā ngaru reo irirangi ki tō kaiwhiwhi,
kua rongo koe i ngā oro katoa i te wā kotahi.**

**I hangaia e te Atua te etere, ā, i whakaaweawe i
te hinengaro tangata ki te hanga huarahi hei tuku me
te whiwhi i ngā wiri mā roto i tēnei reo. Ka
whakawhirinaki ngā ngaru reo irirangi ki te etere mō
tō rātou horapa, ā, ka whakawhirinaki hoki ki te hiko
mō te tuku me te whiwhi. Ko ēnei ngaru reo irirangi
wiri he whakaaro e tukuna ana mā te wāhi ki tētahi
kaiwhiwhi haruru.**

**Ina tata koe ki tētahi e arohaina ana, ka rongo
koe i ō rātou whakaaro, engari kāore pea koe e taea
te rongo i ngā whakaaro o tētahi atu i tawhiti mēnā**

kāore koe i te tino matatau ki te kite i ngā āhuatanga o te pūoro. Ko te hunga e whakamahi tonu ana i ngā tikanga arotahi me te whakaaroaro ka rongo i te marino nui, ā, ka pai ake te āhua o ō rātou whakaaro nā tēnei mahi, ka taea ai e rātou te rongo i ngā whakaaro me ngā whāinga o ētahi atu ahakoa mai i tawhiti!

He tāngata tuku me te kaiwhiwhi tātou katoa: ka whiwhi koe i ngā whakaaro o ētahi atu mā roto i tō ngākau, te pokapū o ngā kare ā-roto, ā, ka tuku koe i ō ake whakaaro mā roto i tō kanohi wairua, te pokapū o te arotahi me te hiahia. Kei roto i te roro tō pūihi, te pokapū o te mōhiotanga teitei ake, te māramatanga ā-hinengaro. Whakaarohia kei tawhiti koe i te kāinga, ā, e hiahia ana koe ki te mōhio ki ngā mea e tupu ana i reira. Mena he tino marino ō kare ā-roto, ā, he marino tō hinengaro, ka taea e koe te rongo i ngā kare ā-roto me ngā whakaaro o tō whānau i te kāinga. Ina he kaha nui tōu ki te arotahi, ka taea e ō whakaaro te uru ki ngā wāhi katoa, ā, ka whakakīia ō kare ā-roto ki te kaha ora.

He whanaunga te tawhiti nā te mea ka pēhia te wāhi e te kaha. Ka heke te tawhiti me te whanaketanga o ngā hangarau whakawhitiwhiti kōrero. Whakaarohia kei te moe koe, ā, i moemoeā koe ki te rere ki tētahi atu whenua, kātahi ka eke tereina ki tētahi tāone nui, kātahi ka rere ki tētahi moutere, ka tū ki ētahi tauranga i te ara. Ka puta katoa ēnei mea i roto i ngā meneti torutoru i roto i te moemoeā nā te mea kāore he tawhiti i roto i te ao o te whakaaro.

He whakaaro te ao katoa me te wāhi, ā, kei reira te mana o te hinengaro. Ka taea e au te kati i ōku kanohi me te whakaaro ki ngā mea e mano maero te tawhiti. He mea hanga hinengaro noa iho te wāhi me

te wā. He aha te rerekētanga i waenga i te kawhe wera me te aihikirimi matao i roto i te moemoeā? Ina ara ake koe, ka kite koe he whakaaro noa iho te aihikirimi i roto i te ao moemoeā, ā, he whakaaro anō hoki te kawhe wera—he whakaaro rerekē noa iho ngā mea e rua. Kei te hinengaro te mana katoa me te mana mōhio ki ngā mea katoa. Ko te hinengaro e kōrero nei ahau ko te hinengaro o te Atua. Ā, pērā i a ia e noho ana i ngā wāhi katoa i roto i te whakaaro, pērā anō hoki tātou.

Ina ngana koe ki te whakarongo ki te reo irirangi, ka rongo koe i ētahi wā i te haruru e haere tahi ana me te pāho. Waihoki, ina ngana koe ki te whakatutuki i tētahi mea whai tikanga i roto i tō koiora, ka pāngia koe e tētahi atu momo pokanoa e ngana ana ki te aukati i tō ahunga whakamua, e whakararuraru ana hoki i a koe. Ko taua pokanoa he whanonga kino.

Ko te wehi tētahi atu momo whakararuraru e pā ana ki tō hinengaro. Pērā i ngā tikanga pai, kino rānei, ka taea e te wehi te hanga me te whakangaro. Hei tauira, ina kī te wahine, "Ka riri taku tāne mēnā ka haere ahau i tēnei pō, nō reira kāore au e haere," kei te hihirihia ia e te wehi hanga, hoa. He rerekētanga i waenga i te wehi hoa me te wehi matakū. Kei te kōrero ahau i konei mō te wehi hoa e āta tiaki ai te tangata kia kaua e whara kino i ētahi atu. Ka ārai te wehi matakū i te hiahia. Me rongo noa ngā mema o te whānau i te wehi hoa, ā, kaua e wehi ki te kōrero i te pono ki a rātou anō. He pai ake te mahi i runga i te kawenga, i te patunga tapu rānei i ngā hiahia whaiaro i roto i te mahi me te aroha ki tētahi atu i te mahi i runga i te wehi. Ahakoa ka karo te tangata i te takahi i ngā ture a te Atua, me mahi i runga i te aroha ki te Atua, kaua i te wehi i te whiu.

Ka puta te wehi i te ngākau. Ki te matakū koe mō tētahi mate, mō tētahi aituā rānei, me manawa hōhonu, me manawa pōturi, me te tere auau hoki i ētahi wā, me te whakangāwari i ia manawa. Mā tēnei ka āwhina i te rere o te toto kia hoki ki te āhua noa. Ki te tino marino tō ngākau, e kore rawa koe e matakū.

Ka ara ake te manukanuka i roto i te ngākau nā te mamae. Nō reira, ka kite tātou i te pūtake o te wehi i ngā wheako o mua. Tērā pea kua hinga te tangata, ā, kua whati tōna waewae i mua, nō reira ka matakū rātou kei hoki anō ki taua wheako. Mā te whakaaroaro tonu ki ēnei wheako mamae ka pararutiki te hiahia me ngā io, ka ara ake pea ki te hinganga anō me te whati o te waewae! Heoi anō, ina pararutiki te ngākau i te wehi, ka heke te kaha o te tinana ki tōna taumata iti rawa, ka taea ai e ngā iroriki mate te whakaeke me te whara i te tinana.

Kāore rawa he tangata kāore e wehi i te mate. I homai te wehi ki te tangata hei taputapu ārai hei karo i te mamae, kua e whakanuia, e nohoia tonutia rānei. Ko te aro tonu ki te wehi ka aukati i ā tātou mahi ki te karo i ngā uauatanga me te whakaoti rapanga e pā ana ki a tātou. Ko te wehi tupato e ahu mai ana i te whakaaro nui, pērā i te whakaaro, hei tauira, he kino te kai ahakoa te hiahia ki te kai. Ko te wehi o te mate te tohu o te mate. Ka pā mai te mate ki te tangata mā te whakaaro noa ki a ia. Mena kei te wehi tonu koe kei pāngia koe e te makariri, ka ngāwari ake koe ki te pāngia ahakoa te aha e mahia ana e koe hei karo. Kua e whakararuraru i tō hiahia me ō io ki te wehi. Ina piri te manukanuka ki a koe, ka āwhina koe ki te waihanga i te wheako e wehi ana koe. He mea kuware hoki te hono atu—nui rawa—ki te hunga e kōrero tonu ana mō ō rātou mate me ō rātou

ngoikore. Mā te arotahi ki ēnei mea ka āwhina i te whakatō i ngā purapura o te wehi ki roto i tō hinengaro. Ko te hunga e wehi ana i te mate kōhi, te mate pukupuku, te mate ngakau rānei, me whakakore atu tēnei wehi i roto i ō rātou whakaaro, kei pā mai ēnei āhuatanga kino ki a rātou anō. Mō te hunga mate me te hunga kaumātua, me whai taiao pai, tautoko hoki rātou, e karapotia ana e te hunga kaha, he pai ngā wairua, hei whakatenatena me te whakaara ake i a rātou ki te pai. ngā whakaaro me ngā kare ā-roto He mana nui tō te whakaaro Kāore i te maha ngā kaimahi hōhipera e pāngia e te mate nā te mea he whakapono ki a rātou anō; ina hoki, he whakaoraora ō rātou whakaaro kaha i a rātou, ā, he puna ora tonu hoki mō rātou.

Nā reira, he mea pai kia kaua e kōrerotia tō tau ki ētahi atu i a koe e pakeke haere ana. Ina kite koe i tō tau e whakaatahia ana i roto i tō āhua, ā, ka honoa e rātou ki te ngoikore o te hauora me te ora. Ka puta te manukanuka i te whakaaro o te koroheketanga, ā, ka tangohia te ora me te kaha o te tangata. Nō reira, me huna tō tau ki a koe anō. Me whakamahara tātou ki a tātou anō he tangata ora tonu tātou, he hauora pai tā tātou, ā, ki tonu te ao i te pai.

Nō reira, me tūpato te tangata i te wehi. Me mahi ngā mahi ārai mate, me whakapau kaha hoki ki te whakakore i ngā pūtake o te mate, me te wete i te wehi. He nui rawa ngā huakita i ngā wāhi katoa, ā, ki te matakū te tangata i a rātou, e kore e taea e rātou te pārekareka ki te ora. Ahakoa ngā mahi tiaki hauora katoa e tika ana, ki te taea e te tangata te tiro tiro i tōna kāinga i raro i te karuārai, ka ngaro tōna hiahia ki te kai.

Ahakoa he aha tāu e wehi ai, tahuri ke atu ō whakaaro i aua mea. Waiho ki te Atua, kia

whakakahangia tō whakawhirinaki ki a ia. He maha ngā mamae e puta mai ana i te manukanuka. He aha koe ka mamae ai i te mea kāore anō kia pā mai te mate? Nā te mea ko te nuinga o ngā mate o te tangata i ahu mai i te wehi, mā te tuku i te wehi ka whakaora tonu i a rātou, ā, ka ora tonu. I ia pō, i mua i tō moe, me kī atu ki a koe anō: "Kei ahau te Atua, ā, ko te tangata kei a ia te Atua, kāore he mea e wehi ai ia." Katia tō hinengaro ki te Wairua o te Atua me ōna kaha o te ao, me te whakapono ka patua tetahi iroriki e whakaeke ana i a koe. Mā te whakahua anō i "E te Atua, te Kaha Rawa" me "E te Ariki, te Āwhina" me te tino māia ka tiaki i a koe, ka whakakaha i a koe, ka whakamarie i a koe, ka hauora hoki koe. Ki te noho tahi koe me te Atua, ka rere mai tana pono ki roto i a koe, ā, ka mōhio koe kei roto i tōu ngākau, he wairua koe kāore i pāngia e te uauatanga me te piraukore.

Ina matakū koe, whakatakotoria tō ringaringa ki tō ngākau, ka mirimiri mai i te mauī ki te matau, me te kī: "E te Ariki, tangohia atu tēnei wehi i ahau, ā, whakawāteatia tōku hinengaro me ōku whakaaro i ngā mea whakararuraru katoa." Pērā i ngā huarahi hei whakakore i te pokanoa reo irirangi, waihoki, ki te mirimiri tonu koe i tō ngākau mai i te mauī ki te matau, ā, ki te arotahi tonu koe ki te whakaaro ki te whakakore i te wehi i tō ngākau, ka ngaro te wehi i te āwhina a te Atua, ā, ka rongo koe i te hari atua e whakakī ana i tō tinana katoa.

Kei te tangata tonu te wehi, ā, ka taea te whakakore atu mā te whakaaro ki te Atua me te rongo i Tōna aroaro.

Whakawhirinaki ki te Atua, kia pono hoki i ngā mea katoa e mahia ana e koe He tokomaha ngā kaitārite; kaua e tāpirihia tō ingoa ki tā rātou rārangi roa Whakaakona āu mahi, ā, mahia i roto i te huarahi

ahurei kāore anō kia mahia e tetahi i mua He tuwhera te mara mō te auahatanga mena he pono te hiahia, ā, kei reira te hiahia Ka whakautu te taiao katoa ki a koe ina noho tahi koe me te Atua

He maha ngā wā ka aro nui te tangata ki a rātou anō, engari me whakaaro tātou ki ētahi atu, me te āwhina i a rātou ki te pai o tō tātou kaha, me te hiahia kia ora rātou pērā i a tātou anō. Ina mahi tātou i tēnei me te ngākau nui me te ngākau pono, ka whānui ake te porowhita aroha, ā, ka hohonu ake, ka kaha ake ngā here o te aroha i waenganui i a tātou me ētahi atu.

I roto i tētahi taiao e 1,000 te taupori, mēnā ka noho ngākau māhaki te katoa, ka 999 ngā hoa o ia tangata. Engari, mēnā ka noho te katoa i roto i taua taiao hei hoariri ki ētahi atu, ka 999 ngā hoariri o ia tangata.

Ko te wikitoria i ngā ngākau o te tangata ki te mana o te aroha te wikitoria nui rawa atu ka taea e te tangata te whakatutuki i te ao. Me whai tonu ki te whakaaro ki te pai o ētahi atu, ā, ka kitea e koe te ao katoa i raro i ō waewae. Koinei te whakatutukitanga tino whakamiharo o te hunga nunui i ora, i mate hoki mō ētahi atu. Ko te hunga whai mana nui e ora ana mō rātou anake ka hohoro te huna e te warewaretanga. Engari ko te hunga e ora ana mō ētahi atu ka maumahara tonutia. Kāore i a ngā poropiti ngā torona koura i a rātou e noho ana i te ao, engari e noho ana rātou i runga i te torona o te aroha i roto i ngā ngākau o te miriona. Koinei te torona pai rawa atu ka taea e te tangata te noho.

Ka tae mai te tangata ki tēnei ao me te tangi, i te wā e koa ana te katoa ki tōna taenga mai. Me mahi, me mahi hoki i roto i te wā kua whakaritea mō tōna

oranga, kia tae ai ki te wā e wehe atu ai ia i tēnei ao, ka menemene ia, ā, ka tangi te ao ki a ia.

I hangaia e te Atua tēnei ao kia taea ai e te tangata te whakamahi i tōna hinengaro ki te whiwhi i te mātauranga wairua, kia mārama ai hoki ki te atua. He mana nui te whakaaro, ā, me whakamahi tēnei mana i te huarahi tika hei painga mōna ake, mō ētahi atu hoki.

Me i kore te Atua i homai te aroha ki a tātou mā te whakatō i tōna aroha ki roto i ō tātou ngākau, kua kore rawa tātou e mōhio ki te aroha tangata. Nā te mea he nui te atawhai me te aroha o te Atua ki a tātou, ko ia te kaupapa me te whāinga o tā tātou rapu. Kāore ia e hiahia kia pēhia tātou e ia, engari kāore he harikoa e taea te whakatutuki me te kore e whakaaro ki a ia, e hono atu ki a ia.

Te ara ngaro o te mahi a te tinana me te hinengaro, kua wehea tātou e te Atua i ngā mea hanga katoa

Ko ngā mea whakamiharo me ngā merekara katoa o te ao me waiho hei whakatenatena i a tātou ki te rapu, ki te kitea hoki.

Ko te tangata e whakamātau ana i tēnei me te ngākau pono, ka angitu ia i tana mahi, ā, ka tutuki i a ia tana whāinga.

I taku tīmatanga i tēnei ara, i te tīmatanga he pōrearea, he koretake hoki tōku ao, engari nā roto i ngā nganatanga maha me te whakapau kaha tonu, ka tīmata te memeha haere o ngā kapua, ā, ka mārama ngā mea i roto i tētahi huarahi whakamiharo. Ko ngā mea katoa i pa ki ahau he tohu kore e taea te whakahē mō te noho o te Atua me te āheinga ki te hono atu me te mōhio ki a ia i tēnei ao. Āe, te marino, te rangimārie o te hinengaro, me te marino o roto e pā ana ki te tangata rapu i te kitenga i te Atua! Kātahi

ka mārāma te ao, ka menemene, ka tika ngā mea katoa, ā, kāore he mea e taea te whakatō wehi ki roto i te ngākau.

Koinei te huarahi e anga atu ai tātou ki ngā wero, me te whawhai i te pakanga o te ao me te maia me te māia e tika ana mō ngā tamariki o te ora me te māramatanga.

Te kimi i ngā taonga

Kaiako: Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

He mana kei roto i te ao whānui e kaha ana ki te hura i ngā maina o te taonga me ngā rawa, me te hura i ngā taonga kāore i whakaarohia i mua, kāore hoki i moemoeātia e tātou i mua?

He mana kei roto i te ao whānui e taea ai e tātou te tahuri atu, te whakawhirinaki atu hoki ki a ia hei rapu i te hauora, i te harikoa, me te māramatanga wairua?

E whakaū ana ngā kaiako mārāma i te noho o tēnei mana, ā, kua whakaaturia e rātou te whai huatanga o ngā ture me ngā mātāpono o te pono ka whai hua mō te tangata mēnā ka whakamatautauria rātou me te hinengaro tuwhera.

Ko te angitu i te ao whānui, ehara i te mea ko te whakangungu me te whai mana ki a ia anō anake te mea e whakawhirinaki ana, engari ko te whakatau hoki ki te whakamahi pai i ngā whai wāhitanga e wātea ana.

Kāore ngā whai wāhitanga o te ao e puta noa mai i te tūpono; he mea hanga, he mea whakatupu. Kua waihangahia e te tangata ngā whai wāhitanga katoa kua wātea ki a rātou, ā, e wātea ana ki a rātou (ahakoa i tēnei ao, i ngā wā o mua rānei, tae atu ki ngā oranga o mua, ngā whakawhānaungatanga rānei). Nā te mea kua waihangahia e

rātou ēnei whai wāhitanga, me whakamahi me te whai hua mai i aua whai wāhitanga ki te tino taumata me te huarahi pai rawa atu.

Ki te whakamahia e tātou ngā tikanga me ngā rauemi o waho katoa e wātea ana, me ō tātou pūkenga taiao, hei wikitoria i ngā arai katoa e tū mai ana i tō tātou ara, ka whakatipu tātou i ngā mana kua homai e te Atua ki a tātou: aua mana mutunga kore e pupū ake ana i te hohonutanga o tō tātou wairua. E rua ā tātou mana nui: te mana o te hinengaro me te mana o te hiahia, ā, me whakamahi e tātou ēnei taonga tapu e rua ki tō rātou taumata teitei.

Ko te angitu, te hinga rānei o te tangata, kei te āhua me te tauira o ō rātou whakaaro noa. Ko tēhea te mea kaha ake i roto i te oranga o te tangata: ngā whakaaro angitu, ngā whakaaro hinga rānei? Mena he whakaaro kino te nuinga o te wā, kāore e ranea ngā whakaaro pai i ētahi wā hei kukume i te angitu. Engari ki te whakaaro pono te tangata, ka kitea e rātou te mea e rapuhia ana e rātou, ā, ka tutuki i a rātou tā rātou whāinga, ahakoa e pōuri ana rātou.

Ko ia tangata te kawenga mōna ake. Kāore he tangata kē atu e whakahoki kupu, e utu rānei i tētahi kaute mōna i te Rā Whakamutunga.

Ko tā tātou mahi i te ao nei, te wāhi i whakanohoia ai tātou e ā tātou mahi o mua, he mea kāore e taea e tētahi atu te whakatutuki, ā, ka kiia he angitu tā tātou mahi ina whai hua ki ō tātou hoa tangata i tētahi ara.

Kaua e whakaarohia he raruraru, kaua hoki e whakaaroarohia tonutia. Tukua kia okioki ngā mea mō tētahi wā, ā, ka ea i a rātou anō. Heoi, kaua e noho roa te tangata e moe ana, e ngaro ai te kaha ki te mārama. Me whakamahi ngā wā okiokinga hei whakaaroaro hohonu, hei toro atu ki ngā pae tawhiti marino o te wairua.

Ina noho tahi koe me koe anō, ka taea e koe te whakaaro mārama ki ngā mea katoa e mahia ana e koe. Ahakoa ka marara noa atu ō whakaaro, ka taea e koe te kohikohi me te arotahi anō. Ka taea te whakatutuki i tēnei rangitahi tapu mā te whakapau kaha me te mahi.

Haunga te whakaaro pai, he mea nui te kaha o te ngākau, te mahi uaua, me te manawanui hei whakatutuki i te angitu. Ko ngā whakaaturanga me ngā āhuatanga katoa o waho he hua nō te kaha o te ngākau, engari he maha ngā wā kāore tēnei kaha e whakamahia ana i runga i te mōhio me te whakaaro nui.

He hiahia aunoa kei reira, pērā i te hiahia mōhio, ā, ko te kaha akiaki i muri i ngā mahi katoa ko te whakatau pumau, te kaha o te hiahia rānei, ki te kore tēnei, e kore e taea e te tangata te hikoi, te kōrero, te mahi, te whakaaro, te rongorongo rānei. Nō reira, ko te kaha o te hiahia te kaha akiaki i muri i ngā mahi katoa, ā, ki te kore e whakamahia tēnei mahi, ka kore e mahi, ka ngenge hoki, i te taha tinana me te taha hinengaro. Ka whakamahia e te tangata te kaha o te hiahia ki te neke i ō rātou ringa, ā, e kore e taea te ora me te kore e whakamahia tēnei mana.

Ko te kaha o te hiahia aunoa ko te whakamahinga kore mohio o te kaha o te hiahia. Ko te kaha o te hiahia mohio he pūngao ora e haere tahi ana me te whakatau me te kaha; he kaihanga mana e tika ana kia arahina me te whakaaro nui me te whakaaroaro. Ina whakangungu te tangata i a ia ano ki te whakamahi i te kaha o te hiahia mohio, whakaaro nui, kaua ki te kaha o te hiahia aunoa, kore mohio, me whakarite hoki kia whakamahia te kaha o te hiahia i roto i te huarahi whai hua me te whai hua, kaua mo nga kaupapa kino, kaua hoki ki te whiwhi mea koretake me te koretake.

Hei whakawhanake i te hiahia kaha, me whai whakaaro, me whakatau hoki te tangata ki te mahi i ngā mea i

whakaarohia i mua he mea kāore e taea. Tīmata ki ngā mahi māmā ake, ā, i te tipu haere o tō whakapono ki a koe anō, tō kaha, me tō wairua, ngana haere ki ngā mahi uaua ake, wero ake.

Tuatahi, me whakarite kia whakatakotoria he whāinga pai, rangatira hoki, ā, me whakapau kaha ki te whakatutuki i taua whāinga me ō rātou kaha katoa, me te kore rawa e tukua kia mutu, e whakaae rānei kia hinga, ahakoa ngā arai e tū mai ana.

Me whakamahi te tangata i tōna kaha katoa ki te whakaoti i tētahi mahi i taua wā tonu, kaua e moumou kaha, e waiho rānei i ngā mea kāore i oti i mua i te tīmatanga o tētahi haerenga hou.

Kia tau te rangimārie ki a koe

Me pēhea te pānui i ngā tikanga a ētahi atu tangata

Mā te ako i ngā tikanga matatika a ētahi atu ka mārama ake te tangata ki ngā mea ka taea te whakapai ake i tōna ake āhua. Heoi, ko te ako kino i ngā tikanga matatika he mea whakahē i te pono me te hinengaro, ā, he kino hoki ngā hua.

Ka karohia e te katoa ngā "pirihimana matatika ngaro" ko tā rātou anake he whakaatu me te whakakino i ētahi atu. He tokomaha o te hunga e pai ana ki te whakahē i ētahi atu, kāore e taea te aro ki te whakahē, ahakoa kei a rātou tonu ngā hapa me ngā ngoikoretanga e pouri ana rātou mō te kitenga i roto i ētahi atu, e ai ki ō rātou hinengaro "parakore".

He mea tino nui te ako i te āhua o te tangata mō tētahi take matua: me tirotiro tonu tātou i ngā āhuatanga pai o ētahi atu, me te whakatipu i aua

āhuatanga i roto i a tātou anō. Ka ako ahau i te āhua o te tangata ina mahi tahi ahau me ētahi tāngata. Engari i ahau mai taku kōwhiringa i tētahi tirohanga tino rerekē. I ētahi wā ka tukua e au tētahi tangata e mōhiotia ana e au he kino ki te noho tahi me ahau, me te tumanako ka whai hua rātou. Mena ka aro mai rātou ki taku arataki wairua hei pai mō rātou anō, ka huri rātou mō te pai ake; ki te kore, kua whakapau kaha ahau.

He rite ahau ki tētahi rata e tuku ana i a ia anō ki te mate hei āwhina i te tūrora. Ka tangohia e ngā rata katoa tēnei mōrearea nā te mea e hiahia ana rātou ki te mahi me te āwhina. Pērā anō hoki mō te rata wairua. Ka tangohia e ia te kawenga ki te tiro tiro i ētahi atu me te tohu i ō rātou ngoikoretanga me ō rātou mamae hei āwhina i a rātou ki te whakapai ake i ō rātou wairua.

I mea a Ihu, "Kaua e whakahāwea, kei whakahāweatia hoki koutou" (ā, i roto i te Quran ka pānuitia e tātou, "He pono, ko te whakapae he hara") He whakahē mārama tēnei i te whakahē i ahau mai i te whakaaro kino me te hiahia ki te whara i ētahi atu. He kino tēnei whanonga, ā, ka whakakino i te āhua o te whakahoahoa me te aroha i waenganui i te tangata. Kāore he hua o te whakahē ki te kore e tukuna me te aroha pono, ā, ina hiahia te tangata kē atu. Me hoatu noa me te whakaaro ki te āwhina i taua tangata. Ko te hunga kua ako i te whakahaere i a rātou anō he tika ki te āwhina i ētahi atu. Mai i tēnei tirohanga, he whai hua, he whai tikanga hoki te ako i ngā tikanga matatika.

Ko tētahi peka o te ako i te āhua o te tangata e ahau mai ana i te āhua o te tinana. E kiia ana ko ngā āhuatanga katoa o te tangata e kitea mārama ana i roto i tōna tinana. Kāore e taea te whakawhanui i

tēnei kōrero nā te mea kāore ngā āhuatanga tinana katoa, ngā whakaaturanga rānei, e tohu tika ana i te oranga hinengaro.

I ako a Aristotle i te āhua o te tinana hei aratohu ki te mārama ki te āhua o te tangata. Ka haere hohonu atu ngā rangatira Inia. E ai ki a rātou, ko ngā ariā taketake o te oranga tangata ka whakakitea i roto i ngā kanohi. Ahakoa e whakakitea ana e ngā kanohi ngā mea ngaro o roto o te wairua—ehara i te mea o tēnei ao anake engari o ngā whakawhānaungatanga o mua—ko te hinengaro anake o te rangatira mārama ka taea te pānui me te tātari i ēnei māramatanga.

I ētahi wā, i a koe e hikoi ana i te rori, ka kite ohorere koe i tētahi mea i roto i ngā kanohi o tētahi tangata e haere ana, ā, ka mea koe ki a koe anō, "Kāore au i te pai ki taua tangata" "E pai ana ahau ki taua tangata," i runga i te āhuatanga.

Mā ngā kanohi e whakaatu te kōrero katoa. Ka kitea te matakū, te riri, te hae, te apo, te atawhai, te aroha, te maia, te wairuatanga, me ngā āhuatanga pai me ngā āhuatanga kino katoa i roto i ngā kanohi. Ka taea e ngā āpiha huna te whakahaere i ō rātou uaua kanohi kia kore ai e kitea ō rātou whakaaro. Engari kāore e taea e rātou te huna, te tango rānei i te whakapae mai i ō rātou kanohi (koia te take e mau ai ētahi i ngā mōhiti pouri!). Heoi, kei te noho puku ngā kanohi o te yogi nā te mea kei te whakaaroaro ia ki te wairua atua marino, marino.

Kua rangahaua ngā āhuatanga katoa o te kanohi me te tinana. Kua tātarihia hoki ngā puku nui o te mahunga. Engari kāore te āhua o te tinana e whakaatu i te katoa o te kōrero, ā, he rerekē ngā whakatau a ngā ahurea rerekē mai i ā rātou kitenga me ā rātou rangahau. E kī ana ētahi ko te hunga

momona rawa he hunga rapu i te ngahau, ā, kāore e pai ki te mahi, ko te hunga kikokore he hunga wairua ake.

I tūpato a Caesar ki a Cassius, i kitea e ia he tūmomo mōrearea ki tōna mana. I whakapae ētahi kaituhi he nui rawa ngā whakaaro o te hunga kikokore, koia te take kāore i te kiko. Heoi, e whakaatu ana te hītori he rangatira pai te hunga kikokore me te hunga momona.

Mena kei te taumaha tonu koe ināianei, kua maha ngā wā kua taumaha rawa koe i mua (i ngā whakawhānaungatanga o mua). Mena rānei kei te hiroki tonu koe, kua pērā anō koe i ngā whakawhānaungatanga o mua. Kua riro mai i a koe te hiahia (kia taumaha rawa, kia hiroki rānei) mai i mua. Ahakoa te aha e kai ana koe, ka noho tonu taua whakaaro hei mana, ā, ka kaha ake te whakaatu i a ia anō.

He pūtaiao pono te āhua o te tinana, he pūtaiao e aro ana ki te whakamārama i te āhua o te tangata, mēnā ka whakaarohia ko ngā whakaaro katoa kua puta i roto i te hinengaro o te tangata puta noa i ō rātou momo tinana maha ka kitea i roto i ō rātou tinana. Heoi, me mārama te hinengaro o tētahi kaiako wairua mārama ki te kite tika i ngā āhuatanga o te āhua o te tinana i roto i taua tangata.

Hei tauira, he tino kino rawa a Hōkerete. I tētahi wā i tūtaki ai ia ki tētahi tohunga whetū rongonui, ā, i mea atu ia ki a ia: "E Hōkerete, ko koe te tangata tino kino rawa atu, te tangata tino kino rawa atu kua kite ahau." I tino riri ngā ākonga a Hōkerete ki te tohunga whetū, engari i whakahoki tā rātou kaiako: "He tika tāu, i pērā katoa ahau i mua, engari ahakoa kua hinga i ahau aua āhuatanga kino me te whakaaro nui, kei te

mau tonu ngā mea i mahia e au ki tēnei tinana, ā, he āhua whakarihariha."

(He rite tēnei ki te putanga mai o tētahi o ngā kaituhi Arapi rongonui o ngā tau katoa: ko Abu Bahr al-Jahiz, i kīia mōna :)

Ahakoia ka hurihia te poaka mō te wā tuarua, ka iti iho tōna kino i tō Al-Jahiz.

He tangata e mahi ana hei whakakapi mō te reinga; ko ia te puehu i ngā kokonga katoa (tirohia)

Kāore he kanohi e tino ōrite ana. He rerekē ia kanohi nā ngā āhuatanga me ngā āhuatanga kua puta i tēnei ao me ngā ao o mua. Ehara i te mea he whakatau noa i te tangata he pai, he kino rānei i runga i tō rātou āhua o nāianei, ahakoia he pai, he kino rānei. Kāore a Hato Francis o Assisi i te ātaahua tinana, ko tana akonga, ko te tuakana, ko te tuakana, ko Makeronia, he tangata ātaahua. Engari kāore a Makeronia i te ataahua wairua nui i a Hato Francis.

Ko tētahi atu peka rangahau e pā ana ki te āhua o te tinana ko te pathognomy: te whakamārama i ngā kare ā-roto o te tangata, te huarahi rānei e whakaatu ai rātou i ō rātou kare ā-roto mā roto i ngā nekehanga, ngā āhua o te kanohi, me ngā nekehanga tinana, me te ako i ā rātou tauhohenga ki ētahi huihuinga.

Ko ngā kare ā-roto me ngā whanonga e tohu ana i ngā āhuatanga whaiaro o te tangata, engari ko te nuinga o te tangata kua whanake i te kaha ki te huna i ō rātou kare ā-roto pono nā te mea kāore rātou e hiahia ki te whakaatu i a rātou anō ki ētahi atu.

I rongo ngā tāne tokorua i te rongo kua toremi ā rāua wāhine. I whakaatu tētahi i te pouri nui, i noho puku tētahi. Heoi, ko te mea i whakaatu i te pouri i waho, he iti ake te aroha ki tana wahine i te tāne, kāore nei i whakaatu i te pouri i roto i ōna āhua

kanohi. Nō reira, he kaupapa ako hohonu rawa te pathogenesis—te māramatanga ki ngā kare ā-roto me ngā tauhohenga pono.

Ka taea te tātari i te tangata kia tika ake, kia pono ake hoki i runga i ō rātou kare ā-roto me te āhua tinana. Ka whakakotahihia e au ngā tikanga e rua mō te tātaringa tino tika, pono hoki. Ko te hunga katoa e haere mai ana ki ahau mō te whakangungu ka whakanohoia ki ngā āhuatanga motuhake kia kite ai i te urupare a ō rātou hinengaro me ō rātou kare ā-roto. Ki te kore rātou e whakautu kino, ka ngana ahau ki te whakatika i a rātou. Engari ka mahia noa e au tēnei mēnā ka tono mai te tangata i aku tohutohu, ā, ka homai he mana me te whakaaetanga ki ahau ki te ārahi i a rātou.

Ka uru atu ētahi tāngata ki roto i ngā kare ā-roto mō tētahi take iti noa iho, he tino kare ā-roto ngā kaiwaiata o te Hauāuru, ā, he nui ngā waiata o te Hauāuru he kare ā-roto nā te mea e aro ana ki ngā kōrero mō te aroha tangata. I Īnia, ko te puoro e aro ana ki te ariā o te Atua, ā, koinei te mea ngaro o tōna kaha ki te whakamarie i ngā awha o te kare ā-roto me te kawē mai i te rangimārie wairua hohonu. Ehara i te mea he kare ā-roto ngā kaiwaiata katoa o te Hauāuru, he wairua rānei ngā kaiwaiata katoa o Īnia, ahakoa he āhua wairua pea rātou. Ko te tikanga o te kupu Sanskrit mō te kaiwaiata ko te "kaiwhakamoemiti i te Atua".

Ina mahi tahi koe me te hunga kare ā-roto, kāore e taea e koe te whakawhirinaki ki a rātou, te whakawhirinaki rānei ki tō rātou pumau. I tēnei rā kei a koe rātou, ā, āpōpō ka whakarērea koe e rātou, ka tahuri rānei ki a koe. Kua kite ahau i te iwi e haere mai ana ki te whare karakia, ā, i roto i ētahi rā torutoru ka ngana ki te whakatenatena i a koe mō tō

rātou aroha nui, engari i muri i tētahi wā poto kua riro rātou, ā, kāore koe e kite anō i a rātou.

Kāore he mea e mamae ake ana i ahau i te motuhanga o te whakahoahoa me te takahi i tōna tapu. Ina hoatu e au taku whakahoahoa ki tētahi, e kore rawa ahau e tango mai.

He māmā noa te wehewehe i waenga i te momo tangata ā-ringa me te momo tangata whakaaro. Ko te tuatahi e hiahia ana ki te mahi, ko te tuarua e hiahia ana ki te whakaaro me te whakaaroaro. E hiahiatia ana ngā mea e rua. Ko te momo tangata ā-ringa e hiahia ana ki te mahi tonu, nō reira me whai tangata hei ārahi i a rātou ki te whakawhiti i ō rātou kaha ki ngā mahi whakarei wairua. Hei āwhina i ngā momo e rua kia tutuki he taurite, ka tohutohu ahau i te momo tangata ā-ringa kia nui ake te whakaaroaro me te whakaaro, ā, ka tohutohu ahau i te momo tangata whakaaro kia nui ake te whakaaroaro me te mahi.

Me tino tupato te hunga e pāngia ana e ngā āhuatanga kino pēnei i te kai nui, te momi hikareti, me te inu waipiro, nā te mea ko te aukati i a rātou kei tutuki ā rātou hiahia ka puta te riri. Ki te tangohia e koe te kai a te tangata kakai, ka riri ia. He maumau te ngana ki te āwhina i ēnei pononga kia hoki ki ō rātou whakaaro mēnā kāore rātou e whakaatu i te hiahia pono ki te whakapai ake.

Ko te hunga whai taurite hinengaro ka mōhio ki te Atua, te Ariki o te Ao Whānui e noho ana i runga i te torona o te taurite hinengaro. Ā, mā roto i tēnei taurite, ka whiwhi te tangata i te rangimārie tino pai.

E ai ki te rapunga whakaaro o Īnia, e toru ngā āhuatanga matua o ia tangata:

Satwa: He āhuatanga tēnei o te hunga wairua e kai ana i ngā kai tika me te whakaaro nui, e

whakawhanake ana i ngā tikanga pai, e aroha ana ki te Atua.

Rajas: He āhuatanga tēnei o te hunga e kaha tonu ana, e mahi tonu ana tae noa ki te mate

Tamas: He āhuatanga tēnei o te hunga e whakakī ana i ō rātou oranga ki te totohe, te riri, te hae, te whai i ngā ahuareka o te tinana, te mangere, me te hanga raruraru me te ngangau i waenganui i te tangata.

Me hinga tetahi tikanga e ārai ana i te ahunga whakamua wairua, ā, me rangatira te kaiwhai i ōna whakaaro me āna mahi. He iti noa iho te hunga e tino mōhio ana ki te wāhi e takoto ana ō rātou pai.

Mā te whakamahi i te tikanga e whai ake nei, ka taea e koe te whakatau i tētahi tangata. E iwa tekau mā iwa ōrau o ngā tāngata katoa ka hinga i tēnei whakamātautau: tonoa tētahi ki te mahi i tētahi mea—mō rātou ake pai—ā, ka mahi rātou i te ritenga kē. He aha ai? Nā te mea kāore i a rātou te kaha ki te ātete i ō rātou hiahia. He hohonu te mau o ā rātou tikanga o te ao, ā, he kaha. He maha ngā wā, kāore te tangata e mahi i tāu e kī ana—ahakoa e mōhio ana rātou he pai mō rātou ake—hei whakaatu kāore e taea e koe te awe i a rātou. Ko te hunga e hiahia ana ki te whakapai ake i a rātou anō me hono atu ki te hunga e whakahaere ana i a rātou anō me te marino. Ngāna ki te hono atu ki te hunga whai mana wairua teitei, ā, ka nui ō hua. Ko te hunga ngoikore me hono atu ki te hunga kaha, tae atu ki te hunga kaha rawa atu! Ka kaha ake te kaiwhakataetae mā te whakataetae ki tētahi atu e kaha ake ana i a ia anō.

E mea ana ētahi he rite te mānukanuka o te wahine ki te ngeru, engari ka taea hoki e te tāne te rite te mānukanuka ki te pokiha. Ka kainga e te ngeru te manu kānari, kātahi ka noho mārire pērā i te yogi e

whakaaroaro ana, i te kaumātua rānei, e whakaari ana i te harakore i roto i taua mahi whakarihariha.

Ko ētahi tāngata e pai ana ki te whakangaro i te rangimārie me te harikoa o ētahi atu. Ko tā rātou whāinga he whakatoi, he whakararuraru, ā, ka rite rātou ki ngā wuruhi kaipahua, e kopikopiko ana i roto i te haporī e rapu ana i ngā tautohe me ngā pakanga, kāore e kitea he rangimārie tae noa ki te wā e whakararuraru ana rātou i te rangimārie, e hanga ana i tētahi āhuarangi pōrearea.

I whakaritea ētahi momo tāngata ki ngā hēi, e kōrerorero tonu ana. E kīia ana i hangaia tuatahitia te tangata, kātahi ka tangohia e te atua a Tuashtari te ngawari o te marama, te ngawari o te hekenga mai i te uma o te kūaka, te hou o ngā putiputi, me te kōrerorero a ngā hēi, ā, ka whakakotahi i ēnei hei hanga i te wahine. Kāore e taea te whakaahua i te harikoa o te tangata. Engari i muri i tētahi wā, ka haere ia ki a Tuashtari ka mea, "He mea ataahua! E mihi ana ahau ki a ia, engari he maha āna kōrero, ā, kua whakapōuri i tōku ao. Tēnā koa, e te ariki, tangohia ia e koe." I muri i ngā marama e rua, ka hoki te tangata ki a Tuashtari ka mea, "He tino pouri ahau. Tēnā whakahokia mai te wahine ki ahau." Kātahi, i muri i tētahi wā, ka hoki mai anō ia ka mea, "Tēnā tangohia ia i ahau." Engari i tēnei wā, ka whakahoki a Tuashtari, "Kāore au e pena! Me pupuri ia e koe!"

Aue! Kāore e taea e ia te noho tahi me ia, engari kāore hoki e taea e ia te ora me te kore ia!

Ka taea hoki e ngā wāhine te amuamu mō ngā tāne. Ki te kore ngā tāne me ngā wāhine e marama ki te āhua o tētahi ki tētahi, ka whakamamae tetahi i tētahi, kāore i te mōhio, ka wairangi hoki. He ōrite rātou ki ngā kanohi o te Atua. Kāore he tangata e whānau mai me te kore he wahine, kāore hoki he

wahine me te kore he tāne. Ko te kawenga o te tokorua he waihanga i te taurite i waenga i ō rāua āhua o waho me o roto. Ko te whakaaro nui te mea e ārahina ana ngā tāne i te kare ā-roto, ko ngā wāhine ia e ārahina ana e te kare ā-roto i te whakaaro nui. Me whai rāua kia taurite te whakaaro nui me te kare ā-roto kia noho hei tāngata tino pai, tino tika hoki.

Ko ētahi tāngata—kia murua e te Atua taku kōrero i tēnei—he rite tonu ā rātou whanonga ki te kaihe. Ahakoa te nui o tō rātou mamae me te roa o te wā i puta mai i ngā hua o te herekoretanga o te hiahia taikaha, ka tohe tonu rātou ki te whāngai i ā rātou tikanga kino. Te āhua nei he tino ngoikore ō rātou mahara. Ka wareware wawe rātou ki ngā hua mamae o ō rātou hiahia taikaha, ā, kāore he mea e akohia ana e rātou i ō rātou wheako. I tēnei āhuatanga, he rite rātou ki te kau, he kino atu rānei!

I roto i te taiao, ko ngā momo kararehe katoa e whakaatu ana i ngā kare ā-roto me ngā āhuatanga katoa. Engari kei roto i te tangata aua kare ā-roto katoa. Ka taea e te tangata te mahi pērā i te nakahi, i te wuruhi, i te pokiha, i te raiona rānei. Kei roto i a tātou te pūtake o te reinga, te puna rānei o te rangi. Me ako tātou ki te whakaatu i ngā āhuatanga anahera me ngā āhuatanga rangatira i roto i ō tātou whakaaro, kupu, me ngā mahi.

Ahakoa e taea ana te ako i te āhua o te tangata mā te tātari i ngā kanohi, ngā kare ā-roto, me ngā āhuatanga tinana, e ai ki tā mātou i whakamārama ai, ko te tikanga nui rawa atu, tino ataahua, me te tino tika ko te ako i te āhua o te tangata mā te tirohanga ā-roto, mā te kare ā-roto rānei. Ki te noho marino ō kare ā-roto me tō hinengaro, ka taea e koe te rongorongo i te āhua o ia tangata e tūtaki ana koe, e taunekeneke ana rānei ki a koe i tētahi ara, i tētahi ara rānei, ā, ka

mārama, ka pono hoki ō kare ā-roto, ā, kāore he tangata e taea te tinihanga, te whakapohehe rānei i a koe.

Ko tāku mahi he manaaki i ngā momo tāngata katoa kia whakangungua, kia āwhinahia hoki. Kāore i te tika te whakawhāiti i te pūmanawa o tētahi ki tētahi wāhi kotahi, me te tātari i a rātou mai i te tirohanga kotahi anake. Ahakoa ka huri taua tangata, ka noho tonu rānei, ka nui ake ngā kōrero a te māramatanga i te mātakitaki noa i ō rātou kanohi, i ō rātou kare ā-roto, i ō rātou āhua kanohi rānei, ahakoa te āhua o rātou. Ko te māramatanga te mana tātari nui rawa atu. Pērā i te whakaata o te whakaata i te mea e whakatakotoria ana ki mua i a ia, waihoki, ina riro i tō hinengaro te āhua o te whakaata, ka kite koe i ngā āhuatanga pono o ētahi atu e whakaatahia ana i roto i te whakaata o tō wairua.

Ki te mahi koe ki te āwhina i ētahi atu, ki te whakaaroaro, ki te noho marino, ka mārama, ka kore he paru o te āhua tūturu o te hunga katoa e haere mai ana ki a koe, e kōrero ana rānei ki a koe. Kia tau te rangimārie ki a koe.

Ngā pērara mai i te moana o te whakaaro nui o te ao whānui

Me whakatipu te marino o roto kia kore ai e pāngia e te
manukanuka

Ko te tangata mārire, ka mau tonu tōna taurite, ka noho rangimārie i roto i ngā āhuatanga katoa. Kāore hoki e tukua kia whakahaerehia rātou e ngā kare ā-roto, kia ārahi rānei i a
.rātou ki te whakatau he

Kāore ia e mamingatia e ngā kōrero putiputi, reka hoki a
ngā kaiwhai wāhitanga hei whiwhi i ngā painga kāore i te
.tika

Nā tōna marino tūturu, kāore ia e tinihangatia, e hē
rānei. Ina hoki, e whakakitea ana e tōna ngākau te āhua
tūturu o te hunga e mahi tahi ana ia me te whakaatu i ō
.rātou whakaaro me te tino tika
Kāore ia e whakapataritari i ngā kiko o tōna tinana ki te
.riri me te wehi, ka pā kino ēnei ki te rere o tōna toto
He mea kua whakamātauhia ko te waiū o te whaea e
whakaputaina ana e te whaea riri ka pā kino ki tana tamaiti.
He nui ngā taunakitanga e whakaatu ana ko ngā kare ā-roto
.kaha ka kino, ka whakangaro hoki i te tinana
He ataahua te taurite, ā, me waiho hei tūāpapa mō ō
tātou kare ā-roto, whakaaro, me mahi, me te pou e huri
.haere ai ō tātou oranga

* * *

Nā te mea ko te hinengaro te roro, ngā kare ā-roto, me
te tirohanga a ngā pūtau ora katoa, ka taea e ia te pupuri i
te tinana tangata kia ora, kia mataara, kia ngoikore rānei,
.kia pouri hoki
Ko te whakaaro nui te kingi, ā, ko ngā tāngata pūtau
katoa e whanonga ana i runga i te wairua o te rangatira e
.noho rangatira ana
Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

Ko ngā mate urutā, ngā aituā, me ngā huringa tutu e
puta ana i te taiao, e kawē mai ana i te whakangaromanga,
te whakangaromanga, me te whara nui, ehara i te "ture a te
"Atua

Nā ngā whakaaro me ngā mahi a te tangata ēnei aituā. I
ngā wāhi katoa e whakararuraruhia ai te taurite wiri o te ao i
waenganui i te pai me te kino e te kohikohinga o ngā ngaru
kino me ngā wiri nā ngā whakaaro kino me ngā mahi hē a te
tangata, ka puta te pōrearea, ā, ka horapa te
.whakangaromanga

Ka pāngia tonu te ao e ngā pakanga, ngā aituā, me ngā
aituā tae noa ki te wā e whakatika ai te tangata i ōna
whakaaro me āna mahi hē. Kāore ngā pakanga e puta mai
ana i te ture a te Atua, engari nā te hiahia nui ki ngā taonga
e horapa ana. Mēnā ka whakakorea e te tangata te hiahia
nui ki te takitahi, ki te ahumahi, ki te tōrangapū, ki te wairua,
.me te motu, ka mutu ngā pakanga
Ina noho te wairua rauemi ki te hinengaro o te tangata,
ā, ka whakahaere i te whakaaro, ka tukuna e ia te hihi kino
mārama. Ko te kaha kohikohi o ēnei wiri kino ka tino kino te
taurite hiko o te taiao, ka puta he rū whenua, he waipuke,
.me ētahi atu āhuatanga kino
Ehara i te Atua te kawenga mōna. Me whakahaere ngā
whakaaro o te tangata i mua i te taea o te whakahaere i te
.taiao

* * *

He taonga utu nui ngā whakaaro me ngā kupu wairua e
whiti ana i te whakaaro nui mutunga kore me te aroha atua
Ko ia whakaaturanga kua oti te whakapai o te wairua he
rite ki te kōhatu a te tohunga whakaaro e huri ana i te
konganuku iti o te hinengaro noa ki te koura o te tata ki te
.Atua me te rongo o Tōna aroaro
Kua tae te wā kia whakaarahia e te tangata tōna
hinengaro mai i te moe o te warewaretanga ki te ara ake o
te wairua
E te Ariki, kia ara ake tō mātou māramatanga mai i te
hohonutanga o te kuware me ngā whakaaro whaiti, ki ngā
pae tawhiti o te rangimārie, te māramatanga, te aroha, me
.te atawhai tangata whānui

* * *

:Hei whakatutuki i te angitu
Tuatahi, tautuhia tō whāinga, ā, inoi ki te Atua kia
whakaaweawe i a koe ki te whai i te ara tika hei whakatutuki
i taua whāinga, ā, whakaarohia

Kātahi ka mahi kia rite ki ngā aratohu ā-roto i riro i a
.koe, ā, ka tutuki i a koe tō whaingā
Ina marino te hinengaro, ka mārama ake, ka maeneene
ake ngā mea, ā, ka tere ake te whakatutuki i te angitu nā te
mea ka taea te whakamātau i te mahi a te kaha o te ao mā
.te whakamahi i te ture tika

* * *

Me whakamahi i te ngākau māhaki me te whakaaro nui
ina mahi tahi me te tangata. Ehara tēnei i te tinihanga,
.engari he whakaute i ngā kare ā-roto o ētahi atu
Ehara te tangata i te kōhatu, engari he mea whakaaro,
he mea mātau, ā, kua te tangata e whakaarohia me te mea
.he kōhatu kore ora

Ko te tangata e aro nui ana ki ngā mahi a ētahi atu, ka
waiho hei pūtake o ngā raruraru

Ki te pai te hua o tāu e mea nei kia kōrerotia, ā, ki te
whakaae mai te tangata ki a ia, me kōrero tonu. Heoi, i ētahi
wā, kāore te tangata e mea nei kia kōrerotia e koe e hiahia
ana ki te whakarongo ki a ia, ā, ka mahi i te ritenga kē atu i
.tāu e hiahia ana kia mahia e ia

Ina taea e te tangata te noho tahi me ētahi atu, ka rite
ia ki te rōhi kakara reka

Ina haere koe i te taha o te mārā rōhi, ka hongī koe i te
kakara o ngā rōhi, o te hāmāna, o te kātene rānei, ā, ka mea

"!koe, "Āe! He tino ataahua ēnei kakara

Waihoki ko ngā wairua pai, ina tomo koe ki tō rātou ao,
ka taupokina koe e te kakara o ō rātou oranga. He kakara e
whakaara ake ana i te wairua, e whakaara ake ana hoki i
.tōna taumata mōhiotanga

Ki te haere koe i te taha o tētahi haunga kino, e kore
koe e hiahia ki te noho ki taua wāhi

Ki te tūtaki koe ki tētahi tangata pukuriri, he tangata
totohe, he tangata pukuriri, he tangata totohe, kāore koe e
hiahia ki te noho ki a ia nā te haunga kino e puta mai ana i a
.ia

* * *

Ko te nuinga o te iwi kāore e ngana ana ki te mārama ki
te ao

He oranga mīhini tō rātou, kāore he take, ā, ka wehe atu
i tēnei ao me te kore mōhio ina mutu tō rātou oranga
.whenua

Kaua tātou e noho pēnei, pērā i ngā mīhini e mahi aunoa
ana, engari me kimi e tātou te kaupapa, me whakatutuki
.hoki i te whāinga o te ao

Me uaua te hunga taitamariki me te hunga kaumātua ki
te ora. He tokomaha e whakamārama ana i a rātou anō mō
te kore rapu i ngā pono mutunga kore, e mea ana, "Kāore e
taea e tātou te whakataurite i ā tātou mahi ki aua wawata."

Heoi, kāore he uaua ki a rātou te kai me te whakaaro ki ā
.rātou mahi o ia rā

I muri i te tātaritanga, ka kitea e tātou e toru ngā
āhuatanga o te āhua o ia tangata: te tinana, te hinengaro,
me te wairua. Ka whakapau kaha te tangata ki te rapu i ngā
mea e tika ana mō te oranga, kāore he mea kē atu, engari
ko te oranga o te tangata kei roto i te whakatutuki i ōna
.hiahia hinengaro me te wairua

Nō reira, me whakangawari tātou i ō tātou oranga, me
noho harikoa, me noho rangimārie, me noho marino, me
tātari, me whakaiti i ō tātou hiahia, me te mōhio ki te
huarahi tika me te tika hei whakatutuki i aua hiahia me te
kore e hanga ake i ngā hiahia koretake, nā te mea he maha
.ngā hiahia ka hua ake he maha ngā raruraru

* * *

Kei roto i ngā ana o te hinengaro ngā mekameka
herekore me ngā kī ki te herekoretanga

* * *

E te Ariki, ka tomo ahau ki te pararaiha o tōu aroaro me
.te ngākau kī tonu i te aroha, e ki tonu ana i te hiahia

Anei aku hiahia nui e whakatuwhera ana i ngā tatau o
tōku wairua, e whakakī ana i ahau ki te harikoa nui o te kite i
.tō māramatanga atua e tiaho ana
* * *

Ko te tikanga whānui, kāore au i te pai ki te tuku
whakahau, nā te mea ina tono koe ki tētahi kia kaua e mahi i
.tētahi mea, ka tohe tonu taua tangata kia mahia
Nō reira, ko tāku whakaaro me whakahau, me ārai rānei
te tangata i a ia anō. He reka te hua rāhui i te tīmatanga,
engari he kawa te reka i te mutunga. Nō reira, me tūpato te
tangata, kaua hoki e tukua tetahi kia tahae i tōna
.herekoretanga me tōna harikoa
* * *

E maumahara ana te Atua ki a tātou ahakoa kāore tātou
e maumahara ki a ia. Mēnā ka wareware ia ki te hanganga o
te ao, ahakoa mō tētahi wā poto noa iho, ka memeha
.katoatia ngā mea katoa i te ao
Ko wai atu i te Atua ka taea te pupuri i tēnei Ao kia rere i
te rangi? Ā, ko wai atu ka taea te whakatupu i ngā rākau, te
?puāwaitanga o ngā putiputi
Ae, ko te Atua te mea e patupatu ana i ō tātou ngākau,
ko ia te mea e keri ana i ā tātou kai, e whakahou ana i ō
tātou pūtau tinana i ia rā, i ia rā. Heoi, he tokoiti noa iho ngā
mea e mahara ana ki a ia, e whakawhetai ana ki a ia e tika
!ana mōna
* * *

Kei muri i te hau o runga
I muri i ngā hihi o te rā me te pā o ngā pūtau
I muri i ngā ngākau o te ngākau me ngā whakaaro hāhā
Kei muri i ngā whakaaro e inoi ana ahau
I muri i ngā ngaru o tōku hiahia
Ā, i muri i te pupuri i ngā rauemi
Kei te ora koe, e te Mutunga Kore
E hiahia ana tōku wairua ki a koe
Kāore koe i te pito tawhiti noa o ngā whetū

Engari, kei roto i te oho o ōku kare ā-roto
E tiaho ana ia i roto i ōku whakaaro
E whakakoi ana i tōku hiahia ki te whakatau me te ora
Kei te rongohia ahau i tō pā manaakitanga
Ā, e harikoa ana ahau ki tō aroaro i roto i tōku wairua
* * *

Ngā whakaahua maunga i peitahia ki te ārai kikorangi
Te pūnaha whakamiharo o te tinana tangata
Me ngā putiputi ataahua i hangaia
Me te rangatiratanga o ngā wairua pai
Me te hiranga o ngā whakaaro rangatira
Me te hohonutanga o te aroha
E whakamahara ana ēnei katoa i a tātou ki te Kaihanga
nui

Ā, he tino ataahua
* * *

Ko te aroha te whare koura
I hangaia e te Kīngi o te Ao Mure Kore
Mō te whānau katoa o te ao tūroa
He ahi huna te aroha
I rewahia e te whakahau a te Atua
Te pakari o te ao tūroa
Ā, ka huri hei matū e kore e kitea
Mai i te aroha mutunga kore
He rite te aroha ki te awa e rere ana, kāore e mutu,
kāore hoki e mutu
I ngā whenua o ngā wairua mahaki, pono
Engari ka takai i a ia anō ki ngā toka kua pakaru o ngā
wairua

Me te whakapehapeha, te hiahia whaiaro, me te
whakahihi

Nā te mea kāore e taea e ia te whiti atu
Ā, e whiti ana i roto
* * *

Ko te hunga e mōhio ana ki te Atua, kāore he hiahia

Hei whakanoho i a rātou anō ki roto i ngā ngākau o ētahi
atu

He rawe rānei tō rātou āhua
Nā te mea ko tā rātou anake e hiahia ana ko te
whakaoho i te hinengaro wairua
I roto i ngā wairua o te hunga e hiahia ana
Ā, ko tā rātou hihiri he aroha ki te Atua, me te tahuri ki a
la

* * *

I mua, i te wā o mua, e kai ana tetahi tangata wahangu i
.te honi, ka pātai tetahi ki a ia mō te reka o te honi
Ahakoa kāore i taea e te tangata wahangu te kōrero, i
mahia e ia ngā nekehanga kia mārama ai te kaiuiui he reka
.te honi

Waihoki, ina uru te hinengaro ki tētahi āhua o te
hinengaro teitei ake, ā, ka pā ki te katoa mutunga kore o te
aroaro, ka mōhio ia kei te pā atu ia ki te Atua, ā, he reka te
wheako, engari kāore e taea te whakapuaki i te āhua o taua
.hononga e kore e taea te whakaahua
Ahakoa he mamae tūturu te tangata, kāore e taea e ia
te whakapuaki i te mamae ki ētahi atu kia rite ai te mamae
.ki a ia

E pā ana tēnei ki ngā tirohanga wairua teitei ake. He
.mea ēnei e kore e taea te whakapuaki ki ngā kupu
Ka taea anake te whiwhi i te mōhiotanga ki te Atua mā
roto i ngā wheako whaiaro
* * *

Mai i te ngākau o te ata, i kohia e au ngā putiputi o te
māramatanga hei whakahere ki a koe
Ā, i tahuna e koe ngā rama mataara i te wāhi tapu o te
ata

Ko te tangata e kī ana i te marino wairua
Ā, kua kite ahau i tō mata manaaki
Ka titiro mai i muri i ngā atarangi

Ko te mata aroha i titiro mai ki ahau i mua, ā, e titiro
tonu mai ana

Me te atawhai me te aroha puta noa i ngā tau
Kāore au e whakapae i te aituā

Ko te pōuri i pupuri i a koe i ahau, nāku anō i hanga
Inaiane i kei roto i te whakaata o tō harikoa parakore
Ka kite ahau i ahau anō, ā, e mōhio ana ahau ko tōku
mauri he harikoa mutunga kore

Ka ringihia e ahau tōku aroha ki roto i te wāhi tapu o tōu
mutunga kore

Ā, ka whakanuia e au ngā himene a tōku wairua e hiahia
ana ki a koe

Ā, ka whakawhirinaki atu ahau ki a koe ngā kare hōhonu
o tōku ngākau

Nā te aroha nui me te hiahia tonu
* * *

Ka hari te hunga e whakahengia ana mō te mahi pai, e
tatari ana hoki te pararaiha o te hari mutunga kore ki te
hunga e ora ana, e mate ana hoki i runga i te rangatiratanga
.me te mana

Aue te mate mō te hunga e akiakihia ana e te hiahia
whaiaro, te whai wāhitanga, te hae, me te mauahara, e
ngana ana ki te whara i te hunga e kaha ana ki te mahi i te
.pai

Ko te tawai, te whakatoi, te kōrero pakiwaitara, te rapu
utu, te whakahāwea, me te teka, he tao kino e whiua ana ki
.tō rātou rangatira, ā, ka tino whara i a ia
* * *

Ko ngā kare ā-roto, e ahu mai ana i te hinengaro me te
kaha e puta mai ana i te Atua, e whakaatu ana i te ao ki a
tātou, e whakaatu ana hoki i te wairua hei mea motuhake
.mai i tōna pūtake me te toenga o te ao i hangaia
Kua hereherea te wairua e te tinana tinana, he
whakaata tēnei o te wairua whānui. Nā te warewaretanga,
kāore te wairua e mahara ki tōna mauri atua, engari e

whakaaro ana ki tōna tinana tinana ko tōna ake āhua tūturu.
Nō reira, ka tangohia e ia ōna ngoikoretanga katoa, ā, ka kīia
ko ōna herenga me ōna ngoikoretanga nā ia anō. Ko te
wairua i roto i tēnei āhua ka kiia ko te "ego" ko te "whaiaro"
.rānei

Engari ina kite tēnei "ego" tēnei tangata iti, herea rānei,
he rangitahi noa iho tōna hononga ki te tinana, ā, he mauri
.ora tonu tōna, kātahi ka taea te kī ko te wairua
Ka nui haere tōna mōhiotanga ki tōna āhua tūturu, ka
nui haere hoki tōna ara ake me tōna whānui, ka nui haere
tōna whakaaro kei te hono tata ia ki te hinengaro ao whānui,
.ā, ko te tangata katoa tōna whānau ā-ao

* * *

Kaua e wareware ki te Kaituku Taonga i a tātou e koa
ana ki Ana Taonga

Mā te ngākau whakawhetai ka huaki te ara o te
hinengaro mō te tipu wairua, me te rere o ngā mea pai o te
ao, nā te mea i te wā e tuwhera ana te hongere, ka tere te
.mana wairua mā roto

Me whakawhetai tātou mō ngā manaakitanga katoa o te
ao, me te mōhio ko te mana katoa o te whakaaro, o te
kōrero, me te mahi i ahu mai i te Atua, ā, kei a tātou la
.ināiane, e ārahi ana, e whakahihiko ana i a tātou

Kia mau tonu tēnei mōhiotanga i roto i te hinengaro o te
.ākonga, ka tiaho te māramatanga i roto i a ia
I ētahi wā ka puta mai te mana atua pērā i te ngaru nui
e tere haere ana, e horoi ana i ngā arai, e tango ana i ngā
.paru i te hinengaro me te wairua

Kāore te ao whānui e anga atu ana ki te Atua, engari kei
konei, kei reira ngā wairua e hiainu ana ki a la, e hiahia ana
.ki a la

Ahako te āhua nei kāore te Atua e aro mai ki ā tātou
inoi, kāore te tangata e rapu pono ana e mutu te ngana
engari ka haere tonu tana karanga mai i te hohonutanga o
.tōna hinengaro tae noa ki te whiwhinga i te whakautu

I mua i te kitenga i te Atua, e aro nui ana te tangata ki
te whakatutuki i ngā hiahia o te ao tūroa, engari i muri i te
kitenga i a ia, ka ngaro te reka me te kanapa o aua hiahia,
ehara i te mea nā te kore aro, engari nā te mea ka rongo te
kaiwhai i te hari o te wairua e whakakī ana i tōna ngākau, e
.whakamātau ana i ana hiahia katoa

E whakapau kaha ana te tangata ki te whakatutuki i ngā
taonga o te ao, me te kore e mōhio mēnā ka whakapaua e
rātou te hauwhā o te kaha e whakapaua ana e rātou ki te
tahuri tuatahi ki te Atua, ka tutuki ngā hiahia katoa o ō rātou
.ngākau, ehara i te mea ko ētahi anake
Kia kī tonu ō tātou ngākau i te whakawhetai, kia ki tonu
hoki ō tātou oranga i te whakawhetai

* * *

Kāore e taea te kukume hoa me te kore e tangohia ngā
paru o te hiahia whaiaro me ngā āhuatanga kino i roto i te
.tuakiri o te tangata
Ko te whanonga tika te tūāpapa o te whakahoahoa pono
Ina he parakore ngā whakaaro o te tangata, ā, kāore he
hiahia whaiaro, ka puta tōna āhua tūturu, ā, ka piki ake te
.tokomaha o ōna hoa pono

* * *

Ko te marino te āhua tino pai hei whakatau i ngā
wheako o te ao
He ritenga kē te whakararuraru i te marino, ā, nā tōna
.āhua whānui ka horapa hei whiu e horapa ana i te ao katoa

* * *

Ko te māramatanga o te ao, te pūtake o ngā mana
katoa, e huna ana i muri i te pōuri, ā, ka puta mai i te
hohonutanga o te marino, ka marino ngā whakaaro, ka
.tirotirohia ngā māramatanga
He nui ngā āhua o te arotahi hinengaro, ā, ka piki ake te
kairapu ki aua āhua, ka nui ake tana wheako i ngā āhua
whakamiharo o te hari wairua e kore e taea te whakaahua i
:roto i ngā kupu, kātahi ka kite ia me te harikoa

Ko taku i rapu ai i ngā wāhi katoa"
Kei ahau ia ināianeī e noho ana i roto i ahau
Kei roto ia i tōku ngākau me tōku wairua
I roto i te ata noho o te wahangu, ka rongohia ahau i tōna
aroaro

Ā, i muri i ngā pakitara o te pōuri, ka kite ahau i a ia
* * *

Ko ngā mamae e puta mai ana i te mauahara me ngā
pakanga e whakaatu ana ko te wairuatanga pono, te aroha,
me te atawhai he kaha teitei ake, he kaha ake hoki
He whakangaro te mauahara, ko te aroha ia te kaha
hanga nui rawa atu o te ao

Nō reira, e aku hoa aroha, me ako te tangata i tētahi
akoranga mai i te koretake o te mauahara me ngā aituā o
ngā pakanga, me te aroha ki te Atua, nā te mea ko te aroha
ki a ia ka homai te angitu, te waimarie, me te tino ngākau
.māhaki e kore e taea e tētahi atu mea te homai

Ko te aroha anake ka puta ai ngā whakatutukitanga
tūturu ki te ao. Mēnā ka aroha ngā whenua katoa tetahi ki
tetahi, ā, ka hiahia ki te āwhina tetahi i tetahi, kaua mā te
whakamahi i te kaha me ngā tikanga hē, engari mā te aroha
me te atawhai, kātahi ka horapa te pai, te angitu me te
.taonga ki ngā kokonga katoa o te ao
* * *

Kei te noho te tangata i roto i te mana o ngā here
Me pēhea ia e mōhio ai kāore ia e whara ā te wā e whai
?ake nei, kāore rānei tetahi e whati i tōna ngākau
Ko te haumarutanga pono anake ko te haumarutanga i
tutuki i te hunga nui. Ko te whiwhi i taua haumarutanga, me
te tuku atu ki ētahi atu, koinei anake te herekore pono me te
.whakaaro nui teitei
* * *

Ko te Atua te mea tino reka o te ao
Ahakoa te mea e hiahia ana tō ngākau, ka kitea e koe i
roto i te Atua, kāore au i moumou i tētahi wā o tōku ao, ā,

kua whakarērea e au ngā mea katoa e whakararuraru ana i
ahau i te Atua, ā, kua kitea e au he harikoa kāore i kitea e au
.i roto i tētahi atu mea

Kei te noho ahau i roto i te āhua o te hinengaro atua, ā,
e hiahia ana ahau kia pāngia te hunga e hiahia ana ki te
.wheako i te āhua kotahi e noho nei ahau
E hiahia ana hoki ahau ki te utu i te hunga katoa i homai
tō rātou aroha ki ahau, mā te whakapuaki ki a rātou te aroha
.o te Atua me te atawhai o Tōna aroaro

* * *

Ko au te pahuka o te moana rangi
E puea ake ana i te hohonutanga o te harikoa
He awa ahau o te harikoa kanikani
I runga ake i ngā ngaru o te harikoa nui
E whakapau kaha ana ahau
Kia riro ai ahau hei moana nui o te hari
Kia horapa ngā ngaru o tōku harikoa ki te mutunga kore
Ā, kia horapa ki ngā taha katoa
!Kia okioki ai i te ngākau o te harikoa o te ao tūroa

* * *

Ko waenganui o te ora anake te tirohanga a te tangata;
e huna ana i a rātou te tīmatanga me te mutunga o te ora
Kāore i te tika te whakaaro ko te mate te mutunga
E taea rānei te whakaaro ko tātou, te hunga kua homai
nei ki a tātou te hinengaro, te mātauranga, me te ora tonu,
ka mutu tō tātou ora i te wā tonu ka moe tātou i te wā o te
!matenga

He puranga whakaaro auaha me te hinengaro wairua te
tangata katoa, ā, kāore he mana o te mate ki te whakangaro
.i taua puranga kore-tinana me taua hinengaro ngawari

* * *

Ki te aroha koe ki te Atua me te aroha parakore,
mutunga kore, ka whakanohoia e ia ngā whakaaro ki roto i
ngā hinengaro o ētahi atu, ā, ka waiho aua hinengaro hei

huarahi hei whakatutuki i ō hiahia, ahakoa ko ērā kāore anō
.kia whakakitea e koe ki tētahi

Nō reira, ko te aukume wairua e taea ai e koe te
kukume mai i tetahi mea ki a koe ko te momo kukume e
.hiahia ana koe ki te whakawhanake

Ina hiahia koe ki ngā mea pai, rangatira, mā, ka kukume
mai koe i te aukume atua ka kawē mai i ngā mea pai me ngā
manaakitanga mai i te wāhi e mōhio ana koe, me te wāhi
.kāore koe e mōhio

* * *

Mena ka pātaihia ngā tahae, ngā tāngata whakamahi
tarukino, me ngā tāngata inu waipiro mēnā e pai ana rātou
ki tō rātou momo noho, ko tā rātou whakautu pea ko "Kāore
"rawa

I whakaaro rātou ka koa rātou ina tīmata rātou i ā rātou
mahi hē. Engari kāore rātou i te mōhio ka kino, ka whara
.hoki ngā hua o ā rātou mahi

Koia te take e mamae ai tōku ngākau, e maringi ai hoki
ōku roimata mō te hunga e hē ana, nā te mea, mā te Atua,
ko au tonu rātou, ā, me i kore te atawhai o te Atua ki ahau,
.kua rite ahau ki a rātou

He momo opiate te kino. Koia te take me whai wāhi
motuhake tātou ki te ako i ngā tāngata hara ki te noho tika
.me te whakaaro tika

Ehara te whare herehere i te wāhi tika mō te whakaora.

Me noho tahi te hunga pēnei me te hunga whai mana, pai
.hoki hei āwhina i a rātou

* * *

Mai i tō teihana harikoa
Ka whakarongo ahau ki āu waiata reka, waiata reka i ia
rā, i ia rā

He mea e mōhiotia ana, e arohaina ana hoki e tōku
ngākau

I mua, i ngana ahau ki te whakarongo ki tō teihana
manaakitanga

Engari i te āhua nei kua tawhiti rawa tō kaupapa
Kei tua atu i te whānuitanga o aku whakaaro iti
Engari i muri i ētahi pā o te kī whakaaroaro
I taea e au te noho tahi me koe
I haere mai koe ki ahau i runga i ngā parirau o te rangi
I takaro koe i ngā waiata o te atawhai
Me te rangimarie o te hinengaro
* * *

He awa e rere ana ngā whakaaro mai i ngā puna o te
wairua
Ko te noho tahi me te Atua tētahi o ngā mahi nui rawa
atu, tino hira hoki
E whakarongo ana te Atua ki te reo o te ngākau e puta
mai ana i ngā hohonutanga o te wairua
E whakaaro ana te tangata kāore te Atua e whakautu
mai i ā rātou inoi nā te mea kāore rātou e mōhio he rerekē
te huarahi e whakautu mai ai te Atua i ā rātou e tumanako
.ana, i tā rātou hoki e tono atu ana ki a la
Kāore ia e whakautu tonu i runga i ā rātou hiahia kia rite
.rā anō rātou ki tāna i pai ai
* * *

Ka inumia e au te nekita mai i te ngākau o ngā putiputi
Ā, ka takoto ahau i runga i te whāriki hiraka ngohengohe
Ka oma rānei i muri i ngā pūrerehua koura
E hiahia ana ahau ki te kopikopiko i waenganui i ngā
pukepuke me ngā kokonga o te maunga
I haere tahi mai me te hau mārie, whakahauora o te pō
I waenganui i ngā tiēre me ngā anemone
Karaunatia ki ngā pata tomairangi
Ka mutu taku noho mō tētahi wā poto ki te mihi atu ki te
kakara mohio
Te kakara e pupū ake ana i ngā rākau e piupiu ana ngā
manga
Ā, me ngā parirau o ngā manu, ka rere tōku wairua
Kei tua atu i te ao o te whakaaro i ngā wāhi katoa

Ā, me ngā manu pōtiki e waiata ana, ka waiatatia e au
aku waiata puku

Ā, ka whānui ahau me te rangi mutunga kore
Mai i ngā miro o te rā, ka hangaia e au ōku harikoa
Ā, mā ngā hihi o te marama ka horoia e au ōku mamae
Ā, i te pōuriuri o te pō, ka ūkuia e au aku wheako pōuri
Ā, i te atatu, ka hanga e au he ao hou
O te harikoa mutunga kore

* * *

He hongere ahurei tātou, nā te mea ka taea e tātou te
whakawhānui, te whakawhāiti rānei i a tātou anō
Kua homai ki a tātou te mana whiriwhiri me te mana
whiriwhiri. Ko ētahi tāngata e ārai ana i te awa o ō rātou
oranga ki te paru kua kohia o te kuware, ā, kāore e tukua kia
.horoia e te rere o te mātauranga
E ngana ana te moana o te pono ki te rere mā roto i aua
.pūaha whaiti me te kaha nui ake, engari kāore i angitu
Ā, kei reira anō ētahi e keri tonu ana, e whānui ana, e
hōhonu ana i ngā ara o ō rātou oranga me te whakahaere i a
rātou anō me te ahurea wairua, kia rere ai te whakaaro nui o
te Atua i roto i a rātou, kia whakakiia hoki ō rātou wairua ki
.te māramatanga me te manaakitanga

* * *

He mahi tino uaua te takoto ki runga i te moenga whao,
engari me aro tātou ki te kaha hinengaro e taea ai tēnei
.mahi maia, whakahihiri hoki
E mōhio ana tātou katoa ki ngā mamae tinana me ngā
kore whakamarie e puta mai ana i ngā aituā, ngā mate, me
ngā whanonga kino. Ā, ko wai ka whakakahore ko te kaha ki
te takoto ki runga i ngā whao o te mamae tinana me te kore
?e pāngia e aua mea he manaakitanga o te ao
Ko te tangata e tae ana ki te āhua o te hinengaro e āhei
ai rātou ki te mōhio ehara rātou i te tinana, e kore ia e
.mamae

Ko te tangata e kaha ana ki te whakahaere i tōna
hinengaro ka watea i te mamae, ā, ka whiwhi ia i te mana
.katoa ki runga i te tinana
E kore e puta i te pō kotahi tēnei, engari he mea
whakamiharo te mahi tonu

* * *

Me whakaae tātou ki te ora me te mate me te kore
matau, ā, me whakamahi pai i ngā akoranga o tēnei ao kia
.mōhio ai tātou ki te ao e tū mai nei
Kei tua atu i tēnei whenua kei reira ngā pae tawhiti
mutunga kore, ka tūtaki anō tātou ki ō tātou whanaunga i
.mahara tātou kua ngaro atu i a tātou ake ake
Ae, kua tātou e tono kia mate, kua hoki e rapu i taua
mate, engari ina tae mai, me mārama tātou koinei te
whakamātautau whakamutunga e tika ai tātou kia whiwhi i
.te taonga nui

* * *

Ina kite te kairapu i te hiranga o te rapu i te Atua, kāore
ia e whakaroa, engari ka whakakoi i tana whakatau, ka
.arotahi tonu tōna hinengaro ki tana whāinga tapu
Ina puta te hiahia i roto i a ia, ka whāngaihia e ia ki te
whakaaroaro me ngā wawata wairua kia tae rā anō ki te wā
.e rongohia ai ia i te aroaro o te Atua i roto i tōna ngākau
Koinei te huarahi haumaruru me te huarahi pono rawa atu
.hei ārahi i te kaupuke o te ora i roto i te moana o te ora

* * *

Kei roto i a koe tētahi māra ataahua, whakamiharo o
ngā whakaaro kua oti te whakapai, he kakara i te aroha, i te
atawhai, i te māramatanga, me te rangimārie. He ataahua
rawa atu ōna putiputi i ngā putiputi o te whenua me ngā
.otaota kakara o te ao
Ina hoatu e koe tō aroha parakore, kua whakatōkia e
koe he rōhi kakara, ā, ko te kakara o taua aroha me te
kakara o taua māramatanga ka roa ake i tētahi putiputi o te
!ao, ā, koinā te pono

* * *

He huarahi whai hua te whakaaro auaha, te pānui
tupato, me te whakahua anō i ngā kupu pono hei whakakore
.i ngā whakaaro kino, hei whakatū hoki i te hinengaro pai
Mā te whakahoki i ngā whakaū me ngā inoi me te aro
nui ka āwhina i te hanga i tētahi taura whakaaro tika kia
noho tūturu ai te whakaaro pai, pērā i te whakaaro kino i
.mua

* * *

Me tiaki e tātou te taonga o te hari wairua, me whakatō
taua hari ki roto i ngā ngākau o ētahi atu, kaua hoki e tukua
.tetahi mea kia tangohia te hari o roto i a tātou
Ahakoa te pōuri o ngā rā, me te whakaaro o te
hinengaro ngaro kua ngaro i a tātou ngā mea katoa, me
huna tonu e tātou te ngangau me te pukuriri ki te wā marino
.o te harikoa

Karaunatia koutou, e ngā hoa o te hari, ki runga i te
torona o ō koutou wawata me ā koutou whāinga teitei, ā
koutou mahi rangatira me ā koutou whakaaro rangatira, ā,
ka rongohia koutou i te Atua hei hari i roto i te hanganga o ia
.whakaaro me ia kare ā-roto

Me whakatō hoki e tātou te rākau o te aroha atua ki te
oneone o te hinengaro kore. Ina rongohia tātou i taua aroha, ka
memeha haere ngā wehi, ka memeha haere ngā
.āwangawanga i te āwhina a te Atua

* * *

He hē te kī he ngoikore te ngākau o te tangata mai anō i
te whānautanga, ā, kāore e taea e ia te kaha, nā te mea tera
pea ka taea e ia te nui me te whakatutuki i ngā mea
.whakamiharo i ngā āhuatanga katoa o te ao

* * *

Ake tonu atu

?E ara ake rānei taua rā, e te Ora Tonu
Kei hea ahau e pātai atu ai ki a koe, kāore he whakaroa
Ā, ka tukuna atu e au he pātai mutunga kore ki a koe

! ?Ā, ka whiwhi ahau i tētahi whakautu mai i a koe
Me pēhea te whakatipu taru ngoikore, kikokore
Ka ara ake ō rātou māhunga, kāore e piko
Ā, me te kore e whakangaueuetia e ngā awha nui
E hutia ake ana ngā rākau teitei
Ā, ka whakangaromia ngā hanganga nunui
!Ā, e ngaueue ana ngā moana nunui
?I pēhea te kimo o ōna kanohi i te mura tuatahi
Ā, ka puta te rākau tuatahi
Ā, ko te ika tuatahi
Ā, ko te manu tuatahi
?Ā, ko te mātāmua
?Nōnahea tā rātou haerenga tuatahi
Ko tēnei whare i te papa o raro
! ?Whare o Ngā Mea Whakamiharo
Āe, e hia ana ahau ki te pupuri i tō ringa
Nāna i hanga te moana me te whenua
!E te Ora Tonu

* * *

He pōuri te nuinga o te ao, engari ina kite tātou i te
hunga e tiaho ana ō rātou mata i te kanapa o te harikoa
Mā ā rātou ataata ka marara atu tō tātou pouri, ka
titaritari atu hoki ō tātou manukanuka pērā i te rama e tiaho
ana i te pōuri

Ka memeha te pōuri i mua i tōna māramatanga
Kia tiaho te menemene o te wairua i ō tātou mata. Kia
haria e te hau o te aroha atua ō tātou menemene, kia
titaritaria hoki ki roto i ngā ngākau pōuri, kia peia ai e te
māramatanga o aua menemene te pōuri i roto i ngā ngākau
.o ētahi atu

* * *

Ko te whai whakaaro ki ngā kare ā-roto o ētahi atu
tētahi o ngā āhuetanga tino ataahua, ā, ka tino ataahua te
tangata

Hei tauira, ki te matewai tetahi, ka mōhio te tangata e
whakaaro ana ki ētahi atu ki tā rātou e hiahia ana, ā, ka
.hoatu he wai ki a rātou
Ko te whai whakaaro ki ngā kare ā-roto o ētahi atu ko te
aro ki a rātou me te whakaaro ki a rātou
Ko te hunga e whakaute ana i ētahi atu, e maioha ana
hoki ki ō rātou kare ā-roto, e mōhio ana rātou ki tā rātou e
.hiahia ana
* * *

I ruarua tetahi o ngā ākonga mō tōna kaha ki te haere
tonu i tōna ara wairua. Hei whakatenatena i a ia, ka mea atu
:te kaiako a Paramhansa ki a ia
Kāore te Atua i tawhiti, engari e tata ana, ā, e kite ana"
"ahau i a ia e tū ana i ngā wāhi katoa
I whakahē te tauira, me te mea, "Engari he kaiako koe e
"!mōhio ana ki te Atua, e te rangatira
:Ka whakahoki te kaiako
He rite tonu ngā wairua katoa, ā, ko te rerekētanga"
anake i waenganui i a tāua ko taku whakapau kaha, taku
whakamatau ki te Atua e aroha ana ahau ki a ia, nō reira i
".whakakitea mai ai ia ki ahau
* * *

Ina aro nui te tangata ki te mātakitaki i tētahi kiriata tino
pai, ka wareware rātou ki ngā mea katoa, ka aro noa ki te
.kiriata
Waihoki ko te tangata e arohaina ana e te Atua, e
wareware ana ki ngā mea katoa engari ko te atua e arohaina
.ana
Kāore te tangata noa i te hiahia nui me te ngākau nui ki
te rongo i te aroaro o te Atua nā te mea kua taunga te
hinengaro ki te arotahi ki ngā mea o te ao, kaua ki ngā mea
.o te Atua
Ki te mea ka taea e ngā kiriata, te moepuku, me ngā
ahuareka o te ao te kukume i te aro o te tangata, kāti, me

pēhea rā te Atua, ko ia te pūtake o te hari me te mea tino
!pai o te ao

Engari ko te raruraru, ko te nuinga o te iwi kāore e
hiahia ki te mōhio ki te Atua, ā, mehemea i mōhio koe ki a ia,
ka kite koe ka pahemo ngā hāora i a koe e rumakina ana e
.te harikoa wairua nui
Ahakoa taku e mea ai, kāore au e harikoa ki te kore te
Atua e noho tahi me au

* * *

Ki te karo te tangata i te rawakore o te ao, me
whakahawea rātou ki te rawakore o te wairua, nā te mea
.koinei te pūtake o ngā mamae katoa o te tangata
He tangata harikoa te tangata wairua, ā, he tangata
.mahi hoki, ā, ko te tangata harikoa anake te tangata angitu
Ahakoa ka whiwhi ngā tāngata o tētahi tāone i ngā
oranga katoa o te ao, e kore e mutu te kohuru me te hara i
.roto i taua tāone
Ko te whakamahi i ngā mātāpono whānui o te mahi tahi,
te mahi tahi ā-ringa i waenga i te tangata, te aroha ki te
oranga wairua, me te whakahaere i ngā hiahia o te wairua,
he mea nui katoa ēnei kia pai ai te noho tahi, te ora, te
.harikoa, me te whai rawa o te hapori

* * *

Kaua e whakaaro kāore te Atua e whakautu i āu inoi. Ko
ngā kupu katoa e kōrerotia ana e koe ki a ia, kua
whaowhaohia ki roto i tōna ngākau whānui. Ā, ki te tirohia e
koe ngā huarahi maha e whakautu mai ai te Atua, ka kitea e
.koe he pono kei te whakautu tonu mai ia ki a koe
Ka nui ake tō hiahia, ka kaha ake tō hiahia, ka tere ake,
.ka whakamiharo ake hoki te urupare

* * *

Tērā ētahi tāngata kāore e kite ana i tētahi kaupapa nui
atu i te whakatutuki i ngā hiahia o te tinana me ōna hiahia,
kāore he mea kē atu. Koinei te āhua o te noho e herea ana e
.ngā kare ā-roto

Me te hunga e mahi ana mā roto i ngā mahi hinengaro
me ngā mahi toi, te ahuwhenua, te hokohoko, te hoko me te
hoko atu, me ngā mea katoa e pā ana ki te oranga mahi
.whānui

He pukumahi tonu tā rātou mahi, ā, ko tā rātou anake e
aro nui ana ki te ao ko te mahi moni, ā, he maha ngā wā ka
.maumauria e rātou ēnei ki ngā ahuareka o te tinana
Kei roto i ēnei ko ngā tāngata kua tino whanake ake, he
.auaha hoki ō rātou āhua

Kei reira ngā tāngata whai pūkenga whakahaere me ngā
pūkenga matua e mahi ana ki te mārāma ki ngā mea ngaro
o te ao i muri i tā rātou wheako ki te mahi moni me te angitu
.i roto i te ao ngaio

Ka whakawhirinaki rātou ki te mana whakahaere i a
rātou anō hei wikitoria i ngā whakahau a ngā kare ā-roto, hei
aro nui atu ki te ao, ā, e whakapono ana ki te whawhai ki ngā
au kino, ki te mana motuhake, me te whakatakoto i te ara
.tika mō te ao

Kei reira ngā tāngata whai āhua whakaaroaro, he wairua
hoki ō rātou āhua, ā, ka taea e rātou te tuku whakaaro
.whakaaweawe ki ētahi atu

* * *

Ko te Atua anake te kaha ki te whakatika i ngā kino e
pāngia ana e te ao me te tangata, engari me whakapau kaha
te tangata ki te mōhio ki te aroaro o te Atua, me te
.whakaatu i te pai mutunga kore o te Atua i roto i a ia anō
:kia tino mohio

I ia ata ka tukua atu e au tōku tinana, tōku hinengaro,
me ngā pūkenga katoa kei a au ki a koe, e te Kaihanga
Mutunga Kore, kia whakamahia e koe i roto i tāu e pai ai, kia
.taea ai e koe te whakaatu i a koe mā roto i ahau

* * *

Kia taea ai e te tangata te whakaae ki a ia anō, me
whakahaere e ia ōna whakaaro

Me whakaharatau koe i te whakaaroaro hōhonu, me te
arotahi i tō hinengaro kia kore ai tō aro e kopikopiko, e
pekepeke rānei i tētahi whakaaro ki tētahi atu ina arotahi
.koe i tō hinengaro ki tētahi whakaaro
Ko te nuinga o te tangata e noho ana i runga i te mata o
te ao, engari kia whiwhi ai i ngā taonga o te mātauranga me
.ruku hohonu ki te moana o te whakaaro
He hunga harikoa te hunga whakaaro hohonu nā te mea
ka taea e rātou te wehe i a rātou anō i ngā pūtake o te
.manukanuka i roto i tō rātou taiao
Kāore he ara mawhiti mō te tangata noa, nā te mea kei
te mata tonu ia e noho ana, pērā i te ika e ngāwari ana ki te
.hopu e te kaihao ika

* * *

Ko te kounga whakamiharo o te wairua auaha e tū ai
tōna rangatira ki mua i te ao i roto i te kanapa, pērā i ngā
mea nunui i kawē mai i ngā mea hou e whai hua ana ki te ao
.kāore anō kia mahia e tetahi i mua
He wairua auaha pakari tō aua tohunga mohio, he
wairua tautoko hoki nō te hiahia e kore e mutu kia tutuki rā
.anō te whāinga e hiahiatia ana
I paingia rānei e te Atua aua tāngata nunui kia riro ai i a
rātou taua rangatiratanga motuhake? Ā, i whiriwhiria rānei
rātou e te Atua kia whiwhi i taua kororia nui ki runga ake i
?ētahi atu

Kāore rawa. Nā te mea i whakamahia e rātou ō rātou
pūkenga auaha hei whakaatu i te nui me te kororia o ia
tangata, nā te mea i hangaia ia i te ahua o te Atua, te pūtake
.o ngā mahi auaha me ngā mahi auaha katoa

* * *

He rite te whai a te tangata i te harikoa ki te mercury,
engari he ara anō hei kimi i te harikoa, ko te whakawhetai ki
te Atua mō āna manaakitanga, me te whai i te ngākau
whakawhetai mō ngā manaakitanga e riro mai ana i a tātou i
.te ao

Ko tō tātou whakawhetai ki te Atua mō ngā
manaakitanga o ō tātou oranga he mea nui kia mōhio ai
tātou ki a ia, ko ia te pūtake o te rangimārie mutunga kore,
.te oranga whakamarie, me te harikoa hou
Ina aroha tātou ki te Atua, ka riro tātou hei hunga e aro
atu ana ki āna taonga manaaki o te rangimārie, te ngākau
.māhaki, me te ngākau māhaki
Ko te hunga harikoa o tēnei ao ko te hunga kua ako ki te
whakaaro pai, ki te mahi i ngā mahi whai hua, me te hoatu
atawhai me te atawhai i tā rātou e taea ai. Ko rātou te hunga
.e angitu ana i te ao
Ko te nui ake o te hinengaro pai o te tangata, te ngākau
whakawhetai, me te wairua aroha, ko te nui ake o te
.rongonga i te Atua i roto i a ia
Ā, i ngā wā katoa ka kōrero pōturi te ākonga ki te Atua,
"Nui tō atawhai, e te Ariki!", ka mōhio ia ko te rangimārie me
te harikoa e pā ana ki a ia he manaakitanga nō te Atua, ā, e
hiahia ana ia ki te whakatakoto i ōna whakaaro me āna mahi
i roto i te huarahi e noho tata tonu ai ia ki te Aroaro o te
.Atua
Ka taea tēnei hononga tata mā te whakaaroaro, te
whakaaro pai, me te whakatau tika. Ko ēnei, ka puta ake i te
.ngākau whakawhetai me te wairua hoatu
Ki te whakaaroaro tātou ki ngā manaakitanga kei a
tātou me ngā mea pai katoa e tika ana kia whakawhetaihia,
kia whakawhetaihia hoki, kua e whakaaro ki ngā aituā, ki
ngā uauatanga, ki ngā mate, ki ngā āwangawanga, ki ngā
matau e karapoti nei i a tātou, e whakararuraru nei rānei i a
tātou, ko reira tātou ka tīmata ai ki te mōhio ki te Atua, ā, ka
utua tātou mō tēnā ki te mōhiotanga wairua e kīia nei e
.tātou ko te rangimārie, ko te harikoa rānei
Ka pā te aroha me te hari ki ō tātou ngākau, ā, ka tiaho
ō tātou hinengaro ki ngā whakaaro kanapa

* * *

He rite te hinengaro o te nuinga o te tangata ki ngā
!miihini he kotahi te hōihopa
Ahakoa te nui o te pūmanawa kei roto i te hinengaro o
ia tangata, he tokoiti noa iho te hunga e whakamahi ana i
.aua mana e tatari ana kia whakahohehia
Ko ngā hiahia o te tangata he mea herea noa ki ngā
mea e hiahiatia ana mō te oranga pēnei i te kai, te mahi, te
.whakangahau, te moe, me ērā atu mea
Engari kei te tangata tētahi o ngā āhuatanga tino nui,
.arā, ko te kaha ki te waihanga, ki te auaha rānei
He aha tēnei mana ngaro, ngaro? Ko te Hauāuru te
whenua o ngā mahi auaha me ngā mahi ahumahi me ngā
pūtaiao whaihua. Ko te Rāwhiti te whenua o te māramatanga
.me te auahatanga wairua
Ko te wairua o te kaupapa matua ko te kaha ki te auaha
ki te mahi i tētahi mea kāore anō kia mahia e tetahi i mua, i
.roto i ngā huarahi auaha
Ko te mana auaha tēnei e ahu mai ana i te Kaihanga

* * *

Me i kore he huarahi mō ngā huringa ā-roto, te wāhi e
takoto ai ngā purapura o te āhua o tātou ka riro mai, e kore
e taea e tātou te whakatinana i ngā huringa i te wāhanga
.ngaro o tō tātou āhua
Engari kei a tātou te whai wāhi ki te awe i a tātou ā muri
ake nei. He mea nui te whakangungu wawe i tō tātou
pūmanawa ki te whakahohe i tēnei wāhanga ngaro o tātou,
.ki te waiho rānei kia pararutiki mēnā ka warewarehia
Pērā i ngā tipu e toro ana i ō rātou pakiaka ki te oneone,
me atawhai hoki tātou i ngā āhuatanga pai i roto i a tātou
anō mā te whakawairakau, te tango taru, te whakangāwari i
.te oneone, te whakamakuku, me te taiepa
Me tapatapahia hoki e tātou, me hutia hoki ngā taru i te
oneone o te wairua
Ko ngā hua o ō tātou oranga, ahakoa nunui, ahakoa iti,
ahakoa rahi waenga, ahakoa hauora, ahakoa mate, ka

whakawhirinaki nui ki te pai o tā tātou tiaki i ngā rākau o ā
.tātou ake māra hua

Kei a tātou te herekoretanga ki te mahi i tēnā, ā, ki te
whakamahia e tātou tō tātou herekoretanga ki te pai o ō
tātou kaha, ka pai te putanga o waho, ā, ko te mutunga iho,
ka puta he purapura hou, he purapura pai i roto i te wāhanga
ngaro o tō tātou āhua, ā, mā ēnei e whakatau te āhua o ō
.tātou orange ā muri ake nei

* * *

Ngā hua kino me ngā hua pai o te whakaaro
He tino maminga te whakaaro, nā te mea ka puta he
hua kino, he hua pai hoki

Kei te maumahara tonu ahau i tētahi wā i pāngia ai
tētahi o ōku tuahine e te mamae o te korokoro, ā, kāore anō
ahau kia kite i tētahi mamae nui o te korokoro i mua; kāore i
.taea e ia te kai, te horomi rānei i tetahi mea

I karanga mai ia ki ahau, me te tangi, ka mea mai,

""Tena koa, me mahi tetahi mea hei awhina i ahau
I kawea mai e au he kai māna, ā, i tono atu ahau kia kai
ia. Kāore ia i te mōhio kei te pā tōku ringa ki tōna korokoro,
.te wāhi i arotahi ai tōku kaha hinengaro

Kātahi ka kite ia i a ia anō e kai ana, kāore he mamae,

.ā, kī tonu ia i te hari i te ora o tōna korokoro
I muri i taku wehenga atu i a ia, ka whakatika ia ka titiro
ki tōna korokoro i roto i te whakaata, ā, i tōna kitenga kei
reira tonu ngā mate pukupuku, ka hoki mai te mamae, ā, ka
.tīmata ia te hamama

I tōku taenga ki te kāinga, ka kite ahau i a ia e mamae

"?ana, ka pātai atu ahau ki a ia, "I aha koe

"Ka whakahoki ia, "I titiro ahau ki roto i tōku korokoro

I mea atu ahau ki a ia: "I kite ahau kei te pai tō korokoro
i te māramatanga o te Atua, koia te take i pai ake ai tō āhua,

"engari i kite koe i te mate, koia te take e mamae ai koe

"Kātahi ka mea atu ahau ki a ia, "Inumia tēnei wai

Nā te mea he ngāwari te aro o tōna hinengaro, ka taea e
ia te horomi i te wai, ā, ka ora anō ia, ā, kāore ia i titiro anō
.ki tōna korokoro i roto i te whakaata
Nō reira, he mahi nui tā te whakaaro. Mō ngā mate
pūnaha io—e ahu mai ana i ngā whakaaro hē—ka taea e te
hinengaro te whakatairanga i te whakaoranga tere ina
.whakamahia tika tōna mana
Kia mōhio: Ehara tēnei kōrero i te kī kāore koe e tika kia
kite i te tākuta, kia rapu maimoatanga rānei, nō reira me
.whakamārama ake

* * *

:Me taea e tātou te kī
I muri i tēnei tinana iti, ka rongo ahau i te tino mutunga"
"kore, te mutunga kore
Kāore au e kauwhau ki te kore au e kite kei te taha ahau
o te Atua, kāore hoki au e whakaako ki te kore au e tino
piripono ki a ia. Ā, ina kōrero ahau i taua taumata, e mōhio
ana ahau e kore te hunga e whakarongo mai ana ki ahau e
.wareware ki tā rātou i rongo ai
Ko te hunga e u tonu ana ka mōhio ki te Atua, ā, ko taku
tumanako ka pā atu te hunga e hiahia ana ki te whai tonu i a
.ia ki Tōna aroaro manaaki

* * *

Ko te hiahia mō te harikoa te mea tino kaha o ngā hiahia
katoa
Ko te hari pono, pumau tonu, e kitea ana i roto i te Atua
anake, ā, ina kitea e koe Tōna aroaro, ka ki tonu koe i te hari
.nui—he hari e kore e kitea i roto i tētahi atu mea
Me i hoatu ki a koe te ao katoa, e kore koe e mōhio me
pēhea te whakahaere i taua mea, ā, ka nui rawa te kawenga
.me te manukanuka ki ngā mea katoa
Tirohia ngā oranga o ngā tino tangata rongonui me ngā
tāne o te ao, ā, ka kitea e koe he pukuriri rātou, he mea
whiuwhiu haere i ngā whakatoi mai i ngā taha katoa, pērā i

ngā karetao e nekehia ana, e takarohia ana e te ringa o te
.aituā

Engari ko te tangata kua honoa ki te māramatanga o te
ao, he tangata harikoa ia nā te mea kua honoa ia ki tōna
.Kaihanga

* * *

Me whakapau kaha tonu ki te wikitoria i ngā whanonga
kino, nā te mea i te wā tonu ka pōuri te tangata, ka ruia e ia
.ngā purapura kino ki te oneone o tōna ake wairua
Ko te whai tonu i ngā tikanga kino he momo
whakangaro i a koe anō. Heoi, ko te ngana ki te noho
harikoa me te hihiri i ia rā, ahakoa ngā whakamātautau kino
me te whakapouri, he tohu ia o te whakahoutanga me te oho
.ake i te wairua

* * *

Ko te hunga e tuku ana i ō rātou hinengaro kia
whakapakeketia, kia kōhatu, ko rātou tonu te hunga e mate
.ana

Ko te hunga e hiahia ana ki te whakaoti rapanga o te ao,
me whakahou i ō rātou oranga i ia rā, i ia rā, me mahi ki te
whakapai ake i a rātou anō i tētahi ara, ki te whakawhanake
.i te whakaaro auaha, me te whai wāhi ki ngā mahi whai hua
Ā, i runga ake i ngā mea katoa, me inoi rātou ki te Atua
mō te whakaaro nui, nā te mea ka puta mai i te whakaaro
.nui ngā mea ataahua me ngā mea whakahīhī katoa

* * *

Kua homai e te Atua he whānau ki a tātou kia taea ai e
tātou te whakawhānui i te porowhita o tō tātou aroha mai i a
tātou anō ki ētahi atu e whanaunga ana ki a tātou, kātahi ka
.whakawhānui i ngā rohe o taua aroha kia uru atu ai te katoa
Ka tangohia atu i a tātou ō tātou whanaunga, ahakoa nā
te mate, nā ētahi atu āhuatanga rānei, kia ako ai tātou kia
kaua e herea tō tātou aroha ki te tangata anake, engari kia
aroha ki te aroha tonu, arā, ki te Atua, ki tō tātou hoa tata, e
.huna ana i muri i ngā kanohi tangata katoa

* * *

Ia wā ka kitea e au te hunga e aro mai ana, ka ngana
ahau ki te aro atu ki te hinengaro me te arorau o aua
tāngata, engari he onge taku kōrero ki te hunga kāore e aro
.mai nā te mea kāore rātou e hiahia ki te whakarongo
Mō te hunga e rapu pono ana i te Atua, ka ngana ahau
ki te kōrero ki a rātou mā roto i ō rātou hinengaro tuwhera,
me te whakatō i ngā purapura o te aroha atua ki roto i ō
.rātou ngākau

* * *

I te wā e mātaki ana i tētahi kiriata, i tētahi whakaari
rānei, mēnā i mōhio ngā kaimātakitaki ki te kaupapa o te
pūrākau me ōna taipitopito katoa i mua i te mātakitaki i te
.whakaaturanga, ka ngaro te harikoa o te whakaaturanga
Waihoki, he mea tika kia kaua e mōhio ki ngā mea ngaro
katoa o tēnei ao nā te mea he whakaari ao kei te haere i roto
i ngā upoko o ō tātou ao, ā, ehara i te mea whakahihiri te
.mōhio ki ngā mea ka tupu i mua i tōna taenga mai
Kaua tātou e manukanuka ki te mutunga, engari me inoi
ki te Atua kia ārahi i a tātou ki te whakatutuki i ā tātou mahi
i roto i te ao ki te taumata e taea ana, ahakoa he ngoikore,
he kaha rānei, he mate, he hauora rānei, he
whakapehapeha, he whakaiti rānei, he taonga, he rawakore
rānei, ā, kia mōhio ai tātou ki te tikanga o tēnei kōrero uaua i
.te mutunga

* * *

E hiahia ana te katoa kia nui ake te moni i tā te tangata
kē atu, ā, ina whiwhi rātou, kāore tonu rātou i te makona nā
te mea ka kitea e rātou kei reira ētahi atu e whai rawa ake
.ana i a rātou

E noho ana te tangata i roto i te pōrearea o te mamae i
whakatupuria e rātou anō mā te waihanga i ō rātou ake
hiahia me ō rātou ake hiahia, kaua ki te makona ki ngā mea
kei a rātou

Tērā ētahi tāngata he nui atu ā rātou taonga i ētahi atu,
engari kāore rātou i te harikoa, engari kei te mura tonu tō
rātou hiahia kia nui ake, ā, kei te kapi tonu rātou i te
.manukanuka me te manawa pā

Ko te ara o te Atua, e hoa mā, te ara māmā rawa, ā, ko
te mea pai kia tahuri tātou ki te Atua i te tuatahi, kia inoi ki a
la kia homai ki a tātou te mea pai mō tātou, ā, ka riro mai i a
tātou i Tōna ringa atawhai ngā mea e hiahiatia ana e tātou,
nā te mea ka whakautua e la ngā inoi pono, ā, ka
.whakatutukihia ngā hiahia o Ana hoa aroha

* * *

He mea kuware te tumanako ki te hari pono mai i ngā
here me ngā taonga o te ao nā te mea kāore e taea e rātou
.te kawē mai ki a tātou i te tuatahi
Heoi, e miriona ngā tāngata e mate ana i te pouri me te
maru i muri i ā rātou ngana koretake ki te kimi i te hari i te
ao nei, e kitea ana i roto i te Atua anake, te pūtake o te hari
.me te ngākau harikoa katoa

* * *

He mea tino noa te whakawhetai a te tangata ki te Atua
i muri i tana whiwhinga i ngā taonga mai i a la, engari he
onge te wā e whakawhetai ana rātou ki a la, e whakaaro ana
rānei ki te whakawhetai ki a la mō te taonga o te ora kua
homai e la ki a rātou, me ngā āhuatanga wairua kua
.whakatōkia e la ki roto i ō rātou wairua

He māmā noa te hiki ake i ō tātou ngākau ki te Atua ina
rongo tātou i Tōna aroaro, ina whiwhi rānei tātou i tētahi
whakautu mai i a la ki ā tātou inoi, engari he mea
whakamiharo te whakawhetai ki a la mō Tōna arataki huna
ki a tātou me Tōna aroaro manaakitanga i a tātou ahakoa te
kore e mōhio ki tēnā. He tohu tēnei o te whakawhirinaki ki te
Atua, te whakaiti i a la ki mua, me te makona ki Tōna
.whakaaro nui

Ka whakautu te Atua i tōna ake ara ki tō tātou aroha me
tō tātou hiahia, ā, ko te hunga whakaiti e kī ana ō rātou

ngākau i te whakawhetai me te maioha mō ngā
manaakitanga me te pai nui mai i te pūtake tapu e homai
.tonu ana
* * *

o te tangata te hoariri (ko te puku o te tangata tōna
hoariri)

Ko te puku te wāhanga tino ngoikore o te tinana, ā, he
maha ngā wā ka pāngia e ngā momo tukinotanga kino rawa
atu. Ina whakararururuhia te pūnaha nakunaku e te kai nui
rawa, e te kai rānei i ngā kai kino, ka pā mai ngā momo
.raruraru hauora katoa

Ina titiro te tangata ki tōna mata i roto i te whakaata, ka
whakaaro ia kei te pai ia, engari kāore ia e mōhio he nui ngā
paitini kei roto i tōna tinana. Ki te kore rātou e mōhio ki te
huarahi tika hei whakakore i aua paitini, ā, ki te kore e taea
.e te tinana te whakakore tika i aua paitini, ka puta he mate
* * *

I tono tohutohu tētahi o ngā ākonga taitamariki, ā, ka
:mea atu te kaiako a Paramahansa ki a ia
Ka whakatōkia e te ao ngā whanonga kino me ngā
auheketanga ki roto i a koe, engari e kore te ao e whai
kawenga, e kore hoki e whakahoki mai i tētahi whakautu, e
kore hoki e whai take mō ō hapa i puta mai i aua
.auheketanga me aua tikanga

Nā te aha rā koe i tuku ai i tō wā katoa ki tētahi hoa
tinihanga? Whakatapua kia kotahi te hāora i te rā mō ngā
.kitenga wairua me te pūtaiao
Kāore ianei te Atua – te kaiwhakawhiwhi o te ora, o te
whānau, o te moni, me ngā mea katoa – e tika ana kia
?whakapaua tetahi wāhanga o tō wā e rua tekau mā whā
* * *

:I pātai tētahi tauira
E te Ariki, he aha te take e tawai ai ētahi tāngata, e"
"?whakahi ai i te hunga tapu me te hunga tapu
:Ka whakahoki te kaiako a Paramahansa

E kino ana te hunga kino ki te pono, ā, e pai ana te"
hunga o te ao ki te rere i te ia. Kāore tetahi o ngā rōpū e pai
ki te huringa. Nō reira, ko te whakaaro noa ki ngā tāngata
tika a te Atua ka whakararuraru i a rātou, ka whakararuraru i
".tō rātou rangimārie
Ka taea te whakarite i ēnei tāngata ki tētahi tangata kua
noho mō ngā tau maha i roto i tētahi rūma pōuri. Ina tahuri
tetahi i te rama, ka ohorere te tangata matapo-haurua i te
.kanapa ohorere, ā, ki a ia he mea rerekē

* * *

Kāore he mana motuhake o te hama taumaha a te
parakimete. Ki te kore e hikitia e ia ki tōna ringa ka tukua ki
.raro, ka noho tonu ki tōna tūranga, kāore e whakamahia
Engari kei te tangata te mana whiriwhiri kia taea ai e ia
te whiriwhiri kia noho hei huarahi pai, hei taputapu tika hoki i
.roto i ngā ringa o te Atua

Kāore te Atua e hiahia kia rite te tangata ki ngā hama
pakari, matekore, engari kia whakamahia te mana motuhake
.hei whakatutuki i ngā kaupapa atua i runga i tēnei ao

* * *

Ehara te moni i te tohu mō te reka. He maha ngā
tāngata whai rawa e hoko ana i ngā mea kāore e hiahiatia
ana e rātou, ā, ka puranga ki roto i ō rātou kāinga hei
.puranga koretake, koretake hoki
Kāore e hiahiatia he moni nui hei whakapaipai i tētahi
whare; ko te reka te mea nui
Engari ko te whakaaro ki te whakapaipai i te whare he
mea e kukume ana i ētahi tāngata, nō reira ka noho
pōrearea rātou ki tēnei mea, ā, ka whakawhāiti i a rātou anō
.ki ngā mea o te ao
Me hiahia te hunga katoa e utu ana i ngā pire kua kohia
me ngā pire tere ki tētahi oranga māmā ake, me te herekore
.i ngā taumahatanga pūtea

Engari e kore taua herekoretanga e tae mai mā te tuku
ki te mangere me te mangere, mā te whakarērea rānei o ngā
.mea katoa me te kore he whakamārama, he whakaaro rānei
I tetahi wā ka pāngia tetahi tangata e te mate nui, ā, ka
:mea ia

Āe, te mate mōku! Kua ngaro taku taonga, kua"
whakarērea hoki ahau e taku wahine, nō reira kua whakatau
".ahau kia whakarērea ngā mea katoa, kia noho hei moke
Kāore tēnei tangata, e hoa mā, i whakarērea e ia ngā
!mea katoa, engari i whakarērea ia e te katoa
Ko te taiao hinengaro me te wairua makona e rua ngā
mea nui hei whakatutuki i te harikoa
I muri i te tiroiro me te wehewehe i ngā hiahia katoa, ka
:taea te kī
Kāore he uaua ki te whiwhi i ngā mea e hiahiatia ana e"
te tinana, ā, kāore e tika ana te kore e taea te whiwhi i aua
".mea

* * *

:I pātai tētahi o ngā ākonga
"?E te Ariki, me aha ahau kia mōhio ai ahau ki te Atua"
:Ka whakahoki te kaiako a Paramahansa
I ia wā waatea, rumakina koe ki ngā whakaaro hōhonu
mōna. Kōrero ki a ia mai i te ngākau ki te ngākau, mai i te
.wairua ki te wairua
He tata atu ia i te tata, ā, he aroha nui atu i te tangata e
arohaina ana. E aroha ana ahau ki a ia pērā i te tangata apo
e aroha ana ki te moni, ā, e aroha ana ahau ki a ia me te
aroha o te tangata e mate ana i te aroha, e matenui ana ki
tana i aroha ai, pērā i te tangata e toremi ana ki te manawa
.o te hau
Ina whakapuaki koe i tō hiahia nui me tō wawata nui,"
".ka haere mai ia ki a koe

* * *

Me whakapau kaha katoa tātou, kaua ki te whakatutuki i
te hauora pai me te haumarutanga ā-tinana anake, engari ki
.te rapu hoki i te tikanga o te ora
Ina pā mai ngā uauatanga ki a tātou, ka tahuri tuatahi
tātou ki te taiao, ka ngana ki te whakarerekē i ngā
.āhuatanga katoa e whakaaro ana tātou he āwhina kei roto
Engari ina tae tātou ki te mutunga kore, ka mea, "Kua
rahua aku ngana katoa, he aha atu anō tāku e taea ai?" ka
tīmata tātou ki te whakaaro nui ki te kimi i tētahi otinga whai
.hua mō tō tātou raruraru
Ina ruku hohonu tātou ki roto i ō tātou whakaaro, ka
whiwhi tātou, me te āwhina a te Atua, i te whakautu mai i
.roto i a tātou anō. He momo inoi tēnei kua whakautua

* * *

I mea atu te kaiako a Paramahansa ki ētahi o ngā
:ākonga
Kia tūpato ki te tirohanga kino ki te ao. He aha koe i aro"
nui ai ki ngā puranga paru, ina he nui te ataahua e karapoti
"?ana i a koe
Tērā pea ka kitea he hapa i roto i ngā tauira tino"
whakahīhī o te toi, te puoro, me te tuhituhi. Engari kāore
ianeī i te pai ake, i te whai hua ake hoki te pārekareka ki tō
"?rātou ataahua me tōna ataahua
He taha mārama, he taha pōuri hoki tō te ao, nā te mea"
ko te ao whanaungatanga e hangai ana ki te māramatanga
".me te atarangi
Ki te tukua ō koutou whakaaro kia whāngaihia ki te"
kino, ka kawea mai e koutou te kino me te pirau ki a koutou
"anō
Rapua te pai anake i roto i ngā mea katoa, kia taea ai e"
"koe te mimiti i te wairua o te ataahua

* * *

I mea atu te kaiako a Paramahansa ki tētahi rōpū
:ākonga

Nā te Atua i whakarite tēnei haerenga mai ki te Ao mō

tātou, engari ko te nuinga o tātou ka noho hei manuhiri
kāore i te manakohia, ka tangohia ētahi mea i konei hei
"taonga mā tātou

Mā te wareware he rangitahi noa iho tō tātou nohoanga
i te ao nei, ka hangaia e tātou he maha ngā hononga me ngā
whanaungatanga, pērā i: "tōku kāinga," "tāku mahi," "tāku
.moni," "tōku whānau," me ērā atu

Engari ina pau te wā o tō tātou visa whenua, ka
memeha haere ngā hononga tangata katoa, ā, ka akiakihia
tātou ki te whakarērea ngā mea katoa i whakaarohia e tātou.

Ko te Kotahi Anake e haere tahi ana me tātou i ngā wā
katoa, i ngā wāhi katoa, ko tō tātou hoa noho mutunga kore,
.ko te Atua

Kia mōhio koe ināianei ko koe te wairua, ehara i te
tinana. He aha koe ka tatari ai kia akona koe e te mate i tōna
?ara nanakia, ohorere hoki

* * *

Ki te pāngia te tangata e te mate, me whakapau kaha
rātou ki te wikitoria i tōna mate. Ahakoa te kī a ngā tākuta
kāore he tumanako mō te ora, me noho marino tonu rātou
nā te mea ka huna te wehi i te wairua o te aroaro o te Atua,
.te mea kaha rawa

Engari ko te manukanuka me te mamae hinengaro te
mea nui, me whakamanawa te tangata e pāngia ana e te
mamae ki a ia anō kei te haumarua ia i raro i te tiaki me te
.manaaki a te Atua

* * *

Ko te manukanuka te tikanga he pokanoa kei roto i te
pūnaha ahokore o te hinengaro
He himene te himene atua mō te ngākau mārie me te
.ata noho, ā, ko te whakararuraru he pōhēhē
Ko te marino te reo atua e kōrero ana mā roto i te
ahokore o te wairua

* * *

Ko te hunga e hiahia ana ki te whakahou i ō rātou
oranga, me tautuhi tuatahi i ngā mea pai e hiahia ana rātou
ki te whakauru ki roto i ō rātou oranga, kātahi ka whakatū i
tētahi kaupapa e piri tonu ai rātou i ia rā, ā, ka tino harikoa
.rātou nā te pupuri i ā rātou whakataunga
Ko te kore e piri ki tētahi kaupapa whakapai ake i a koe
.anō ka ngoikore te hiahia, ā, ka ārai i te ahunga whakamua
Ko te hoa pono me te hoariri kino o te tangata ko ia anō
Ko te hunga e whai ana i te tikanga o te ao, ka tutuki i a
rātou ngā whakatutukitanga hua. Kāore he ture e aukati ana
i te tangata kia pai ake te hurihanga, kia tutuki ai hoki i ā
rātou wawata rangatira. Kāore he arai e aukati i te tangata
kia eke ki ā rātou whāinga teitei, ki te kore rātou e whakaae
puku ki aua arai, e whakaae ana hoki ki a rātou anō kāore e
.taea e rātou te wikitoria
Mai i ngā puna whakaaweawe

Kāore he rerekētanga i waenga i ngā ture ā-tinana me
ngā ture wairua, me ngā merekara e puta mai ana i te
mārama ki ngā tikanga o te hinengaro tangata. Ka mahi ngā
kaipūtaiao i ngā merekara mā te whakamahi i ngā ture ā-
tinana, ā, ko te hunga matatau ki te taha wairua ka mahi i
ngā merekara hinengaro. I tēnei wā o ngā merekara pūtaiao,
e tohuhia ana e te waipuke o ngā mea hou me ngā mahi
auaha e kore e taea te whakaaro, me ruku hohonu ake ngā
kaipūtaiao ki te ako i ngā ture wairua e whakamahia ana e te
.hunga whai māramatanga wairua
Ko ngā merekara wairua, ko ngā manaakitanga atua
rānei, he whakamahinga noa iho o ngā ture atua o te ao
tūroa. Ki te tangata noa, he āhua merekara ēnei mahi,
engari ko te mea pono, he whakamahinga o tētahi ture
.huna, ture teitei ake

Kua whakamātau ahau i te ataahua o ngā piriona whetu
Marara noa atu i te whānuitanga o te wāhi

Ā, mai i ngā ahuareka harakore i ngotea e au te nekita
Ā, i hanga e ahau he ahi hei tahunga i ōku mamae katoa
Ā, i mauria e au ngā rama o te māramatanga
Ā, i whakatōkia te aroha parakore ki roto i ngā ngākau
katoa

I konatunatua te aroha o te pāpā, te māmā, me te teina
I inumia e au tae noa ki taku haurangi
I pēhia ngā pukapuka wairua kia whiwhi ai i te pata o te
rangimārie

I titoa ngā rotarota e te taiao
Ā, i tahaetia e au te reka mai i te whare pī o te harikoa
I tangohia e au ngā tikanga matua mai i te puna
whakaaro

Ā, i pānui ahau
Ā, ka menemene ahau
Ā, i mahi ahau
Ā, i whakamahere ahau
Ā, i wiri ahau

I hiahia nui ahau
Ā, kāore i ranea katoa ēnā
I a ia e mōhio ana he moemoeā aua mea e memeha
haere ana

I mua i te tutukitanga o ngā hiahia o te ngākau hiahia
Engari i te wā tonu i peia atu ai e au ngā moemoeā i
ahau

Ā, i noho ahau i te wāhi tapu o te rangimārie
I kaha ake taku hiahia
Ā, ka rongo ahau i tōku wairua e waiata ana
!Ko te Atua anake e toe ana

He mana mutunga kore tō te tangata katoa, ā, me
whakaatu e tātou taua mana i roto i ngā mea katoa e mahia
ana e tātou. Ina hiahia tātou ki te waihanga i tētahi mea,
kaua e whakawhirinaki noa ki ngā pūtake o waho, engari me

ruku hohonu ki roto i ō tātou ngākau, me te rapu i te pūtake
.mutunga kore

Ko ngā tikanga mahi angitu katoa, ko ngā mea hou
katoa, ko ngā wiri waiata katoa, ko ngā whakaaro
whakahihiko, me ngā tito waiata whakamiharo, kua tuhia ki
.roto i ngā pukapuka a te Atua

Me tautuhi tuatahi tātou i te whāinga, kātahi ka tono i te
āwhina a te Atua hei ārahi i a tātou ki te mahi tika hei
whakaatu i ō tātou kaha, ā, me whakaaroaro kia marino te
hinengaro, kia mārama hoki te mahi e whai ake nei me
.mahi

Kātahi ka mahi tātou i runga i te arataki o roto e riro mai
ana i a tātou, ā, ka tutuki tā tātou e hiahia nei. Ina marino te
hinengaro, ka tere, ka ngāwari hoki te māramatanga o ngā
!mea—auē te mīharo o tēnā

Ka tutuki i a koe ō wawata, ā, ka riro i a koe te angitu i
ngā mea katoa i roto i te wā poto, nā te mea ka taea e ngā
mana o te ao te ārahi i te ture tika, me te whakaatu i tōna
whai huatanga. Ki te tirotirohia e tātou a tātou anō, ka kitea
.e tātou te pono o tēnei, me te āwhina a te Atua

I pātai tētahi o ngā ākonga ki te kaiako a Paramahansa
mō ngā huarahi tino whai hua hei wikitoria i te
whakamatautauranga a Hatana kua rāhuitia, ā, ka mea atu
:ia ki a ia

Ki te kore koe e tino mau ki te whakaaro nui, me mutu
wawe tonu te mahi, te hihiri kaha rānei ina pā mai te
.whakamatautauranga, ka whakaaroaro i ngā mea i muri mai
Ki te ngana koe ki te whakaaro tuatahi, ka hinga koe i te
whakamatautauranga ahakoa kāore koe e pai, ā, ka kitea
koe e mahi ana i te mea kāore koe e hiahia ki te mahi, nā te
mea i tēnei wā ka hinga te whakaaro i te
.whakamatautauranga

Ko tāu noa he kī pūmau, "Kāore au e pena," kātahi ka
whakatika ka haere. Koinei te huarahi tino pono hei mawhiti
.atu i ngā mahanga a te rewera
Ko te nui ake o tō whakawhanake i te mana o te "Kāore
au e hiahia" i te wā o ngā whakaekenga āwangawanga, ka
kaha ake koe, ka nui ake hoki tō harikoa, nā te mea ko te
harikoa kei te mahi i tā tō hinengaro e kī atu ana ki a koe kia
.mahia
Ina mea koe "kāo" ki te whakawai, me kī koe i tāu e kī
nei, me te whai i tāu e kī nei
Kaua e ngākau rua, kia mahara ko te hunga ngoikore te
ngākau e kī tonu ana "āe," ko ngā wairua nui ia e kī tonu ana
.i ngā "kāo" tuhituhi

I roto i ngā whakangungu wairua, i ako mātou ki te
whakahaere i ō mātou kare ā-roto me ngā hihiri, kaua e
tukua ō mātou ake hiahia kia whakahaere i ō mātou oranga.
I whakawhetai mātou mō ngā mea katoa kua homai e te
Atua ki a mātou. He nui ngā mea a te tangata, engari he
tokomaha e pouri tonu ana, e amuamu tonu ana, e kore e
makona ahakoa kāore he mea a rātou, me te mea kāore he
.mea a rātou, ā, he mutunga kore ō rātou hiahia
I te ata, i muri i te heu a te tāne i tōna pahau—me tōna
ngutu pea—ka horoi i tōna mata, ka whakakakahu, ko te
mea e whai ake nei e hiahiatia ana e ia ko te parakuihi. I
muri tata tonu i tana kai i ētahi wahi, ka hiahia ia kia taka e
tana wahine tētahi mea e pai ake ana ki tana hiahia, ko te
wahine ia, e hiahia ana kia pai ake āna oko hiriwa, pereti, me
.ngā rihi
Nō reira, i ia rā, i ia rā, ka hiahia rātou ki tēnei mea, ki
tēnā mea, kia kore rā anō e taea te whakamātau i a rātou, ā,
ka ngaro te whanaungatanga piripono o ō rātou
whanaungatanga, ā, ka ngaro hoki te harikoa. Nā te riri e pā
ana ki a rātou, ka tahuri rātou ki te hunga e tata ana ki a
rātou. Ka amuamu, ka totohe te wahine ki te tāne, ka

hamama te tāne ki ngā tamariki, ā, ka tutu ngā tamariki, ka
taka ki te raruraru me te hunga kino. Ko te whakaaro nui
tēnei: ehara i te mea he hē te pupuri i ngā taonga, engari he
hē te tuku i ngā taonga kia riro i a tātou. Ko te hunga e rapu
.ana i te harikoa kaua e tino piripono, e tino rangatira rānei
Kei roto i ahau tōku pararaiha, ā, ina koa ahau ki tētahi
tirohanga ataahua, ki te tūtaki rānei ki ngā hoa aroha, ka
whakanuia e tōku pararaiha o roto tōku harikoa ki taua
tirohanga, ki te kite rānei i aua hoa. Ki te kore taua ngākau
māhorahora o roto, ka huri te pararaiha o te ao hei reinga e
.kore e taea te tu atu

Ko te mōhio ko ngā mana katoa o te whakaaro, o te
kōrero, o te kare ā-roto, me te mahi i ahu mai i te Atua, ā,
kei a tātou tonu ia, e whakahihiko ana, e ārahi ana i a tātou,
ka puta mai he whakaoranga tonu mai i te manukanuka, te
pōhēhē, me te pōhēhē. Mā tēnei mōhiotanga, ka puta mai
.ngā mura o te hari atua

I ētahi wā ka horapa te kanapa wairua hohonu puta noa
.i te tinana katoa, ka peia, ka murua hoki te ariā o te wehi
Pērā i ngā ngaru o te moana, ka puta mai te mana atua
me te kaha nui, e tika ana mā roto i te ngākau, e horoia ana
ki te awa nui manaakitanga, e tango ana i ngā arai me ngā
.aukati katoa o ngā feaa, te manukanuka, me ngā matakū
Ina pā atu tātou ki te aroaro o te Atua, ka memeha atu
te whakaaro pohehe he tinana tinana noa iho tātou. Ka taea
tēnei mā te whakaaroaro hohonu me te arotahi ki te wairua,
te whakaaroaro ki te Atua, me te rapu i tana awhina hei
.whakatuwhera i ō tātou hinengaro
Kātahi tātou ka mōhio he mirumiru iti noa iho te tinana i
.roto i te moana nui o te Atua

Ina pāngia te tangata e ngā wheako hinengaro kino, e
.ngā matakū kaha rānei, me ngana ia ki te moe
Ki te taea e ia tēnā, ka kitea e ia i te oho ake kua ngaro
te ahotea hinengaro, ā, kua wetekina te mau o ngā matakū,

nā te mea ina tomo te wairua ki te āhua moe, ka ara ake ia
mō tētahi wā ki runga ake i ngā raruraru i hono tuatahi ki te
.piri ki te tinana me ōna wheako

Ko te āhua nui ake ko te pā atu ki te hinengaro teitei
ake mā te whakaaroaro hohonu, me te mōhio Me whakatau
tātou kia kaua tetahi mea e whakararuraru i tō tātou
.rangimārie, e tango rānei i tō tātou marino

Ina tino mimiti te hinengaro ki ngā āhuatanga o te ao,
kāore e taea e ia te kite i te āhua tūturu o te wairua wairua
harikoa. Engari ina mahi tātou me te mahara tonu ki tō tātou
hononga tata ki te Atua, kei te karapotia tātou e Tōna
māramatanga, ā, kei roto i a tātou Tōna rangimārie, kāti
kāore ngā kaupapa e pā ki a tātou, ā, e kore ngā āhuatanga
.kino e whakararuraru i tō tātou rangimārie

Me aroturuki te tangata i ōna kare ā-roto. Ka kai te
tangata kakai, pērā i te tangata wairua he hunga whai
tikanga ōna. He tika rānei te kī he hara te kai nā te mea he
?maha ngā wā e hono ana ki te kakai

Kei roto i te whakaaro te hara, kei roto i ngā hihiri. Ka
kai te tangata kakai hei whakamātau i tōna hiakai, ā, ka kai
te tangata wairua hei pupuri i tōna tinana kia ora, ā, he
.rerekētanga nui i waenganui i ngā mea e rua

Hei wehewehe i te tika me te hē, me whakaaroaro te
tangata, me pātai ki a ia anō mēnā he tika, he hē rānei tāna
.e mea nei. Me tino pono tātou ki a tātou anō

Ina pono te tangata ki a ia anō, kāore pea ia e hē, ā,
ahakoa ka hē ia, ka taea e ia te whakatika wawe i tana
huarahi. Me ārahi tātou e tō tātou hinengaro i roto i ā tātou
mahi, nā te mea ko te hinengaro te kaha tātari i roto i a
.tātou

Ahakoa te maha o ā tātou mahi me ā tātou herenga,
kaua e wareware ki te whakawātea i ō tātou hinengaro i ia
.wā, i ia wā, i ngā manukanuka me ngā āwangawanga katoa

Kaua e whakaaro kino mō tētahi meneti i ia wā, engari
kia arotahi ki te rangimārie o roto, ina koa mēnā kei te
.manukanuka koe, kei te taumaha hoki i te āwangawanga
Kātahi ka whakaroahia e ia te wā mō ētahi meneti, me
te whakamahara i ētahi huihuinga me ngā wā harikoa
Kia maumahara ki ētahi maharatanga reka i waiho he
whakaaro pai ki a koe, ka ngana ki te whakamahara anō i
aua maharatanga me ō rātou āhuatanga katoa, ā, ka āta kite
koe kua wareware koe ki ō manukanuka, kua memeha haere
.hoki ō matakū

Te hanga i te taiao o roto
Ki te hiahia te tangata ki te hanga i tētahi taiao hauora o
roto, me whakaharatau ia i ngā wā o te noho puku, kaua e
kata i ngā wā katoa, engari me harikoa, me harikoa, me
.menemene hoki
Ka memeha haere ngā kare ā-roto rangatira i roto i ngā
kōrero koretake, ā, he rite ki te matā e pau ana tōna mana
mā te kōrero mō ngā mea koretake, koretake, ā, ka ngaro te
.rauemi hinengaro nui, whai hua hoki
He rite te hinengaro ki te ipu miraka; ina ki tonu i te
rangimārie o te whakaaroaro, i ngā whakaaro kua
whakatikatikaina, i ngā kare ā-roto, me pupuri tonu. Ko te
wairangi me te kōrero a te kākā he whakangahau teka e
hanga ana i ngā kōhao i ngā taha o te ipu o te hinengaro, ka
.turuturu te waiū o te rangimārie o roto, ka ngaro
Ehara i te mea me tino kaha rawa, me tino whai
whakaaro nui, me tino tūpato te tangata, engari me karo i te
tawai, te whakatoi, te whakahi, me te kōrero koretake,
.koretake hoki
Kei te maumahara tonu ahau ki ngā whakangungu
whakamiharo i whakawhiwhia mai e ngā tino tohunga. I a
mātou e kopikopiko ana, e kōrerorero ana, ka mea mai rātou
:ki a mātou

Hoki atu ki ō koutou pā kaha o roto, kaua hoki e patu i"
a koutou anō i te toto matapo, kia ngaro ai ō koutou
tirohanga wairua, kia rere atu ai tō koutou rangimārie i a
".koutou, kāore he hokinga mai
Kāore i ngāwari ki a mātou te mārama i taua wā, engari
inaiane kua mārama ahau ki te ara o te rangimārie i
whakaakona mai e rātou ki a mātou
Ngā putunga mō te rangimārie
Ki te tuhi tonu te tangata i ngā haki me te kore e
whakatakoto moni ki roto i tana pūkete putea, ka pau tana
.moni, ā, ka mimiti tana toenga moni
Waihoki, ki te kore te tangata e penapena i te
rangimārie ki roto i tōna ao, ka mimiti haere ōna kaha, tōna
marino, me tōna harikoa, ā, ka memeha haere, ka mutu, ka
koretake te hinengaro, te tinana, me te wairua. Mā te
whakaaroaro ki te Atua me te wheako i Tōna aroaro manaaki
ka whakakīia tō tātou kaha o roto, ka whakakīia hoki tātou ki
.ngā mea nui katoa e tika ana

Engari ko te noho i nāiane anake, ka ngana tātou ki te
noho i te wā kotahi i roto i te ao o mua me te ao o muri, ka
taumaha rawa te kawenga ki te hinengaro, ka hoha, ka
whakawhāiti hoki i tōna kaha ki te whakahaere tika i ngā
mea. Koia te take me whakamama ake tātou i te kawenga
hinengaro. Kua ngaro atu te ao o mua ake tonu atu, nō reira
?he aha tātou ka mau tonu ai i roto i ō tātou hinengaro
Tukua te hinengaro kia whakahaere i ana taumahatanga
takitahi, kaua e mahi katoa i te wā kotahi. Ka kai noa te
manu kōura i te wai totoka e kohia ana e ia ki tōna ngutu;
waihoki, me maumahara noa tātou ki ngā akoranga kua
akohia e tātou i ngā wā o mua, ā, me wareware ki ngā
.taipitopito kāore e tika ana
Ka tino whakamarie tēnei i te hinengaro. Ko te harikoa o
te tangata o ēnei rā kei te whakanui i ana taonga me te

whiwhi atu i ngā mea maha, ahakoa te rawakore me te
.mamae o ētahi atu

Engari, kāore ianei e pai ake kia noho noa te tangata,

kia kaua e nui rawa ngā taonga papai, kia iti ake hoki te
hiahia me te manukanuka? Kāore he harikoa i roto i te

.hohoro o te mahi ki te kore e pai ki ngā mea kei a ia

Ka tae mai te rā ka ara ake te tangata i tā rātou moe

wairua, ka tīmata ki te ara ake i runga ake i tō rātou hiahia
mō ngā taonga ā-tinana. Ka tae mai te rā ka kitea e rātou he

nui ake te haumarū, te rangimārie, me te ata noho mā te
.oranga māmā ake

Ko te toa i ngā ngākau o te tangata mā te mana o te

aroa te wikitoria nui rawa atu ka taea e te tangata te
whakatutuki i roto i te ao

Koinei ngā whakatutukitanga tino whakamiharo a te

hunga nunui i ora, i mate hoki mō ētahi atu. Ko te hunga

whai mana nui e ora ana mō rātou anake ka hohoro te
warewaretia. Engari ko te hunga e ora ana mō ētahi atu ka

.maumahara tonutia

Kāore he torona koura o ngā poropiti i a rātou e noho

ana i te ao nei, engari e noho ana rātou i runga i te torona o
te aroha i roto i ngā ngākau o te miriona. Koinei te torona pai

.rawa atu ka taea e te tangata te noho

Ka tae mai te tangata ki tēnei ao me te tangi, i te wā e

koa ana te katoa ki tōna taenga mai. Me mahi, me mahi hoki
i roto i te wā kua whakaritea mō tōna oranga, kia tae ai ki te

wā e wehe atu ai ia i tēnei ao, ka menemene ia, ā, ka tangi
.te ao ki a ia

I hangaia e te Atua tēnei ao kia taea ai e te tangata te

whakamahi i tōna hinengaro ki te whiwhi i te mātauranga

wairua, kia mārama ai hoki ki te atua. He mana nui te
whakaaro, ā, me whakamahi tēnei mana i te huarahi tika hei

.painga mōna ake, mō ētahi atu hoki

Me i kore te Atua i homai te aroha ki a tātou mā te
whakatō i tōna aroha ki roto i ō tātou ngākau, e kore rawa
.tātou e mōhio ki te aroha o te tangata
Nā te mea he nui te atawhai me te aroha o te Atua ki a
tātou, ko la te mea tika kia waiho hei whāinga mā tātou, kia
noho hoki hei whāinga mā tātou. Kāore ia e hiahia kia pēhia
tātou e ia, engari kāore he hari e taea te whakatutuki me te
.kore e whakaaro ki a la, e hono atu hoki ki a la
Ko te ara ngaro o te mahi a te tinana me te hinengaro, e
wehewehe ana i a tātou i ngā mea ora katoa, me ngā mea
whakamiharo katoa o te ao, me nui hei akiaki i a tātou ki te
rapu me te kimi i taua mea. Ko te hunga e ngana pono ana,
e whakapau kaha ana, ka angitu i roto i tā rātou mahi, ā, ka
.tutuki i a rātou tā rātou whāinga
I taku tīmatanga i tēnei ara, i te tīmatanga he pōrearea,
he koretake hoki tōku ao, engari nā roto i ngā nganatanga
maha me te whakapau kaha tonu, ka tīmata te mārāma
haere o ngā kapua, ā, ka tino mārāma haere ngā mea katoa.
Ko ngā mea katoa i pa ki ahau he tohu pono mō te orange o
te Atua me te āheinga ki te kōrero ki a la me te mōhio ki a la
.i tēnei ao

Āe, te rangimārie me te ata noho e kitea ana e te
kairapu ina kitea te Atua! Ka tiaho te ao, ka menemene, ka
pai ngā mea katoa, ā, kāore he mea e taea te whakatupu
.wehi ki roto i te ngākau
Koinei te huarahi e anga atu ai tātou ki ngā wero, me te
whawhai i te pakanga o te ao me te maia me te māia e tika
.ana mō ngā tamariki o te ora me te māramatanga

Ina whakaaro tātou me mahi e tātou he maha rawa ngā
mea i te wā kotahi, ka tino pōuri tātou
Engari i te manukanuka ki te mea me mahi, he pai ake
:te kī atu

Nōku anake tēnei haora o te wā, ā, ka mahia e au ngā"
mea katoa e taea e au i roto i tēnei haora, me te kore e
".tukua te pēhanga kia pehia ahau
Kāore e taea e te karaka te taki i ngā hāora 24 i roto i te
meneti kotahi, waihoki, kāore e taea e koe te mahi i roto i te
.hāora kotahi i ngā mea e hiahiatia ana mō ngā hāora 24
Me whakapau kaha tātou ki te mahi i ngā mea e tika ana
kia mahia i tēnei wā tonu, me te mahi māriri, me te kore
.ahotea, ā, mā te heke mai e tiaki i a ia anō
Kia pai tō wā, kia ngana hoki ki te whakakotahi i ngā wiri
o te rangimārie
Ka nui ake tāu mahi i tēnei, ka nui ake tō rongo i tētahi
mana manaaki i roto i a koe e mahi ana hei painga mōu, e
.whakarei ana i tō oranga, e whakahari ana hoki i a koe
Te aro atu ki te wehi me te manukanuka
Ka puta te manukanuka i roto i te ngākau nā te mamae.
Nō reira, ka kite tātou ko te wehi e ahu mai ana i ngā
wheako o mua. Tērā pea kua hinga te tangata i mua, ā, kua
whati tōna waewae, nō reira ka matakū kei hoki anō taua
.wheako
Mā te aro tonu ki ēnei whakamātautau mamae ka
ngoikore te ngākau me ngā io, ka hinga pea, ka whati anō
hoki te waewae! Heoi anō, ina ngoikore te ngākau i te wehi,
ka heke te kaha o te tinana ki tōna taumata iti rawa, ka taea
.ai e ngā iroriki mate te uru ki te tinana, ka pā kino
Kāore rawa he tangata kāore e wehi i te mate. I tukuna
te wehi ki te tangata hei taputapu ārai hei ārai i te mamae,
.ehara i te mea hei whakanui, hei whakaaroaro tonu rānei
Mā te aro nui tonu ki te wehi ka ārai i ā tātou mahi ki te
karo i ngā uauatanga me te whakaoti rapanga e pā ana ki a
tātou. Ko te wehi kua āta whakaritea e ahu mai ana i te
whakaaro nui, pērā i te whakaaro he kino te kai ahakoa e
hiahia ana koe ki te kai. Ko te wehi ki te mate te tohu o te
mate. Ka kawea mai e te tangata te mate ki a rātou anō mā
te whakaaro noa ki taua mea. Mena kei te wehi tonu koe kei

pāngia koe e te makariri, ka ngawari ake koe ki te pāngia e
.te makariri, ahakoa te aha e mahia ana e koe hei karo
Kaua e tukua te wehi kia whakararu i tō hiahia me ō io.

Ina pehia koe e te manukanuka, ka āwhina koe ki te
waihanga i te wheako e wehingia ana e koe. He mea
whakaarokore hoki te noho roa ki te hunga e kōrero tonu
ana mō ō rātou mate me ō rātou ngoikoretanga. Mā te
arotahi ki ēnei mea ka taea te whakatō i ngā purapura o te
.wehi ki roto i tō hinengaro

Ko te hunga e matakū ana ki te pāngia e te mate kōhi
pūkahukahu, te mate pukupuku, te mate manawa rānei, me
peia atu tēnei matakū i roto i ō rātou whakaaro, kei puta mai
.aua āhuatanga kino ki a rātou

Mō te hunga tūroro me te hunga kaumātua, me whai
wāhi rātou ki tētahi taiao ahuareka, pai hoki, i roto i te hunga
he kaha, he pai hoki ō rātou āhua, hei whakatenatena i a
rātou, hei whakaara ake hoki i ō rātou wairua mā roto i ngā
.whakaaro me ngā kare ā-roto pai

He mana nui tō te whakaaro. Kāore i te maha ngā
kaimahi hōhipera e pāngia e te mate nā te mea he
whakapono ki a rātou anō; ina hoki, ka whakahoutia e ō
rātou whakaaro kaha tō rātou kaha, ā, ka whakaratohia he
.oranga tonutanga ki a rātou

Waiata o te Moe

Me te hiahia nui, ka whakaarahia e au ki a koe ngā
waiata o tōku ngākau

Ka whakatakotoria e ahau ki tō koutou aroaro aku
taonga wairua katoa

Kua kohia e au māu te honi o te aroha nui me te pono
pumau

I roto i ngā pūtau o tōku hinengaro; ko ngā mea katoa
nāku, nāu hoki

E te Ariki, i matewai ahau i te koraha o ngā tumanako
teka me ngā wawata pakoko

Nā, kua inu ahau, kua whakamā i tōku matewai i ngā
puna o tō aroha me tō rangimārie
Kāore ōku hiahia whenua e toe ana
E rongo ana ahau i ō hau kakara, manaaki e rere mai
ana ki ahau, ā, kua hou ake tōku wairua
Ā, ka tiaho ngā rama o tōku harikoa i te kanapa o tōu
harikoa

Tata tonu ahau te mate i te matewai me te nenge
I waenganui i te matakite o ngā awaawa tinihanga o te
ao

Ā, kua rumakina ahau i roto i ngā ngaru harikoa o tō
wairua manaakitanga
E hiahia ana ahau ki te toremi i roto i tō moana tapu, kia
!noho tonu i roto i a koe
Te reo o ngā putiputi
Ko te Atua te kaitoi nui rawa atu
Ko tōna ataahua tuturu e whakaatahia ana i roto i te
ataahua o ngā putiputi
Auē te ataahua o te whakaaro ki a ia i ngā wā katoa e
!kite ai tātou i ngā putiputi me ngā rōhi
Kāore e kitea te Atua
Heoi, kei te kōrero mai ia ki a tātou
Mā roto i ngā putiputi
Me ngā mano tini o ngā mea hanga ataahua, ataahua
hoki

Ā, ka whakakīia tātou e ia ki tōna kakara rangi
E whakaū ana ia i tōna oranga ki a tātou i ia rā mā roto i
āna mea hanga
I hangaia ngā putiputi mō tētahi kaupapa
He ataahua tana mahi ki te katoa, he mahi whakaiti
I kōrero mātou mō ngā mahi whakamiharo a te Atua, nui
atu i ngā mea katoa
He kōrero whakamiharo tā ia putiputi mō te aroaro o te
Atua
Kua whakamahia ngā putiputi mō ngā rautau

Ehara i te mea hei whakapaipai anake, engari hei
whakaatu i te kakara me te ataahua o te Atua
Ka taea e tātou te rongō i te aroaro o te Atua mā roto i
ngā putiputi me ngā rōhi
Nā te mea he hanganga atua ia putiputi e kite ai tātou i
te whakaaturanga o te Atua
Ko te tangata ataahua e aroha ana ki te ataahua
Whakaarohia ngā rengarenga o te parae, kaua ko}
{Horomona i roto i tōna kororia katoa
I rite tōna kākahu ki tētahi o rātou
Ngā āwangawanga: tōna āhua me te pehea te whakatau
i a rātou
Kāore he hua o ngā manukanuka; ka nui ake ngā
manukanuka e whakararuraru ana i ō tātou ngākau
Ina wehe atu koe, ina mutu rānei tō rā mahi, wareware
.atu. Kaua e maumahara ki a ia, ka haria ki te kāinga
Ka hanga e ngā manukanuka he paparanga matotoru o
ngā kapua pōuriuri e karapoti ana i te hinengaro, ka tūtuki te
tangata nā te mea kāore i te mārama, i te ngāwari hoki tō
rātou ara Me ako tātou ki te whakawhirinaki atu ki te Atua
He pūtaiao tēnei i roto i a ia anō, he ture atua pumau e kore
e rerekē. Ko te tangata e mahi ana i tā rātou e taea ai, ā, i te
wā kotahi e rapu ana i te āwhina atua, ka tangohia ngā arai i
tō rātou ara, ka whakaitihia te kaha o ngā uauatanga, ā, ka
whakatuwherahia e te Atua ngā tatau mō rātou {Ko te
tangata e whakawhirinaki ana ki te Atua, ka ranea e ia}
{Maka ō manukanuka ki te Ariki, ā, māna e whakahaere}
Kia mōhio koe—kia whakanuia e te Atua tōu
mātauranga—tērā tonu he ara hei puta atu i ngā uauatanga
me ngā āwangawanga o te ao. Mēnā ka mutu tātou, ka
whakaaroaro, ka āta whakaaro ki te whakakore i te pūtake o
tō tātou manukanuka, kaua e noho roa ki reira, ka
whakatuwherahia e te Atua ngā tatau mō tātou, ka ārahi i a
.tātou ki ngā ara kāore anō kia whakaarohia e tātou

He tokomaha te hunga e haere mai ana ki ahau ki te
kōrero mō ō rātou āwangawanga, nō reira ka tono atu ahau
kia marino rātou, kia whakaaroaro, kia rapu i te āwhina a te
Atua, kia kaua e whakaaro ki ētahi atu huarahi hei whakaoti
rapanga kia tau rā anō te marino me te rangimārie o te
.wairua

Ina marino te hinengaro, ka tau te rangimārie ki te
wairua, ā, ka kaha te whakapono, ka puta ake ngā otinga mō
.ngā raruraru pērā i te rā e ara ake ana i muri i ngā maunga
Kāore te kore aro ki ngā raruraru e kī taurangi ka
whakakorea atu, kāore hoki te manukanuka ki aua raruraru e
.hua mai he hua pai

Whakaarohia kia marino rā anō koe, kātahi ka
whakaaroaro mō tō raruraru, ka inoi kaha ki te Atua kia
āwhina mai. Arotahi ki te raruraru, ā, ka kitea e koe he
otinga me te kore e manukanuka, me te kore e kaha te
.mahi

Ka whakautua tonutia te inoi e te Atua, engari ki te kore
te inoi e tukuna me te ngākau nui me te pono, he mārama
.kāore e whakautua

E mōhio ana te katoa i tētahi wā i tutuki ai tētahi o ā
.rātou hiahia nā te inoi

Ina huri te hiahia hei wawata, ka pā ki te ngākau o te
Atua, ā, ka homai e ia te mea e hiahiatia ana
Ina hiahia te Atua i tētahi mea, ka aro katoa te taiao ki
tana i pai ai

Ka whakahoki te Atua ina tahuri tātou ki a ia me te
ngākau pono, me te whakapono hohonu, me te whakatau
pumau

I ētahi wā ka whakautu ia mā te whakatakoto i tētahi
whakaaro ki roto i te hinengaro o tētahi tangata hei
.whakatutuki i tō hiahia, hei whakatutuki rānei i ō matea
He huarahi tēnei tangata i roto i ngā ringa o te Atua hei
.whakatutuki i te hua e hiahiatia ana
Kāore te iwi e mōhio ki te mahi a tēnei mana nui

He tino tika ngā tātaitanga e whakahaerehia ana, kāore
he wāhi mō te "mēnā" me te "kāore" rānei
Koinei te tikanga o te "whakapono ki ngā mea kāore e
"kitea

Ā, ka whāngaihia ia e ia i te wāhi kāore ia e whakaaro
Mai i ngā himene a te wairua
Ka aue ngā rākau
Ā, e takaro ana te hau
Ā, ka ataata te rā
Ā, ka rere tonu te awa
Ā, ka piki ake ngā rangi i runga
ngā ira whero-māwhero
Ā, ka huri te whenua i tōna koroka pango
Taimana whetu-whakairo
Hei kakahu i te awatea
He kākahu koura kanapa
Ka whakapaipai, ka whakapaipai te taiao i a ia anō
I roto i ngā tae harikoa o ngā wā o te tau
Me te awa e pupuhi ana
Kāore koe e ngana ki te kōrero
Me ngā reo e piri ana ki te haruru
Mō te whakaaro huna
Ā, e puta mai ana i te hohonutanga o te wairua
Ā, ka waiata ngā manu
Ā, e ngana ana ia ki te whakaae
Me ngā take kāore i te mōhiotia
Kei te korikori i roto i a ia
Engari ko te tangata
Ka taea te kōrero me te whakamārama
I roto i ngā kupu mārama, mārama hoki
Mō ngā mea i kore i taea e te katoa
Mō te whakapuakitanga
Mō te Ariki o te Ao
Kei ngā wāhi katoa
Te whakaara ake i te mōhiotanga

Ko tō tātou taiao hinengaro ā-roto e hangaia ana e tā

tātou taunekeneke ki tō tātou taiao o waho mai i ngā

.wāhanga tōmua o te ao

Ko tēnei taiao ā-roto me ngā tikanga hinengaro, me ngā

hiahia me ngā aukume i hangaia e ngā oranga o mua, he
maha ngā wā ka ārahi i ā tātou mahi me ā tātou whanonga i

.roto i te huarahi aunoa

Mō te whakahoutanga hinengaro, te hiki ake rānei i te

hinengaro mai i te tinana ki te wairua me ngā pono wairua, i

te tīmatanga o te ora ka pai te wairua ki te whakaatu i a ia

anō me te whakapuaki i ōna hiahia mā te tinana, ā, ko te

.mutunga iho ka noho hei herehere mā te tinana

Me whakangungu tātou i a tātou anō kia noho ki te

taumata teitei ake i te taumata tinana. He hononga tata te

whanaketanga hinengaro ki te tipu tinana, ki te tipu rauemi

rānei. Nō reira, e ai ki te whanaketanga taiao, ka haere te

wairua i ngā wāhanga maha hei whakatutuki i te taumata o

te mōhiotanga wairua, e whakamārama ana i te take e tutuki

tuatahitia ai te angitu rauemi, ā, muri iho ko te angitu

.hinengaro

He tino whai hua ngā whakatutukitanga hinengaro, nā

te mea mā roto i ēnei ka ako tātou ki te huri i ngā hiahia

.tinana hei oranga wairua

tahuritanga morearea

Ehara i te mea nā te Atua i hanga ngā raruraru o te ao i

ēnei rā. Engari, ko ngā hua ēnei o ngā tau maha o te

whakaaro hē me ngā mahi hē a te tangata whānui. Ko tā te

.tangata e rui ai, koia tā rātou e kokoti ai

Kua tae te tangata ki tētahi wā tino kino, ā, kei te tū ia i

tētahi ara whakawhiti. Ka taea e ia te whakangaro i a ia anō

mā te whakamahi i ngā tikanga pakanga i hangaia e ia, te

tahuri rānei ki tētahi ara ora teitei ake, me te kawē mai i te

Atua ki roto i tōna ao mā te whai i ngā uara matatika,

matatika me te wairua i tautokona e ngā poropiti me ngā

.tohunga. Nā tātou te whiriwhiri

Kua tae ki te wā kia tautuhia e te tangata tōna tūranga,
kia whakatau ko tēhea ara me haere e ia: ki te pōrearea me
te whakangaromanga, ki ngā kaupapa whānui teitei ake
rānei e karangatia ana e ngā karakia o te rangi hei whakaora
.i ngā wairua me te ao i te mamae me ngā aituā
Ki te whakaari te tangata i tana tūranga e tika ana, ā, ki
te whakaaweawetia ia e ngā ture o te pai, te aroha me ngā
tikanga matatika, kātahi ka ngaro te pōuri, ka memeha
.haere te pōuri

Kāore he whakaaro, he whakamārama rānei mō ngā
āhuatanga pōuri e kitea ana e te ao, kāore hoki he tutu
wairangi e puta ana i ngā whenua katoa. Ko te take o ēnei
mea katoa he tawhiti kē te tangata i tōna Kaihanga, ā, kua
.ngaro tōna hononga pono ki a ia
Kāore e kitea e te tangata he take tika mō te kore
whakaputa i ō rātou kare ā-roto kino, me te kore tuku i ō
rātou riri ki ētahi atu, ā, e whakaaro ana rātou ko te huarahi
anake hei whakaoti rapanga ko ngā patu me te kohuru
.tangata

Engari e hiahia ana te Atua, āna poropiti, me āna
tāngata nunui kia noho tahi te iwi i roto i te rangimārie, kia
.mahi tahi hoki i roto i te tika me te karakia

He pūtake ao tōu ake tuakiri. Ko te kaha o ēnei pūtake
mai i te pūtake ao, arā, ko te Atua, te pūtake o te mana
katoa o te ao. Ko te tuakiri iti, iti rānei, ko te "ego" rānei, he
wāhanga iti noa iho o ngā mea ka taea te tango mai i roto,
.ka whakaatuhia ki te ao tūturu
Kei roto i tōu ake āhua tūturu te pūmanawa mutunga
kore e tatari ana kia whakahohehia, kia whakamahia, kia
.whai hua mai hoki

E kī ana ngā kaiako nui katoa kei roto i te tinana te
wairua matekore, he mura ia nō te māramatanga o te Atua e
.whakakī ana i te ao, e tautoko ana i ngā mea hanga katoa

E mōhio ana koe ki te āhua o te noho a te tangata i ō
rātou oranga? He tokoiti noa iho o tātou e mōhio ana ki te
huarahi tika hei noho, me pēhea hoki e whai hua ai tātou i te
oranga mēnā ka whakapau kaha tātou ki te oranga me te
.whakaaro nui, me te taha pūtea hoki

Ko te mea tuatahi, me āta whakaaro tātou ki tō tātou
wā. Ka pahemo, ka memeha haere te wā i mua i tō tātou
mōhio, ā, koinei te take e kore ai tātou e aro nui ki te uara o
.te wā kua homai e te Atua ki a tātou
Āe, te nui o te wā e mōmōuhia ana ki te kore noa iho!

Ā, he tokoiti noa iho e tū ana ki te whakaaroaro me te
whakaaro ki ngā mea ka taea e te ao te tuku mai ki a tātou.
Ko te nuinga o te tangata kāore e whakaaro hohonu; ka pau
ō rātou oranga ki te kai, ki te moe, ki te whai wāhi ki ngā
mahi whakangahau, kātahi ka mahue tēnei ao me te kore
.rawa he mea hei whakaatu

He mea nui kia wehewehe i waenga i ngā matea me ngā
hiahia. He tino torutoru ngā hiahia tuturu, engari he tini ngā
hiahia. Hei kimi i te herekoretanga me te rangimārie o roto,
me aro tātou ki ō tātou hiahia, me mutu te whai i ngā hiahia
mutunga kore, me te whai i te harikoa o te ao, pērā i te
pōuriuri o te koraha, kāore e whāngai i te tangata matewai,
.kāore hoki e makona i te tangata matewai

Ko te nui ake o te whakawhirinaki o te tangata ki ngā
āhuatanga o waho hei whakatutuki i te harikoa, ko te tawhiti
atu tēnā o tana kotiti atu i te wheako i taua mea. Ko te
whakatipu me te poipoi i te hiahia mō ngā mea papai he ara
tino tika ki te piki haere o te pouri me te herehere ki ngā
.taonga

Me whakaiti tātou i ō tātou hiahia, ā, me whakapau i tō
tātou wā ki te rapu i te harikoa pono, i te harikoa wairua
.rānei

Kāore te wairua e rerekē; koia te mauri mutunga kore e
huna ana i muri i te arai o te hinengaro tangata iti, e kī ana i
.ngā momo mamae katoa, ngā hinganga, me te mate

Me hiki ake e tātou te arai tinihanga o te hurihuri me te huringa, ā, me okioki i roto i tō tātou āhua mutunga kore. Me whakatū e tātou tō tātou hinengaro ki runga i te toka o te pumau me te marino o roto, koia nei te torona o te rangimārie atua e hipa ana i te māramatanga, kātahi ka reka tātou i te puna reka o te harikoa e rere mai ana i ngā puna .manaakitanga o te Wairua, i te ao, i te pō

Ka taea te whakatutuki i te harikoa mā te whakahaere i a ia anō, te whakatipu i ngā tikanga noho māmā me te whakaaroaro pai, me te penapena moni, ahakoa he nui ake ā tātou whiwhinga moni i tā tātou e hiahia ana hei whakatutuki i ō tātou matea taketake. Me toro atu hoki te ringa āwhina ki .ētahi atu, me te āwhina i a rātou ki te āwhina i a rātou anō

He ture kāore i tuhia e kī ana, ko te tangata e āwhina ana i ētahi atu kia whiwhi i te rawa me te harikoa ka whiwhi āwhina mai i ngā pūtake ohorere, ā, ka piki ake tō rātou ake rawa me tō rātou harikoa. He ture pumau tēnei, kāore e rerekē, ā, ka manaakitia te hunga e ora ana i runga i tēnei ture, nā te mea ka uru rātou ki te hunga harikoa. Kāore ianei ?i te pai ake te noho noa me te whai rawa i te wairua

Mārama i runga i te māramatanga, ka arahina e te}

{Atua ki Tōna māramatanga te tangata e pai ai ia

Ā, ka tiaho te māramatanga i roto i te pōuri

Kei muri i ia rama hiko iti he ia kaha, ā, kei raro i ia .ngaru iti ko te moana nui kua huri hei ngaru maha

E pā ana hoki tēnei ki te tangata. I hangaia te tangata e te Atua, ā, i hoatu ki a rātou te mana whiriwhiri me te herekore. Engari ka wareware te tangata ki te pūtake me .ngā mana i whakanohoia e te Atua ki roto i a rātou

Kāore he rohe mō ngā mea ka taea i tēnei ao, kāore hoki he rohe mō te ahunga whakamua ka taea e te tangata .te whakatutuki me ngā pae tawhiti ka taea e ia te toro atu

Ina tīmata tātou ki te mārāma ki te tangata i tōna katoa
me tōna āhua, ka mōhio tātou ehara ia i te mea kikokiko
He maha ngā mana kei roto i a ia, ā, ka whakamahia e
ia te pūmanawa ki ngā taumata rerekē hei urutau ki ngā
āhuatanga o tēnei ao, ā, ko te pūmanawa o ēnei mana he
.nui rawa atu i tā te tangata noa e mōhio ana
Ngā Puna me ngā Mimi: He Oasis o te Aroha Tapu
Ka kukume ahau i te ora
Mai i te puna o te rā koura
Ka inu ahau i te rangimārie
Mai i ngā puna o ngā pō hiriwa e whakamāramahia ana
e te marama
Ka inu ahau i tō kaha
Mai i te kapu o te hau nui
Ka inumia e ahau tōu mōhiotanga me te hari me te koa
Mai i ngā kapu o aku whakaaro hohonu, ngawari
I roto i tōu māramatanga manaakitanga
Ka noho mataara tonu ahau
E titiro atu ana ki tō mata tapu, ki tō mata ora tonu
Me ngā kanohi mataara i roto i ngā tau roa o te ao
mutunga kore
Kua rapua e au te aroha o te Atua
I te oneone pakoko o ngā kare ā-tangata
Kia kitea rā anō e au
I runga i te awaawa o te aroha tapu
Kāore nei tōna puna e maroke
E te Ariki, āwhina mai ahau kia whiwhi i taku taonga
tuku iho i te rangi
Ā, kia ora ai ahau i te oranga o te hunga ora tonu
!E te Mea Aroha Rawa, e te Mea Tapu Rawa
Ahakoa te pōuri o tōku kuware kua tawhito pērā i te wā
tonu
Kia mārāma ahau, heoi anō
Me te whitinga mai o tō māramatanga
Ka memeha haere te pōuri i roto i te kimo o te kanohi

Me te mea kāore i tupu
Te riri me tōna pānga ki te hauora
Ahakoa kāore te tangata noa i te maumahara ki ngā
wheako o tōna wairua, he wāhanga ia o te ao whānui, ā, me
whakahou anō tōna oranga i ia wā, i ia wā, ki ngā ia
whakahauora o te ora e puta mai ana i te Kotahi, te pūtake o
te ora, te aroha, me te pono e kore e rerekē, e wehewehe
.rānei

Ina whakanuia e te kairapu te mātāpono o te Pono i roto
i te whakaaro, te kupu, me te mahi, ka hono ia i a ia anō ki
te hanganga me te Kaihanga. Ko te hunga katoa e tūtaki ana
ki tēnei tangata kua whanake wairua, ka whai rawa wairua
rātou nā ōna wiri wairua taurite, ahakoa he rerekē te nui o
.tēnei whakarei

Kua watea taua akonga i ngā takirua mamae me ngā
whakaponotanga taupatupatu, ā, i te mutunga ka tika ia ki te
.tomo ki te piringa whakamutunga: te pono tuturu
Ko te korenga o te riri te ara tere ki te rangimārie o roto.
I puta te riri i te pōuri o ngā hiahia, ā, ko te tangata kāore he
.hiahia, kua watea i te riri

Ko te tangata kāore e tumanako ana ki tētahi mea mai i
ētahi atu, ā, ka tahuri ki te Atua kia tutuki ai āna whāinga,
kia tutuki ai hoki āna hiahia, e kore ia e riri, e pōuri rānei ki
ōna hoa tangata, e kore hoki e whara i ō rātou kare ā-roto
(He aroha te ataata ki tō tuakana) ā (Haere tuatahi, houhia
te rongo ki tō teina)

E ngākau nui ana te tangata whakaaro nui ki tōna
mōhiotanga ko te Atua te kaiwhakahaere me te
kaiwhakahaere o ngā ao katoa, ā, kāore ia e whakaaro ka
tūpono noa ngā mea, nō reira ka matara atu ia i te riri, i te
mauahara kua whakatōkia ki roto, i ngā kare ā-roto
.mauahara

He ao whanaungatanga tēnei, ā, ka hono te hunga
whakaaro nui i a rātou anō ki te hiahia o te Atua, ka urutau i
ā rātou mahi ki ngā āhuatanga. I ētahi wā ka whakaatu pea

rātou i te riri māia, i te riri tutu rānei, mēnā ka ārai i te
hunga mahi kino kei whara i te hunga harakore. Engari kāore
te hunga whakaaro nui e pupuri ana i te mauahara ki tētahi
tangata, ahakoa te nui o tō rātou kuware, te maha rānei o ā
.rātou hara

Tērā pea ka riri te tangata e mōhio ana ki a ia anō mō te
wā roa, mō te wā poto rānei, engari ka hoki wawe ia ki tōna
.āhua marino me tōna āhua marino o mua

E kore e taea te whakakore tonu i te riri o te tangata
noa mā te kaha o te hiahia, engari ko te ngākau parakore o
te tangata e wātea ana i ngā hiahia o te ao, e kore e rongo i
.te riri, e kore hoki e whakaatu

Ko te riri te hapa tino kitea i waenga i te tangata, ā, ka
whakararuraru i te rangimārie i roto i ngā whānau me ngā
iwi

Ko te hunga e ngawari ana ki te pakū o te riri, kāore e
paingia ana e ō rātou whānau, ā, he pānga kino ēnei pakū
tonu o te riri ki te hauora o te tangata, ā, he maha ngā wā ka
arahi ki te tutu. Ina tukua noatia te riri e te tangata, he
tokomaha o rātou e mahi hara ana, e haere ana ki te whare
.herehere, e whiua rānei ki te mate

E ai ki te mātāpono o te tiaki i a ia anō, me ako te
tangata katoa ki te whai whakaaro nui, ki te whakaaro ki ngā
.hua ka puta, me te whakahaere i tō rātou riri

Ko te hunga e pehi ana i tō rātou riri, e muru ana i ngā
hara o te tangata - ā, e aroha ana te Atua ki te hunga e mahi
ana i te pai

Te whakatutuki i te taurite hinengaro
Ko te whanaungatanga o te ora (whānautanga, mate,]
harikoa, me te mamae) ka hinga i te hunga e titiro ana ki
tēnei ao me te hinengaro taurite. He pono, kei roto i te
Bhagavad-Gita 4:9 [.wairua atua tino taurite ēnei

Whakamārama me te Tātaritanga

Ka taea te whakatutuki i te taurite hinengaro mā te
mahi i ngā mahi wairua hei āwhina i te tahuri i te hinengaro

ki roto, ki reira ka wheako te yogi i te āhua taurite o te harikoa pumau. Ina taea e rātou te whakaatu i tēnei āhua o roto i ngā hāora oho, ka noho parakore rātou, ka tū pakari ki .te wairua ao whānui

E mea ana te hunga whakaaro nui, he hapa te tangata noa nā te taunekeneke o ngā kare ā-roto ki ngā āhuatanga takirua me te whanaungatanga o te ao, pērā i te mamae me te harikoa, te wera me te makariri, te ora me te mate. Ko te hunga anake e taea te wehe i ō rātou hinengaro mai i ngā kare ā-ao e tino herekore ana i ngā āhuatanga takirua o ngā kare ā-roto, ā, ko rātou te hunga e kitea ai te okiokinga i roto i te wairua atua, e wheako ana i te rangimārie mutunga .kore

Ko ngā Yogi e pāngia ana e te harikoa tapu i roto i ngā āhua o te mōhiotanga o roto, te hinengaro, me te wairua rangatira, he parakore, ā, kei roto i te hononga ki te wairua o .te ao

Ko te tangata kore-whakahaere ka mātakitaki i ngā whakaahua nekeneke o tēnei ao, ka eke i ngā ngaru o te harikoa me te pōuri, te ngakaukore, te riri, te ngoikore, te kore aro rānei i roto i te moana o tōna hinengaro, me te kore e kite i te marama o te wairua e whakaata ana i roto i taua .moana

Ina memeha haere ngā ngaru pōrearea o te hinengaro, ka kite te tangata whakaaro nui i roto i te moana marino o .roto i te ahua o te marama tapu, me te kore he

Ko te whakaaro kino te hoariri

Ina me wikitoria e koe tētahi mea, me mārāma koe he aha me wikitoria ai. Kaua e whakarērea noa, me wehe atu hoki i a ia, engari me whakakore hoki te whakaaro ki taua mea, me peia atu hoki i ō whakaaro. He hoariri nui te .whakaaro kino, me hinga

Ki te nekehia tō arotahi mai i te mōhiotanga ki ngā kare ā-roto ki te mōhiotanga wairua, ka eke koe ki te wikitoria, ā, .ka hari koe. Kei te hinengaro ngā whakatutukitanga

Kaua te tangata e waiho hei patunga o te nui rawa. Kia
pai ki ngā mea, engari kaua e tukua kia herea koe. Kia
herekore. Kia atawhai, kia hoa, kia harikoa, kia harikoa, ā,
.kia noho hei rangatira mōu ake i ngā āhuatanga katoa
Ko te mahi i ngā mea katoa e pai ai te tangata, ehara i
te herekoretanga, engari he tukino i te herekoretanga
Ka puta te herekoretanga mai i te whai i te ture o te
mana motuhake, arā, te whakahaere i a ia anō
Ko te tikanga o te herekoretanga pono ko te mahi i ngā
mea katoa i runga i te whakaaro nui
He iti, he papaku te herekoretanga ki te kore e rite ki te
Atua me āna ture
Ko te nuinga o ngā oranga o te tangata e
whakahaerehia ana e ngā hiahia, ngā kare ā-roto, ngā āhua,
.ngā tikanga, me ngā awe o te taiao me te pāpori
Ina tīmata ngā tikanga ā-tinana ki te whakahaere i te
hinengaro, ka uaua ki te tinana te whakarongo ki ngā
whakahau a te hiahia. Ko te tikanga pai tō hoa nui, ko te
tikanga kino ia he hoariri huna. Nō reira, me tūpato te
tangata ki te whakahoki anō i tētahi tikanga, i tētahi mahi
rānei, nā te mea ka huri te mahi hei tikanga i mua i te
mōhio, ā, ka noho te tikanga hei āhua tūturu. Heoi, ka taea
te whakarerekē mā roto i ngā mahi pai tonu me te whakaaro
.pai, auaha hoki
Whakaorangia mātou i te kuware me ōna pānga
Ko koe te pūtake o ngā mea pai katoa, te pūtake hoki o
te mana katoa
E te Ariki, manaakitia mātou kia whakakitea ai e mātou
āu manaakitanga ki a mātou
I roto i tō tātou hauora
I roto i ō tātou wawata hinengaro
Ā, i roto i ō tātou wawata wairua
Ko koe te kanapa i roto i ngā whetu
Pūngao i roto i ngā ngota
Me te mōhio ki te hohonutanga o te tangata

Āwhina mai kia whakakaha ake anō mātou
Mā tō mana nui
Ki tō whakaaro nui mutunga kore
Me tō pono mutunga kore
Kia mōhio mātou ko koe te puna o te ora
me te taiao o te ora
Ā, ko te pūtake o ngā māramatanga katoa
Whakaorangia mātou i te kuware me ōna pānga
Mai i te mamae me te pōuri
Kia horomia atu e te waipuke o tō whakaaro nui
Ngā pakaru katoa me ngā whakangaromanga o ō tātou
oranga

Haea ngā arai e huna ana i tōu mata i a mātou
Kia kite tātou i a koe me te māramatanga nui
He tini ngā rā kei te pae tawhiti o tō tātou oranga
Tukua mātou kia rongu i tō aroaro hei mana whakahou
tonu

Whakaaweawe i ō tātou whakaaro
Ā, whāngai i ō tātou wairua
Ā, e tautoko ana i ō tātou tinana
Kāore he mea engari ko koe hei whakamānawa i a
mātou, hei whakatutuki hoki i ā mātou tumanako
Ka tono mātou kia ārahi mai koe i a mātou mahi katoa
Ā, ki te mea he whakaaro hē ā tātou
Kia rongu mātou i tō reo manaaki e whakahoki mai ana i
a mātou

Ki te ara tika
Manaakitia ō mātou oranga ki ōu mana auaha
Me tō harikoa mutunga kore
E te Tino Atawhai o te hunga Atawhai
Ā, ko te pūtake o ngā hoatutanga katoa

Ko te hunga e hiahia ana ki te whiwhi i ngā
māramatanga wairua, me mahi rātou kia tae atu ki aua

āhua, kaua mō ngā painga whaiaro engari hei whakahihiko i
.ētahi atu mā te tauira o ō rātou oranga

Ko te hunga e whakatutuki ana i ā rātou mahi i runga i
te huarahi e āwhina ana i te whakawhanake i ō rātou oranga
i runga i te taurite, ka mahi rātou hei tatau manaakitanga,
hei tatau tuwhera hoki, e tomo atu ai te hunga ngaro me te
.hunga pouri ki ngā pae rangimārie, harikoa me te angitu
E noho tahi ana ēnei tāngata me tō rātou āhua teitei, ā,
kāore e mahi ana ki te whakatutuki i ō rātou hiahia engari ki
te whakatutuki i ngā whakaritenga o te pono, te
.whanaketanga me te tutuki i te hiahia o te Atua

He hunga tino whakarērea rātou ahakoa kei roto i ngā
whare kingi rātou e noho ana, ā, kei a rātou ngā miriona, nā
te mea ka whakarērea e rātou ngā wawata whaiaro hei
.whakamanawareka i te Atua me te āwhina i ētahi atu
Me mahi te tangata, me whakapau kaha ki te wikitoria i
ngā whakamātautau o te ao, me te wikitoria i ngā uauatanga
o te noho, ahakoa i roto i te hohonutanga o ngā ngahere, i
.waenganui rānei o ngā ngahere o te ao hou
He kāinga ngā ngahere mō ngā kaipahua, ā, kī tonu ngā
ngahere o te ao i ngā taniwha o te wehi

Ngā whakamatautauranga me ngā hiahia nui, me tiaki
te tangata i a ia anō i ngā kaipahua katoa o te ao tūroa me
te ao morare kia taea ai e ia te haere i ngā ara o te oranga
rangatira me te herekore, te harikoa me te whakaoranga
.mai i te wehi

Ina kitea e te tangata te rangatiratanga o te harikoa
wairua pumau i roto i a ia anō, ka kitea e ia i ngā wāhi katoa,
ahakoa i roto i te hohonutanga o te marino, i te haruru rānei
o te mahi, ā, ka rongo ia i te reo atua e hāhā ana ki a ia i
.roto i te ana o te whakaaroaro me ngā mara mahi anō hoki

Te Kōrero mō te Tohunga Whakaaro me te Heramana

E kīia ana i whakaaro tētahi tohunga whakaaro he
mātau ki te rapunga whakaaro me te arorau ki te neke mai i
tētahi pareparenga o te awa ki tētahi pareparenga, nō reira i

karanga ia i tētahi kaihopu poti nōna tētahi poti iti i
.whakamahia e ia hei kawē i te tangata ki tērā taha o te awa
I eke te tohunga whakaaro ki te poti, ā, ka hoe te
heramana, me te ātete i te au kaha. I muri i te tawhiti poto,
ka pātai te tohunga whakaaro ki te heramana: "E te
heramana, kua ako koe i te wāhanga tuatahi o ngā
"?Mātāpono o te Rapunga Whakaaro
Ka whakahoki te heramana: Kāo, e te rangatira, kāore
.au i ako i roto i te hinengaro
Kātahi ka mea te tohunga whakaaro ki a ia: "E pouri ana
ahau ki te whakamōhio atu kua moumou koe i te 25 ōrau o
".tō oranga, kāore he painga nui
I horomia e te heramana te kupu whakatoī, ā, ka hoe
tonu. I tō rātou taenga ki waenganui o te awa, ka puaki anō
:te mangai o te tohunga whakaaro, ka mea
Hei Naughty: Kua maumahara koe ki te wāhanga tuarua
?o Ngā Mātāpono o te Rapunga Whakaaro
Ka whakahoki te heramana: E te Ariki, kāore au i te
mōhio ki tēnei pukapuka, Ngā Mātāpono o te Rapunga
Whakaaro
Kātahi ka whakapuaki te tohunga whakaaro i tētahi
kōrero hou: "Aue! Aroha mai ki te whakamōhio atu kua
moumou koe i te 50% o tō oranga ki te kore noa iho." I riri te
heramana ki tēnei whanoke engari kāore i kōrero, me te hoe
tonu i ngā huarahi maha, me te kanga i te haora i tūtaki ai ia
ki tēnei tohunga whakaaro pākiki. I te taenga o te poti ki te
toru hauwhā o te ara i raro i te awa, ka pātai te tohunga
:whakaaro i tētahi pātai tuatoru
Hei Naughty: Kua maumahara koe ki te wāhanga
?tuatoru o Ngā Mātāpono o te Rapunga Whakaaro
Ka whakahoki te heramana rawakore me te manawanui
e memeha haere ana: I kī atu ahau ki a koe, e te rangatira,
.kāore aku mōhiotanga ki te rapunga whakaaro
I konei ka menemene te tohunga whakaaro (me te
āwangawanga me te whakamarie), me te mea: Engari, kua

moumou koe i te 75% o tō oranga ki tēnā, ā, he mate tēnei e
.kore e taea te whakakapi

Kāore te heramana i whakautu ki tēnei kōrero, engari i
tere ake tana hoe, me te tumanako kia tae atu ki te taha o
tērā taha, kia ngaro atu ai taua mea piro, piri. Kātahi ka whiti
te uira i te rangi, ka tīmata te whatitiri, ā, ka ringihia he ua
nui, ka hanga he awha nui, ka whiua te poti ki ngā taha
.katoa

Kātahi ka tae ki te wā o te heramana ki te pātai i tētahi
:pātai ki te tohunga whakaaro, ā, ka mea atu ia ki a ia
E taku tohunga whakaaro, mai i tā tāua haerenga, kua
maha ngā pātai kua pātaihia mai e koe ki ahau, tētahi i muri
?i tētahi. Kia kotahi noa iho taku pātai atu ki a koe
Ka whakahoki te tohunga whakaaro: Ae, ka taea e koe.

:Ka mea te heramana
Āe, e te tohunga whakaaro rongonui, e mōhio ana ki te
rapunga whakaaro, ā, kua maumahara hoki ki ngā pukapuka
?o taua whakaaro, he pai koe ki te kauhoe
Ka whakahoki te tohunga whakaaro me te reo wiri: Kāo,
.e te rangatira, kāre au i te mōhio ki te kauhoe

Ka menemene te heramana, ka mea atu ki a ia: Nō
reira, kei a koe tō mātou mōrearea, ā, kei ō mātou oranga te
toenga, ā, he mea mamae ki ahau te kī atu ki a koe, i roto i
ētahi wā poto nei ka waiho tō oranga hei hītori kotahi rau
!ōrau

I taua wā tonu, ka pā mai tētahi ngaru nui ki te poti, ka
hurihia, ka tukuna te tohunga whakaaro o te ao ki raro i te
awa, i te mea e whakamahi ana tō tātou hoa heramana i ōna
ringa kaha me tōna wheako roa ki te kauhoe, me te ātete
māia me te marino i te ngaru tae noa ki tōna taenga
.haumaruru ki tērā taha o te awa

Ka rite ki te koura i tanumia ki raro i te paru
Mai anō i te tīmatanga o te hanganga, kua whawhai ngā
mana o te pai ki ngā mana o te kino. Me mahara tātou ehara
i te mea nā tātou ake i hanga ngā mea nei, engari i homai ki

a tātou mai anō i te tīmatanga. Mai i te mamae i ēnei kino ka
ara ake te whakaaro nui, ka ngana ki te kimi i te ara i
.waenganui i ēnei mamae

Ko te huarahi anake ki te kimi i te whakaaro nui ko te
wheako, nā te mea mā roto i ngā wheako whaiaro ka mōhio
tātou ko te kino te mea e whakararuraru ana i tō tātou
rangimārie, e whakararuraru ana i a tātou, e mamae ana, e
mamae ai, ā, nā reira me mahi tātou ki te karo me te
.whakakore atu i tēnā

I ia wā ka kitea e koe te rangimārie i muri i te
whakapataritari, ā, ka whakatau koe kia noho atawhai, kia
marino, ka haere mai te rewera ka mea: "Kei te kōrero
kinotia koe, nō reira he aha koe te kōrero kino ai, te whara
"?rānei hei utu

Kaua e tukua te rewera kia toa i te pakanga i waenganui
i te pai me te kino

Kei te hāhā tonu te Reo Tapu ki a tātou, engari kia
whiwhi ai tātou i te āwhina atua me whakarongo pai tātou ki
.te reo o te Rangi

I ngā wā katoa e ngana ana a Hātana ki te kukume i a
tātou ki a ia, ka ngana te Atua ki te kukume i a tātou ki a ia.
Ko te pātai tēnei: ki a wai tātou e whakarongo ai, ā, ki a wai
?tātou e ngohengohe ai

Kāore he tangata e āhei ana ki te whakahaere i a tātou,
ki te whakaawe rānei i a tātou me te kore e whakaaetia e
tātou, nā te mea kei a tātou te whakatau me te
herekoretanga ki te whiriwhiri kua homai e te Atua ki a
tātou, engari kei reira tonu te tinihanga a Hātana, me ātete
.tātou ki tēnā

Mā ngā mana o te pai ka puta he otinga mō ō tātou
raruraru, ko ngā mana ia o te kino ka ngana ki te waihanga
raruraru me ngā raruraru. Ko te tikanga o te pai he
whakaoranga i ngā hiahia whaiaro katoa e ārai ana i ētahi
.atu hei painga mōna ake

He nui te mana o te Atua, ā, e hira ake ana tōna mana i
ngā mana katoa. Mā roto i tōna aroha, e ngana ana ia ki te
kukume i a tātou ki a ia anō, ki te whakaora i a tātou i ngā
ringa o te kino. Kei waenganui te tangata: kei tōna matau
.ngā anahera, ā, kei tōna mauī ngā ope o te kino
Ia mahi pai a te tangata, ka whakatata mai te Atua; ia
mahī kino, ka whakatata mai a Hātana. Engari kāore e taea e
Hātana te pupuri tonu i te tangata, nā te mea i hangaia
.rātou kia rite ki te āhua o te Atua
Ia wā ka rongo te tangata i te mauahara i roto i tōna
ngākau, me mahara ia kei te ngana a Hātana ki te
whakangaro i a ia, ā, ina rongo ia i te aroha, me mōhio ia kei
.te karanga te Atua i a ia ki a ia
He tauira kino, he tauira pai hoki. E whakaatu ana te
Atua i ana tauira, i ana tauira rānei, hei kukume i a tātou ki a
ia anō, ā, e whakaatu ana hoki a Hātana i ana mahi mō taua
kaupapa anō. Ā, he mīharo te tangata a te Atua i tīmata ki te
:waiata i tana whakaaroaro ki aua whakaaturanga
He reka te ora, he moemoeā te mate. He reka te"
hauora, he moemoeā te mate, ina haruru tō rangi tapu i roto
".i te hohonutanga o tōku wairua, e te Atua
Kāore te kino me te hara i roto i a tātou, engari i
.kawemai mai i tāwāhi, ā, kua whakatōkia ki roto i te wairua
He rite te pai ki te koura e tanumia ana i raro i te paru;
kāore e ngaro tōna mauri, engari e tiaho ana me tōna
parakore tūturu ina tangohia te paru. Waihoki, ka mau tonu
te pai i roto i te wairua tangata. Ahakoa te nui o te pirau o te
koura o te wairua i te paru matotoru, mārō o te kuware, me
waru noa e tātou taua paru ki te maripi o te whakaaro nui,
me horoi rānei ki ngā wai o te mātauranga hei whakaatu i te
.kanapa ataahua o te koura pono
Te whakahohe i ngā kaha wairua
Me whakaara ake te wairua
Mai i ngā moemoeā o te ngoikore me te ngoikore

Ā, ka tukuna te hinengaro ki ngā pae tawhiti o te
whakaaro nui
Mā te whakaaroaro, te whakakori tinana, me te
whakangā

Te whakahaere i a koe anō me te kai tika
Me te kaha hinengaro pumau, kore e taea te hinga
Kaua e whakaae kia hinga
Nā te mea he hinganga nui ake te whakaae
He mana mutunga kore ōu
Me whakahohe aua ope
!Koinā anake

Te whakaaro nui me te hohonu
Koinei te huarahi hei wetewete i ngā here
Me ngā raruraru maha
Me whakatō te māramatanga ki te Atua
Me ngā tirohanga wairua teitei ake
He maha pea ngā uauatanga
He taumaha ngā kawenga
Engari ko te hoariri o te tangata ake
Arā, ko tōna ake āhua iti, ko tōna "whakapehapeha"

rānei

He ora tonu te wairua pono
Ahakoa he rangitahi, he rerekē hoki ngā wheako me ngā
raruraru

He wairua te tangata i te nuinga o te wā
He pumau, he kore e rerekē te mauri wairua
Ka taea e koe te whakaputa i ngā kaha me ngā mana

nui

Te wikitoria i ngā uauatanga me ngā aituā
Me ngā arai katoa me ngā aukati e tū ana i tō ara

He kaha te whakaaro, pērā i te hiko
ngā āhuatanga hinengaro
Ka hoki anō ki te whakaaro me te huarahi whakaaro
He pai, he kino hoki te hiko

?Nā wai rā e mōhio ana me pēhea te whakahaere
Ka waiho e ia hei ratonga māna
Ki te kore, ka pāngia pea ia e te hiko
Ā, pērā anō hoki te whakaaro
Ki te mea ka arahina ki ngā ara tika
Ka kawea mai e ia te harikoa ki tōna rangatira
Ki te kore, ka raru ia
He rite te whakaaro ki te hōiho mohao
Heoi, ehara i te mea kāore e taea te whakamārie
Ko te whakaaro pai tētahi huarahi hei whakahaere i ō
whakaaro
He hoa tata te whakaaro tika
Ā, he hoariri pumau te hinengaro mate
Ka kukume te whakaaro pai i te rangimārie me te
haumaruru
Ā, ka tukuna e te hinengaro mate ngā pere whakamate
Ka rua ngā pānga o te peke ki tōna rangatira
Nō reira te kīanga, he rite tonu te utu ki te mahi
I te mea ka tukuna e te tangata ngā whakaaro pai
Ka huri ōna whakaaro hei rama
Whakamāramahia ngā rūma o te wairua
Ā, peia atu ngā puranga o te pōuri
Kātahi ia ka rongu i te tino whakamarie
!I whiti tōna kanohi i te ataata o te harikoa
te noho tahi me ētahi atu
Kāore tā rātou whakaaetanga i te tikanga katoa
Ka patu whakahere rānei i ngā wawata mō rātou anō
Nā te mea kāore e pai ana tēnei tikanga
whakamāoritanga
Kāore e rite ana ki te pono
Kāore i whakaae ngā kaiwhakahou me ngā tāngata
nunui
Me te tini o te tangata e karapoti ana i a rātou
Heoi, i mau tonu rātou ki tō rātou whakaaro nui
Nā te mea i mōhio rātou ki tā rātou e mahi nei

He tika rawa tēnā
Kaua te mātāpono e whakararuraru
Ā, kaua e tahuri ki ngā kaupapa huna hei whakatutuki i
tētahi whāinga motuhake
Nā te mea kāore tēnā e tika ana mō te hunga whai
mātāpono
?Ko wai ka taea te noho i roto i te ara e pai ai te Atua
Kaua e whara i ētahi atu, nā te mea kāore he mea e
wehi ai rātou
Ko te mea tuatahi, me noho tahi te tangata me te Atua
Kātahi me te hinengaro, ā, muri iho me te iwi
Engari ki te kore tēnei huarahi e makona ai ētahi atu
He nui noa iho te rangimārie o te tangata i roto i a ia
anō
Ka rongo ia i te rangimārie o roto, ā, ka tū motuhake ia i
te aroaro o te tangata
Te kaha me te hiahia o te wairua
I te tahuritanga ki te Atua
E kiia ana ko te aukume wairua
Ā, ko tēnei aukumetanga
Ka kukume te wairua i ngā manaakitanga ki a ia anō
me ngā wiri pai
Me ngā wheako pai katoa o te tangata
E whakamahara ana i a ia ki te pai me te tika
te aukume wairua
Ko te mana tēnei e
Ka kukume, ka kukume hoki i te tangata ki a ia anō
Ngā hoa pai
Me ngā mea nui, me ngā mea nui hoki
Me te māramatanga ā-whatumanawa ki ngā mea
Ka ahu mai tēnei mana
Mai i te kaha aukume kukume o te Atua
Rama o te Rangimārie
Tangohia he oko hinengaro ka whakakiia ki tō
rangimārie

Tangohia te pounamu o ōku kare ā-roto, whakakīia ki tō
atawhai
Tangohia taku kete wairua kau, whakakīia ki ngā hua o
tō whakaaro nui
Ringihia ngā wai o tō aroha ki roto i tōku wairua, kia
.ringihia ai e au ki roto i ngā kapu o te wairua matewai
Pakaruhia ngā pakitara o tōku whakapehapeha, ka
rumakina ahau ki roto i tō aroaro katoa
Ka tiaho te ata o te māramatanga o te aroha mā roto i
ngā whakatuwheratanga o tōku ngākau, e whakamahara mai
ana i te hihi o tō aroha
E horapa ana puta noa i te rangi o tōku ao
Kua whiti te māramatanga o tōu aroha ki tōku wairua, e
whakamārama ana, ā, kua whakakīia e tōu māramatanga te
.wāhi o tōku wairua
Ko koe te ora e tautoko ana i tōku tinana, te hinengaro e
whakaoho ana i ōku whakaaro, me te whakaaro nui e
whakakore ana i tōku kuware
Ka tahuna e au te rama angiangi o taku aroha hei pānui
i te pukapuka koura kua puritia i roto i ahau mai i ngā wā
onamata
Ko tō aroha te rama e kore e kitea o te rangimārie e
.whakakore ana i te pōuri, e whakaatu ana i ō karere ki ahau
Kei ngā whārangi o ngā ngākau te rangitaki
Te paepae o te mutunga kore
Whai muri i te rapunga atu i a koe i ngā wā maha
Me te haereere tonu i roto i ngā ngahere o ō mea ngaro
whakamiharo
Kua tae atu ahau ki te pari o te mutunga kore
Me te māia me te manawanui, i karanga ahau ki tōu
ingoa tapu
Ā, kātahi ka huaki te tatau ki tō aroaro
Kei reira i waenganui
Ā, i runga i te torona o ngā kitenga kororia i kite ahau i a
koe

Kāore i te ōrite taku whakarongo
Me tō reo auaha, auaha hoki
I tatari marie ahau kia rongu i tō reo
Kātahi ka ngokingoki mai te makutu o tō marino ki roto i
ahau

Me ngā kōrero hāhā
I whakaakona ahau e ia ki te reo o ngā anahera
Ā, ka pōturi te hui hou
I pōrearea koe e au ki aku pātai me aku uiuinga
:He mea tawhito pērā i te wā tonu
"?He aha, e te Atua, i hara ai, i mamae ai"
?He aha te tinihanga me ngā mānukanuka
Nā reira i tangohia e ahau ngā hihi o tōu wāhi tapu
He momo reta kanapa
Te tuku mai i ō whakautu pono, pono hoki ki ahau
Kaiwhakaora i te whakamarie me te whakamarie
Ināianei, i roto i te temepara ngaro o Salami
Ka koa ahau ki tō aroaro i te ngākau o te marino
Ka kōrero mātou i roto i ngā kupu ngaro, puku, e kore e
taea te mārama

E te Atua o ngā mea ngaro e kore e taea te rapu
Ka kōrero ahau ki a koe ake tonu atu
!Me te matatau me te matatau o te ngākau
Ina whiti tō māramatanga i roto i tōku wairua
Kia whakakitea mai tōu korōria, e te Ariki
Kia memeha atu te māramatanga o tō whakaaro nui
Te kuware, te ngangau, me te hae
Mai i ngā takutai o te whenua ake ake
Hurihia tō tātou ngoikore hei kaha
Ā, i ngoikore mātou ki te whakatau
Whakakīia ō tātou tinana ki te hiko ora
Ā, whakakīia te hinengaro me te wairua ki tō
māramatanga whakaora
Hopukia mai ō mātou ringa kia kore ai mātou e toremi i
roto i ngā wai o te mangere i a Koe

Whakakīia ō mātou wairua ki tōu aroha me tōu
whakaaro nui
Kia rongō mātou kei te tata rawa mātou ki a koe
Me te rā o tō atawhai
E tiaho tonu ana ki runga i a tātou

Ka whakatakotoria e au ngā puawai o aku whakaaro
hihiri, ngunguru
I roto i te hanganga o te marino
Ka waiata tōna kakara puku
Ā, ka waiata ia mō ōu korōria
Me te kanapa o tōu māramatanga tapu
Ka kite ahau i te ataahua o tōu oranga
Ka tutuki aku moemoeā harikoa
Ina whiti tō māramatanga i roto i tōku wairua
Kei te mura ngā arai i te ahi o te whakaaro nui
Nō reira, tirohia tōu kororia
Ka tupu taku harikoa
Te Moana o ngā Manaakitanga Atua
E te māramatanga o te ao
Ia rā, ia rā ka kite ahau i a koe e whakapaipai ana i te
rangi ki ngā tae kanapa
Ka mātakitaki ahau i a koe e whakakakahu ana i te
oneone pakoko ki te hiraka emerara
Kei roto koe i te mahana o te hihi o te rā
!Ā, e kitea ana ia i ngā wāhi katoa
E te Ariki, āwhina mai kia kite ahau i tōu mata i roto i te
whakaata o tōku marino
Whakaaturia te rangatiratanga nui o tōu ao, whakakitea
!koe
Whakaakona tōku ngākau ki te inoi, me tōku wairua ki
te rongō
Kia tuwhera ngā tatau katoa kia puta mai ai ia mā roto i
a rātou
He manaakitanga tōu aroaro

E te Mea Tapu e Arohaina nei
Kia mōhio ahau ināianeī, ā, ake tonu atu, nōku koe, ā,
kei ahau tonu koe, ake tonu atu
Anei ngā moemoeā o aku hapa, kua ngaro atu, kua
.tanumia ki te urupā o te warewaretanga
E ara ana ahau, e okioki ana i raro i te hihi o te rā o te
ora i raro i ō parirau
E rere ana te moana o ngā manaakitanga atua i roto i
ahau

Ā, e whakaaro ana ahau ko au te reo e rere ai
Ngā mana auaha tapu katoa
Manaakitia ahau, e te Ariki, kia rapu ai ahau i a Koe
Nui atu tōku aroha ki a koe i ngā mea katoa
Pērā i te mahi a ō kaiwhatu

He maha ngā tono me ngā whakaritenga
E akiaki ana te ao i a tātou
Ā, e whakaatu mai ana i tōna hiranga nui
Ā, nā te mea kāore e taea te ora me te kore
Ki te kore rānei rātou
Engari ko te whakaritenga taketake me
Te whiwhi i te rangimārie o te Atua
Kāore nei ōna puna e maroke
Kāore tōna puna e maroke
E homai ana te reka me te tikanga ki ngā mea katoa o
te ao
Kia maumahara tātou ko te Atua te pūtake o tō tātou
oranga

Ā, ko taua aroha te matapihi e titiro atu ai tātou
Ki tōna mata rangatira
?Ko wai e hiahia ana kia rongō i te aroaro o te Atua
Ā, ko taua hiahia rangatira ka whakakahangia i roto i te
whakaaro me te mahi
Ka whakamana e te Atua tana tono
Ā, ka āwhina i a ia ki te haehae i ngā arai

E ārai ana i te tirohanga o ngā rama manaakitanga
Te hunga e whakataua ana ki te anga whakamua i te ara
Kāore he mea e aukati i a ia
Kāore he mea e ārai i a ia
Kia tutuki rā anō tana whāinga
Ka riro i a ia te mea e hiahia ana e tōna ngākau
Kaua e tukua te riri kia whakahaere i a koe

He hohonu ake tēnei kare ā-roto i tōna āhua i te
tirohanga tuatahi. Tērā pea ka taea e te tangata te
whakahaere i ngā putanga o waho o ngā pahūtanga tutu,
engari kei te pupuri tonu i te riri kua pehia me te mauahara
e pupuhi ana. He maha ngā huarahi e puta ai tēnei riri, pērā i
te pukuriri, te kore okiokinga, te manawanui kore, te kore
harikoa, te hae, te riri, te pouri, me te pōuri. Inaa, tata ki te
katoa te pāngia e te riri ki tētahi taumata.

Ko te riri, ahakoa tōna āhua, i ahu mai i te pōuri i te
whakatutuki i ngā hiahia. I te korenga o te harikoa wairua, ka
tahuri te tangata ki te ahua eka mā roto i ngā hiahia ā-
tinana—ngā hiahia e mau ana i roto i a rātou ngā purapura o
te pōuri me te kore makona, ā, nō reira, ko te riri, e
whakangaro ana i ngā kare ā-roto me ngā tirohanga teitei
ake.

Nō reira, ko te huarahi tino pono ki te whakakore i te riri
ko te whakakore i tōna pūtake: te hiahia. Ka nui ake ngā
hiahia o te tangata, ka nui ake tō rātou pouri, nā te mea
kāore e taea te whakatutuki i aua hiahia katoa, nā te mea he
kore e taea te ngata, ā, e kore e mutu. Ka nui ake tā tātou
tohe ki te whakatutuki i ngā hiahia, ki te wheako rānei i ngā
ahua eka o te hiahia, ka nui ake tō tātou piri ki a rātou. Ā, ka
kaha ake tō tātou piri, ka nui ake tō tātou mamae i te
korenga o ngā mea e ahua nei e ngata ana i ō tātou hiahia.

Hei tauira, kua whakatōkia e te taiao te kare o te hiakai
ki roto i a tātou kia mōhio ai tātou ki te wā e hiahia ana ō

tātou tinana ki te kai. Engari ko te piripono, ko te hiahia rānei, ka whakanui ake i tēnei kare, ka huri hei mamae hinengaro. Mena kei te hiakai tonu koe, kei te nohopuku hoki mō ngā rā e toru—ahakoa he take hauora, he take kē atu rānei—tērā pea ka riri koe. I tētahi atu taha, ka taea e te yogi te noho kore kai mō ngā rā maha me te kore e manukanuka ki te ngaro o te kai nā te mea kua mahi rātou i te wehenga atu i ngā hiahia o te tinana.

Ina mōhio tātou ko ngā hiahia te pūtake o te riri, ka hiahia tātou ki te mōhio me pēhea te whakatau i aua hiahia i runga i te whai hua. He maha ngā huarahi hei whakatutuki i tēnei:

Tuatahi, whakatutukihia aua hiahia

Ki te kore e kino aua hiahia, kāore he he o te whakatutuki i aua hiahia, ā, ka pahemo atu. Ko te raruraru, mā te whakatutuki i aua hiahia ka puta mai he hiahia hou, ka noho hei tikanga kua mau tonu, ka ngoikore. Ko te nui o te whāngai i aua hiahia, ka kaha ake. Nō reira, me mārama, me arohaehae hoki te tangata, ahakoa te whakatutuki i ngā hiahia āhua harakore.

Tuarua, me whakarērea aua hiahia

Ko tētahi o ngā huarahi tino whai hua ki te wikitoria i ngā hiahia ko te whakarērea i roto i tō hinengaro, ā, ka noho māori tēnei i a tātou e mōhio ake ana ki te taha wairua. Hei tauira, ko te hunga e whai wāhi ana ki ngā akoranga me ngā mahi wairua, ka ngaro te hiahia ki te momi hikareti. Ka puta te whakarērea o ngā hiahia ina ara ake te wairua ki te whai i te hiahia nui: te harikoa pumau. Ina pā mai te harikoa wairua ki roto i a tātou, ka ngoikore te hiahia ki ngā mea ā-tinana, ka wetekina tōna mana ki te hiahia.

Ka taea e tātou te huri i ngā hiahia kaha hei pūngao kaha, auaha hoki, he tino whai hua. He maha ngā wā, ehara te hiahia i te mea kino; ko te raruraru kei te huarahi e whaia ai e te tangata. Me i mōhio koe ki te kimi i te harikoa i roto i a koe anō, ka kitea e koe ka tutuki ō hiahia katoa me te kore e hiahia ki te oma haere ki ngā mea rerekē hei whakatutuki.

Kaua tēnei e kīia he kore hiahia. Hei tangata, kāore e taea te kore e hiahia. I a tātou e noho ana i runga i tēnei ao, ka akiakihia tātou e te taiao kia mahi. Ko te wero kei roto ko te kore e tukua te riri kia whakahaere i a tātou ina kore ngā hua o ā tātou mahi e tutuki i ā tātou tumanakohanga.

Ko te whakaaroaro te rongoā whai hua mō te riri, mō tētahi atu raruraru rānei. Nā te whakaaroaro ka honoa tātou ki tō tātou āhua tūturu, ka watea i ngā momo kino katoa, tae atu ki te riri. Kei roto i a tātou te harikoa me te rangimārie o te Atua, ā, ina whakaaroaro tātou i te huarahi tika, ka whiwhi tātou i taua harikoa me te rangimārie, ā, ka memeha noa te riri. Pērā i te kore e taea e te onepu te tu atu ki ngā ngaru kaha, waihoki ko te tangata kāore i te rangimārie o roto e kore e taea te tu atu ki ngā awa hinengaro nanakia.

Engari ka mau tonu te taimana i tōna āhua taketake ahakoa te kaha o ngā ngaru e pupuhi ana i ngā taha katoa. Waihoki, ko te tangata he wairua parakore, pērā i te karaihe mārama, e tiaho tonu ana ahakoa te kaha o ngā uauatanga e karapoti ana i a ia, me ngā hau o te wheako e ruia kinotia ana ia.

He aha ia i whakakahore ai i ngā tūranga teitei rawa?

He kōrero whai tikanga

E ai ki te kōrero a te kaiako Paramānaha

Translation: Mahmoud Abbas Masoud

I ngā wā o mua, i noho ētahi tāngata tika i roto i tētahi whare tapu marino i te taha o tētahi awaawa e tata ana ki te ngahere, i reira ngā hau o te rangimārie e pupuhi tonu ana, ā, ko te aroha o ngā teina te tohu o taua okiokinga manaakitanga.

I ora aua Teina o te Parakore i ngā hua hou i homai e ngā rākau, ā, i whakamahia e rātou ō rātou ringa pupuri ki te kohi me te inu i te wai ora, kanapa, e rere ana mai i ngā puna maunga nui, mārama hoki.

I tiaho, i kanapa ō rātou kanohi, pērā i te taimana, me ngā ataata rangi kī tonu i te ngākau māhaki me te ngākau māhaki, ā, kua tau te harikoa ki roto i ō rātou ngākau, kua whakakī i a rātou ki te whakamarie pumau.

Ahakoā ēnei mea katoa, i whakaaro tētahi o ēnei wairua kua kī ia i te harikoa wairua, ā, i hiahia ia ki te whakamātau i te kororia o te ao, ahakoā he wā poto noa iho. I hopukia ia e te hiahia kia noho hei kingi mō te rā kotahi, nō reira ka poroporoaki ia ki ōna tuakana, ā, ka haereere ki te tatau o te Atua ki te rapu i te harikoa kingi.

I a ia e haere ana, ka inoi ia ki te Atua me tōna ngākau katoa, ka mea: "E te Ariki, e te Atawhai, e te Kaiwhakarongo i ngā inoi, e te Whakatutuki i ngā tumanako, ka inoi atu ahau ki a koe kia arahina ōku hikoinga ki tētahi whare rangatira hei wāhi e koa ai ahau mō tētahi rā i te hari e koa ai ngā kīngi."

I te mutunga o tana inoi, ka tau ōna kanohi ki tētahi whare rangatira, ā, ka mea ia ki a ia anō: "Āe, te hāora o te Aroha! Kua tutuki i te Atua taku moemoeā, ā, kua tata te hari e hiahiatia ana ki roto i ahau." Ka hohoro tana hikoi ki taua whare rangatira.

Kāore he kaitiaki i aukati i a ia, nō reira i tomo ia mā te kūaha matua, kāore he arai, ā, i kopikopiko haere ia i roto i ngā māra matomato kua kapi i ngā rōhi me te pēhara tino hou, tino ataahua hoki, me te kore e kite i tētahi tangata.

Kātahi ia ka haere ki te whare kai a te kingi, ā, ka kite i ngā tēpu kī tonu i te kai tino reka, e tatari ana kia tae mai ia. Heoi, kāore ia i kite i tētahi pononga i reira. Ka mea ia ki a ia anō, "Nui tō atawhai, e te Ariki! Nāu i homai tēnei whare rangatira ki ahau, me tēnei kai reka e tika ana mō ngā kīngi. Koinei taku i tono atu ai ki a koe, ā, kua whakamanahia e koe taku i hiahia ai, e te Tino Atawhai o ngā Atawhai."

I tōna whakapono kua tutuki i te Atua Aroha te hiahia o tōna ngākau, ka tīmata ia ki te whakaaroaro ki ngā ahua reka e tatari ana ki a ia, me te tino mōhio i roto i tōna ngākau kua homai e te Atua Kaha Rawa ki a ia te harikoa kingi i tatari roa ia. I mua i te tina, ka haere ia ki te kaukau kingi, ka kaukau, ka kakahu i ngā kākahu hiraka papai. Kātahi ka noho ia ki te tēpu papai, ka tīmata te kai i ngā whakahere reka me te reka.

I taua wā tonu, ka tomo mai ngā pononga i petipeti i tētahi kokonga o te whare rangatira, ā, me te riri nui me te pōuri, ka pātai atu rātou ki a ia, me te mea: "Ko wai koe hei kai i te kai a tō mātou ariki, a te kīngi, kua haere nei ki te hopu manu, ā, e tumanako ana mātou kia hoki mai ia i tētahi wā?"

I konei ka whakaaro tō tātou hoa kei te whakamātautau te Atua Kaha Rawa i a ia, nō reira ka mea ia ki a rātou me te reo reka: "He hoa ahau nō te Kīngi Nui, ā, i haere mai ahau ki konei i runga i tana tono atawhai kia koa ahau ki te hari kingi mō te rā kotahi"

I te kitenga o ngā pononga i tōna marino me tōna whakapono ki a ia anō, ka tangohia ia e rātou hei manuhiri

mā te kīngi, ā, ka tukua kia mutu tana tina kingi. I muri iho, ka haria ia e rātou ki te rūma moe ki te okioki, me te kore e mōhio ko te "Kīngi Nui" i kōrerotia e ia ehara i te mea ko tō rātou rangatira o te whenua e haere ana ki te hopu manu, engari ko te Ariki, ko te Atua.

I muri i ngā haora e rua, ka hohoro te karere ki te whakamōhio atu ki ngā pononga kua pōturi te Ariki, ā, ka tae mai i roto i te haora kotahi, ā, ka whakahaua e ia kia whakaritea he kai hou, he kai reka māna.

Ka pātai ngā pononga, "Kāore ianei te Ariki i tono mai i tētahi manuhiri kia kai i tāna kai, kia moe hoki i roto i tōna moenga?"

I kite tonu te karere a te kīngi kua tae mai tētahi o ngā tītiha haereere ki te whare kingi, kāore i karangatia, kua pau te kai a te kīngi, ā, e ngongoro ana i roto i tōna moenga. Nā te riri nui ki tēnei whakapehapeha kāore i kitea i mua, ka whakahau ia i ngā pononga kia mauria mai he rākau hei whawhati mā rātou ki runga i te tītiha rawakore.

Kāore he take ki te kī, i ara ake tō tātou hoa aroha i ana moemoeā kingi ki te tangi o ngā rākau e ua ana ki runga i a ia me te kore aroha mai i ngā taha katoa. Engari i a ngā pononga e patu ana, e whakatoi ana i a ia, ka pakaru ia i te kata, ā, ka nui ake te riri o rātou, nō reira ka haere tonu tā rātou whakaeke tae noa ki tōna ngaronga o te hinengaro. Kātahi ka tōia ia e rātou, kāore i te mōhio, ki waho o ngā kūaha o te whare kingi.

I tomuri tō mātou hoa dervish ki te hoki ki ōna tuakana, nō reira i rapua ai ia e rātou tae noa ki te kitenga atu i a ia e takoto ana i waho o te whare kingi. I haria ia e rātou ki tō rātou whare tapu. I te wā i ringihia ai e tētahi o ngā tuakana he miraka ki roto i tōna waha, ka pātai atu ia ki a ia kia kite mēnā kua hoki mai tōna māramatanga: "E mōhio ana koe ko

wai tēnei miraka ki a koe?" Ka whakahoki ia: "Āe, e mōhio ana ahau Ko te Atua kotahi i whiu kino i ahau mō te hiahia ki te koa ki te hari kingi mō te rā kotahi ko ia tēnei e homai ana i tēnei miraka ki ahau ināianei."

I whakawhetai ngā teina kē atu ki te Atua mō te oranga o tō rātou teina, ā, i mihi atu ki tōna whakapono kaha, pumau ki te Atua, he rerekē ki te hunga e karakia ana ki te Atua i ngā wā o te kororia me te whai rawa, ā, e whakakahore ana i a ia i ngā wā o te pouri me te mamae.

I taua wā, ka hoki te Ariki ki tōna whare rangatira, ā, ka whakahau kia takaia te kai. I riri ia mō tētahi wā poto i tōna rongonga i te kōrero mō te tangata tono kai i maia ki te kai i tana kai, ā, kāore i mutu te kata i a ngā pononga e whiu ana i a ia ki ngā rākau.

Nā tetahi take, i tino pāngia te kīngi e te kōrero i whai i ōna whakaaro. I whakahau ia i ana pononga kia kimihia te tangata rawakore maia, kia kawea mai ki a ia. I rapua ia e rātou i ngā taha katoa, engari kāore i angitu. I tō rātou hokinga pouri ki te whare kingi, ka tata rātou ki te whare o te tāne, ā, ka rongo rātou i tētahi kata nui. I mōhio tonu rātou ko tāna kata tēnei, nō reira ka heke iho rātou i ō rātou hoiho, ka tomo kaha ki te whare o te tāne, ka hopukina te tangata atawhai, ka haria ki mua i tō rātou rangatira.

I te tūtakitanga o te kīngi me te tāne, ka kata nui atu te tāne i te kīngi, me te mea kāore e taea e ia te pupuri i tōna harikoa i roto i ngā pakitara o tōna ngākau. Ahakoa te tohe tonu a te kīngi kia whakamārama ia i tana kata, kāore te tāne i pai ki te whakautu, ahakoa te whakawehi o te whiu nui.

Nā te hiahia nui, ka tahuri te kīngi ki te whakapatipati me te whakamarie i a ia, me te tuku i tōna torona ki a ia

mēnā ka kōrero ia he aha ia i kata ai i a ia e whiua ana e ngā pononga.

Kātahi ka kōrero te tāne, ka mea:

"Whakarongo mai ki taku e kōrero atu nei ki a koe, kia mārama hoki. Kua whiua kinotia ahau e te Atua mō te hiahia ki te hari kingi rūpahu, kotahi noa te rā i kata ai ahau, ā, kei te kata ahau nā te mea i mawhiti ahau me tōku ora, ā, i kite ahau mēnā i tika tēnei whiu katoa mō te pārekareka ki ngā ahuareka kingi mō ētahi haora, me pēhea rā te hunga kāore he āwangawanga i te ao engari ko ngā ahuareka me ngā mea whakaharikoa, inā koa ko ngā mea kingi! Tērā pea he akoranga me he whakatūpato kei roto i tēnei mea māu, e te Kīngi o te Ao, nā te mea kei te tatari te ture o te karma, ā, kei te haere mai tō aituā."

Mō tō torona i tukuna mai e koe ki ahau, ko taku whakautu tēnei: Ngā mihi nui ki a koe. Puritia māu, kāore hoki au e hiahia ana ki tēnei mea nā te mea e harikoa ana ahau i roto i te Atua, e makona ana hoki ki tōku ao, ā, kāore he hiahia mōku ki tētahi mea e whakararuraru ana i tōku harikoa, e whakararuraru ana hoki i tōku rangimārie.

Kia tau te rangimārie ki a koe

Ngā kupu whakaari me ngā kare ā-roto wairua
Nā Shri Dayamata ēnei kupu mō te kaiako a B
: Ramhansa Yogananda

Kei te maumahara tonu ahau ki taku tūtakitanga tuatahi
ki taku kaiako aroha. He ngākau atawhai, he ngākau aroha
tōna, ā, i rite te hunga katoa i tūtaki ia ki tētahi hoa tata, me
te mea kua roa rāua e mōhio ana. Kāore i uaua te
whakatuwhera i tō ngākau ki a ia mai i te wā tuatahi. He
kaha tō te kaiako ora tonu ki te whakaatu i tōna wairua
tūturu. Ko ia te whakaaturanga pono o te aroha, te
.whakahoahoa, ngā whakaaro pai, me ngā wawata atawhai

:Nā, ki ngā whakataukī me ngā kare ā-roto
Ka mutu ngā pakanga ina pūmau te pakiaka o te aroha
o te tuakana ki roto i ngā ngākau o te tangata
*

Ko ngā mahi a te tangata o nāianeī ka whakatau i tōna
rangimārie me tōna harikoa ā muri ake nei, i tōna pōuri me
tōna pouri ā muri ake nei rānei, nā te mea kāore e taea te
tinihanga i te ture o te take me te pānga ahakoa kua
.warewarehia, kua warewarehia rānei
*

He wāhanga iti noa iho te whakamarie o te taonga o te
angitu tuturu, kua e tutuki mā te whara i ētahi atu
*

Ko te tangata nui rawa ko te tangata whakaiti e
whakaaro ana he iti iho ia i te katoa. He rangatira pono e
whakarongo ana ki ētahi atu, e whakaaro ana he pononga ia
.mā te katoa, ā, e kore e whakahawe ki tetahi
*

Ina puta mai tetahi me te ataata kanapa, ka memeha te
pōuri. Ka horahia e ēnei tāngata ngā hihi o te hari e
.whakamārama ana i te ngākau, e whakahari ana i te wairua

Ngāna kia maumahara me te arotahi ki ngā mea
ataahua katoa o tō koiora

Ka moe te ora i te oneone taratara, ka moemoeā ki te
ataahua o ngā putiputi, ka oho kaha i roto i ngā kararehe, ā,
.ka mōhio ki te pūmanawa mutunga kore o te tangata

He waiata te aroha nā te wairua e haruru ana, e waiata
ana ki te Atua

He matapihi ia rā, ia meneti, ia hāora e kitea ai e koe te mutunga kore. He poto te ora, engari he pumau, he mutunga kore. He ora tonu te wairua, ā, i tēnei wāhanga poto o te oranga tangata, me kokoti e koe te mea ka taea e koe o te .kotinga o te mutunga kore

I tēnei rā, ka whakatau ahau kia kaua rawa ahau e hoki ki roto i te paru o te ngakaukore, kia kaua hoki e noho tonu ki ngā tumanako kāore i tutuki, ki ngā moemoeā rānei kāore i te tino pono. Engari ko te tuku i ahau kia noho herea, kia herea, ka mahi ahau me te whakaaro nui, me te mōhio ko tēnei huarahi whakaaro nui ka ārahi noa i ahau ki te harikoa .e rapuhia ana e au

*

E te Ariki, i roto i te awhi mahana o te rā ka rongo ahau i tō aroaro, ā, i roto i te hau mārie ka rongo ahau i te manawa whakahauora o tōu ora. Ka mihi atu ahau ki a koe, e te Ariki, mōu e mahara ana ki ahau ahakoa ka wareware ahau ki a koe, ā, e tino whakawhetai ana ahau mō āu manaakitanga mutunga kore. Manaakitia ahau kia noho ki roto i ōu .maharatanga tonu

*

E te Ariki, e mōhio ana ahau he maha ngā mea o tēnei ao e ahua kino ana, e whakamataku ana, e whakarihariha ana, engari ko te taha kē o te ao i hangaia e whakakitea ana e te kanohi o roto o te whakaaro nui he tino ataahua, he pai, he ataahua hoki. Nō reira, ka ngana tonu ahau ki te titiro ki te kanohi o te whakaaro nui kia kite ai ahau i muri i ngā ngoikoretanga me ngā hapa o tēnei ao. Ko tō ataahua nui e .kingi ana i runga i ngā ataahua katoa

:Te āhua o te rangimārie i roto i ngā kupu

Te whakahaere i a ia anō Te aroha ki ētahi atu Te
atawhai ki ngā kararehe Te aroha ki ngā āhuatanga pai Te
aroha ki te rangimārie me te ata noho Te aroha ki ngā
tāngata nunui Te aroha ki te hunga rawakore me te hunga
rawakore, me te āwhina i a rātou Te pono Te mahi i te mahi i
runga i te aroha me te whakaute ki a ia Te aroha ki te tika
me te whakarerekētanga Te whai i te wairua tika me te mahi
i te mea tika Te whakaute ki a ia anō Te ngākau mahaki Te
ngākau pono Te toa Te manawanui Te muru hara Te whai i
ngā tapuwae o ngā wairua nunui me ngā hinengaro mārama
Te pono Ngā tikanga pai Te atawhai Te ngāwari me te
māramatanga Te taurite Ngā kare ā-roto wairua Te ngākau
mārie Te aroha ki te ma o te tinana me te parakore o te
hinengaro Te ngākau mahaki me te karo i te
whakapehapeha Te aroha ki te pai Te tika Te whakawhetai
Te whakaute ki ngā mea tapu 623 MAM

*

Kei muri i ngā atarangi o tēnei ao te māramatanga
whakamiharo o te Atua, ā, ko te ao katoa he temepara nui
.mō tōna aroaro manaakitanga

*

Ina whakaaroaro hohonu, ina pono hoki tātou ki te Atua,
ina aroha nui ki a Ia, ā, ina whakawhirinaki katoa ki a Ia, ka
tuwhera mai ngā tatau maha ki mua i a tātou. Ā, ina kite
tātou i Tōna māramatanga, ina wheako i Tōna aroaro,
ahakoa te kino, te whakamataku rānei o ngā āhuatanga o te
ao, ka taea te tahae i te rangimārie me te ata noho e pā ana
.ki a tātou i Tōna aroaro

*

I te ora, i te mate, i te matekai, i te rawakore, i te pōuri,
i ngā ngangau, i ngā āwangawanga me ngā pōrearea o te
.ao, ka piri tonu ahau ki a Koe, e te Ariki

*

Ko te kounga tino pai o te wairua kaipakihi te mea e
wehewehe ai te tangata i te ao, e tiaho ai ia pērā i te rama e
mura ana. Ko te hunga nui ko te hunga e pai ana ki te hoatu,
ki te whakatenatena i ētahi atu, me te whakatipu i te
.whakapono ki roto i a rātou

*

Ko ngā mea whakamiharo e kitea ana e tātou i tēnei ao
whānui e whakaatu ana i te noho o te Atua; e kitea ana tōna
aroaro i ngā kokonga katoa o te ao hanga katoa, koinei te
.hua o tōna hinengaro whānui

*

Kāore he ātete e pā ki te tangata e heke ana i te puke,
engari ina hiahia ia ki te piki teitei ake, ka tūtaki ia ki te
ātete nui. Waihoki, ko te tangata e paheke ana ki te poka o
te kino, kāore ia e pā ki te ātete kia ngana rā anō ia ki te huri
.i te ara me te piki i te puke o te ngākau pai

*

Ka piki ake te harikoa o te tangata mā te whakapau
kaha tonu ki te whakapai ake i a ia anō, ā, i te pikinga ake o
tōna harikoa, ka piki ake anō hoki te harikoa o te hunga e
.karapoti ana i a ia

*

Kia maumahara ko te ruarua, te ngoikore o te
hinengaro, te manukanuka, te kore aro, te hoha, te matakū,
te manukanuka, te whakama, te mangere tinana me te
ngoikore o te hinengaro, te taikaha ki tetahi mea, te noho
koretake, te kore hiahia, me te kore auaha he mea aukati
kino e kore ai e taea te kukume i te kaha o te ao ki te
tangata kia whakakīia ai tōna tinana me tōna hinengaro ki te
kaha ora; engari ko te hiahia ki te mahi hanga, te āwhina i
ētahi atu, te wawata wairua auaha, te marino, te maia, te
wairua hinengaro kaha me te pakari, te manawanui, te
manawanui, me te rangimārie he ara katoa e taea ai e te

kaha o te ao te rere me te āwhina i a koe ki te whakatau i
.ngā āhuatanga o te ao

*

I whakaaro tētahi o ngā manuhiri he mea koretake te
whakaaro ki te Atua, nō reira ka whakahoki te kaiako a
:Paramahansa

E whakaae ana te ao ki a koe, engari he pararaiha tēnei"
ao? Ehara te hari pono i te hunga e whakarērea ana te Atua,
nā te mea ko te Atua te hari nui rawa atu, ā, e noho ana āna
kaikarakia i roto i te piringa o te rangimārie o roto i tēnei
whenua, ko te hunga ia e wareware ana ki a ia e noho ana i
roto i te reinga nā rātou anō i hanga, e tahuna ana e ngā ahi
o te wehi me te pouri. Nō reira, ko te whakaaro ki te Atua me
te whakatata atu ki a ia te tino kaupapa o te tika me te
".wairua o te arorau

*

Ko te tangata te mea tino rangatira o ngā mea i hangaia
e te Atua, he hinengaro tōna, he āheinga ki te whakaaro; nō
reira, kua rātou e mōmōu taima, kua homai e te Atua ki te
tangata te mana whiriwhiri me te herekore ki te whiriwhiri,
kia taea ai e rātou te whakarērea ngā wawata katoa o te ao,
me te aroha ki te Atua, nāna nei ēnei taonga i homai ki a
.rātou

*

Kei roto i te ngākau he aukume e kukume ana i ngā hoa
pai, pono hoki. Koia te aukume o te atawhai me te ngākau
.atawhai

*

Ko ō tātou ngākau ngā poroporo, ā, ko te aroha atua te
miro e pupuri ana i a rātou kia tata tetahi ki tetahi i roto i te
.karauna o te kotahitanga me te rangimarie

*

Kia whakawhetai tātou ki te Atua nāna tātou i
whakanoho ki tēnei whenua, koia hoki tō tātou kāinga nui, ā,
kia noho tātou i roto i te harikoa, i te rangimarie, i te rite ki

tāna e pai ai, kia rite ai tō tātou kāinga ki tāna e hiahia ai mō
.tātou
*

Mawehe atu i te mano, kia kitea ai ō ake kaha me ō
pūmanawa. Kaua e tukua tō wairua kia ngoikore, kaua hoki e
aro ki ngā whakaaro kino o te ao. Haere tonu i tō ara, me te
māia kei a koe te mana mutunga kore o te Atua, e tautoko
.ana, e ārahi ana i ō hikoinga

Ko te hunga whai māramatanga mārama ka kohi i ngā
rōhi me ngā putiputi o te pono mai i ngā māra o te
mātauranga, ā, ka mahi ki te whakamārama me te
whakapaipai i ngā wairua ki ngā āhuetanga rangatira me te
pai e tika ai rātou kia tomo ki te pararaiha o te whakaaro nui
.o te ao
*

Kaua tātou e kino ki ētahi atu nā te mea he rerekē rātou
i a tātou, nā te mea rānei he rerekē ō rātou whakaaro i a
tātou. Kaua hoki e tohe kia tika anake ō tātou ake
whakapono. He pai ake te noho tahi me te kōrero i ō tātou
whakaaro me te hinengaro tuwhera me te whakaute tetahi i
tetahi, me te maumahara kāore te hunga whakaaro nui e
tautohetohe engari e ata tirotiro ana i ngā take me te
.whakaaro nui
*

He rite ngā whakaaro pai ki te taimana mārama e whiti
ana te māramatanga o te Atua, e whiti mārire ana ki roto i ō
.tātou oranga
*

E te Ariki, kia whakakāhia te mura o te aroha tapu ki
roto i ō mātou ngākau, kia hiahia hoki ō mātou wairua ki a
Koe, kia aroha ki a Koe i te ao, i te pō. Homai tō aroha ki a
mātou, kia kī ai ō mātou ngākau i te wā e whakaaro ana
.mātou ki a Koe, kia hari ai ō mātou wairua i tō aroaro

I tahuna e au te hītori pōuri, i warewarehia ngā purapura
o te āwangawanga me te manukanuka mō te heke mai, ā, i
hikoī ahau i runga i ngā pungarehu marara o te wehi me te
.manukanuka

Tō pēke harikoa

Kati mō tētahi wā poto, ka whakaaro! Kāore ianei i te pai
?ake te noho noa, me te whai rawa pono
Tērā pea ka ngaro te moni i mahi nui koe ki te whiwhi
mēnā ka pakaru tō pēke. Engari ko te harikoa wairua i kohia
e koe i roto i te pēke o tō whakatau pumau me tō whakapau
kaha e kore e ngaro; ka piki haere tonu tōna uara, ka nui
.haere hoki

Ko koe te kaiwhakahaere me te kaipupuri moni i roto i tō
ake pēke harikoa. Mēnā e mōhio ana koe ki te mahi tino tika
i ēnei mahi e rua, me te tāpiri tonu ki ō moni penapena
.harikoa, kāti, e kore rawa koe e hinga, ki te pai te Atua

*

I te ata noho o te wahangu, ka whiti te pono ki runga i te
hinengaro pērā i te rā e whiti ana i roto i te kohu

*

Ki te ngaro te taonga anake i te tangata, kāore rawa he
mea e ngaro ana i a ia, nā te mea ki te mea kei a ia te
hauora, te pūkenga, me te whakahaere pai, ka taea tonu e ia
te noho harikoa me te whiwhi moni ake. Ki te ngaro te
hauora, ka ngaro te nuinga o tōna harikoa. Engari ki te ngaro
.te kaupapa o te ao, ka ngaro ngā mea katoa e whai hua ana

*

Kāore au e titiro ki tētahi he tauhou ki ahau, ā, e harikoa
ana ahau ki te aroha ki te katoa me te aroha katoa kua
homai e te Atua ki roto i tōku ngākau, ā, e kore e taea e au
.te aukati i tētahi i roto i taku porowhita aroha
*

Ina taea e koe te arotahi katoa i tō hinengaro, ka taea e
ō kare ā-roto te uru ki ngā wāhi katoa, ā, ka whakakīia tō
.tirohanga ki te pūngao
*

Me whakangungu te tangata i a ia anō me ōna mema o
te whānau kia kaua e kōrero mō ētahi atu, kia kaua hoki e
kōrero mō ō rātou hapa me ō rātou hē, engari me arotahi ki
.te whakapai ake i a ia anō me te whakatika i ana ake hapa
*

Ko te whakawhanaketanga o te aroha parakore,
mutunga kore i waenganui i te tāne me te wahine, ngā
mātua me ā rāua tamariki, te hoa me te hoa, te tangata me
te katoa, koinei te akoranga i haere mai ai tātou ki tēnei ao
.ki te ako
*

Tērā ētahi kāore e ako i ngā akoranga o te mamae me
te harikoa, e ora ana i te ao pouri me te pōuri nā te mea
kāore e karo i ngā mahi e kawe mai ana i te mamae, e whai
rānei i ngā ara ki te harikoa. He iti noa iho, i muri i te
tahunga e ngā ahi o te kuware, e kore e mahi anō i ngā
whanonga e puta ai te pouri me te pōuri. Ā, kei reira anō
ētahi e ngāwari ana te hurihanga e te harikoa, e herea ana e
te pouri, e hiahia ana ki tētahi āhua hinengaro pumau e
.tohuhia ana e te māramatanga me te taurite
*

Ki te kore he harikoa o roto, ka noho te tangata hei
herehere mā ngā raruraru me ngā āwangawanga. Ā, ko te
harikoa - e hoa mā - kāore e herea ki te angitu me te taonga
anake, nā te mea ko te harikoa pono e ahu mai ana i te aro

atu ki ngā momo kore angitu, ngā uauatanga me ngā
.raruraru katoa o te ao me te uaua me te tumanako ki te pai

*

He mea nui te hauora pai, te whai hua o te hinengaro, te
mahi whai hua, me te whakaaro nui hei whakatipu i te
harikoa. Me rere tonu te awa o roto o te harikoa i raro i ngā
.toka mārō o ngā whakamātautau o te ao

*

E rua ngā wāhanga motuhake o te oranga te ora me te
mate, ā, ko te tangata he wāhanga o te ora tonu. Ina kitea e
te tangata te rangimārie me te māramatanga o te
.hinengaro, ka pā atu ki tōna wairua mutunga kore

*

Ki te whakamahi koe i ngā tikanga katoa o waho e
wātea ana ki a koe, hei tāpiri atu ki ō pūkenga tūturu, hei
wikitoria i ngā arai katoa kei tō ara, ka taea e koe mā te
whakawhanake me te whakarei ake i ngā mana kua homai e
.te Atua ki a koe

*

E te Kaitiaki Atua, e te Atua Kaha Rawa, ina tukuna mai
e ngā kapua o te pakanga te ua hau me te ahi, ko koe hei
.piringa, hei wāhi tapu mōku

I roto i te mate me te ora, i roto i te mate me te
hemokai, i roto i ngā mate urutā me ngā aituā, i roto i te
.pouri me te mamae, ka rapu tonu ahau i te piringa ki a Koe
Kia mōhio ahau he wairua ora tonu ahau, kāore e pāngia
e ngā pikinga me ngā hekenga o te tamarikitanga, te
taitamarikitanga, te koroheketanga, me ngā pahūtanga
.ohorere o te ao

*

Mahia tāu wāhanga ki te hanga i ngā whanaungatanga
pumau mā te noho hei hoa pono

*

I te ao o ngā moemoeā, ka wareware tātou ki ō tātou
ingoa, ki ō tātou tinana, ki ō tātou iwi, ki ō tātou taonga, me

ō tātou ngoikore, ā, kāore i te mōhiotia e tātou te herekoretanga nui, arā, te herekoretanga o te wairua. Me whakawhanake tātou i tētahi mōhiotanga ōrite engari he .mārama ki taua herekoretanga ā-roto

*

Me mahi ngā mahi wairua me te whakaaro nui, me ngā mahi o te ao me te aro nui. Me tū pakari ō waewae ki te whenua, me te pupuri i te mahunga ki runga ake i ngā kapua .o te kuware, i roto i ngā pae mārama o te whakaaro nui

*

Kei roto tonu i ahau te māramatanga me te mana tiaki o te Atua e whiti ana, e rere ana i roto i ahau, ā, kua whakatuwheratia e te pā o Tōna rangimārie te kanohi o te .whakaaro nui i roto i tōku wairua

Ko te oranga kāore he ture ka ārahi i tōna rangatira ki te pouri me te koretake o te hinengaro. Ko te tangata e noho ana i te oranga kāore he tikanga matatika me ngā mātāpono he tangata kī tonu i te manukanuka hinengaro me te āwangawanga, ko te tangata ia e ako ana ki te whakahaere i a ia anō me te whakahaere i ngā hiahia tutu e mōhio ana ki .te ara ki te harikoa pono

*

I roto i tōku mokemoke wairua, ka kaha ake ōku hiahia, ā, ka hiahia tōku ngākau ki te whakarongo ki te reo o te Atua Arohaina. Ka peia atu e au ngā reo matotoru katoa o te ao e huna ana i roto i ngā papa o tōku maharatanga kia taea ai e au te whakarongo ki te reo tapu rawa e waiata ana ake tonu .atu i roto i te marino o tōku wairua

*

E kore rawa te rā o taku aroha e toremi ki raro i te pae tawhiti o aku whakaaro ki a koe, e kore hoki e tuku iho taku titiro ki tētahi atu mea engari ko koe, e kore hoki ahau e mahi i tētahi mea e kore ai ahau e whakamahara i a koe. Ko

ngā mahi i puta mai i te kuware me te wairangi ka arahi ki
ngā moemoeā whakamataku me ngā moemoeā kino
whakamataku, nō reira tukua ahau kia whatu noa i ngā
moemoeā reka o ngā whakatutukitanga rangatira, nā te mea
.i puta mai i tōu whakaaweawe me tōu arataki

*

Ko te ora me te kore māramatanga he whakamomori
wairua, tinana hoki. Ka hari te hunga whai māramatanga, nā
te mea ko te māramatanga te mea nui rawa atu e hiahiatia
ana i runga i te ara wairua me ngā rori o te ora. Ko te
māramatanga he rama ārahi e whakamārama ana i te ara o
te tangata, e kawē mai ana i te angitu. I mua i te
whakatutukitanga o te kaupapa teitei o te ao, me mau i te
tangata tēnei āhuatanga nui. Ko te māramatanga hei kaha
ārahi i roto i ngā āhuatanga katoa. Ahakoa te uaua o ngā
whakamātautau e pā ana ki a tātou, me mau i a tātou te
.māramatanga pono

*

Kāore te Atua e whakararuraru i a tātou; engari, ko
tātou te hunga e āwhina ana, e whara ana rānei i a tātou anō
mā roto i tō tātou māramatanga me tō tātou māramatanga,
mā roto rānei i tō tātou māramatanga hē me te kore
.māramatanga

*

Me inoi tātou ki te Atua kia homai he māramatanga ki a
tātou, ahakoa ngā whakamātautau e pā mai ana ki a tātou,
ngā āhuatanga rānei e pā mai ana ki a tātou. Mā te
.māramatanga anake tātou e tiaki

*

Ina kaha haere, ina kino haere aku wheako, ko taku
ngana tuatahi ko te kimi māramatanga i roto i ahau anō.
Kāore au e whakapae i ngā āhuatanga, e ngana rānei ki te
whakatika i ētahi atu; engari, ka haere ahau ki roto, ka
ngana ki te horoi i taku pā wairua, me te tango i ngā mea
katoa e huna ana i taua māramatanga o roto, e aukati ana i

ngā mana o te wairua kia puta, e aukati ana rānei i a rātou
kia whakapuaki i a rātou anō. Koinei te huarahi ki te noho
.angitu

*

Ahakoia te āhua māmā o te oma atu i ngā raruraru, ka
kaha ake te tangata ina tūtaki ki tētahi hoa whawhai kaha.
Ko te hunga kāore e pāngia e ngā uauatanga, kāore hoki e
.tipu ake, kāore hoki e kaha ake tō rātou whakatau

*

Ka memeha haere te wehi ina whiwhi tātou i te
māramatanga; i roto i te māramatanga he haumarū, he
tiakitanga

*

He maha ngā wheako kua pā ki ahau i te ao, ā, ko te
mea tino uaua ko te hunga kāore i mārama ki ahau. Kua kite
ahau i ngā tāngata i arohaina e au—ngā tāngata i hoatu e au
tōku ngākau ki a rātou—i mārama hē ki ahau, ā, i tahuri ke
mai ki ahau. Engari kāore i puta te kawa i roto i ahau nā te
mea ka huna te kawa i te mārama. Kāore au e tuku i ahau
kia whara i ngā mārama kore o ētahi atu. Engari, ka ngana
ahau ki te āwhina i a rātou mēnā e aro mai ana rātou, ka
tukuna atu hoki he whakaaro pai me ngā mihi aroha ki a
.rātou

*

Ko taku hari nui ko te kōrero i ngā mahi whakamiharo a
te Atua ki te hunga e hono ana ki ahau, e whakawhirinaki
ana ki ahau, me te whakanui ake i tō rātou hiahia mō taua
māramatanga atua kua homai nei ki ahau te whakamarie, te
.herekore, me te haumarū e kore e taea te kōrero

*

Ko ngā uauatanga katoa e pā ana ki a koe i tēnei ao, he
meahei whakahihiko i a koe, hei akiaki i a koe kia kaha ake

te whakapau kaha kia eke ai koe ki ngā taumata teitei ake.

Whakawhanakehia tō kaha hiahia kia taea ai e koe te whakahaere i ō āhuatanga, kaua e tukua kia whakahaere i a koe. Hangaia he mahere pai mō tō ao kia taea ai e koe te whakatutuki i ngā mea pai katoa e hiahia ana koe ki te mahi, .me te mōhio me mahi e koe

*

Ko te hunga e piri rawa ana ki tēnei ao ka wareware ki te Atua, ā, koia te take e ngaro ai i a tātou ngā mea katoa e arohaina ana e tātou. Ka tangohia ēnei mea e te ture whānui i a tātou, ka tangohia rānei i ō tātou ao, ehara i te mea hei whiu i a tātou, engari hei whakamātautau kia kite ai mēnā .he nui ake tō tātou aroha ki te ao i tō te Kaihanga

*

Ko te hunga ngoikore o rātou ngākau e kī tonu ana "āe," .ko ngā wairua nui ia e kī tonu ana i ngā "kāo" tuhituhi

*

I tēnei rā ka whakahohehia e au tōku kaha ki te whakaaro auaha kia angitu ai i roto i ngā mahi whai hua katoa e hiahia ana ahau ki te mahi, ā, mā te mahi pera ka whakamahia tika e au ngā mana katoa i homai e te Atua ki .ahau

*

Ko te harikoa pono e ahu mai ana i te āhua hinengaro o te tangata. Ko te ngākau māhaki, te ngākau māhaki, te .rangimārie, me te ata noho he tohu katoa o te harikoa

*

Me whai te tangata kia ora pai, kia whai hinengaro matatau, kia tika te oranga me te mahi, kia tika te whakaaro, kia tika te māramatanga, ā, kaua e tukua kia .hinga ki te taiao hē, ki ngā āhuatanga hē rānei

*

He maha ngā wā ka whatu te tangata i ngā kōkō hei here i a rātou, ka here hoki i ngā taura hei here i a rātou. Me mārama rātou ki ngā take o ēnei here kia taea ai te

whakakore i te mate urutā e neke haere ana i roto i ō rātou
hinengaro me ō rātou tinana. Mā tēnei ka puta he
whakahoutanga hinengaro, ka whakatakoto i te ara mō te
harikoa, ka puta te māramatanga wairua ki te pae tawhiti o ō
rātou oranga, ā, me whakaara ake te oho ake o ngā kaha ora
i roto i te Maramarama mai i te hohonutanga o te kuware ki
.ngā teitei o te māramatanga me te mātauranga

*

Ko te tangata e atawhai ana i te wehi nui ka kukume i te
mea e ngana ana rātou ki te karo, ā, ko te wehi tonu ka kino
i ngā io, ka puta he mate ki te tinana. Ina kī tonu koe i te
.kaha, i te hihiko, i te ora, ka rere atu te mate i te tinana

*

Ko te wairua e harikoa ana ki te waiata o te tumanako,
kāore ia e pai ki te whakarongo ki ngā reo kino o te ngakau
pouri, ā, ko te hinengaro e anga tonu ana ki te whetu o te
oho wairua, ka noho hei hinengaro kaha, pumau, e kore e
.mōhio ki te ngaueue, ki te whakapohehe rānei

*

I titiro whakaaroaro ahau ki tētahi putiputi, ā, ka kite
tonu ahau i a koe, e te wairua o ngā ao whānui. I kakara i te
kakara o tō aroaro, i pania ōna rau ki te whero o te harakore,
ā, i whiti te māramatanga koura o tō whakaaro nui i roto i
tōna ngākau. I tautokona te kakau angiangi me te puku
matomato e tō mana, ā, i moe ngā mea ngaro o te ora me te
mutunga kore i roto i te puehu hae. I whakaohokia e tō pā
mutunga kore te pī, ā, ka tīmata ki te mitimiti i te waihonga
.o tō reka

*

Whakaaturia mai ki ahau ngā mea whakamiharo o te
hanganga, āu mea ngaro mutunga kore, e huna ana i roto i
.te rau tarutaru pai rawa atu i te taha o te rori

*

Me mau i ngā pāpā me ngā whaea katoa te whakaaro
nui me te ngākau mārie o te pāpā me te ngawari me te
ngākau māhaki o te whaea, ā, me taurite, me tautoko hoki
.ēnei āhuatanga e rua i roto i ia āhuatanga

*

Ka titaritaria e au ngā whetū o te hari me te tumanako
hei whakakore i te pōuri i ngā wairua, ā, ka horahia e au ngā
hihi o te whai wāhi aroha hei whakamarie i te hunga e pouri
.ana

*

Kei konei tātou i tēnei rā, ā, āpōpō ka heke tātou pērā i
ngā kapua—he atarangi noa iho i roto i te moemoeā o te ao
whānui. Engari kei muri i tēnei whakaahua poto, rangitahi
kei reira te wairua mutunga kore, ā, ko ō tātou wairua he
.wāhanga e kore e taea te wehe

*

Ko te Atua te pono kotahi Me inoi tonu tātou kia kaua
ngā whakamātautau o te ao e arai i a tātou e mahara ana ki
a Ia Ina inoi ahau i tēnei ara, ka nui ake ngā hua ka riro mai i
ahau i tētahi atu wā. Ahakoa he mea nui ka puta, e kore e
taea e ia te aukati i ahau ki te whakaaro ki a Ia; engari, ka
noho haumaru ahau, ka noho pūmau i roto i Tōna aroaro
.tapu

*

He āhua pakoko, he pōrearea te ao i konei kia tae rā
anō tātou ki te takutai o te haumaru. Koia ahau i kī tonu ai
kei konei ahau hei whakaatu i te hiranga me te kororia o te
pono mutunga kore. Kaua e whakawhirinaki ki ngā whāinga
o te ao memeha noa, ki ngā herenga rauemi pakarukaru
hoki. Mā ēnei hononga ngoikore ka wehea tātou i tō tātou
kaupapa teitei, pērā i te wehea i a tātou i ō tātou ake āhua
.tūturu

*

Ka hangaia e te taiao he mānukanuka i roto i te tangata,
ā, ka whakanuia rātou e ō rātou ake kanohi. Me ara ake te

tangata whai whakaaro nui ki runga ake i taua mōhiotanga
taiao rangitahi, me te mōhio ki te pono i roto i a ia anō kia
noho ai tēnei pono hei taiao tūturu mōna, hei awe anake
.hoki i roto i tōna ao

Ka inoi mātou ki te Atua kia whakaaweawe mai i a
mātou ki te arahi i a mātou ki a ia, kia āwhina mai hoki i a
mātou ki te kimi i a ia i mua i tō mātou wehenga atu i tēnei
ao. Ahakoa te āhua o ngā whakamātautau e pā mai ana ki a
mātou, me te mamae e pā mai ana ki a mātou, kaua rawa e
ngaro te tumanako kei te tata mai te āwhina a te Atua, e
whakautua ana e ia ngā inoi pono katoa, e ki ana i te hiahia
nui, ā, e kore ia e whakarērea āna e aroha nei, e kore hoki
.rātou e waiho i raro i te aroha o te ao tūroa

*

Kāore te taonga e whakamana i te hauora, te rangimarie
o te hinengaro, te hua rānei. Heoi, ina tutuki i a tātou te whai
huatanga me te rangimārie, ka tutuki i a tātou te angitu
.pūtea taurite

*

Kei roto i a koe he māra whakamiharo, he māhorahora
hoki o ngā whakaaro kua oti te whakapai, he kakara reka ki
te aroha, ki te atawhai, ki te māramatanga, me te
rangimārie. He ataahua rawa atu ōna putiputi i ngā putiputi
.o te whenua me ngā otaota o te ao

*

Ina hoatu e koe tō aroha parakore, kua whakatōkia e
koe he rōhi kakara, ā, ko te kakara o taua aroha me te
kakara o taua māramatanga ka roa ake i tētahi putiputi o te
!ao, ā, koinā te pono

*

Kaua te tangata e wehi i tētahi mea engari ko te wehi i a
ia anō, koia hoki te hoariri nui rawa atu o te angitu me te
hauora. Ka paitini i te hinengaro, ka puta mai ngā mea e

wehingia ana, ka whakanuia te mamae, ka kino te ngākau,
ka whara hoki te pūnaha io me te roro. Nō reira, me hinga
mā te whakapono ki te Atua, te whakaaro pai me te auaha,
te hihiri, te tumanako, me te whakawhirinaki ki te tiakitanga
a te Atua. Ko te hunga e aroha ana ki te Atua, e haere ana i
roto i Tōna māramatanga, e kore e taea te hinga e te pōuri o
te wehi, nā te mea kei a rātou te Atua, ā, ko te tangata kei a
.rātou te Atua, ka ora

*

Ka ataahua ake, ka wairua ake hoki ngā hararei mā te
whakawhitiwhiti i ngā taonga wairua o te aroha, te
.rangimārie, te harikoa, te manawanui, me ngā wawata pai

*

Ina tahuri ō tātou ngākau ki te Atua, ka inoi ki a Ia me te
aroha nui me te hiahia nui, ka kitea e tātou Ia e tata ana, e
tere ana ki te muru hara me te hoatu, nā te mea mā te mahi
pera ka pā tātou ki Tōna ngākau aroha me Tōna aroha
.mutunga kore

*

Ehara i te kai noa, i te mahi, i te moe anake te oranga
tūturu, nō reira ka whakamahia e au te taonga o te
whakaaro nui ki te rapu me te kimi i te Atua, ā, ka mahi ahau
mō tōku whakaoranga mā te mahi ki ōku teina me ōku
.tuākana i roto i te tangata

*

He tokomaha ngā tāngata kua tae mai ki tēnei ao, kua
wehe atu i tēnei ao, heoi e whakaaro tonu ana tātou he
tūturu te noho ki konei me te mea ka noho tonu tātou ki
konei ake ake. Ko te tangata whakaaro nui ko ia e
maumahara tonu ana ki te Atua, nā te mea ko te
whakaaroaro tonu ki a Ia te ara ki te whakaoranga mai i
.tēnei moemoeā o te ao mō te whānautanga me te mate

*

Kua whakanohoia e te Atua ki roto i a tātou ngā mana
me ngā kaha pai hei wikitoria i ngā arai katoa e tū mai ana i

tō tātou ara me ngā whakamātautau e pā mai ana ki a tātou,
ā, me mahi tātou ki te whakaputa i aua mana kore e taea te
.hinga me aua kaha kore e pau

*

Tērā ētahi tāngata kāore e rerekē; ka koroheke rātou, ka
piri ki ngā tikanga me ngā huarahi whakaaro kotahi. Ka taea
te kī he taonga hinengaro ēnei. Ko ētahi o ēnei taonga he
wairua te āhua. Ko ētahi tāngata e noho pai ana, e noho
rangimārie ana, engari kāore e mahi ki te whakawhanake i ō
rātou māramatanga, ki te whakawhānui rānei i ō rātou
tirohanga, ka noho pūmau tonu. Kāore i a rātou te kaha ki te
mārama ki ngā hiahia, ki te hihiri, me ngā hiahia o te
whakatupuranga rangatahi. He mea whakaae pea tēnei,
engari ina whakahē rātou, ina whakahē hoki i te
whakatupuranga hou me te kore whakaaro nui, ka pakari ō
rātou hinengaro. I tētahi atu taha, he maha ngā rangatahi e
taka ana ki ngā hapa nā te mea kāore rātou e whakaute i
ngā whakaaro o ō rātou kaumātua, e whakarongo rānei ki ā
rātou tohutohu. E whakaaro ana rātou kua tawhito ngā
kaumātua, nō reira kāore he take ki te whakarongo ki a
rātou, ki te whai rānei i ā rātou tohutohu nā te mea kua
tawhito, kua tawhito hoki ō rātou whakaaro. I roto i tō rātou
hiahia rangatahi ki te noho hou, ka takahia e rātou ngā ture
tawhito e taea ana. Engari me mahara rātou he taumaha, he
uara hoki ngā kaumātua; kua ora rātou i roto i ngā tau maha,
ā, he nui ngā mea kua kite, kua akohia. Me whakapau kaha
ngā mema o ngā whakatupuranga tawhito me ngā
whakatupuranga hou ki te ako tetahi i tetahi, nā te mea he
painga me ngā painga o ngā taonga tawhito me ngā taonga
.hou

*

Kāore he whakamātautau nui atu i te mōhio kei a tātou
tō tātou Kaihanga, me tumanako tātou ki a Ia, nā te mea e
tiaki ana Ia i a tātou i ngā huarahi katoa. Ahakoa ngā
raruraru, ahakoa te nui o ngā pōuri, ngā mamae, ngā mate

rānei, me rapu tātou i te whakamarie me te whakamarie i te
Atua, me tono atu hoki ki a la mō te whakaaro nui me te
ārahi. Ka whakautua mai e la mēnā ka whakawhirinaki tātou
.ki a la, ka aroha ki a la, ka rapu hoki i tana āwhina

*

Ko te aroha te kakara o ngā rengarenga e puāwai ana,
me te reo puku o ngā rōhi e whakanui ana i te ataahua o te
taiao. Ko te aroha te waiata a te wairua, he himene ki te ora,
me te kanikani taurite o ngā aorangi i roto i tā rātou
haerenga tonu i roto i te whānuitanga o te wāhi. Ko te hiahia
o ngā putiputi ki te mitimiti i ngā hihi o te rā, ki te puāwai me
te whakamātao i te wai ora. Ko te hiahia o te ao ki te
whāngai i ngā pakiaka maroke ki tōna waiū, ki te atawhai i
ngā mea ora katoa ki tōna wai. Ko te hiahia nui o te rā ki te
pupuri i ngā mea ora katoa kia ora, kia ora, me te hihiri o te
ora ki te tiaki me te manaaki i te hunga ngoikore. Ko te
ataata o te harakore e whakaoho ana i te aroha o te mātua
ki te pēpi me te tuku noa i roto i ngā ngākau o te hunga
aroha ki te tuku ratonga me te whakamarie me te kore e
tumanako ki te whakahoki mai. Ko te pū o te whakahoahoa e
whakaora ana i ngā ngākau maru me te whakaora i ngā
patunga. Ko te tangi a te ngākau e kore e taea te
whakaahua. Ko te kaitito e puhake ana i te aroha ki te
tangata, e mamae ana i tōna mamae. Ko te porowhita
piripono e whānui haere ana i waenga i ngā mema o te
whānau kotahi, e tipu haere tonu ana ki ngā wāhi whānui me
ngā pae tawhiti. Ko te hāhā o te ora i roto i ngā ao o ngā
hinengaro tuwhera. me ngā rangi o ngā ngākau kua
whakakiia ki ngā whetū o ngā kare ā-roto rangatira. Ko te
aroha te harikoa o te wairua, e hiahia ana ngā wairua aroha,
.e hiahia ana hoki kia tutuki, kia hono atu hoki

*

Kia noho mai koe, e te Ariki, hei hoa mō mātou, hei
āwhina i a mātou ki te whakatutuki i ā mātou mahi, kia
rongo hoki i tō aroaro tapu e whakahauora ana i te ngākau, e

whakatō ana i te rangimārie me te tumanako ki roto i te
.wairua

Ki te kore koe e whakamahi i ngā parai o te mana
whakahaere i a koe e taraiwa ana i te motuka o tōu ao, ka
noho koe i raro i te mana o ngā kare ā-roto me ngā hiahia hē
e puta mai ana i te whakapehapeha. Me taea e koe te
whakamahi i ngā parai ina hiahiatia hei ārai i a koe kei mahi
pōrangi, kei peka ke i te ara tika, kei taka ki roto i te rua o te
mamae me te mamae. Sup24

Ko te whakamahi hē i ngā kupu tētahi o ngā patu tino
whakamate me te tino whakangaro. Ko te tino take o te riri
ko te kōrero kino me te whara. Me karo te tangata i ngā
kōrero pakiwaitara me ngā kōrero koretake, me karo i ngā
tautohetohe me ngā taupatupatu, me te whakakore i ngā
.whanonga pukuriri

*

Ki te riri te tāne, te wahine rānei, ā, ka whakapataritari i
tētahi atu, ko te huarahi pai ko te haere atu me te kore
whakautu tae noa ki te marino o te āhuetanga. Ki te kōrero
tētahi o rāua i ngā kupu mamae, he pai ake kia kaua tetahi e
whakautu pērā, engari kia noho marino tae noa ki te marino
o te riri. Ki te hamama te wahine ki tana tāne, ā, ka
whakahoki ia me te hamama nui, ka rua ngā mamae o te
tāne: tuatahi i ana kupu whakahihi, kātahi i tana whakautu
kino, ā, i te mutunga ka whara ia i a ia anō i te tuatahi, i te
nuinga o te wā. Ka arahi pea tēnei ki te whakarere, ki ētahi
atu pānga kino rānei. He mea nui hoki kia kaua e
whakapataritari, e whakaiti rānei i te tangata. I taua wā anō,
me karo te whakauru ki ngā tautohetohe me ngā
tautohetohe, engari me tatari kia hoki mai te marino me te
.rangimārie o roto

*

Kaua e tukua tetahi kia tahae i tō rangimārie, kaua hoki e tahae i te rangimārie o ētahi atu mā te kōrero kino (ā-waha rānei) I te riri, i te werawera rānei o te wā, tera pea ka kōrero tetahi i tētahi mea kāore i te tika, i tētahi mea kāore i whakaarohia, kātahi ka puta te pouri, i te mea ka maumahara te tangata kē ki aua kupu mō ngā tau e rua tekau. I tēnei tikanga, he mea kino te mahara. He manaakitanga te mana o te mahara mēnā ka whakamahia tika, engari he kino mēnā ka whakamahia hei putunga mō .ngā mea kino i mahia ki a tātou

Ina ara ake tātou i roto i te Atua, ka mōhio tātou ko te oranga tangata he atarangi me te māramatanga noa iho e .whakaatahia ana ki te mata kiriata o te ao

Kua taunga tātou ki te kite i ngā mea ka taea e ō tātou mātakitaki te rongo me te kite, ā, i te nuinga o te wā ka noho kore tātou e mōhio ki ngā mana huna e karapoti ana i a tātou. Heoi, ko ia whakaaro kei a tātou ka hanga i tētahi wiri huna. Koia te take e kore ai e taea e te tangata te huna i tōna āhua tūturu mai i ētahi atu. Mena kua hē rātou, e mōhio ana rātou ki roto, ahakoa e whakaaro ana rātou kei te huna e rātou, nā te mea kei roto i ngā whakaaro te kare o te hē, ā, ka mōhio ētahi atu nā te mea ka puta ngā wiri o aua whakaaro i tētahi ara, i tētahi ara rānei mā roto i ā rātou mahi. Ka pā anō hoki tēnei ki ngā mahi me ngā whakaaro pai. Ina whakaaro tātou ki te Atua, ka whakahua i Tōna ingoa —he reo nui, he reo hāhā, he reo puku rānei—ka tukuna e tātou he wiri wairua ki roto i te ao, e karanga ana i Tōna .aroaro manaaki

*

E te Ariki, e whiti ana ngā hihi o tōu aroha ki runga i ngā mema katoa o tō whānau ao. Ko te tangata te he mō te kore e kitea e te māramatanga, nā te whakaaro hē. Kia uru mai

tōu mana ki roto i ahau, kia peia atu ai ngā kohu matotoru,
pōuri o tēnei ao, kia rite ai ahau ki te whakaata mārama,
.kanapa e whakaata ana i tō ahua parakore, kanapa
*

Me pono te aroha, ā, ki te puta mai i te ngākau, he pono
*

Ki te tahuri koe ki te māramatanga atua, ka kitea e koe
he mana atua e āhei ana ki te whakamārama me te
whakangāwari i tō ara, me te tuku mai i te hauora, te
harikoa, te rangimārie, te herekoretanga, me te angitu ki a
.koe
*

Mena he uaua te whiwhi moni, he uaua rawa atu te
whakatutuki i te taurite hinengaro. Me atawhai, me marino
hoki te tangata i roto i āna kōrero, i āna whakaaro, me āna
.mahi tinana

E rua ngā āhua o te tangata: te āhua o te kāinga me te
āhua o te whare whakapaipai. I te kāinga ka noho marino
tātou, ka rongō i tō tātou āhua tūturu, engari he maha tonu
ā tātou hiahia kia kaua e whanonga noa iho, nā te mea mā
te whanonga ka whakakitea ngā mea whakarihariha kāore i
tika kia whakaaturia, inā koa ka pā kino ki te hunga e
.karapoti ana i a tātou

Ka tangohia e tātou te hinengaro o te whare
whakapaipai ina haere tātou ki waho me te kākahu huatau,
me te menemene whānui, me ō tātou whakaaro me ngā kare
ā-roto e hurihuri ana i roto. I te kāinga, ka mea tātou, "Kei te
pouri ahau ki a ia, ki a ia, ā, kāore e taea te titiro atu ki a ia,"
engari ina tūtaki tātou ki taua tangata anō, ka mihi atu tātou
ki a ia, "Kia ora! Kei te pēhea koe?" Ka pāngia te pūnaha io
me ētahi atu wāhanga o te tinana e ēnei ia taupatupatu o te
.kore hototahi me ngā kare ā-roto kino

*

Aue, e te Atua aroha
Kua kite ahau i tōu whānui mutunga kore i ngā pae
tawhiti o te marino
Ā, i whakamātau ahau i tō hari whakahauora i roto i tōku
ngākau
Ā, i rongo ahau i te haruru o tō reo i roto i tōku
hinengaro e oho ake ana
Ā, i whakarongo ahau ki tāu kōrero hāhā ki aku
tirohanga wairua

*

E te Ariki, hurihia ngā rewera o te apo kino, o te apo
whaiaro hei anahera o ngā wawata teitei, o te kuware
mamae hei whakaaro nui manaaki, me te mangere noa hei
.koura parakore o ngā whakatutukitanga wairua kanapa

*

E te Ariki, meinga mātou kia ma, hurihia tō mātou
ngoikore me te kore mahi hei hihiri me te whakatau, me ō
.mātou whakaaro hē hei māramatanga ki te pono
He aha te aroha?

Ko te aroha te kakara o ngā rengarenga e puāwai ana
Me te waiata o ngā rōhi wahangu
Te whakanui i te ataahua o te taiao
He waiata te aroha e waiatatia ana e te wairua mō te
ora

Me te kanikani taurite o ngā aorangi
I tana haerenga tonu ki te wāhi hohonu
He hiahia nō ngā putiputi ki te mitimiti i te rā
Ā, ka tupu, ka whāngaihia e te waiora o te ora

Ko te hiahia o te whenua

Hei whāngai i ngā pakiaka matewai ki tōna waiū

Ā, te poipoi i ngā momo ora katoa ki te mauri o te ora

Ko te mana nui o te rā

Hei pupuri i ngā mea ora katoa kia ora, kia hihiko hoki

Koia te kaha ārahi o te ora

Hei tiaki me te manaaki i ngā tamariki

Ko te ataata o te harakore e whakaoho ana i te aroha o
te matua

i runga i te pēpi

Me te tukunga aunoa i roto i ngā ngākau o te hunga
aroha

Hei tuku ratonga me te mihi aroha, kore utu

Ko te pū o te whakahoahoa

Ko te tangata e whakaora ana i ngā ngākau maru, e
whakaora ana i ngā patunga

He karanga ki te ngākau e kore e taea te whakaahua

He kaitito ia e pupū ana i te aroha ki te tangata

Ko te tangata e mamae ana i tōna mamae

Ko te porowhita whanaungatanga tēnei i waenganui i
ngā mema o te whānau kotahi

Te whānui haere tonu, te whānui haere ki ngā wāhi
whānui ake

Me ngā mara whānui ake

Ko te whiowhio o te ora

I ngā pae tawhiti o ngā hinengaro tuwhera

Ā, ko te rangi o ngā ngākau kua whakakiia ki ngā whetū
o ngā kare ā-roto rangatira

Ko te aroha te harikoa o te wairua

Ko tā ngā wairua aroha e hiahia ana

Ā, e hiahia ana ia ki te toro atu ki a ia me te kōrero ki a
ia

I kite ahau i te ora

I ahau e hikoi ana i waenganui i ngā pukepuke
matomato me ngā awaawa tarutaru

Te neke i waenga i ngā rākau me ngā putiputi

I kite ahau i te ora e takaro ana, e ngahau ana

I kite ahau i ōna hihi koura i roto i te kōpae o te rā

Ā, ka kite ahau i a ia e ngaro atu ana ki roto i ngā kapua
matotoru

I rongo ahau i a ia e kata ana i roto i ngā awa harikoa

Ā, ka maringi nui ōna roimata mai i ngā pata ua

I kite ahau i a ia e whakangaueue ana i roto i ngā
manga rākau

Ā, ka kanikani ngā tiēre me te harikoa

I rongo ahau i te tangi a ngā manu me te tangi a ngā
manu pōuriuri

I kite ahau i ōna atarangi e taupoki ana i ngā pari

Ka whakamakuku tōna tomairangi i ngā ngākau o ngā
rōhi, ka kihi i ō rātou paparinga

I kite ahau i te tarutaru tomairangi e piri ana ki ōna
waewae

Pērā i taku kitenga i a ia e ruirui ana i ngā taru o te mara

Mā ngā pata aroha, ka whakanuia tōna hou me tōna
ataahua

I hongī ahau i tōna manawa kakara e haria ana e te hau
o te ata

I rongō ahau i tōna rangimārie, ā, i kite ahau i ōna ringa
e rui ana i ngā manaakitanga

I ia awaawa me ia kokonga

Auē te mīharo o te ora!

Ā, he reka te haere tahi me ia

Ringaringa i te ringa

I runga i ōna ara manaakitanga!

Kia tau te rangimārie ki a koe

Te mea ngaro, te ira huna rānei

I a tātou e ahu whakamua ana i te ara, e hohonu haere ana hoki tō tātou māramatanga wairua, e ahua ana tātou kei te tūtaki tātou ki tētahi ātete kaha o roto. Engari he mānukanuka noa iho tēnei kare ā-roto; ko te ritenga kē te pono. Ko te āhua rerekē, pōhēhē, me te āhua hurihuri o taua "mea ngaro" i roto i a tātou, te āhua nei kei te whāngai i ngā huānga kore e taea te whakaahua i tangohia mai i ngā ao kei tua atu i te hopu a tō tātou hinengaro tangata.

Te āhua nei kei tētahi wāhi ngaro tēnei mea ora, ā, ka taea te whakarite ki tētahi tangata nō tētahi atu aorangi, ko ia tō tātou manuhiri ahakoa kāore he hononga ki a ia e pā ana ki ngā hiahia, ngā whakaaro, ngā tikanga, ngā wawata me ngā wawata tawhiti.

Te āhua nei he nui rawa atu, he tika ake hoki ngā whakaaro o tēnei mea ngaro mō te ao i muri i te mate. Ki tā tātou titiro, he iti noa iho tōna māramatanga ki ngā mea nui me ngā matea mahi o tō tātou oranga i te ao nei.

Te āhua nei kei te wareware mai tō tātou hoa ngaro ki a tātou, e tino ngaro ana i roto i ngā mea ngaro o te ao tūroa. Ā, ina mahara mai ia ki a tātou, ā, e hiahia ana ki te whakamanawareka i a tātou, ka hangaia e ia tētahi nekehanga rerekē, āhua koretake e whakararuraru ana i a tātou, e whakararuraru ana i tō tātou taurite, e waiho ana i a tātou kia pōhēhē.

He maha ā tātou whakapono kei te tawai mai tēnei mea ngaro ki a tātou, kei te whakakatakata hoki i ō tātou pūkenga, me te mea nei kei te takaro ki ō tātou hinengaro, me te kore e aro ki ō tātou kare ā-roto, ki ō tātou āhuatanga rānei. I ētahi wā, te āhua nei ka riri, ka riri hoki tātou, kāore e tuku mai i tētahi manaakitanga e tika ana kia whakawhetaitia, kia kore rānei e whai hua.

Te āhua nei ka taea e tēnei mea te mahi merekara me ngā mea whakamiharo o ngā momo katoa, engari ahakoa tōna noho mai i roto i a tātou, he uaua ki a tātou te kōrero ki a ia me te whai hua mai i ōna pūkenga mutunga kore me ōna mana tipua.

Ka taea te whakarite i tēnei mea huna ki tētahi tamaiti kua pahuatia, kua tukuna kia uru atu ki ngā mea ngaro o te rangi me te whenua. Ka whakamahia e ia aua mea ngaro, ka whakahaere i aua mana ki tāna e pai ai, me te kore herenga, me te kore kawenga rānei.

Te āhua nei e mōhio ana ia ki ngā mea katoa, engari kāore ia e mōhio me pēhea te whakamahi tika i taua mātauranga. Kī tonu ōna ringa i ngā taonga, e maumauria ana e ia ki te huarahi hē, ki te wā hē hoki.

Ka kite tātou i a ia e hoatu ana i te taro ki te hunga matewai, i te wai ki te hunga hiakai (e whāngai ana i ngā mea reka ki te hunga kore niho)

Ka hoatu e ia he koha ki te hunga kore whakawhetai, ā, ka tangohia e ia he koha e te hunga tono

E whaia ana e ia te hunga e rere ana i a ia, e whati ana hoki i te hunga e hiahia ana ki te whakatau i a ia

He aha taua kaha huna e tuku ana i te tangata ki tētahi kaha rerekē, whakamiharo e rere ana i waenga i ngā hau me ngā kehua?

He aha te kaha e whakaara ake ana, e whakaheke ana rānei i te taumata o te wiri me te pūngao kia taurite ai te pāmahana o te tangata ina puta atu i te rūma mahana i te ata makariri, me te rerekētanga?

He pūkenga whakamiharo rawa atu tā taua mea ngaro e mahi ana, e kore rawa e puta ake ki te matū mohio, ki te miihini mohio rānei.

E taea rānei te kohikohi i taua kaha i tēnei wā poto nei o te oranga i runga i tēnei ao?

Kāo, e hoa mā, e miriona tau te roa i mua i te "tangata tauhou" ki te whakapai ake i tēnei tikanga tinana e kīia ana e tātou nō ngā mātakitaki e rima. Hei tauira, kāore e taea e te hinengaro mohio te mōhio ki te nui o te huka e tika ana kia pupuhihia ki roto i te toto. Mena he iti rawa, he nui rawa rānei taua nui, he kino rawa ngā hua.

Ka tū kanohi ki te kanohi tātou ki tētahi mana kāore i te tino mōhiotia e tātou, ā, me mōhio tātou ki tēnā. Ko te huarahi pai ki te mahi i tēnei ko te wero i ngā mea kua akohia e tātou tae noa mai ki tēnei wā, me te whakarite i a tātou anō kia rite ki te kaiako nui i tana kīnga mai: "Ki te kore koutou e rite ki ngā tamariki nohinohi, e kore koutou e tomo ki te rangatiratanga o te Atua."

Ara, ki te kore te tangata e whakaae ki te ngawari, te parakore, me te whakapono o te tamaiti, e kore e taea e ia te ahu whakamua i te taha wairua.

Ko te whakaaroaro pūtaiao pea te huarahi māmā ki te mōhio ki taua mana huna o roto, engari ko te nuinga o te tangata kāore i te hihiri ki te whakaaroaro, ā, e pai ake ana ki te whakatutuki i taua mātauranga i roto i tā rātou ake ara, mā te noho puku noa rānei—ahakoa kei te ngangau ō rātou whakaaro pērā i te awhiowhio i ngā taha katoa. Tērā pea ka mea ētahi, "Me whakatutuki e au taua mātauranga i ngā whakawhānaungatanga o muri mai, ā, kāore au i te hohoro. Tērā pea ka ara ake taku hinengaro huna i tētahi rā, engari kāore he take ki te whakapau kaha ki te whakatutuki."

Ahakoā tō tātou pakeke, te maha o ngā wā i hinga ai tātou i te ao, te whakaaro rānei o ētahi atu mō tātou. Ahakoā he aha ngā ira kei a tātou, he aha rānei ngā āhuatanga e noho nei tātou. Kāore tetahi o ēnei mea e pā ana ki te manuhiri huna e noho ana i roto i a tātou. Ko tāna anake e hiahia ana kia tukuna e ia kia whakamahi i ō tātou tinana, i ō tātou kaha, i ō tātou hinengaro, me ō tātou hinengaro, me te tuku i te mana whakahaere o ngā āhuatanga katoa o ō tātou oranga ki a ia. Koinei te mea me mahi e tātou mēnā e hiahia ana tātou ki te eke ki ngā tihi e tatari mai ana ki a tātou.

Ina whakaaroaro tātou ki ngā kaupapa o ō tātou oranga, kāore ianei i te pono kua mōhio tātou he mana huna kua ārahi i a tātou, kua whakaora i a tātou i ngā tūponotanga maha? Engari i te wa tonu ka pahemo te tūponotanga i runga i te rangimārie, ka tere te wareware i taua mana!

Kāore taua mana i whakarērea i a tātou, ā, e kore rawa e whakarērea i a tātou. I ngā wā katoa e hiahia ana e tātou, kei reira tonu ia hei āwhina i a tātou, pērā i te kōrero a te kaiako nui: "Kei a koutou ahau a tae noa ki te mutunga o te ao."

Ki te pānui tātou i ngā kōrero mō ngā tāne me ngā wāhine nunui puta noa i ngā whakatipuranga, ka kite tātou i roto i ia āhuatanga, ahakoā te iti, ahakoā te tikanga i whakamahia, ahakoā nā te inoi nui, nā te whakaū hohonu rānei, he rite tonu te hua.

Kei te neke haere tonu tēnei tangata nunui kua mauheretia i roto i a tātou, e whai ana kia wetekina ake ake. Āhea tātou ka wetekina ā-hinengaro ai, ka aru ai ki te herekoretanga me te wikitoria?

Kia tīmata tātou ināianei, kia whai wāhi ai te tangata nui o roto, ā, ka kitea e tātou te reka o te ao, me tōna

tiahotanga ki ngā rama o te hari me te wikitoria, me te āwhina a te Atua.

Kia tau te rangimārie ki a koe

Ngā tirohanga mai i Īnia me te moemoeā

He ao iti rawa a Īnia i ngā āhuatanga katoa. He whenua ia o ngā momo āhuarangi, āhuarangi, whakapono, pakihi, toi, iwi, whenua, reo, me ngā ahurea katoa.

E mano tau te roa o te ao Īnia, ā, kua waiho e ōna rangatira, ōna tohunga, me ōna kaiārahi ngā tuhinga e whakaatu ana i te noho me te pono o te ao Aryan i Īnia me Sindh.

He maha ngā tūruhi Pākehā e toro atu ana ki Īnia, ā, ka kite i ngā tohunga makutu, i ngā kaimau hoari, i ngā kaiwhakawai nakahi i ōna tiriti, me te whakapono koinei te mea pai rawa atu o Īnia, me te kore e mōhio kāore ēnei āhua e whakaatu ana i te mauri tūturu o Īnia. Ko te oranga tūturu me te ora o Īnia kei roto i tōna ahurea wairua, nāna nei i hanga hei kohua whakaranu o ngā whakapono me ngā whakapono mai i ngā wā onamata.

He pono ka taea e te Hauāuru te whakaako i a Īnia i ngā mahi tika, ngā tikanga me ngā mātāpono o te hokohoko, me te whakawhanake i ngā rauemi taiao me ngā rauemi tangata. Ā, he pono e hiahia ana a Īnia ki ngā kaiārahi matakite pērā i a Henry Ford rāua ko Thomas Edison. Engari kei te hiahia hoki te ao Hauāuru ki ngā akoranga wairua mahi-ā-ringa kua arohia e Īnia puta noa i te hītori.

Kua tino whanake te pūtaiao i ngā tāone o te Hauāuru, ā, kua tere haere ngā nekehanga, ā, kua wātea ngā hiahia ā-tinana, ā-kai, ā-kakahu mō te tangata. Heoi, kāore e ranea te whakamarie ā-tinana me ā-tinana me te kore he whakamarie hinengaro, he rangimārie, he whakamarie wairua.

Ko te taonga tuku iho nui rawa atu, whai rawa atu hoki o Īnia kei roto i ngā tikanga me ngā ara wairua i kitea e ngā tohunga wairua matakite me ngā tohunga mārama o Īnia i roto i ngā rautau. Kua whai wāhi tēnei taonga tuku iho ki te ahurea wairua me te pūtaiao o te tangata, ā, kei te whai wāhi tonu.

He whenua ngaro a Īnia, engari ko ēnei mea ngaro ka whakatuwhera noa i ō rātou ngākau ki te hunga e aroha ana ki a rātou, ki te hunga e rapu pono ana i te pono.

Kei Īnia ngā maunga teitei rawa atu, tino ataahua hoki o te ao: ko ngā Himalayas. Ko Darjeeling i te raki o Īnia e kiia ana ko te Huiterangi o Īnia nā te ataahua o te taiao. Kei reira anō hoki ngā ururua tawhito o ngā whare rangatira ahurei, ngā pā, me ngā whare rangatira i Delhi, tae atu ki te awa whānui o Ganges me ngā maunga teitei o Himalayan, me ō rātou ana me ngā wāhi okiokinga hei whakaaroaro me te whakaaroaro ki te māramatanga me te whakaaro nui o te Atua.

Kei te tāone o Agra i Īnia tētahi o ngā mea whakamiharo o te ao, ko te Taj Mahal, te tihi o ngā toi hoahoa me ngā moemoeā tino ataahua o te tangata, he mea whakairo ki te māpere oro me te kohatu whakapaipai, e whakaū ana i te aroha tangata.

He ngahere pōuriuri anō hoki kei Īnia, he ngahere matotoru hoki kei reira ngā taika me ngā raiona e kopikopiko ana. He kikorangi anō hoki te rangi o Īnia e tino ataahua ana

i te tōnga o te rā ina huri ngā hihi o te rā hei mura karaka e mura ana.

He tini ngā momo hua me ngā huawhenua o te rawhiti o Īnia, me ngā momo iwi maha, ā, ka honoa ēnei katoa hei wāhi whakakotahi whakamiharo, whakamiharo, e kore e warewaretia.

He whenua rerekē a Īnia, kei reira te taonga whakarihariha me te rawakore nui, ā, kei reira te tihi o te parakore hinengaro e noho tahi ana me te oranga uaua o ia rā. I Īnia, ka kitea e koe ngā Roll-Royce me ngā kāreti kau, pērā i te kitenga i ngā arewhana i roto i ngā amo whakapaipai me ngā hariata hōiho whakahīhī.

I te raki o Īnia ka kitea e tātou he tāngata he kanohi kikorangi, he makawe kōwhai, engari i te tonga wera ka kitea e tātou he kiri mangu kua parauri i te wera o te rā werawera.

Mai i te tīmatanga ki te mutunga, he whenua tino ohorere me ngā whakahē a Īnia. Ka hoha te ora mēnā ka whai i te ara kotahi. Engari i Īnia, e whakaaro ana te tangata he haerenga nui te ora, kī tonu i ngā ohorere me ngā mea ngaro kāore i whakaarohia.

Kāore pea i a Īnia ngā whare teitei tūturu, ngā taonga hou papai rawa atu rānei me ngā whakangahau e whakararuraru ana i ngā io wairua.

He pono kei Īnia ōna hapa, pērā i ngā iwi katoa ōna hapa

Engari he whare karakia wairua kei Īnia: he hunga nunui wairua whakaiti, pono hoki, ka taea te whakaako i ō rātou hoa tangata me pēhea te tango i te hari wairua katoa mai i ngā āhuatanga katoa o te ao.

Ka taea e ēnei Sufi, he hunga pūtaiao ō rātou, kua mōhio ki te pono me te ao tūturu mā roto i ā rātou ake mahi me ō rātou wheako, te āwhina i ētahi atu ki te whakawhanake i ō rātou māramatanga me te tango i ngā wai whakahauora o te rangimārie me te ngākau māhaki mai i te oneone o ō rātou orange o ia rā.

He tirohanga ataahua i te torengitanga o te rā

E whakaahua ana te kaiako whakaaro nui a Paramhansa i tana moemoeā penei:

Mai i taku taupee, ka titiro atu ahau ki te hauauru, ā, i runga i ngā parirau o te whakaaro, ka rere atu ahau ki ngā takutai o te pae tawhiti. I tōku matau, i tōku mauī, ka kite ahau i ngā pae maunga e rua i huri wawe hei tae papura ngaro. I taku titiro anō, kua taupokina rātou e tētahi ringa ngaro i roto i tētahi arai kikorangi hohonu. I muri i ahau ko te tāone o Guadalajara, kua kaukau i te ahiahi o te tōnga o te rā. Kua whakapaipaihia te rangi rawhiti ki ngā tae māwhero ngawari. I te titiro whakamua, ka kite ōku kanohi i tētahi tāone makutu o ngā moutere kikorangi e rere ana i roto i tētahi roto koura.

I tēnei motu o ngā moutere kikorangi makutu, ka ara ake tētahi puke nui o te kōhatu kōhatu kikorangi, e karapotia ana e ngā kapua puia hina-mā e pupuhi ana i ngā geyser o te rangitoto whero-koura mura, e heke whakarara ana pērā i te āniwaniwa ki te roto marino. I taupokina ngā moutere kikorangi e ngā mura koura kaha i roto i ngā āputa mārama e mura ana.

I whakaatahia te tihi kikorangi me tōna karauna mura, pērā i ngā māhanga i runga i te mata o taua roto koura marino. Ā, ki te taha matau rawa, i kanapa tētahi roto iti, marino, e takoto ana i te uma o tētahi o ngā moutere

kikorangi, pērā i te marama katoa e kaukau ana i waenganui i ngā ngaru kapua.

I roa ahau e kopikopiko ana i te tāone o te tōnga o te rā me ngā kapua rite ki te mata o te rangi, e mānu ana i runga i te mata o te roto me tōna māramatanga koura ngawari, ā, he ataahua te ataahua o aua wai koura kua kapi i ngā tautau huka whero kua marara ki ngā taha katoa ki te taha o te mutunga kore.

I whakaaro ahau he wairua atawhai ngā kōtiro iti o te māramatanga i runga i tēnei whenua, ā, i muri i te angitu i ngā whakamātautau katoa o te ao, ka tukuna rātou kia kopikopiko me te whakatinana i ā rātou moemoeā e ai ki tā rātou i pai ai. I ia rā i te torengitanga o te rā, ka whakaemihia e ēnei kōtiro ā rātou moemoeā rangi i roto i ngā tāone rangi e karapotia ana e ngā moana me ngā roto koura. I reira, i tua atu i te mau o ngā pōuri me ngā mahanga o tēnei ao whenua me ōna aituā me ōna mamae katoa, i tua atu i ngā mamae katoa, ka manawa ēnei mea i te marama whero, ka inu i ngā hihi karaka, ka rere, ka whakatata mai, ka kopikopiko, ka kaukau i waenganui i te moana o ngā marama maha-tae.

I konei, ka tutuki i aua ngārehu ā rātou moemoeā, ka whakatinanahia tonutia ā rātou wawata e ai ki tā rātou i hiahia ai, kātahi ka memeha haere i tā rātou e pai ai.

I konei, i pārekareka aua mea ki ngā taonga o te ngākau māhaki me te ngākau māhaki, ā, i whakamanahia hoki e rātou ngā moemoeā a te hunga katoa i toro atu ki a rātou i roto i tō rātou ao whakamiharo, makutu.

I konei, kāore ia i whakahaua kia tatari, kia hiahia pērā i te tangata kia tutuki ai āna moemoeā, kia tutuki ai hoki āna wawata, engari i moemoeā ia i runga i tana i hiahia ai, ā, i

tutuki i a ia aua moemoeā me ngā wawata katoa nā tōna ake hiahia.

He moemoeā taua tāone tō i ngā Moutere o ngā Moemoeā e piri ana i roto i te hohonutanga o tōku hinengaro, ā, i tēnei rā kua tino tutuki. Ina hoki, kua kite ahau i ngā taonga huna o tōku wairua, ā, kua taupokina ahau e tōna māramatanga, e kanapa ana ahau!

Kia tau te rangimārie ki a koe

Ngā rama whakamārama

Ka whakamoemiti, ka whakawhetai ki te Atua mō te taonga o ia tau hou, me ngā tumanako me ngā kupu whakaari mō te whakatutukitanga e kawea mai ana e ia ki a .tātou

Kāore he mana nui atu i te inoi pono, i te ngākau pono, kia hono atu ki te Atua, kia puta ai ngā huringa whakamiharo ki te oranga o te tangata me ngā āhuatanga o te ao, kia .tutuki ai te rangimārie me te whanaungatanga tangata Ka inoi mātou ki te Atua kia hurihia ngā inoi pono a te tangata takitahi, ngā tirohanga teitei, me te mātauranga e tipu haere ana hei mana wairua manaaki e kawea mai ana i .ngā huringa tūturu ki te whenua

Manaakitia mātou, e te Ariki, kia arahina mātou e tōu māramatanga, kia whakamārama hoki i ngā rama i runga i

ngā ara, kia whakaarahia ai tōu aroha i roto i ō mātou
ngākau me te ngākau o ētahi atu, kia mau ai hoki i ngā rama
o te māramatanga ora, kia whakamahia ai ō mātou taranata
.ki ngā mea e pai ai koe, e whai hua ai hoki ki te tangata

Āwhina mai kia hanga he ara hei rere mā tō kaha o te
ao me tō māramatanga hei āwhina i ētahi atu, hei
whakamama hoki i ō rātou mamae me ō rātou pōuri, nā te
mea kei a koe te mana hei āwhina i te tangata me tātou anō
.hoki

He manaakitanga tā tātou kia taea ai e tātou te aroha ki
te hunga e mamae ana
Ka horahia e mātou ngā whakaaro me ngā wawata pai
puta noa i te ao
Kia waiho te rangimārie me te whanaungatanga hei
wheako ora
"E rite ana ki te rangi, ki te whenua hoki"

Ko te rangimārie tētahi o ngā ingoa o te Atua Kaha}
Rawa, i whakanohoia e ia ki te whenua, nō reira horahia ki
{waenganui i a koutou

* * *

I kōrero tētahi o ngā ākonga ki te kaiako, ki a
Paramhansa, he uaua ki a ia te whakakapi i ana tikanga kino
ki ngā tikanga pai, ā, i tono tohutohu ia ki a ia, nō reira ka
:mea ia

Kaua e whakarērea te tumanako mō te whakapai ake i a
koe anō

Ka koroheke noa te tangata ina kore ia e whakapau
kaha ki te huri i te āhua pai

Ki taku whakaaro, ko taua āhua tūroa he āhua
."piramita" tuturu

Ina kī te tangata "Kāore e taea e au te huri" ā, ka
whakahuatia anōtia
Ka mea atu ahau ki a ia: "Āe, nā te mea kua whakatau
"koe kia pērā, noho ki tō wāhi e tū nei

Ahako te āhua o te tangata i tēnei wā, ka taea e ia te
huri hei pai ake mā te whakahaere i a ia anō, te kai tika, me
.te whai i ngā aratohu hauora

He aha koe i whakaaro ai kāore e taea e koe te huri? Ko
te koretake o te hinengaro te take huna o te ngoikore He
āhuatanga tō te katoa e whakawhāiti ana i tō rātou ahunga
whakamua Kāore ēnei āhuatanga i whakanohoia e te Atua ki
roto i te āhua tangata, engari nā te tangata i hanga Koinei
ngā hapa me whakakore e koe, ā, ka taea e koe

Kia maumahara ko ngā whanonga o te tangata he
whakaaturanga o waho noa iho o ōna whakaaro o roto

Ina whakatau koe ki te huri, ka huihui mai ngā mana
maha hei tautoko i a koe, hei whakaū hoki i ō whakataunga
.pai

Ā, mā te āwhina a te Atua

Te Māra o te Tau Hou

Kua memeha haere ngā haruru o te tau kua hipa, me
ōna pouri me ōna kata

Ānei te haruru o te himene o te Tau Hou e waiata
whakatenatena ana, e whakapuaki ana i te tumanako, e
:hāhā ana hoki

"Hana anō i tōu ao kia tino tika"

Whakarērea ngā taru o ngā wehi tawhito

Mai i te māra kua whakarērea o mua, ko ngā purapura
anake o te harikoa, o ngā whakatutukitanga, o ngā
tumanako, o ngā whakaaro me ngā mahi pai, me ngā hiahia
.rangatira, teitei i kohia e ia, ā, i whakaorangia e ia

I roto i te oneone tomairangi o ia rā hou, whakatōkia aua
purapura nunui, whakamakukuria, ā, tiakina kia tupu rā anō,
kia whakakīia tō oranga ki ngā painga onge o te
.puāwaitanga

:Ka tangi te tau hou

Whakaarahia te wairua, e mauheretia ana e ngā"
tikanga, ā, akiakihia kia tīmata i ngā mahi hou, whai hua.
Kaua e mutu te whakamātau, kaua hoki e okioki kia tae rā

anō koe ki te herekoretanga mutunga kore, kia hinga rā anō
i a koe te karma (ngā hua o ngā mahi o mua e whaia tonutia
"ana)

Me te hinengaro hou, me te harikoa e whakahoutia ana,
kia hari tahi tātou, kia hiko ringa tahi ki te whare o te rangi e
.kore ai tātou e hoki atu anō

He kōrero angitu

Kei te maumahara tonu ahau ki te wā tuatahi i
whakamahia ai e au te kaha o te ngākau ki te āwhina i ētahi
atu

He tamariki noa iho māua ko tētahi o ōku hoa i taua wā.
:I tētahi rā ka mea atu ahau ki a ia

Ka whāngaihia e mātou e rima rau tāngata (ngā"
"rawakore)

Ka whakahoki ia me te miharo: "Engari kāore ā mātou
"!pene kotahi

I whakamana atu ahau ki a ia, me te kī atu, "Ahakoa
tērā, ka haere tonu te kaupapa, ā, ki taku whakaaro ka puta
"mai te moni māu

Ka whakahoki ia me te tawai, "He kaupapa tino pai!
"!Kāore e taea tēnei

Nā te tino whakapono i mea ahau: "Kaua e
whakapataritari i tō whaea i tetahi ara, engari me mahi i ngā
"mea katoa e tono mai ai ia

:I te rā i muri mai ka oma mai ia ki ahau, ka mea mai

I a au e kaukau ana i te wā i karanga mai ai tōku whaea"

ki ahau, ā, kua tata ahau ki te whakautu atu mā te kī atu,
'Kaua e whakararuraru i ahau i a au e kaukau ana,' engari i
pātai atu ahau ki a ia he aha tāna e hiahia ana, ā, i tono mai
ia kia haere ahau ki te kite i tōku whaea kēkē e noho tata
ana ki tō mātou whare, nō reira ka mea atu ahau ki a ia: 'E
"rongo ana ahau, e ngohengohe ana hoki

I taku haerenga ki te kite i taku whaea kēkē, ko tana"
kupu tuatahi ki ahau: 'Ko wai taua tamaiti porangi e haere
tahi ana kōrua? Kua porangi koe? He aha tēnei kaupapa i
"!rongo ai ahau e whāngai ana kōrua i te rima rau tāngata

I riri ahau ki a ia, ā, ka mea atu ahau, "Me haere ahau
ināianei," ā, ka tīmata ahau ki te wehe atu i tōna whare.
Engari i aukatia ahau e ia, me te kī mai, "He porangi pea tō
hoa, engari he pai tana whakaaro. Tangohia tēnei moni pepa
rua tekau rūpī" (he moni nui tēnā i te tīmatanga o te rautau
.rua tekau)

I tino miharo te tamaiti, tata tonu ia te hemo. I oma mai
ia ki ahau, ka kōrero mai i te rongo. I a mātou e haere ana ki
te hoko raihi me ētahi atu mea e hiahiatia ana mō te hakari,
kua rongo ngā hoa noho tata mō tā mātou mahere, ā, i

tukuna mai he kai anō. I te mutunga, i whāngaihia e mātou
!te rua mano tāngata (2000)

Nā te hiahia kotahi i utaina ki te ia tapu i hanga te
whare pukapuka tuatahi i whakatūria e rātou, te Whare
.Pukapuka Saraswati i Calcutta

Ki te whakatau koe ki te mahi i ngā mahi pai, ka tutuki i
a koe aua mahi mēnā ka whakamahia e koe he ngākau
hihiri, he ngākau whai hua. Ahakoa ngā āhuatanga, ki te
tohe tonu koe, ka hangaia e te Atua te huarahi hei
.whakatutuki i tāu e hiahia ana

Koinei te pono i kōrerotia e Ihu Karaiti i tana kīnga mai:
"Ki te mea he whakapono tō koutou, kāore e ruarua... kātahi
koutou ka mea ki tēnei maunga, 'Neke atu, ka maka ki te
".moana,' ā, ka meatia

Ā, i roto i te hadith rangatira: Ina karanga koe ki te]
[Atua, kia u tonu tō inoi

Ki te whakamahi tonu koe i tō kaha hiahia, ahakoa ngā
arai, ka taea tonu e koe te angitu, te hauora, me te kaha ki
te āwhina i ētahi atu, ā, i runga ake i ngā mea katoa, ka
tutuki i a koe te rangimarie ki te Atua. Koinei te kaha hiahia
me whakatipu: te kaha hiahia e whakamaroke ana i ngā
moana o te whakaroa me te korenga ki te mahi i te pai, me
.te whakatutuki i te mea e tumanakohia ana

Tirohia ki roto i ngā hōhonutanga kanapa o tōu tuakiri,
ā, ka kitea e koe i reira te kaha mutunga kore mō te
.ataahua, te whakaaro nui, me te parakore

Ka inoi mātou ki te Atua Kaha Rawa kia manaaki koe i te
tau hou me te whakapono pūmau kei a koe te kaha ki te
.whakaatu i te āhua teitei ake i roto i a koe

Kua taupokina koe e te taiao me ngā hua o ngā mahi o
mua ki ngā āhuatanga, ngā āhuatanga me ngā tikanga
motuhake, engari he āhua rangitahi noa iho ēnei, ā, kei raro
iho i ēnei ko tō āhua tūturu – te wairua rangatira – e whai
mana motuhake ana ki te whiriwhiri i ngā painga me ngā
āhuatanga e hiahia ana koe ki te whiwhi me te whakaatu i a
.koe e mahi ana i ō tūranga i runga i te atamira o tēnei ao

Kei roto i a koe ngā wawata wairua e whakaohoho ana,
e ohoho ana i roto i ō ngākau, e akiaki ana i a koe kia
whakaurua ēnei ki roto i tō kaupapa mahi mō te tau e haere
ake nei? Ki te mea ko te whakautu he āe, warewarehia ngā
mea o mua, puritia ngā akoranga i akohia mai i reira, ā,
haere tonu me te manaakitanga a te Atua kia tutuki ai te
.mea e hiahia ana koe kia tutuki

I whakaarohia e rātou ia rā he whai wāhitanga hou ki te
whakahaere i ngā whanonga me ngā hiahia kino, ki te noho i
runga i te rangimārie, ki te tuku aroha, me te hora i te hihiri
.me te hari ki tēnei ao

I te wā tonu ka ara ake tō hiahia ki te hanga i ngā
huringa pai, me te tautoko i aua mea ki ō mahi, ka tīmata
ngā mana o te rangi e kore e kitea mai i te Ariki Aroha ki te
whakakaha i ō mahi. Ka nui ake tō u ki ō whakataunga, ka
nui ake, ka kaha ake hoki ngā mana o te pai i roto i tō ao—
.he ture atua pumau tēnei

Tērā pea he uaua te rā tuatahi, engari he māmā ake te
rā tuarua, ā, he māmā ake anō te rā tuatoru. I muri i ētahi
rā, ka kitea e koe ka taea te angitū. Ā, ko te hunga e u tonu
ana, e whakapau kaha ana mō te tau katoa, ka kitea e rātou
.kua hurihia

Ki te hunga whai wawata wairua, ko tā mātou tēnei: Kia
waiho te hiahia ki te hono atu ki te Atua hei mea nui rawa
atu i roto i ō koutou oranga. Mā te whakaaro ki te Atua me te
whakaaroaro ki a Ia ka whiwhi tātou i te whakapumautanga
pono e aroha ana Ia ki a tātou ake ake nā te mea nōna
tātou, ahakoa ngā hikoinga hē kua tangohia e tātou i te
.huarahi hē

Ina rongo tātou kei te arohaina tātou, kāore ianei tēnā e
akiaki i a tātou ki te whakapau kaha, e āwhina ana hoki i a
tātou ki te tuku i ngā mea o mua me ōna ngoikoretanga me
ōna pōuri? Ina rongo tātou kei te arohaina tātou, ā, kei reira
tētahi e aroha ana ki a tātou, ka marino tātou, ka koa ō tātou
.ngākau

Ahakoa ngā mahi me ngā mahi katoa, me whakarite he
wā hei ruku hohonu ki roto i a tātou anō, hei tūhura i a tātou
anō, hei whakahou i ō tātou wairua ki te aroha me te
.rangimārie o te Atua

Ki te aroha tātou ki te Atua, ā, ki te mahi pono tātou ki
te whakamanawareka i a ia i ia rā, kāore he mea e taea te
.aukati i tō tātou whanaketanga wairua

Kia maumahara ki tēnā, e ōku hoa, ā, mā te āwhina a te
Atua, ka pā ki a koutou i te tau hou he harikoa kāore pea i
.moemoeāhia e koutou i mua

* * *

Me te hiahia e whakakīia ana ki te whakatau
Me te whakapono katoa ki ngā kaha o te wairua tangata
Me te whakapono pumau ki te Atua
Kia poroporoaki tātou ki tēnei tau, kia nau mai te tau
hou

Ahakoia ngā huringa o te ao, me te pānga o aua huringa
ki ō tātou oranga, ki te titiro tātou ki tua atu i ngā mahi o ia
rā e tere haere ana me te whakaaro nui me te
māramatanga, ka whiwhi tātou i te māramatanga me ngā
.akoranga

He tūranga tā tātou katoa i runga i te atamira o te wā,
te wāhi e huri ai ngā kaupapa o nāianei hei moemoeā mō te
.heke mai

Kotahi te kaupapa o ngā huihuinga nui me ō rātou
āhuatanga e haere tahi ana: te whakaoho takitahi i ngā

āhuatanga maha o roto i a tātou. Ko ia wheako e pā ana ki a
tātou e whakaatu ana i te kaha huna i roto i a tātou ki te
.whakatau i aua mea me te whakaaro nui me te whai hua

He nui ngā pūkenga kua whakanohoia e te Atua ki roto i
a tātou, ā, ina whakahohehia, ka waiho hei puna
.manaakitanga nui i roto i ō tātou oranga

Ahakoā kāore ngā āhuatanga o waho e taea te
whakahaere i ngā wā katoa, ka taea tonu e tātou te
whiriwhiri ko wai tā tātou e hiahia ana kia noho i roto i a
tātou anō, kei hea te kī ki tō tātou ahunga whakamua me te
.ahunga whakamua o te tangata

Ko ia wairua e hiahia ana kia wātea, me whakapau kaha
ki te huri hei pai ake, ā, ko te wā tika ko tēnei wā, ina arotahi
ngā whakaaro ki te whakatau kaupapa me te whakapau
.kaha ki te huri

Kaua te tangata e waiho hei taonga pumau, e kore e
taea te whakahou i te hinengaro me te wairua. Me whakaoho
ake ngā āhuatanga toa i roto i a tātou, me maka atu hoki
.ngā taumahatanga o te wehi me te koretake

Ina whakaponu te tangata e aroha ana te Atua ki a ia, ā,
kei a ia tonu ia, e kore e taea e te ao o mua te here i a ia, e
.kore hoki e taea e te ao o muri te whakamataku i a ia

Kei tua atu i te mura o te ora tangata kei reira te mura
atua

Kei tua atu i te hihi o te whakaaro tangata e tiaho ana te
māramatanga nui o te Atua
Kei tua atu i te ngaru o te whakaaro nui kei reira te
moana nui o te mātauranga whānui
Kei tua atu i te aroha tangata ka pupuhi te aroha atua e
whakakī ana i te ngākau, e whakamātau ana i ōna hiahia

Ko te mea kotahi e kore e rerekē i tēnei ao e pehia ana
.e te piki me te heke, ko tō tātou whanaungatanga ki te Atua

Ko te whakatau whakamutunga ko te whakapakari i
taua hononga manaaki, me te noho tahi me te
kaiwhakawhiwhi atawhai o te ora, te kaha, te aroha, me te
.harikoa

Kia mōhio ai te tangata ki tōna Kaihanga i roto i te
mokemoke o tōna wairua, me te whakaaroaro hōhonu

Me pātai ia ki a ia anō i ia rā, mehemea kei te
whakataurite ia i tōna oranga ki ngā ture o te pono me te
.aroha, arā, ngā ture atua o te ao whānui

Kia mau tātou ki te rangimārie o te Atua i roto i a tātou
Kia whakarongo tātou ki te reo o te hinengaro
Kia whānuitia tō tātou aroha ki te whakauru atu i ētahi
atu

Mā ō tātou whakaaro pai me ngā mahi taurite, ka taea e
tātou te whakapakari i ngā mana o te pai, e taea ai e te
aroha noa o te Atua te kawē mai i ngā huringa nui ki tēnei
.ao

* * *

I tēnei rā, tera pea ka whakamanawa te tangata ka whai
ia i te ara tika, engari āpōpō tera pea ka peka ke atu ia i taua
ara, ka kitea kua hiahia ia ki te whakarērea āna
.whakataunga pai

Kaua e whakaaetia ngā ngoikoretanga o ō tātou ao. Ko
te tangata e kaha ana ki te pupuri i ōna mātāpono ahakoa
ngā whakamātautau katoa me ngā awe o waho, kei te ara ia
ki te whakaoranga, ā, ko te tangata e tango ana i te
whakaaro nui hei māramatanga mōna, ka hinga i a ia ngā
.mānukanuka, ngā herenga, me ngā arai o te ao

Ka mau tonu te whakaaro nui o te hunga whakaaro nui
tae noa ki te mutunga, ā, ka anga atu ki te ao me te maia
me te whakaponu pumau, ahakoa ngā āhuetanga me pā mai
.ki a rātou

Ko te tangata e whakarērea ana tana hiahia, e tukua
ana e ia ki ōna āhuetanga, ā, e mutu ana tana mahi, e
.whakahe ana ia i a ia anō, ā, ka pahemo atu i te wā

Ko te tangata te tangata e atawhai ana i ana tikanga
tika me ana tikanga hē, ā, ina mea ia, "Kāore e taea e au te
.huri," e whakahe ana ia i a ia anō ki te hinganga

Ina whakaū te tangata ki a ia anō he kaha ia, he
herekore ahakoa ngā whakaekenga a ngā whanonga kino

me ngā whakaaro kino, ā, e kore ia e mutu te ngana ki te
mahi pai ake, ka whakatuwheratia e ia te ara mō ngā mana
o te pai kei roto i a ia kia haere mai ki te āwhina me te
.tautoko i a ia

Ahakoia te hē o ngā mahi a te tangata, me arotake e ia
tōna ao, me whakapau kaha ki te āwhina i a ia anō, ki te
mahi i te mea tika, ā, ka puta ke ngā mahi hē katoa hei mahi
.pai mā te awhina a te Atua

Mai i ngā pūranga: Te Riri me te Mahara o te Arewhana

Ko te hunga e hiahia ana ki te rangimārie o roto, me
mārama rātou ki te pūtake o te riri, ā, he maha ngā wā ka
.puta he hua kino

Nā te ngaronga o te taurite o roto i puta mai i te riri, he
tokomaha kua tahuri ke ki ngā tāngata hara me ngā
.kaikōhuru toto

Ka whakamatapo te hinengaro i te aukati i ngā hiahia.
Ina mau te kohu o ngā hiahia ki te hinengaro o te tangata,
ka ngaro ōna māramatanga, ā, ka whanonga ia i roto i te
.āhua kāore e tika mō te tangata rangatira

Mā te ngaronga o te whakaaro nui ka whakapoauau i te
māramatanga ā-roto, arā, te kaha e akiaki ana i ngā mahi
.tika me ngā whakaaro pai katoa

Ina hē te urungi o te waka hinengaro o te tangata, ka
pāngia rātou e te aituā, ā, ka noho pea rātou ki roto i te rua
.o te mamae me te pōuri

Hei tauira: Kei te harikoa te taraiwa a te tāne, ā, i a ia e
haere ana ki te pāka, ka tono tana wahine kia huri te huarahi
ki te haere ki te whare o ōna mātua, kaua ki te pāka, ā, i
.konei ka huri tōna harikoa hei riri

I whiriwhiria e au tēnei tauira nā te mea he mea noa
tēnei. I ngā wā noa, ko te mutunga iho ko te whakahē a te
tāne i te tono a tana wahine, te whakaae rānei me te riri me
te kore harikoa, ā, koinei te mea e tupu whānuitia ana. I ngā
wā e rua, ka kaha te riri, ka taupatupatu te āhuarangi, ā, ka
.pōrearea te rangimārie

I ētahi wā, ka huri te riri hei aituā mō te hunga pukuriri.

Tērā pea ka pā te riri ki te mahara, ka wareware rānei te
taraiwa ki te taraiwa āta me te aro nui, ka wareware rānei ki
te whai i ngā tohu huarahi, ā, ka hua ake he tukinga, he
.mate rānei, kaua rawa e mutu

Hei whakamutunga, ka mau te riri i te urungi o te hiahia
i roto i te hariata o te ora, ā, ka aukati i a ia kia tutuki i ana
.whāinga ā-tinana me ā-wairua

mahara arewhana

Ko te hinengaro e kīia nei ko te "mahara" he taonga nā
te Atua ki te tangata, ā, he manaakitanga nui tēnei! Ka
tukuna hoki te mahara ki ngā kararehe; ki te kore, e kore e

taea e rātou te kite i ā rātou tamariki. He maharatanga pai
tō ētahi kararehe, e ai ki te kōrero e whai ake nei mō te
.arewhana

I a tētahi arewhana nui e kawea ana i ngā rakau, pērā i te
mahi a te nuinga o ngā arewhana kua whakangungua i te
Rawhiti, ka whakatata atu tētahi tamaiti ki a ia, ka werohia ki
.te ngira ki tōna tinana, ā, ka oma atu

Kotahi tau i muri i taua aituā, ā, ka tūtaki te arewhana
kotahi ki te tamaiti kotahi i te huarahi. He wā tino pai tēnei
mō te arewhana ki te rapu utu. Nō reira, ka takai e ia tōna
ngākau ki te tamaiti, ka whiua ki tērā taha o te huarahi. Nō
.reira, he maharatanga anō ō ngā kararehe

He maha aku moemoeā, ā, kua ara ake ahau ināianei, ā,
kei runga i te aata o tōku wairua ka tahuna e au ngā rama o
.taku maumahara tonu ki a koe, e tōku Atua

Me ōku kanohi, kua wehe atu ō rātou kamo i te moe, ka
titiro atu ahau ki tō mata ataahua, ā, ka koa ki te kite i ōna
.rama tapu

Nā tōu aroha noa i mārama ai ahau, ko te hauora me te
mate

Te ora me te mate

He momo moemoeā katoa ēnei

Kua oti i ahau te pānui i te pukapuka "Dreams Painted in
"Bright Colors
I runga i te arai o ngā mānukanuka kanapa

Nā, inaianeī ka kite ahau i a koe ko te pono anake kei
roto i te ao

Te pupuri i ngā hongere kia tuwhera

Ko te nuinga o te iwi kāore e whakaaro nui ki te Atua kia
pā mai rā anō ki a rātou ngā raruraru nui, kātahi ka
tumanako rātou kia wawao mai la, kia whakaora i a rātou i tō
.rātou raruraru

I mea tētahi o te hunga mārama: "Ki te kore koe e
karanga i te Atua hei manuhiri māu i te raumati o tō oranga,
".e kore ia e haere mai ki a koe i te hotoke o tō oranga

Ehara tēnei i te kī kāore te Atua e hiahia ki te āwhina i a
tātou, e hiahia ana ia ki te totoro mai i tōna ringa āwhina, ki
te whakaora i a tātou i ō tātou mamae. Heoi, ina noho tātou
mō ngā tau maha i roto i te huarahi e whakahē ana i Ana
ture, ā, kāore e kōrero ki a la i roto i te whakaaroaro, ka
taumaha te hinengaro i te puranga o ngā whakaaro pohehe,
ā, ka āraia ngā huarahi kōrero ki te Atua e te wehi, ngā
hiahia whaiaro, ngā huringa o te wairua, ngā riri, te pakeke
matapo, ngā whanonga kino, me te whakaaro kino. Nō reira,
kāore he huarahi tuwhera e taea ai e te āwhina atua te rere
.mai ki a tātou

Ki te kore tātou e whakarite i ō tātou whakaaro, e pupuri
hoki i ngā huarahi kia tuwhera, e kore e taea e tātou te aro
atu - me te wikitoria - i ngā raruraru e tūpono mai ana ki ia
.ara o tātou i roto i te haerenga o te ao

E kīia ana i kitea ia e te tangata i aroha ki te Atua mā te
whakahua i tōna ingoa tapu me te aro nui me te aroha nui,
ahakoa tana mahi. I tīmata ia i tēnei mahi i a ia e tamariki
ana, ā, i mau tonu i a ia te mahi pera, ā, i tino kaha tana
pupuri i tēnei mahi, tae noa ki te whakahua i te ingoa o te
.Atua i a ia e moe ana

I a ia e pakeke haere ana, ka whiti ia i ngā ngahere
matotoru e kī ana i ngā taika nanakia, ngā neke, ngā
kopiona, me ngā pepeke paitini, me te mau kakahu anake
.me ngā hu

I miharo te iwi ki tōna maia, ā, ka pātai atu rātou ki a ia
me te miharo: "Kāore anō koe kia whara i aua kararehe
:nanakia me ngā pepeke kino?" Ka whakahoki ia

Kāore rawa, kāore anō ahau kia whara, nā te mea kei"
".te mau tonu ahau i te ingoa o te Atua, ā, koinā taku tiaki

Ka taea hoki e tātou te mōhio kei te karapotia tātou e te
tiaki a te Atua. Kei reira tonu ia hei whakamama i ō tātou
aituā, hei āwhina i a tātou ki te wikitoria i ō tātou raruraru,
engari me noho tonu tātou ki te aro ki Ana manaakitanga,
mā te whakaaro ki a Ia, mā te inoi ki a Ia, me te kōrero ki a
.Ia i roto i ō tātou ngākau i a tātou e mahi ana i ā tātou mahi

Ki te pērā tātou, ka taea e tātou te tū atu ki ngā
awhiowhio, ā, e kore e taea e ngā raruraru uaua me ngā
raruraru nui te hinga i a tātou, te wawahi rānei i tō tātou
.whakatau

te whakapehapeha wairua

Ko te ngākau mahaki te painga nui rawa atu i te ara
wairua, ā, mā te whakatipu i te ngākau mahaki ka tere ake,
.ka tiaki hoki i te tipu o te tangata ake

Ko te ngākau mahaki te tūāpapa e hanga ai te oranga
wairua o te tangata rapu, ki te hiahia ia kia tutuki tana
whāinga, arā, kia noho tahi me te Atua, kia rongohoki i Tōna
.aroaro

E whakatenatena ana te ao i te whakapehapeha mō ngā
whakatutukitanga, ngā taonga, me ngā tūranga, me te whai
kia whiwhi i te whakaae me te whakamoemiti a ētahi atu,
engari me tahuri te kaiwhai i tōna aro mai i te tangata iti, te
."ego," ki te tangata teitei ake

Ko te ngākau mahaki pono ko te mōhio me te tino mohio
ko te Atua te katoa, me te whakakore i te hiahia ki te
whakamātau i te whakapehapeha mā te whakawhanake i te
.hiahia nui ake ki te whiwhi i te manakohia o te Atua

He mea anō hoki tēnei mō te whakarērea o te hiahia
whaiaro mā te whakatipu i te aroha atua me te tahuri ki te
Atua, ko ia te pūtake o ngā mea katoa e rapuhia ana e tātou,
.e ngana ana tātou ki te whakatutuki, ki te whiwhi rānei

He whakamātautau mārama te whakapehapeha wairua,
ā, me tūpato te kaiwhai ki tēnei mate nā te mea ka huna i te
.tirohanga ki te Atua, i te āheinga rānei ki te kōrero ki a Ia

Ki te kore te ākonga e whai pono ki te whiwhi i te
ngākau mahaki, ka ngāwari ia ki te taka ki roto i ngā
mahanga o te mānukanuka me ngā mahanga o te
.whakapehapeha

Ina hoki, tera pea ka hinga te tangata i ngā
ngoikoretanga maha, ā, ka nui te ahunga whakamua i a ia e
haere ana, heoi tera pea ka hinga ia i te
.whakamatautauranga o te whakapehapeha

E mōhio ana te Ariki o te Ao me te Kaiwhakamātautau o
ngā Hinengaro ki ngā mea o roto i ngā ngākau, ā, ko te
hunga e whakamanamana ana ki tō rātou wairuatanga ka
.ngaro i a rātou

Ko te hunga e whakahīhī ana ki ō rātou wheako wairua
ka poke i te whakahīhī i a rātou anō, arā, ka tīmata rātou ki
te whakaaro he motuhake rātou, ā, ka ngaro pea ngā
.manaakitanga kua riro i a rātou

Ko te tangata e whakakake ana i a ia anō, e whakamahi
hē ana i ngā taonga wairua, kātahi ka hoatu e te Atua he

akoranga mō te ngākau mahaki ki taua ākonga mā te tango i
āna manaakitanga i a ia kia whiwhi rā anō ia i te
māramatanga wairua, kia whakatika rā anō hoki i tana
huarahi. Engari nā te aroha ia e mahi ai i tēnei, nā te mea ka
tuwhera te ngākau o te ākonga ki te Atua me te ngākau
mahaki katoa, me te mōhio kei te whakawhirinaki katoa ia ki
te Atua, ko reira ia ka whiwhi ai i te nui o te aroha noa o te
.Atua

Ina kī te ao o te ākonga i te ngākau mahaki, ka kukume
mai te kakara o te ngākau mahaki i te manaaki a te Atua, ka
tau iho ngā manaakitanga ki runga i te ākonga, ā, ka kī tōna
.ao i te rangimārie me te aroha

Te āhua tangata

Kāore he mutunga o te whakaaro, ahakoa he aha te
mara ako, te tohungatanga rānei, ina aro atu tō hinengaro ki
taua rauemi, ka anga tonu atu ki taua huarahi. Kāore he
mutunga o te whakaaro nui, o ngā mōhiotanga rānei ka taea
.e koe te whakamahi me te whai hua mai

E mōhio ana koutou, e aku hoa, he rerekē te
whakamaoritanga o ēnei kupu e tēnā, e tēnā o koutou i tā
ētahi atu? Ko te take he rerekē te tukanga whakaaro o ia
tangata, o ia tangata

Nā te mea he ahurei te āhua me te whakaaro o ia tangata, o ia tangata, he rerekē ā rātou tauhohenga me ā rātou urupare i roto i tētahi āhuatanga i ā tētahi atu. Ko tō rātou āhua o roto ko te huinga o ō rātou whakaaro, kare ā-roto, urupare, me ngā hihiri—ā, ko ēnei, hei whakatau i te .āhua o tō rātou aukume, te mana kukume rānei kei a rātou

Ko te aukume te mana nui rawa atu e taea ai e koe te .kukume mai i ngā hoa, te aroha o te hoa, me te ngākau pai

E hiahia ana tātou katoa kia kitea, kia whakaarohia hoki;
kāore tetahi e hiahia kia kore e arohia, kia warewaretia rānei. Ahakoa ngā tamariki e mahi ā-tau ana i ētahi huarahi .hei kukume i te aro

E hiahia ana hoki tātou kia arohaina, kia maiohatia hoki e ētahi atu. Engari e hia o tātou e hoatu ana i te māramatanga me te whakaaro ōrite ki tā tātou e whakaaro ?nei e tika ana kia riro mai i a tātou

E aroha ana mātou ki a mātou anō, e muru ana i ō mātou ngoikoretanga, i te mea kua tino rite mātou ki te .whakahē me te whakahē i ngā mahi hē a ētahi atu

Ka taea e tātou te tū atu ki mua i ētahi atu, ka kōrero ki a rātou mō ō tātou ngoikoretanga mai i tō tātou .tamarikitanga? Ko te whakautu he kāo

Engari ki te kore tātou e ako i ngā whanonga pai, e kore e taea e tātou te whakaatu ki ētahi atu me pēhea te .whanonga pai

Kāore he tika i a tātou ki te kore e aro ki ngā
ngoikoretanga o ētahi atu mēnā kei te pāngia tātou e aua
.ngoikoretanga

Kī tonu te ao i te hunga e hiahia ana ki te whakatika i
ētahi atu, engari kāore i a rātou anō. Ki te kore tātou e whai
wāhi ki te aromatawai whaiaro whai hua, ka pahemo ngā rā
.me ngā tau me te kore tātou e huri

Ko tā tātou e hiahia ana ko te whakahou i a tātou anō,
nā te mea mā tātou e whakahou i a tātou anō ka taea e
tātou te whakahou i ngā mano tini mā roto i tā tātou tauira
.pai

He pono, he nui ake te kōrero a ngā mahi i ngā kupu

* * *

Ka whakahoutia tonutia ngā hihiri wairua, ā, ka kawea
mai e rātou te rangimārie me te harikoa

Ka tīmata te mōhiotanga wairua hei hau mārie, kātahi
ka kaha haere, ā, ka huri hei hau manaaki e tango atu ana i
ngā paru o te kuware, i ngā paru o te kino, me ngā puranga
.o te hiahia whaiaro

Kei te puta ake ngā tohu whakatenatena i roto i te
hiahia o te tokomaha e tautoko ana i te Whakamāramatanga

kia eke ki te taumata o te rangimārie me te māramatanga
.wairua o te ao

Ki te nui o tō tātou noho tahi me ngā ngaru o te
rangimārie, ka nui ake tō tātou mōhio ki tō tātou āhua
.wairua me tō tātou hononga ki tō tātou pūtake atua

Ka purea ngā whakaaro e te aroha atua
Ka whakamārama i ngā kare ā-roto
Ā, ka whakaarahia e rātou te hinengaro

He hohonu, he māmā, he rangatira te whakaaro nui o te
Atua, ā, ko te tangata e noho tahi ana me taua whakaaro
nui, kei a ia he kāpehu ā-roto e whakaatu ana i te huarahi
.tika kia kore ai ia e he

Ko te whakaaro nui me te aroha atua e tata ana ki a
.tātou, e ai ki tā ō tātou whakaaro e whakaae ana

Pērā i te whakaputa hiko kotahi e whakarato ana i te
hiko ki ngā rama o te tāone, waihoki ko te hunga e noho tahi
ana me te Atua ka whiwhi i te pūngao kanapa e āwhina ana i
a rātou ki te whakakore i te pōuri i roto i ō rātou wairua me
.te taha e karapoti ana i a rātou

Ko te hunga e aroha pono ana ki te Atua, e whakarite
ana i ō rātou oranga ki ngā ture o te ao whānui, ka whiwhi
.rātou i te kaha nui, te rangimārie, me te manaakitanga

Ka inoi mātou ki te Atua Kaha Rawa kia ringihia mai ngā
manaakitanga me ngā whakaaweawe nui ki a mātou
Ā, kia whakakīia e ia tō tātou whakatau ki te kaha me te
āheinga ki te mahi whai hua me te mahi kore whakaaro
whaiaro
Ā, kia maumahara tonu tātou ki a ia, te pūtake o ngā pai
.katoa, o ngā aroha noa, me te oranga tonutanga

Mai i ngā pūranga: Te kōrero mō te rākau hiahia

I ngā rā o mua, i noho tētahi tangata noho whenua ko
Harry tōna ingoa ki Hindustan, ā, he maha ngā tau i
kopikopiko ai ia i roto i ngā maunga o Himalaya ki te rapu i
.tētahi rākau onge ko te Rākau Hiahia te ingoa

E ai ki te pūrākau, ko ngā tāngata noho noa iho ēnei
rākau whakamiharo ka kitea hei utu mō tā rātou noho tapu
me te mahi pakari i ngā tikanga wairua. E ai ki te kōrero, he
mana tō ēnei rākau ki te whakatutuki i ngā hiahia me ngā
.wawata o te tangata e noho ana i raro i ō rātou manga

I te hohonutanga o tōna ngākau, i whakaaro te moke a
Harry e tika ana kia kitea e ia taua rākau nā te roa o tana
mahī i ngā momo mahī uaua, tōna wheako tūao i te uaua,
me tōna piripono ki te whiu pakari i whakatakotoria e ia
.māna anō

Ahakoā ēnei mahi wairua katoa, he akoranga anō kei a
ia kia ako. Ahakoā i hiahia ia ki te mātauranga atua, i puritia
.anō e ia ētahi atu hiahia iti iho

I roto i aua hiahia ko te hiahia nui ki te kimi i te Rākau Hiahia. Nā ngā ara maunga paripari i ngenge ōna waewae tahanga i tana rapunga tonu mō te mea i hiahiatia e tōna ngākau me te whakatutuki i ōna wawata hohonu. Nā tōna kare ā-roto i whakaū tonu i a ia ka tutuki tana hiahia, ā, e tatari ana te rākau ki a ia hei utu tūturu mō āna mahi wairua, .i nui atu i te kaha me te manawanui o te tangata noa

He tika te whakaaro o tō mātou hoa. I tētahi o ngā awaawa o te Himalayas, i kitea e ia tētahi rākau rau whānui, nā tōna māramatanga wairua, i mōhio tonu ia ko te taonga i .roa e rapuhia ana e ia, e hiahia ana hoki kia kitea

I taua wā tonu, me te nui o te hihiri, ka whakatata atu ia ki ngā manga manaaki o te rākau, ka noho ki raro. Hei wheako i ngā mana whakamiharo o tēnei rākau ahurei, ka katia e Harry ōna kanohi, ka mea ki a ia anō, "Ki te mea koinei te Rākau o ngā Hiahia, me waiho kia puta hei pā kaha
"!mōku

Kāore i roa ka puta te whakaaro i roto i tōna hinengaro, ka puta mai tētahi whare rangatira i te taha o te rākau, e karapotia ana e ngā mārā momona kī tonu i ngā rōhi hou, i .te pēhara kakara, me ngā rākau teitei

I harikoa a Harry i tēnei merekara, ā, i kī tonu ia i te harikoa mō te whakatutuki i tana hiahia nui, nā te mea kua kitea e ia te Rākau Hiahia i roa ai ia e rapu ana. Kāore i roa te tatari i mua i te whakapuaki i tana hiahia e whai ake nei, me te kī: "E hiahia ana ahau kia kite i tētahi rōpū waiata o ngā kōtiro ataahua e mahi ana i ngā kai tino pai me te tino

reka ki ahau i runga i ngā pereti koura, e ringihia ana hoki he
inu reka atu i ngā ipu hiriwa ki roto i ngā kapu e kanapa ana
".pērā i te koura kanapa

I roto i te kimo o te kanohi, ka tutuki tana hiahia, i kitea
hoki e ia i mua i a ia he tēpu kī tonu i ngā momo kai reka
katoa e whakatakotoria ana i runga i ngā pereti koura, me
ngā kōtiro ataahua e tuku ana i ngā momo kai me ngā inu e
.tika ana mō ngā kīngi me ngā rangatira

I muri i te pārekareka ki te hakari nui me te
whakahirahira, ka tīmata tō tātou hoa ki te tiro tiro i tōna
kāinga hou. Ka piki ia i te arawhata māpere kua orohia, ka
hikoi haere i roto i ngā rūma kua whakakikoruatia ki ngā
.kohatu utu nui, he kanapa whakaharahara

Hei whakamutunga, ka nenge tō tātou mokemoke
waimarie i te hikoi, ā, ka rapu i te rangimārie me te
okiokinga i roto i tētahi o ngā rūma o te papa o raro. Ko ngā
matapihi iti o taua rūma i whakamarumaruhia e ngā manga
.roa o te Rākau Hiahia whakahīhi

I a ia e takoto ana i runga i te moenga e tata ana ki te
matapihi, ka kite ia kua āraia te mārama e ngā manga
matotoru o te rākau hiahia, ā, ka pōuri ia, ka ngokingoki te
wehi ki roto i tōna ngākau. I pakaru noa te wahangu i ētahi
oro torutoru, i whakaaro ia nō te māra, nō ngā kararehe
mohoao rānei o te ngahere e kopikopiko noa ana i tua atu o
.ngā pakitara o te whare kingi

I mea ia ki a ia anō: Me pēhea rā mēnā ka taea e tētahi
o ngā taika o te ngahere te tomo mā te matapihi? Mēnā ka
.pau ahau i a ia, ā, ko te mutunga iho tēnei mōku

Kāore i roa i muri i te puta ake o taua whakaaro wehi ki
roto i tōna hinengaro, ka peke mai tētahi taika nanakia i te
matapihi, ka hopu i te moke maku, ka haria atu ia hei kai
.māna—he aituā kino rawa atu tēnei

Engari, kāore a Harry i te mōhio kāore te Rākau Hiahia e
wehewehe i ngā whakaaro pai me ngā whakaaro kino. Ko
tōna kaupapa he whakatutuki i ngā hiahia o te hunga e
pupuri ana i aua hiahia. Ina hoki, ko te Rākau Hiahia te
whakaata tika i te ahua hinengaro kaha o te moke a Harry,
.ā, koinā tana whakaaro whakamutunga

Kei raro i te rākau o ō rātou hiahia te noho o ia tangata,
e whakatutuki ana i ō rātou wawata katoa. Ko taua rākau te
kaha o te ngākau. Ko te kaha o te ngākau o te tangata, he
whakaata i te hiahia o te Atua, kei a ia te mana ki te
.whakatutuki i ngā tumanako me ngā wawata o te tangata

Engari ko te tangata kāore e mōhio ki te whakahaere i
ōna hiahia, i ōna wawata, me ōna whakaaro, me
whakawhetai ia ki tōna Ariki kia mano ngā wā, nā te mea
kāore ōna whakaaro koretake e tutuki wawe tonu, ki te kore,
ka puta ake i ngā hiahia mohoa he whakaaturanga aunoa o
ngā taika kaipahua, kai kino e haehae ana i te marino o te
wairua, e kuru ana i te wheua o te harikoa, e huri ana i te
.puna o te rangimārie wairua hei koraha

He akoranga pai tēnei hei arotahi i ngā whakaaro ki ngā
mea pai, ki ngā mea pai hoki i a koe e noho ana i raro i ngā
manga o te Rākau Hiahia, arā, ko te kaha o te hiahia me te
.hinengaro nui o te tangata

Me tūpato te tangata kei aro tonu ki te wehi, ki te
korenga, ki te mate, ki te kuware, kei puta mai ēnei mea
kino pērā i ngā taniwha i te pōuri o te mea ngaro, ā, ka puta
he raruraru nui e uaua ana ki te whakatau, ki te whakahaere
.rānei

Ko ngā whakaaro kino ka pā kino noa ki te tangata e
pupuri ana i aua whakaaro; me whakakapi ki ngā whakaaro
pai mēnā e hiahia ana te tangata ki te pai mōna ake me
.ētahi atu. Ā, nō te Atua te angitu

* * *

Haunga ngā taonga ā-tinana, ka homai e te Atua ki a
tātou te whakapono me te māramatanga wairua

Ā, ki te hunga e tahuri ana ki a Ia, e whakawhirinaki ana
.ki a Ia, ka homai e Ia te māramatanga atua teitei rawa atu

Ko ngā taonga manaakitanga ko ērā e pā ana ki ngā
ngākau, e whakarerekē ana i ngā āhua kua whakapakeketia,
e whakaara ake ana i ngā wairua i te mangere wairua, e
whakatenatena ana hoki i te mōhio me te rangimarie i
.waenganui i ngā mema o te whānau tangata kotahi

Ko te hunga e mōhio ana ki te Atua, ehara i te mea ko te
whakaako mā roto i ā rātou kupu whakaaro nui me te tauira
tino tika, engari ka homai hoki ki a tātou te aroha tapu
parakore, mutunga kore. I roto i te māramatanga o taua
aroha, ka whiwhi tātou i tētahi tirohanga hou mō tō tātou
.pūmanawa teitei ake

Ka tae mai te hunga whiriwhiri a te Atua ki tēnei ao hei
homai i te mātauranga ki a tātou mō Tōna aroha noa, hei
whakaatu hoki i te māramatanga o roto e ārahi ana i a tātou
ki te kāinga i te rangi, kia wātea ai ō tātou ngākau i ngā
momo pouri katoa me te pōuri o te ao, ā, e whakatenatena
ana rātou i a tātou, e whakaū ana kei a tātou tētahi wāhi o te
taonga tuku iho tapu, ā, ka taea e tātou te kōrero ki te
.hinengaro o te ao

I te mea ka noho tahi te tangata me tōna Kaihanga, ka
hinga ōna hara, ka puta ōna ngoikore hei kaha, ā, ka mōhio
.ia he parakore tōna wairua, he tata hoki ki te Atua

Ina whiti te māramatanga atua e tiaho tonu ana ki runga
i te tangata e hiahia ana ki taua māramatanga, ka mōhio ia
kei roto i a ia anō te mauri atua, me ērā atu anō hoki,
ahakoa ngā arai matotoru e ārai ana i tōna tiahotanga i roto i
.ngā wairua e pāngia ana e te maminga

Ka inoi mātou ki te Atua Kaha Rawa kia homai ki a
mātou te koha o ngā koha: te kare i roto i tō mātou
hinengaro o te rangimārie tino nui, te aroha tino nui, me te
.harikoa e kore e taea te kōrero

Ko tā tātou anake he tahuri me te aroha me te māia ki
te ngākau o te ao whānui, kāore nei he mutunga o tōna
.aroha, ā, kāore he rohe mōna ki te hoatu

E hiahia ana te Atua ki te manaaki i a tātou, ki te homai
hoki i ana taonga ki a tātou, engari me whakatuwhera e
tātou ō tātou ngākau, me tuku i ō tātou hiahia, me te
.whakaae ki ana taonga nui

Ina karanga tātou ki te Atua me ō tātou ngākau katoa,
ka tangohia ngā arai katoa pēnei i te manukanuka, te feaa,
me te wehi, ā, ka tata tātou ki te Atua me Tōna tata ki a
.tātou

Kei te hiahia mātou ki te pai me ngā manaakitanga ki te
katoa

Kia tau te rangimārie ki a koutou, e ō mātou hoa

Hei manuhiri pumau māku

E te Ariki, ārahi i ōku hikoinga ki ngā ara tika
Ā, ka nekehia ōku ringa ki ngā mahi atawhai

Manaakitia ōku kanohi, kia kite ai rātou i ngā mea e tika
ana kia kite ahau
Tukua tōu hihiri kia rere i roto i aku kupu
Ā, ringihia atu tō atawhai ki ētahi atu me aku kupu reka,
ngawari hoki

Kia pupū ake tō kakara i te puawai o tōku wairua
Hei kukume i ngā wairua ki te temepara o tō aroaro

Kia manaakitia tōku ngākau e tō pā
Tērā pea kāore ia e pai ki te noho tahi me te katoa, me
.te noho tahi hoki me te katoa

Mahi i roto i aku whakaaro
Kia kawea mai e au ētahi atu ki te puna o tōu rangimārie

Hei manuhiri pumau māku
Ā, noho ki te temepara o tōku rangimārie me tōku
harikoa

E kore rawa ahau e wareware ki a koe, e te Ariki
E kore ahau e hikoi i ngā ara o te ora me te kore koe

I ngaro ahau i ngā ara o te wā
I whakakitea mai e koe te ara ki ahau, ā, i whakahokia
mai ahau ki a koe

Homai ki ahau ngā hiahia nui o te ngākau
Ā, i roto i te haruru o te aroha ora ki a koe
Kia rongo ahau i tō reo manaakitanga

* * *

I mea te kaiako, me te whakatenatena i tētahi o ngā
:ākonga

He ngoikore rangitahi noa iho te tūtukitanga me te taka
ki roto i ngā mahanga hē

Kaua e whakaaro kua ngaro koe i roto i ngā ara pōuri o
te ao, ā, e kore e kitea anō te ara. Ko te whenua i hinga ai
koe ka taea te whakamahi hei tautoko, hei turanga hoki hei
.ara ake anō, ki te mea ka ako koe i ō wheako

Ki te kitea e koe ngā hapa motuhake o tō ao, ā, ka
whakatau kia kaua e mahi anō, ahakoa ka hinga anō koe, ka
.iti iho te pānga o taua hinganga i tō te korenga i ngana

Kaua tātou e tumanako ka angitu i roto i ā tātou
nganatanga katoa

Tērā pea ka rahua ētahi o ā tātou nganatanga, engari ka
angitu ētahi atu

Kia mōhio koe, e hono ana te angitu me te hinganga;
kāore e taea e tētahi te noho motuhake. Nō reira, kaua tātou
e whakapehapeha , e whakakake rānei mēnā ka eke tātou ki
te angitu nui, kaua hoki tātou e ngākau pouri, e ngakau pōuri
.rānei mēnā ka pāngia tātou e te hinganga

* * *

E kīia ana i noho tetahi ahorangi rongonui i te nuinga o
tōna oranga i roto i te ngoikore o te hauora. I mua i tōna

ekenga ki te whā tekau tau, e rua ngā pakaru o ōna io, ā, ka
.pāngia ia e te mate ngākau kino

He tino uaua ki a ia te mahi tonu, ā, ka kino haere tōna
āhua i ngā rā e haere ana, ā, ka tino uaua ki a ia te hiko me
te whakaako, nā te mea he iti noa te nekehanga tinana ka
.mamae nui ia, ka ahua hemo hoki

Hei whakamutunga – kia roa ō koutou oranga – i kī atu
āna tākuta kua tata te tatau o ōna rā, ā, nā te tātaritanga a
ngā tākuta i whakanui ake tōna ngākau korekore me te
.ngakau pouri

I muri tata mai i tērā, ka tae atu ia ki tētahi hui wairua
whakaaweawe i āwhina i a ia kia kite i ngā mea mai i tētahi
.tirohanga hou, ā, i tata ia ki te Atua

I taua ahiahi ka hiko ia, ka tomo ki te ngahere paina, ka
noho ki runga i te take o te rākau ki te okioki, ā, ka kite ia i a
ia e inoi ana me tōna wairua katoa, e inoi ana ki te Atua i te
hohonutanga o tōna ngākau kia whakaorangia ia, kia
.whakaorangia hoki i tōna hauātanga tinana

Kātahi ia ka inoi ki te Atua kia haere mai ki a ia, kia
.tangohia tōna ora, kia whakatika hoki i tōna āhua tinana

I mea ia mō tēnei mea: "I reira i te ngahere, i whai
hononga ahau ki te Atua, ā, i kite ahau e wiri ana ia pūtau o
"tōku tinana i te aroaro o te Atua

I muri i ētahi rā, ka taea e ia te piki i tētahi maunga, he mahi kāore anō kia taea e ia i mua. I mea ia mō tēnei mea: "I taku taenga ki te tihi o te maunga, ka ngaro atu ngā kare o te wehi me te ngoikore i ahau, ā, kāore au i rongo anō i aua kare. Mai i taua wā, kua rongo ahau kei te pā mai tētahi ".ngākau hou i roto i tōku uma

Ā, koinā te mea i tupu, i te mea i mōhiotia ia mō tōna ora, tōna kaha, me tana whakaputanga nui o ngā tuhinga, ā, tata ki te whā tekau tau ia i ora ai i muri i te tātaritanga a .āna tākuta

He maha ngā wā, ina kitea tātou e akiakihia ana kia huri i ō tātou whakaaro me ā tātou mahi—ahakoa he mea tika, he mamae rānei—ka akiakihia tātou kia tuku i a tātou ki te Atua, kia tīmata anō. Kātahi ka tīmata te tukanga auaha, ā, ka rere te mauri ora ki roto i ō tātou whakaaro me ō tātou tinana, me te kore e araia. Nā reira, ka puta te huringa wairua pono i te wā e mamae nui ana te hinengaro, te tinana .rānei

Tērā tētahi inoi e kiia nei ko te "Inoi Whakarērea" e mea :ana te tangata inoi

E te Ariki, kei te pā mai tēnei raruraru ki ahau i tēnei" wā, engari kei roto i ōu ringaringa te mutunga, e tōku Atua aroha, ko tāu whakahau tēnei, ā, ka whakaae ahau ki tāu e ".pai ai, ā, ka makona ahau ki tāu e hiahia ai mōku

He mea uaua ki te tokomaha te inoi pono pēnei, nā te mea ko te tikanga he whakarērea te hiahia o te tangata ake me ngā hiahia o te "whakakake", ā, koinei tētahi o ngā mea

tino uaua mō te tangata. Ko te tangata e kaha ana ki te mahi
.i tēnei, e whakaatu ana i te whakawhirinaki katoa ki te Atua

Engari, ehara tēnei i te kī me noho mangere noa iho
tātou, me whakawhirinaki noa ki te Atua, me te tumanako ka
whakaotihia e ia ō tātou raruraru katoa me te kore he kaha i
a tātou. "Me kī atu hoki, 'Mahi!'" nā te mea he kore ora te
.whakapono ki te kore he mahi

Ki te noho te tangata i roto i te rūma, ka raka i te tatau,"
ā, ka whakapau kaha ki te whakamanawa i a ia anō mā te
Atua ia e whai rawa, engari kāore ia e mahi i tētahi atu mea,
e kore te Atua e whakautu i tana inoi, nā te mea me mahi ia
".kia whai rawa ai, kia aha atu rānei

Mā te whakapono matapo kāore he "mahī" me te kaha
wairua ka tineia te māramatanga o te whakaaro nui, engari
ki te whakamahi te tangata i tōna hinengaro, ki te mahi i ngā
mahī arorau, ki te whai wāhi atu ki ngā mahi whai hua, ka
whiwhi ia i te manaakitanga atua, ā, ka whiwhi ia i te
.whakautu atua

* * *

Nui atu te hoa pono i ngā taonga katoa o tēnei ao
Ko te hunga kei roto i ō rātou ngākau te aroha ka tino
mōhio ki ētahi atu
He rite tonu ki te mea kei te titiro ia i roto i tētahi
.pounamu karāhe mārama, me te kite i ngā mea o roto

Ko te mōhio ki ētahi atu i tēnei ara ka puta mai i te
aroha ki te Atua me te aroha ki ētahi atu me taua aroha

* * *

Kei roto i te pikitia: Ko te Kaiwhakaako Paramhansa me
ētahi o ana hoa Māori i whakanui i tōna whakahoahoa, i whai
ki te kōrero ki a ia, ā, i pai ki te tūtaki ki a ia

He maha ngā wā ka kitea tātou e mauheretia ana i roto i
ngā āhuatanga e ahua korekore ana tātou ki te
whakarerekē. Ka whakamātau tātou i ngā mea katoa e taea
e tātou te whakaaro, tae atu ki te inoi pono ki te Atua kia
whakarerekē i tō tātou āhuatanga i te huarahi e whakapono
ana tātou he mea pai mō tātou. Ahakoa tēnei, ko tā tātou e
hiahia ana—ahakoa he āwhina pūtea, he hauora, he aha atu
rānei—tērā pea kāore e tutuki, ka waiho i a tātou he ngakau
.pouri me te pouri

Engari ki te kore e taea e tātou te hono atu ki te mana
atua i roto i a tātou, nā te mea kāore tātou i te mārāma ki te
.tikanga o te tuku

I kī tētahi tangata whakaaro nui, mā te whakaaroaro ka
taea te whakaoti rapanga katoa, engari kāore te nuinga o te
iwi e mōhio ko te whakaaroaro ehara i te mea ko te ngana ki
te hopu i te Atua, ki te tiki rānei i tētahi atu mea mai i a ia.
Me mōhio tuatahi tātou ki tō tātou hononga ki te Atua, me te
tuku i te whakapehapeha iti, te "whakapehapeha" rānei e tū
hei arai i roto i ō tātou oranga, e whakawhāiti ana i te rere o
.te mana atua ki a tātou

He kōrero tēnei mō tētahi wahine i noho hauā, i mate
hoki mō ngā tau e waru, e inoi tonu ana ki te Atua kia
whakaorangia ia kia taea ai e ia te tīmata anō i tana mahi. I
te mutunga, i te pouri mō āna mahi i te āhua nei kāore i
:angitu, ka tukua e ia tana hiahia ki te Atua, me te inoi penei

Ka tukua atu e ahau tōku ora ki roto i ōu ringa, e te"
Ariki, ki te hiahia koe kia noho hauā tonu ahau, nāu tēnā
mahī, engari e hiahia ana ahau ki tētahi mea nui atu i te
".hauora, ā, nāu te mahi, ko tāu e hiahia ai, e mahi ai

I roto i ngā wiki e rua kua ora katoa ia, ā, kua
whakarērea e ia tōna moenga tūroro

He āhua rerekē pea tēnei, engari ko te whakaaro matua
ko tā tātou tono ki te Atua kia meatia ō tātou hiahia, kaua ki
te tuku i a tātou ki āna Inoi e puta mai ana i ngā hiahia
whaiaro me ngā hiahia whaiaro e ārai ana i ngā awa inoi. He
pono, ka āwhina te Atua i te hunga e āwhina ana i a rātou
anō, ā, ki te nui ake tā tātou whakangungu i ō tātou hiahia
kia rite ki te hiahia o te Atua, ka nui ake te mana manaaki e
.kawea mai e tātou ki roto i ō tātou oranga

Engari i ētahi wā, kāore tō tātou hiahia e ārahihia ana e
te whakaaro nui, engari e tohe ana tātou kia whiwhi i tētahi
mea kāore e pai mō tātou, ā, kāore te Atua e wawao mai ki
.te whakarerekē i ō tātou āhuatanga

Ahakoā he rawaka ā tātou ake rauemi i ētahi wā hei
whakatau i ō tātou āhuatanga, engari i muri mai ka tūtaki

tātou ki ngā wero nui kāore e taea e tātou te whakahaere, ka
waiho tātou ki roto i te raruraru. Heoi, ki te taea e tātou te
waiho i ō tātou whakapehapeha ki te taha, ka inoi pono, "Kia
meatia tāu e pai ai, e te Ariki, kaua ki taku," ka
whakatuwherahia e tātou ō tātou ngākau ki te rere o te
arataki, ā, ka ringihia te mana atua me ngā manaakitanga
.nui ki runga i a tātou

Ahakoia te whakapau kaha ki te whakaoti rapanga, me
mārama tātou he iti noa te mana tangata, ā, me
whakatuwhera tātou i a tātou ki te mana mutunga kore o te
Atua, engari te āhua nei he tokomaha me mamae i te kore
.āwhina i mua i te mōhio ki tēnei pono

He himene tēnei e mea ana: "Ina raru ahau, ka haere
"mai koe ki te whakaora i ahau

Ā, koinei te huarahi a te Atua ki te whakaako i a tātou ko
la anake te kaha ki te whakarerekē i ngā āhuatanga uaua
.me te whakaoti rapanga uaua

* * *

Ahakoia e whakarongo ana te Atua ki ā tātou inoi katoa
(kia toro mai ai la ki a tātou)
Engari kāore ia e whakautu tonu

He rite tō tātou āhua ki te tamaiti nohinohi e karanga
ana ki tōna whaea
Engari kāore te whaea e kite i te take e haere atu ai ki a
ia

Nō reira ka tukuna atu e ia he taonga takaro ki a ia hei
pupuri i a ia kia pukumahi, kia ata noho hoki

Engari ina whakakahore te tamaiti kia whakamarietia e
tetahi atu mea
Ko te whaea anake e haere mai ana ki a ia

Waihoki, ko te tangata e hiahia ana kia mōhio ki te Atua
Me rite ki te tamaiti
Ko te tangata kāore i te makona ki te noho mai o te
whaea hei whakakapi mōna
whanaketanga aukume

Ka taea e te tangata te whakawhanake i te aukume e
pai ana ki a ia, ahakoa hei kukume i te mana nui o te Atua,
hei whiwhi i ngā mana hinengaro, hei kukume rānei i ngā
.mea e tika ana mō te oranga o ia rā

Kua homai e te Atua he tinana ki te tangata, ā, me tiaki
e tātou. Ko te hunga e whakatipu ana, e whakamahi ana hoki
i tō rātou aukumetanga tinana mō ngā taonga me te kaha
hinengaro anake, ka mamingatia i te mutunga. Heoi, ko te
hunga e whakatipu ana i tō rātou aukumetanga wairua ka
kite i taua mana manaaki e tiaki ana i tō rātou hiahia me te
.whakatutuki i tō rātou hiahia katoa

He ture whānui tēnei e whai hua ana, ā, kua wheakohia
e au i roto i tōku ao, ā, kua whakaūtia e au tōna whai
.huatanga

He mea nui kia kaha, kia ora te tinana o te tangata, kia
aro atu ki ngā whakahau a te hinengaro. Whakaarohia he
tangata puhoi, kore hihiri e haere ana ki te mahi me te kore
he wawata, he kaha rānei, kātahi ka whakaarohia he hōiho e
rite ana ki te oma i runga i te ara reihi ina whiwhi ia i te tohu
.hei tīmata. Koinei te āhua o te tinana

I ētahi wā ka kite tātou i ētahi kaumātua e ora pai ana,
.ā, he kaha tō rātou rite ki te taitamarikitanga
He āhua taitamariki, he āhua aukume hoki ō rātou
tinana, ā, ahakoa tō rātou pakeketanga, he ātaahua ō rātou
.āhua

Ka pau te kaha i te piko me te piko Mātakitaki i te noho
o te tangata i ō rātou tūru; ko ētahi he āhua piko, he hiamoe,
ā, i te kitenga atu i a rātou, ka ngenge koe. Ko ētahi e noho
tika ana, ā, e mōhio ana koe he oraora tō rātou aroaro; i te
.kitenga atu i a rātou, ka hono atu koe ki a rātou

Ko te tangata e tuku ana i a ia anō kia noho piko, ā, ka
whai wāhi atu ki te piko me te piko o tōna tuaiwi mā te tū
tika, ka pāngia hoki te āhua hinengaro e tēnei momo noho,
.ā, ka kino te whakaaro

Ko te hunga e noho tika ana, e tū tika ana, he pai ake te
ngākau harikoa me te hihiri. Ko te hunga kāore e taea te
noho tika nā ngā āhuatanga motuhake, ka taea e rātou te
whakakapi i tēnei mā te ngākau harikoa, te tirohanga pai,
.me te kaha o te hinengaro

Kia arotahi tonu tō hinengaro ki ngā mea katoa e mahia
ana e koe, ahakoa te iti, te koretake rānei o te āhua, me te
pupuri tonu i tō hinengaro kia ngāwari kia taea ai e koe te
neke ki tētahi atu hiahia mēnā e tika ana. Engari i runga ake
i ngā mea katoa, me mahi i ngā mea katoa me te tino
.arotahi, nā te mea ka tino whakarei ake i tō karisma

Ko te nuinga o ngā tāngata pakihi angitu i roto i ngā
mara katoa e mōhio pai ana ki te whakamahi i te mana
.aukume

Mā te whakahaere i a ia anō ka hoatu he taha aukume ki
te tangata, me te kaha hoki ki te whai hinengaro taurite e
.kore e pāngia e ngā kare ā-roto me ngā hihiri

Me huri te hihiri o te kare ā-roto hei kaha, hei mahi
hinengaro, ā, me whakahaere e te whakaaro nui ngā kare ā-
.roto kia puta ai te aukume

Ka honoa te mātauranga me te kare ā-roto ki te
.aukume. Ka kōrero māia te tangata whai aukume

He kōrero whai whakaaro tana, engari he kare ā-roto kei
roto i ana kupu. Me pono tātou i ngā mea katoa e kōrerotia
ana e tātou, e mahia ana hoki e tātou, engari kāore te pono
.e tohu i te whakapataritari, i te whakama rānei i ētahi atu

He āhuatanga aukume tō ngā huawhenua me ngā hua,
inā koa ngā hua rākau, nā te mea kāore e aukati, e
whakararu rānei i te tukanga nakunaku, engari ko te kai nui i

ngā pūmua me ngā māngaro ka āwhina i te tāpui i ngā
.paitini ki roto i te tinana

Ka puta he kore taurite i roto i te tinana i tētahi okana
mate. Me pupuri te puku kia ora, kia ora; hei tauira, ka puta
te mamae i roto i te puku nā te hau, ā, ka pā kino ki te
.aukume

He pānga kino te kai nui, engari ka āwhina te nohopuku
ki te whakaatu i te mana o te tangata, pērā i te kore kai i
ētahi wā, engari ehara tēnei i te kī he matekai koe ā tae noa
.ki te kino ki te hauora

Ko te hunga e kai mīti ana i ngā wā e toru i te rā, he
ngoikore ō rātou tirohanga, ā, he iti noa iho te aukume. Heoi,
kāore e ranea te kai tika anake; ko te mea e hiahiatia ana ko
te whakaaro tika, te whanonga rangatira, me te haere tika i
.ngā ara o te ora

* * *

Ki te whakawhirinaki tonu koe

Te whakawhirinaki katoa, kāore he feaa

Kei te mahi te mana o te Atua i roto i a koe

I muri i ō whakaaro, i ō inoi, me ō whakapono

Hei hoatu ki a koe te mana mutunga kore

Hei whakataui i ngā āhuatanga katoa o te ao

Ā, ki te whakapono koe kei a koe te Atua

Māna te manaaki e haere tahi me koe i ia hikoinga

Ka rongo tonu koe i ōna manaakitanga

Ā, ka rongo i tōna aroaro

I ngā āhuatanga katoa o tōu ao

* * *

He aroha te Atua, ā, kāore e taea e tana mahere mō te
hanganga te ahu mai i tētahi mea kē atu i te aroha, te whai
pūtake rānei. Kāore ianei taua whakaaro ngāwari e hoatu
ana ki te ngākau tangata he whakamarie me te tumanako
?nui atu i tētahi atu whakaaro

Ko te hunga mātau katoa kua uru ki te pūtake o te pono,
kua whakaatu i te noho o tētahi mahere atua whānui, ā, he
.ataahua, he ki tonu i ngā mea ahua eka

I hangaia tātou e te Atua hei anahera pūngao, e
karapotia ana e ngā ia o te ora, e rere ana i roto i ngā rama
tinana

Nā te aro nui ki te ngoikore me te ngoikore o te rama
tinana, kua wareware tātou ki te rongo i ngā āhuatanga

mutunga kore, korekore o te pūngao ora tonu kei roto i te
.rama, e taea ai te huri me te whakarerekē
,Ina whiti atu koe i te hinengaro o tēnei ao
Te mōhio ehara koe i te tinana, ehara hoki i te
hinengaro

Heoi anō, kei te mōhio tonu koe ki tō aroaro
Ko tō āhua tūturu ko te hinengaro parakore, kore here
Ko ia te kaipupuri o ngā mea katoa o te ao whānui
Mā te aroha atua ka purea ngā hiahia katoa o te ao, ka
hurihia hei wawata rangatira, hei wawata teitei, ā, ka
whakaora i te ngākau i ngā mamae e puta pinepine ana i
ngā whanaungatanga ehara i te mea i ahu mai i ngā turanga
pakari o te aroha pumau, te māramatanga me te whakaute
tetahi ki tetahi, i puta mai rānei i te matenga o tētahi e
.arohaina ana

Ina aroha tino tātou ki te Atua, e kore e taea e tātou te
makona ki tētahi atu aroha mēnā ehara i te mea he wāhanga
o taua aroha nui, ā, i roto i taua aroha atua ka kitea e tātou
te aroha o ngā ngākau katoa nā te mea ko te Atua te pūtake
.o te aroha i te ao whānui

Ko ngā mea katoa e homai ana e te ao ki a koe, kātahi
ka tangohia atu i a koe, e waiho ana koe i roto i te pouri, te
mamae, te pōuri rānei, ka kitea e koe i roto i te Atua i te nui
.atu o te aroha me te pouri

I maka e au te kupenga o aku hiahia
I te moana nui o ōku whakaaro

I maha ngā wā i warewarehia e au
E te Aroha Atua
!Āe, te taonga utu nui
Heoi anō, ka haere tonu taku ruku
I roto i te hohonutanga o te rangimārie

Ā, kāore e mutu, ka maka e au te kupenga o taku aroha
ki a koe
Tetahi i muri i te tahi
Me hopu koe e au i tētahi rā
He whatunga tōku hiahia mutunga kore ki a koe

Ka maka e au tēnei kupenga aroha ki ngā wāhi katoa
I runga ake i ngā ngaru pōrearea o te ao
Ā, mō ngā whetu e kanapa ana
Ā, i roto i ngā hohonutanga o ngā wairua pai

Ko tāku anake e mōhio ana he kaiwhai ahau
Ā, ka whai tonu ahau ki te hopu i a koe
Aue te hiahia nui rawa atu, te taonga nui rawa atu hoki
!o te ao

* * *

Kāore he mana o ngā kaiwhakaora wairua noa, o ngā
tohunga rānei ki te muru hara, ki te tuku rānei i ngā tāngata
hara e haere mai ana ki a rātou ki te rapu tohutohu; ko tā
rātou anake he hoatu i ngā rongoā wairua ki a rātou, kāore
.he mea kē atu

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou – mā te aroha noa me te āwhina a te Atua – te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai he whanonga pai, he whanonga kino
.rānei i roto i te whakaaro

Ko te tangata e pāngia ana e ngā whanonga kino nā te
mea kua whakakīia ōna pūtau roro ki te mana o aua
whanonga, ka taea e ia te whakawātea i a ia anō mā te kaha
o te ngākau, te whakaaroaro, te inoi pono, me te whakaū
tonu i ana whanonga pai tae noa ki te wā ka hurihia ana
whanonga kino katoa hei whanonga pai o te rangimārie me
.te ata noho

Ka puta tēnei ina mahi te kaha ora e tika ana te
whakahaere ki te whakarerekē i te āhua rerekē o ngā pūtau
roro kia kī ai aua pūtau i ngā mea pai katoa, i ngā mea tika, i
.ngā mea ataahua katoa

Ko te tikanga o tēnei, ka tahuna ngā pūtau roro e kī ana
i ngā whakaaro teka e ngā mahi nui ina kohia kahatia ki roto
i te roro, ā, ka whakamahia mō ngā kaupapa rangatira, whai
.hua hoki

Ko te tangata e piri pono ana ki tōna tinana, ka mau
tonu tana mahi ora ki ōna uaua me ōna kare ā-roto, engari
ko te tangata he ngākau whakaaroaro wairua, ka pupuri i
ōna uaua me tōna tinana kia noho wātea, kia matara atu
hoki tōna hinengaro i ngā kare ā-roto, kia mutu ai te noho o
.te mauri ora i roto i te pūnaha io, ka kohia ki roto i te roro

Nā konei, ko te whakaaroaro te huarahi tino whai hua ki
te whakawairua i ngā pūtau roro me te whakakore i ngā

pūtake o tētahi whanonga kāore e hiahiatia ana i te
.hinengaro

He mana te whanonga, ā, ka whakamahia kinotia taua
mana e te tangata mā te mahi i ngā mahi kino, kaua ki te
.whakamahi i roto i ngā mahi pai

Ko te kuware, te kore whakaaroaro, te kore whiriwhiri i
te hoa pai, me te kore mahi pai, he maha ngā wā ka ārahi i
te tangata ki roto i ngā mahanga me ngā mahanga o ngā
whanonga kino, he rite ki te onepū e horomia ana te tangata
.e hiko ana i runga i taua mea ahakoa kāore i pai

He kaha ake te awe o te hoa i te kaha o te ngākau me te
:whakaaro tika

Kaua e whakahoa ki te tangata kino, kei whakakino pea)
(i tō āhua te tangata kino

He rangatira te mahi a te hunga whakaaro nui, engari
kāore he uaua, ko te hunga ia e aroha ana ki te kino, te āhua
nei ka akiakihia rātou ki te mahi i ngā mahi kino,
whakarihariha hoki nā te kaha o te tikanga e akiaki ana i a
.rātou ki te mahi i te hara me te kino

Ka inoi mātou ki te Atua Kaha Rawa kia whakaaweawe
mai i a mātou ki ngā whakaaro pai
Kia kite ai tātou i te pai me te ataahua
Ka wehewehe tātou i waenga i te mea whai hua me te
mea kino
Ā, kia tahuri ai tātou ki a ia

Ā, ko tā mātou e tumanako atu nei
Te pūtake o ngā mea pai katoa
Ā, ko te pūtake o ngā pai katoa

* * *

Kei muri i ngā atarangi o tēnei ao te māramatanga
whakamiharo, whakamiharo hoki o te Atua

He temepara nui te ao katoa mō tōna aroaro tapu

Ina whakaaro tātou ki te Atua i roto i te huarahi nui,
hohonu hoki

Ā, e aroha ana mātou ki a ia me te aroha nui
Ka whakawhirinaki mātou ki a ia me te tino pono
He tini ngā tatau e tuwhera ana i mua i a tātou

Ā, ina kite tātou i Tōna māramatanga
Ā, ka rongo tātou i tōna aroaro
Kāore e taea e ngā āhuatanga whakamataku katoa o te
ao te

Hei tango i te rangimārie me te ata noho i a tātou
Ngā mea e tata ai tātou ki te Atua

* * *

I te ora, i te mate hoki
I roto i te matekai me te hemokai
He rawakore, he pōuri rānei

Ā, i roto i ngā piki me ngā heke o te ao, i ngā ngangau, i
ngā pōrearea hoki
E rapu ana ahau i te piringa ki a Koe, e te Ariki, i ngā wā
katoa

?He aha te aroha
Ko te aroha te kakara o ngā rengarenga e puāwai ana
Me te waiata o ngā rōhi wahangu
Te whakanui i te ataahua o te taiao

He waiata te aroha e waiatatia ana e te wairua mō te
ora

Me te kanikani taurite o ngā aorangi
I tana haerenga tonu ki te wāhi hohonu

He hiahia nō ngā putiputi ki te mitimiti i te rā
Ā, ka tupu, ka whāngaihia e te waiora o te ora

Ko te hiahia o te whenua
Hei whāngai i ngā pakiaka matewai ki tōna waiū
Ā, hei whāngai i ngā mea ora ki te mauri o te ora

Ko te mana nui o te rā
Hei pupuri i ngā mea ora katoa kia ora tonu
Koia te kaha ārahi o te ora
Hei tiaki me te manaaki i ngā tamariki

Ko te ataata o te harakore e whakaoho ana i te aroha o
ngā mātua ki te pēpi
Ko te tukunga ohorere tēnei i roto i ngā ngākau o te
hunga e aroha ana

Hei tuku ratonga me te mihi aroha, kore utu

Ko te pū o te whakahoahoa
Ko te tangata e whakaora ana i ngā ngākau maru, e
whakaora ana i ngā patunga
He karanga nā te ngākau e kore e taea te whakaahua

He kaitito ia e pupū ana i te aroha ki te tangata
Ko te tangata e mamae ana i tōna mamae

Ko te porowhita whanaungatanga tēnei i waenganui i
ngā mema o te whānau kotahi
Te whānui haere tonu, te whānui haere ki ngā wāhi
whānui ake
Me ngā mara whānui ake

Ko te whiowhio o te ora
I ngā pae tawhiti o ngā hinengaro tuwhera
Ā, ko te rangi o ngā ngākau kua whakakīia ki ngā whetū
o ngā kare ā-roto rangatira

Ko te aroha te harikoa o te wairua
Ko tā ngā wairua aroha e hiahia ana
Ā, e hiahia ana ia ki te toro atu ki a ia me te kōrero ki a
ia

* * *

Ko te mate – kia roa ō koutou oranga – ehara i te
mutunga, engari he tukunga rangitahi e tukuna ana ki te

tangata ina whakatau te ture whānui o te tika kua tutuki i
tōna tinana me tōna taiao te kaupapa, ina rānei ka tino pouri
ia, ka ngenge, ka mamae rānei, ā, kāore e taea e ia te pikau
.i ngā taumahatanga o te ao

Ki te hunga e mamae ana, ko te mate he aranga mai, he
wetekina rānei i ngā mamae o te tinana ki te ara ake i te
.rangimārie, te ata noho, me te okiokinga

Ki te hunga kaumātua, he reti tēnei kua whiwhi rātou i
roto i ngā tau maha o te uaua me te mahi uaua i te wā uaua
.o te ao

He okiokinga pai tēnei mō ngā wairua pai katoa

Kua tae ki te wā kia whakahohehia e te tangata ngā
mana i roto i a ia anō e whakaatu ana i ngā pono. E hono
ana te harikoa ki tēnei whakakitenga, ā, ko te hunga e hiahia
ana ki te toro atu ki aua pae tawhiti o roto, me whakapau
kaha rātou, me te whāngai i ō rātou hinengaro ki ngā
whakaaro auaha kia pā atu ai ki ngā pono kua whakanohoia
e te Atua ki roto i a rātou, kia whai hua ai hoki i ngā mana
.manaaki e nui ana i roto i a rātou

Ko wai e hiahia ana ki te whakamākona i ngā kare ā-
tinana me te kore e whakamātau i te reka o te harikoa
?wairua

Ka whakangao ia i te puna atua, te pūtake o ngā ngākau
māhaki me ngā ahuareka katoa, i roto i te ara ngaro, nō reira
ka hinga tana mahi hokohoko, ā, he iti noa iho te putanga o
.tana hinengaro

Ko te hunga e hiahia ana ki te mōhio ki te Atua, ka
whakamanahia e te Atua tā rātou hiahia nā te mea he
atawhai, he atawhai hoki ia. Heoi, ko te nuinga o te tangata
e whai ana i ngā hiahia o te ao, e whakamarie ana i a rātou
anō ki te hari o te ao kāore e mau tonu, ā, ka mamae rātou
!nā te mea kāore i tutuki, nā te mea rānei i tutuki

Ahakoia te hunga e angitu ana i te taha pūtea, ka pā mai
he koretake i roto i ō rātou ao, he uaua ki te whakakī. Heoi,
ko te hunga e hono ana i ō rātou ao ki te Atua, he whai rawa,
.he whai mana, ā, e koa ana ki te ngākau mārie me te angitu

Ko te kore aro ki ngā tohutohu a te whakaaro nui, me te
kore aro ki te reo o te hinengaro ka arahi ki ngā ara piko,
pahekeheke, mōrearea, me te pōuri, ko te whai i te ara o te
tika ka arahi ki te whakaoranga mai i ngā here me te whiwhi
i te mana ki te mahi i te mea tika, ehara i te mea e
whakahaua ana e ngā kare ā-roto he me ngā tikanga
.whakapohehe

Ka taea e te hunga e rapu ana i te harikoa te whai hua
mai i ngā wheako o te hunga whakaaro nui kua aro atu ki
ngā raruraru o te ao, ā, kua kitea he otinga mō aua raruraru

He pono, ko te tangata e hono ana ki ngā kaupapa atua
ka kauhoe i roto i te moana o te ngākau mārie me te
.rangimarie, ā, he tino waimarie ia

Ko ia whakaaro kei a tātou ka hanga i tētahi wiri
motuhake

Ina whakaaro koe ki te Atua me tō tinana katoa, tō
hinengaro, me ō waewae - ā, ka hāhā koe "E te Ariki" i roto i
a koe anō, ka hangaia e koe he wiri kaha e kawē mai ana i te
.aroaro o te Atua ki roto i tō koiora

Ina mōhio tātou ko te Atua tō tātou aroha mutunga kore,
ko ia hoki tō tātou hoa pumau, ā, ko tōna aroha ki a tātou he
nui atu i ngā aroha katoa, ko reira tātou ka rongō i tōna tata,
ka pā ki tōna aroaro, ka whakamarietia ō tātou ngākau, ka
.rongō hoki i te rangimārie wairua nui

Ina whakaaroaro koe ki te Atua, ā, ka piki haere te
harikoa i roto i tō ngākau me tō tinana katoa, ā, ka puta mai
taua harikoa i ia wā, i ia wā, kia mōhio koe kua whakautua e
te Atua ngā hiahia o tō ngākau, ā, ko ngā kare ā-roto o te
harikoa e pā ana ki a koe he tohu o taua urupare
.manaakitanga

Ko ngā tikanga he taputapu hinengaro aunoa me ngā
tikanga e āwhina ana ki te whakatutuki i ngā mahi e tika ana
.me te ngāwari me te kore e uaua

He tokomaha e tuku ana i ngā tikanga ngoikore me te
kore angitu hei herehere i a rātou, ā, ka taea e te tangata te
tiaki i a ia anō mēnā he rerekē tana noho, mēnā kei te tino
hiahia ia ki te whawhai ki ngā tikanga kino kia tae rā anō ia
.ki te haumaruru me te takutai o te wikitoria

Ka whakatenatenahia ngā whanonga kino e ngā hiahia
kore here mā te whāngai me te whakatika i aua whanonga ki
ngā tumanako teka me ngā kupu whakaari mō te harikoa
.rūpahu me te makona poto noa

I aua wā o te ngoikore me te pōhēhē, me karanga e te
tangata e hiahia ana ki te wikitoria i ngā whanonga tutu ōna
mana mārama kia mārama ai ki tōna āhua tūturu, kia whai
.hua ai hoki te whakahaere i aua whanonga

He kino ngā hua o ngā whanonga kino, ā, he kawa, he
paitini hoki ngā hua

Ki te kore e āraia ēnei whanonga whakangaro, ka kaha
ake, ka mau tonu te tangata i roto i tōna mana me tōna awe
.nui

Kia mōhio te hinengaro ki te koretake me te kino o aua
whanonga, ka memeha haere tō rātou awe, ā, ka ngaro atu i
.te oranga o te tangata

Koinā te āhua o tā tātou whakaaro, koinā tātou

Ko ngā ia o ō tātou whakaaro e whakatau ana i te āhua
.o ō tātou taranata, ō tātou pūkenga, me tō tātou tuakiri

Ki tā ētahi he kaituhi, he kaitoi, he tāngata pukumahi,
he tāngata mangere, he mangere noa iho rānei. Engari, me
?pēhea mēnā i hiahia koe kia rerekē tō āhua ināianei

Tērā pea ka tautohe koe he whānau mai ētahi tāngata
me ngā pūkenga motuhake kāore i a koe, engari e hiahia
ana kia mau i a koe. He pono tēnā. Engari kua mahi rātou ki
te whakawhanake i aua pūkenga, i te hiahia rānei ki te mau i
.aua pūkenga i mua. Ki te kore i tēnei ao, i tētahi ao o mua

Nō reira, me tīmata inaianei koe ki te whakatakoto i tāu
e hiahia ana kia noho

Ka taea e koe te whakatō me te whakatū i tētahi aronga
ki roto i tō hinengaro i tēnei wā tonu, mena ka pupuhi koe i
tētahi whakaaro kaha ki roto i tō hinengaro, ā, ka tutuki ō
mahī, ā, ka aro atu tō tinana katoa ki taua whakaaro, ka
.mahī i runga i tēnā

* * *

Ka whānau te hinengaro wairua i roto i te moenga o te
.aroa, he mea nui atu i te mana whakangaro o te mauahara

Ko ngā mea katoa e kōrerotia ana e tātou, e mahia ana
rānei e tātou ki ētahi atu, me ahu mai i te aroa

Kaua e whara, e whakahe rānei i ētahi atu, engari me
aroa ki a rātou, me tohatoha hoki ki a rātou ngā
.manaakitanga kua homai nei e te Atua ki a tātou

Ehara i a tātou ngā taonga; kua homai ki a tātou hei
whakamahi mō te wā poto, ā, ka tangohia mai i a tātou ina
.wehe atu tātou i tēnei ao

Me hiki ake tātou i te mana pupuri, me hoatu te mea ka
taea e tātou; ko reira ka kawea mai ai e tātou te pai me ngā
.manaakitanga ki a tātou anō. Ki te hoatu, ka homai

He maha ngā wā kāore i a au he pene kotahi, engari i
whakawhirinaki ahau ki te peeke atua, ā, i haere tahi mai te
.taonga tapu me te mana atua i tautoko i ahau

Ko tōku whakapono pono ki te Atua me tāna āwhina te
tino taurangi mōku i te ao, nā te mea kāore ia i whakarērea
.ahau, i whakapōrearea rānei i ahau

Ina whiwhi koe i te māramatanga wairua, ahakoa te
wāhi e haere ana koe, ahakoa te aha e hiahiatia ana e koe,
.ka mahi te ture whānui hei whakatutuki i tēnā māu

**Te mātakitaki i te hanganga me ngā kanohi e kite
ana**

Kaiwhakaako Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

He tino mīharo tēnei ao! I roto i tēnei, e whakaahua ana
te Atua i ngā mea whakamiharo o tāna hanganga, e
whakatinana ana hoki i ngā mea whakamiharo o tāna
hanganga. Kaua te tangata e haere pērā i te hunga mate i
tēnei ao, engari me whakaaroaro, me tātari i ngā mea e
kitea ana e rātou, me te maioha ki ngā mahi a te Atua me
tana tumuaki, te tangata, i runga i tēnei ao. He tino tika te
hanganga o te ao! Ko te āhua o tō tātou hanganga me te

pūnaha whakarite e mahi ai ngā mīhini o te hanganga, e ai ki te ture o te ao, koia te tauira o te tika me te tino pai (te mahi a te Atua, nāna i tino pai ngā mea katoa).

E kite ana tātou katoa i ngā putiputi, e pārekareka ana ki tō rātou ataahua me te reka, engari ko wai ka taea te mōhio ki te mea ngaro o te oranga o ngā putiputi? Me whakaaro te tangata ki ngā tikanga me ngā rauemi e hanga ana i ngā mea katoa e kite ana ia i ia rā, ahakoa he pukapuka, he taonga puoro, he whare, he rākau rānei.

Hei tauira, he maha ngā wā ka warewarehia ngā motuka. Engari ki te toro atu koe ki ngā wheketere e huihuia ana, e hangaia ana, ka kite koe i te uaua me te uaua o te hoahoa. Whakaarohia hoki ngā mahi e hiahiatia ana hei hanga nūpepa o ia rā me ngā mīhini e tā ana. Kāore e taea e te ringa tangata te mahi i taua tere.

Ki te mea he uaua, he honohono hoki ngā mea i hangaia e te tangata, kāti rā, he aha rā te uaua mutunga kore o te hanganga o ngā tipu, ngā kararehe, me te tangata!

Tekau tau te roa e hiahiatia ana hei ako i te pūtaiao hauora kia mārama ai ki te hanganga me ngā whakaritenga o te tinana, he mea noa iho tēnei e āhua nei.

Ina kei te tīmatanga te tipu o te tipu i roto i te wai i roto i te ipu karāhe, ka rite ōna pakiaka ki ngā huruhuru angiangi. Heoi, ina whakatōkia, ko te kaha e whakakīia ana e te mātauranga atua, kei roto i ngā pakiaka, ka taea e te tipu te mimiti i ngā matūkai e tika ana mō tōna tipu mai i te oneone me te wai.

He mea whakamiharo te rere o te wai e whāngai ana i ngā rau o te tipu ki runga, me te kore e aro ki te kaha o te kaha o te kaha? Mā te tihore i te kiri o te kākano o te tipu, o te take rānei o te rākau, ka kitea te mahi uaua o ngā ngongo

e whakahaere ana i te rere o taua wai. Ko te kaha akiaki i muri i tēnei tukanga whāngai me te tipu he mea ngaro e kiia nei ko te ora tonu.

Ina kei roto ahau i te hinengaro atua, ka kite ahau i te ora ahakoa i roto i ngā muka o te tarutaru. Kāore au i moemoeā ka taea e au te kite i ngā mea whakamiharo o te hanganga. Ko te whakaaroaro ki ēnei mea whakamiharo ko te tū me te wehi me te whakaute ki te aroaro o te Atua nui me te kororia.

(Ā, i haere ahau me te hikoi o te tangata whakaiti, ngawari hoki)

(Kāore te Atua e whakapehapeha, kāore hoki e whakakake)

Nā te hiahia nui o te Atua i whakarite te āhua o ia mea ora, me ngā whakaritenga katoa e tika ana mō tōna oranga, tōna tiaki, me tōna tiaki i a ia anō kia pai ai te āhua, kia taea ai hoki e ia te mahi i āna mahi. Mēnā ka puta he hapa i roto i ēnei whakaritenga kai, hei tauira, ka pāngia ngā tipu, ngā kararehe, me te tangata.

Ka whiwhi te tangata noa i ngā momo matū katoa e hiahiatia ana e te tinana mai i ā rātou kai. Heoi, he tokomaha te hunga e whakahawea ana ki ngā aratohu kai, e kai ana i ngā kai kāore i te whai i ngā momo matū katoa e tika ana, kāore rānei i te whai i te taurite kai nui mō te hauora pai. Ko te kore kai tōtika te tino take o ngā mate maha o te tangata. Ka kitea tonutia te pānga o ngā korenga kai ki tētahi tipu kua tangohia ētahi wāhanga matū nui i roto i tana kai.

He whakawhitiwhiti kōrero nui kei waenganui i te tangata me ngā mea ora katoa. E mōhiotia whānuitia ana te whakawhitiwhiti kōrero i waenganui i te tangata me te

kararehe. Ka manawa te tangata i te hāora, ka whakaputa hoki i te hauhā waro, ko ngā rākau ia ka mimiti, ka penapena hoki i te hauhā me te wai, ka pakaruhia e te tukanga whakaahua hei hanga warowaihā (ngā pūhui o te waro, te hāora, me te hauwai, pērā i te māngaro me te huka).

I tēnei tukanga, ka tukuna e ngā rākau te hāora e tika ana mō te tangata. Ka mutu te hanga whakaahua i te pō nā te mea e whakawhirinaki ana ki te rā. Heoi, mā tētahi atu tukanga e kiia nei ko te manawa, ka tukuna tonutia e ngā rākau te hauhā waro ki te āhuarangi, inā koa i te pō ina kore he pānga ārai mai i te hanga whakaahua, e mimiti ana i te waro ka whakaputa hāora.

I te pō he marino te hau, ā, ka tau te hauhā waro taumaha ki te whenua. Koinei tētahi o ngā take i whanake ai te tikanga o te moe i runga i ngā moenga, arā, i runga ake i te taumata o te whenua.

Kua whakakitea mai e te pūtaiao ki a tātou ngā āhuatanga matatini o tēnei ao tūroa—ngā huānga i hangaia ai tātou katoa. Engari he nui tonu ngā mātauranga kāore anō kia hurahia. Mēnā ka whakawhanakehia e tātou ngā mana huna o ō tātou kare ā-roto, ka taea e tātou te whiwhi māramatanga hohonu ake, whai rawa atu. He mea kei te titirohia e ō tātou kanohi, engari kāore e kitea. He mea kei te whakarongohia e ō tātou taringa, engari kāore e kitea nā te mea kua taunga ō tātou kare ā-roto ki ngā wheako o te ao tūroa, iti nei, ā, e whakawhirinaki ana ki ēnei.

Ko te whakaoranga mai i taua herenga ehara i te whakakorenga i ngā ahuareka o te tinana, engari he whakawhānui ake i te whānuitanga o ō tātou pūkenga tinana—i homai e te Atua ki a tātou—ki tōna pūmanawa wairua tino teitei.

I te taumata ā-tinana, kua kitea e te tangata ngā huarahi maha hei whakarei ake i ōna āheinga tirohanga. He iti noa ngā tae e kitea ana e te kanohi tahanga; heoi, ko ētahi toka parauri mārama e whakaatu ana i ngā tae kanapa i raro i te mārama ultraviolet. Ina āraia tēnei mārama, ka hoki ngā toka ki tō rātou tae pouri taketake. He maha ngā tae o te ao tūturu, pērā i te kikorangi o te rangi, he mānukanuka whatu i hangaia e te whakaata o te mārama mai i ngā momo matūriki rerekē. Nā te mea he iti noa te whānuitanga o ngā wiri e kitea ana e te kanohi e hanga ana i ngā mea katoa o te ao, kāore e taea e te tangata te kite i ngā hihi ngawari, ethereal e huna ana i roto i ngā mea katoa e karapoti ana i a rātou. Mena ka kite tātou i a rātou, ka miharo tātou ki tō rātou ataahua me tō rātou ataahua. Ahakoa ko ngā tae tino kanapa o te ao ka ahua pōuri, he pōuri hoki ki te whakataurite ki ngā tae whakamiharo o te aorangi, o te ao ethereal rānei.

Nō reira, e kore e taea e te kanohi, e te taringa rānei te kite i ngā mea katoa e kitea ana. Kāore e taea e te tangata te hongī i ngā kakara ethereal, kakara, te kite rānei i ngā āhua ngawari, ngā whakaahua, me ngā kare ā-roto e rere ana i roto i te whānuitanga o te ethereal.

He maha ngā wā kāore e taea e te tangata te kite i ngā mea i roto i ō rātou ake māramatanga. E maioha ana te hunga kite ki te ataahua i ngā wāhi katoa. Ko ētahi e mahi ana me te mea kāore he kanohi; kāore e kite, kāore hoki e mārama—"turi, matapo, wahangu, nō reira kāore e mārama"—nā te mea kāore e taea e rātou te kite i tetahi mea, ahakoa i ngā wāhi ataahua.

I taku haerenga ki Mexico, ā, i taku kitenga i ngā "māra mānu" o te roto o Zuquemilco, ka kī tonu tōku ngākau i tōna ataahua, ā, ka rongo ahau i te ataahua me te mana o te kaitoi atua. I reira anō tētahi atu tangata i te āhua nei kua

mimiti ki aua mea whakamiharo o te taiao, engari i puta mai he kare ā-roto ki ahau kāore ia i te kite i taku e kite nei. I pātai atu ahau ki a ia mō tana whakaaro mō aua tirohanga ataahua, ā, ka whakahoki mai ia, "I whakaaro ahau mō tētahi huarahi whai hua hei whakaheke i te wai kia nui ake ai te whenua e ngaki ana."

I a ia e mahi ana hei miihini, i tirohia e ia te roto mai i tana ake tirohanga. Nō reira, ka kitea e tātou katoa ngā mea i runga i ō tātou ake whakaaro me ō tātou ake whakaaro.

Kei roto i ia wairua ngā wiri rerekē o ngā kare ā-roto, ngā whakaaro, me ngā kare ā-roto—ngā āhukatanga katoa e whai wāhi ana ki te hanganga o te āhua, o te hinengaro rānei o te tangata. He hanganga ahurei tō ia tangata, he wiri rerekē. Ko ngā mea katoa i mahia e te tangata mai i te tamarikitanga ka rongoaia tonutia ki roto i te roro hei kāpū kua pēhia o ngā au me ngā hiahia. Nā te mea kāore e taea e tātou te kite i ēnei kāpū kāore e kitea, ka miharo tātou ki ngā mahi a te tangata, ia tangata e ai ki ō rātou ake hiahia. Ko ētahi ka ngāwari te hurihanga e te harikoa me te kore take, ka riri, ka pōuri rānei i ngā huarahi e kore e taea te whakamārama, ahakoa i a rātou anō. Ko ētahi ka aro tonu ki te whakahē, ka hanga raruraru, ka hora i ngā kōrero pakiwaitara, ka whakaatu i ētahi atu, ko ō rātou ake wairua kei roto i te hiahia nui kia horoia, kia purea. Ka tanumia e ēnei au hinengaro te wairua, ka ārai i te tangata ki te whakaatu i tōna pūmanawa teitei. He tino uaua, he whakawhāiti hoki ngā tāngata! He kōrero maha-upoko ia tangata, he kaupapa honohono me ngā whakaaturanga kanorau.

Haunga te kai, te moe, me te mahi, e tumanakohia ana kia whiwhi te tangata i tētahi mea whai tikanga mai i te ao. Ka whakaaroaro ngā kai whakaaroaro ki ō rātou taiao, ā, he maha ngā wā ka miharo rātou ki ngā mea e kitea ana. Ka āta

tirotiro rātou, ka pātai he aha ngā mea ka puta, ka kore rānei e puta i tētahi ara. Hei tauira, ka whiwhi tātou i tētahi huinga niho, kātahi ka whiwhi i tētahi huinga tuarua, nō reira he aha e kore ai e whiwhi i tētahi huinga tuatoru? He aha te pūnaha e mahi ai pēnei?

Ka whakaae ngāwari te tangata ki ngā ariā rūpahu o ngā herenga taiao, me te kore e pātai nui, ā, ka tukua aua ariā ki te whakahaere i ō rātou oranga me ō rātou mutunga. Kāore ngā Kaiaro e whakaae ngāwari ki te āhua o nāiane; engari, ka whai rātou ki te whakarerekē, ā, koinei tonu te mea e taea ai te ahunga whakamua.

Ka hari ahau ina kite ahau i ngā whakatutukitanga me ngā mahi auaha a te tangata e whai hua ana ki te tangata i tētahi ara, i tētahi ara rānei. E hia ngā mea whakamiharo kua puta mai i te hinengaro tangata! Heoi, he uaua tonu te hinengaro i ngā mea katoa kua puta mai i a ia.

He kōrero tēnei mō tētahi kīngi i whakaatu i te manaaki me te aroha nui ki tana minita matua, ā, i puta ai te hae me te hae i roto i ngā ngākau o ētahi atu rangatira o te whare ariki i kite i te whakaaro pōhēhē o te kīngi. I te kitenga o te kīngi i tēnei, ka hiahia ia ki te whakamārama ki a rātou he aha i tino pai ai te minita ki a ia.

I tētahi rā ka rongu te kīngi me tana tira i te waiata e puta mai ana i tawhiti, nō reira ka tahuri ia ki tētahi o ana rangatira rūma, ka mea atu: "Rapua mai ngā purongo ki a mātou."

Kāore i roa i muri mai ka hoki mai te tangata, ka mea he tira marena. Ka pātai te kingi, "Nā wai te marena?" engari kāore i taea e te rangatira o te rūma te whakautu.

Kātahi ka tonoa e ia tētahi atu rangatira rūma, ā, ka hoki mai ia me te whakautu ki te pātai whakamutunga a te kīngi,

engari kāore i taea e ia te whakautu i tētahi o ngā pātai a te kīngi. I pērā anō te mea i tupu ki ētahi tāngata.

Hei whakamutunga, ka karangatia e te kīngi tana minita matua, ka whakahau i a ia kia haere ki te tiroiro i te take. Ka haere tonu te minita, ā, i tōna hokinga mai, ka pātaihia ia e te kīngi ki ngā pātai maha, ā, i taea e te minita mātau, pono hoki te whakautu me te taipitopito.

He tokomaha ngā tāngata puhoi te hinengaro, he mangere hoki te hinengaro, he rite ki ngā kaitiaki tatau kuware. Ehara i te mea he kuware rātou, engari he tino mangere te hinengaro, kāore e whakapau kaha ki tua atu i te mea e tika ana. Ka taea e au te whakamāori i te mangere tinana, nā te mea tera pea he take tika mō te tinana, engari kāore he whakamāoritanga mō te mangere hinengaro! Ko te hunga kore mahi hinengaro, kāore e hiahia ki te whakaaro nā te mea he mahi uaua ki a rātou te whakaaro.

He mea whakamiharo, he mea whakamīharo te whakaaro. Kāore e taea e tetahi te whakarōpū i ngā au me ngā tirohanga a te hinengaro. He mutunga kore ōna āheinga. Nō reira, ki te āta tirohia, ki te whakaaroaro hōhonu hoki koe mō tētahi kaupapa, ka kitea e koe te whakautu ki tētahi pātai e pā ana ki taua kaupapa.

Me rite ō kare ā-roto ki ō whakaaro. Ki te kore koe e whakarite i ō kare ā-roto ki ō whakaaro, kāore ō whakatau e tika i ngā wā katoa. He momo māramatanga te kare ā-roto, te putunga o ngā mōhiotanga katoa. Me whakataurite te kare ā-roto i te hinengaro, ko reira anake ka puta ai te ahua tapu o te Atua i roto i a koe i tōna tino mauri. Nō reira, ka ako te yoga i te tangata ki te whakataurite i ngā mana o te hinengaro me te kare ā-roto. Ko te hunga kāore i a rātou ngā mea e rua i te ōrite, he tamariki kore.

Ka nui haere te whanaketanga wairua o te kaitono, ka tata atu ki te Atua, ka nui haere te whakakitenga mai a te Atua ki a ia i ngā mea whakamiharo o te oranga. Kei muri i ia mea tinana he tauira mārama tae kanapa. I roto i te ao kanapa, he oraora ngā mea katoa. Kāore he mea e kiia ana he kore ora.

Kei tua atu i te whakaaro te wheketere huna o te ao tūroa. He whakaaro kotahi te ao whānui i roto i te hinengaro o te Atua! Ahakoa ngā tupuni e mahi ana, e whakahaeretia ana hoki e ngā ture pāngarau e kore e taea te mārama o te tangata. He pūnaha tino tika, he tino pai hoki te mahi a ngā mea katoa. He hinengaro kaha rawa atu taua hinengaro o te ao tūroa! Kei te mahi te tino mutunga kore i roto i ngā mea katoa, ā, ko ngā awhiowhio nekehanga kanorau katoa e kīia nei e tātou ko te ora kei raro i taua hinengaro o te ao tūroa.

Ia rau tau, e piriona tāngata e wehe atu ana i tēnei ao, ā, he tokomaha ake anō e whānau mai ana. He nui te tuku me te tonono, me ōna āhuatanga uaua katoa. Heoi, kua whakaratohia e te Atua he nui o te kai hei whakatutuki i ngā hiahia o te tangata. Ko te tangata anake te take o te rawakore me te pōuri i runga i te whenua. Kua tae te wā kia noho tātou i tētahi wā o te whai rawa me te nui, e ora ai te katoa i roto i te hauora me te harikoa me te rangimārie. I taea tēnei me i kore te hiahia whaiaro o te tangata me te whakahaere i ngā mutunga o ngā iwi e tētahi tokoiti iti e whai ana i a rātou anō.

Ko te nuinga o te tangata e moe hohonu ana i roto i tēnei ao moemoeā. Ko te tangata mātau anake e ara ana. Kāore ia e aro ki ngā mea e noho ana i te hinengaro o te tangata noa, ko tana anake e aro nui ana ko te whai taonga me ngā ahuareka o te tinana, me te moumou taima ki ngā mahi me ngā hiahia papaku.

Ka ngenge te tangata i a rātou anō e whai ana i ngā whakamātautau poto noa i tēnei ao poto, ahakoa kei roto i a rātou te harikoa pono, e kore e taea te kōrero. Ka tino kitea e rātou mēnā ka rapu māia rātou, ā, ka tino hiahia rātou kia kitea.

Me whakamahi te hinengaro me te whakaaro nui, me te tika hoki, kia kitea ai te taiwhanga atua e huna ana i tua atu o tēnei ao. I mua, nā te aroha noa o te Atua, i kite ahau i ngā mea whakamiharo mutunga kore o te hanganga mō te rā katoa, ā, ka mea ahau ki te Atua: "E te Ariki, i ahau e matapo ana, kāore i kitea e au tētahi tatau kotahi e arahi ana ki a Koe. Engari nā te mea kua whakatuwheratia e Koe ōku tirohanga me ōku māramatanga, ka kite ahau i ngā tatau e tuwhera ana i ngā wāhi katoa... i roto i te ngākau o ngā putiputi, i roto i ngā reo o ngā hoa pono, me ngā maharatanga o ngā wheako rangatira e arohaina ana. Ina hoki, ko ia kōrero hāhā o aku inoi ka whakatuwhera i tētahi ara hou ki te temepara nui o Tō aroaro tapu."

Me kaha, me tū pakari te kairapu, me pumau, me whakatau kia kitea te Mea Tapu Rawa e huna ana i muri i te arai o te hanganga. Me wehe atu i ngā tono mutunga kore o te ao, kaua hoki e tukua kia moe i te pō i mua i te kōrero ki te Atua i roto i te ngākau me te wairua. Kāore e mutu ngā tono o te ao, nō reira me whakatapua he wā i ia rā ki te noho tahi me tātou anō, ki te Atua hoki, kia matara atu i te haruru me te ngangau o te ao me te ngangau o te ao. Ko reira tātou ka kite i te ao mā roto i tētahi tirohanga hou, nā te mea ka whiwhi tātou i tētahi tirohanga hou mōna.

Pērā i ngā kaipūtaiao i taea ai te kimi i ā rātou kitenga mā te whai i ngā ture taiao me ngā mātāpono pūtaiao motuhake, ka taea hoki e te tangata rapu pono te kimi i te Atua mā te whai i ngā ture wairua, me te whai i te mātauranga o te Atua hei whāinga matua mō te ao. Nā tēnei

kaupapa tonu i haere mai ai te tangata ki tēnei ao, ahakoa kua waiho hei whāinga kua waiho hei whāinga tahaetia mō te nuinga o te tangata. Engari ka tinihanga te tangata i a ia anō mā te wareware ki te kaupapa o te ao, me te aro nui ki ngā mea papaku me ngā mea koretake.

Kia mahara, e hoa, ahakoa te kino o ō āhuatanga i tēnei ao, ina tahuri koe ki te Atua, ka kite koe i a Ia e mahi tahi ana me koe, ka rongo hoki i Tōna aroaro ahakoa ngā whakamātautau katoa e pā ana ki a koe. Ka kite anō hoki koe i a Ia e whakakitea ana i roto i ngā mea katoa e karapoti ana i a koe, ā, ka ki tonu koe i Tōna aroha me tōna hari.

Kāore te hauora, te rawa, ngā whakatutukitanga ā-iwi, ngā taonga rānei e pumau tonu ake ake. Nō reira, he aha koe ka manukanuka ai ki ngā mea kua whakaritea kia memeha, kia memeha haere?

Ka inoi ahau ki te Atua Kaha Rawa kia arahina mai tātou i te pōuri ki te māramatanga

Mai i te mauahara ki te aroha

Mai i ngā here ki te herekoretanga

Mai i te kuware ki te whakaaro nui

Mai i te mamae me te mate ki te ora tonu me te okiokinga mutunga kore

Ā, kia ārahi mai ia i a tātou ki Tōna mātauranga

Ā, ka noho mataara tonu tātou i roto i tōna mōhiohio

Ā, kia huakina ngā tatauranga katoa e anga atu ana ki te rangi o Tōna whakaaro nui

Kia ora tātou i roto i te whakapono, i te harikoa, i te rangimārie o te hinengaro, me te ngākau māhaki

I ngā rā katoa o ō tātou oranga

Kia tau te rangimārie ki a koe

Te rapu i te tikanga o te ora

I te mea i haere mai tātou ki tēnei ao, i te wāhi kāore tātou i te mōhio, he mea maori kia whakaaroaro tātou mō te takenga mai me te kaupapa o te ora. Ka rongo tātou mō te kaihanga o tēnei ao, ka pānui hoki tātou mōna, engari kāore tātou e mōhio me pēhea te whakapā atu ki a ia. Ko tā tātou e mōhio ana ko te ao katoa e whakapuaki ana i te noho o tōna hinengaro atua. Pērā i ngā wāhanga me ngā taputapu iti o tētahi wati iti e miharo ai tātou ki te kaihanga wati, ā, pērā i ngā mīhini nui, uaua o tētahi wheketere e miharo ana, e whakaoho ana i tō tātou whakamoemiti ki tā rātou kaihanga, waihoki, ina kite tātou i ngā mea whakamiharo o te taiao, ka miharo tātou ki te mātauranga e huna ana i muri i a rātou, ā, ka pātai tātou: "Nā wai i homai tōna āhua kanapa ki te putiputi, ā, i anga tōna mata ki te rā? Nō hea tōna kakara me tōna ataahua? Ā, me pēhea te hanga o ōna rau me te tino tika, me te tae ki ngā tae whakamiharo me te harikoa?"

I te pō, ka titaritari ngā whetū me te marama i ō rātou mārama hiriwa ki a tātou, ka whakaoho i a tātou ki te whakaaroaro ki te hinengaro e ārahi ana i ēnei tinana rangi i te whānuitanga o te wāhi. Kāore e ranea te mārama ngawari o te marama katoa mō ngā mahi o ia rā, nō reira, mā te hinengaro whakaaro nui, ngāwari e whakaaro he okiokinga i te pō. Kātahi ka whiti te rā, ā, mā tōna māramatanga kanapa ka taea e tātou te kite i te ao e karapoti nei i a tātou me te mārama me te marino, ka taea ai e tātou te mahi i ngā mahi e puta mai ana ki a tātou.

E rua ngā huarahi hei whakatutuki i ō tātou hiahia: te tinana me te wairua. Hei tauira, ina heke te hauora, ka taea

e tātou te haere ki te tākuta mō te maimoatanga. Engari ka tae mai te wā kāore e taea e te tākuta, e tetahi atu rānei te āwhina, ā, ka tahuri tātou ki te huarahi tuarua: ki te mana wairua i hanga ai tō tātou tinana, hinengaro, me te wairua. He iti te mana tinana, ā, ina kore e ranea, ka tahuri tātou ki te mana atua mutunga kore. E pā ana hoki tēnei ki ō tātou hiahia pūtea. Ina whakapau kaha tātou, ā, kāore anō kia ranea, ka tahuri tātou ki taua mana.

Ki te whakaaro o te katoa ko ō rātou raruraru te mea kino rawa atu. Ko ētahi ka nui ake te pēhanga i ētahi atu nā te mea he ngoikore tō rātou ātete. Nā te rerekētanga o te kaha hinengaro o te tangata, he rerekē te nui o te kaha e pau ana i a rātou. Mena ka pāngia te tangata e te raruraru tino uaua, ā, he ngoikore tōna hinengaro, e kore e taea e rātou te wikitoria. Ka taea e te hunga whai hinengaro kaha te wikitoria i ō rātou uauatanga mā te wawahi i ngā arai me te whakangaueue i ngā turanga o ō rātou arai. Ahakoa ko te hunga tino kaha kua pāngia e te hinganga. Ina pāngia tātou e ngā raruraru me ngā uauatanga maha o te ao tūroa, te hinengaro, me te wairua, ka kite tātou i te iti o te mana o te ora i roto i tēnei ao tūroa.

Kaua ā tātou mahi e arotahi ki te whakatutuki i te hauora me te haumaru pūtea anake, engari me te rapu hoki i te tikanga o te ora. He aha te kaupapa o te ora? Ina pāngia tātou e ngā uauatanga, ka tahuri tuatahi tātou ki te taiao, ka ngana ki te whakarerekē i ngā āhuatanga katoa e whakapono ana tātou ka awhina i a tātou. Engari ina tae tātou ki tētahi ara kore, ka mea, "Kua rahua aku ngana katoa; he aha atu tāku e taea ai?" ka tīmata tātou ki te whakaaro nui ki te kimi i tētahi otinga whai hua mō tō tātou raruraru. Ā, ina hohonu rawa ō tātou whakaaro, ka kitea e tātou te whakautu i roto i a tātou anō. He momo inoi whakautua tēnei.

Inoi: He matea wairua

He matea wairua te inoi. Kāore te Atua i hanga i a tātou hei kai tono moni, nā te mea i hanga tātou e ia kia rite ki tōna āhua. E kī ana ngā Karaipiture Tapu i tēnei. Ko te kai tono moni e haere ana ki te whare o te tangata whai rawa, e tono ana i ngā mea atawhai, ka whiwhi ia i te wāhi o te kai tono moni. Engari ka taea e te tama te whiwhi i tetahi mea mai i tōna matua whai rawa. Nō reira, kua tātou e mahi pērā i te kai tono moni.

Ko ētahi tāngata te āhua nei kei a rātou ngā mea katoa, ā, i whānau mai rātou ki te oranga me te whakamarie, ko ētahi ia te āhua nei e kukume ana i te raruraru me te hinganga. Kei hea te āhua o te Atua i roto i a rātou? Kei roto i a tātou katoa te mana o te wairua atua. Engari me pēhea tātou e whakatipu ai i taua mana? Tērā pea kua ngākau pouri koe i mua nā te mea kāore āu inoi i whakautua, engari kua e ngaro te tumanako me te whakapono. Kia mōhio ai koe mēnā he whai hua āu inoi, me whakapono koe ki te mana o te inoi i roto i a koe anō.

Tērā pea kāore ngā inoi a ētahi tāngata e whakautua nā te mea i whiriwhiri rātou ki te inoi. Waihoki, me mōhio te tangata ki te mea hei tono atu ki te Atua. Ahakoa ka inoi koe me tō ngākau katoa, me tō kaha katoa kia riro i a koe te whenua me ngā mea katoa i runga, e kore āu inoi e manakohia nā te mea he herenga ā-roto ngā inoi katoa e pā ana ki te ao tūroa, ā, me herenga. Engari he huarahi tika hei inoi. E kiia ana e iwa ngā ora o te ngeru, engari e iwa tekau mā iwa ngā ora o ngā uauatanga! Me kimi e koe he huarahi whai hua hei whakakore i te "ngeru o ngā uauatanga". Ko te mea ngaro o te inoi whai hua kei roto i te whakarerekē i te tūnga o te tangata mai i te kaitono ki te tangata whai tika. Ina tono koe ki te Atua mō tētahi mea o taua āhua wairua, ka whai mana, ka whai whakaaro nui hoki tō inoi.

Kei roto i te kaha o te ngākau te purapura o te angitu

He nui te matakū me te manukanuka o te nuinga o te tangata ina ngana ana ki te whakatutuki i tētahi mea nui ki a rātou. Kāore te mahi me te manukanuka me te manukanuka e kukume mai i te mana atua, engari ko te whakamahi marino me te pumau o te kaha o te hiahia ka wiri i ngā mana o te ao, ka puta mai he urupare mai i te Tino Mutunga Kore. Kei roto i tō hiahia ngā purapura o te angitu mō ngā mea katoa e hiahia ana koe ki te whakatutuki. Ko te hiahia kua pakaru, kua kuruhia e ngā uauatanga ka pararutiki mō te wā poto. Engari ko te tangata pakari me te whakatau e mea ana, "Ahakoa ka haehaea tōku tinana, engari ka noho teitei tonu te upoko o tōku hiahia, ā, ka akiakihia e te whakatau," e whakaatu ana i te taumata teitei o te kaha o te hiahia.

Ko te kaha o te hiahia me tōna aronga tika ngā mea e whakaara ake ana i te mana o te tangata. Ina whakarērea e te tangata te whakamahi i te kaha o te hiahia, ka noho hei tangata noa, kāore e whai hua i roto i ngā kaupapa. He tokomaha e kī ana kaua e whakamahia tō tātou kaha o te hiahia ki te whakarerekē i ngā āhuatanga, i te wehi kei aukati i te mahere a te Atua. Engari he aha i homai ai e te Atua te kaha o te hiahia ki a tātou mēnā kāore ia i hiahia kia whakamahia e tātou? I tūtaki ahau ki tētahi tangata pakari i kī mai kāore ia i te whakapono ki te whakamahi i te kaha o te hiahia nā te mea ka whāngai i te whakaaro nui ki a ia anō. Ka whakahoki ahau, "Kei te whakamahi koe i tō kaha o te hiahia i tēnei wā, ā, he tino kaha, ki te ātete i ahau. Ka whakamahia e koe ki te kōrero, ki te tū, ki te hikoi, ki te kai, ki te haere ki ngā kiriata, tae noa ki te moe. Ko tāu e hiahia ana ko ngā mea katoa e mahia ana e koe. Ki te kore he kaha o te hiahia, ka noho koe hei karetao." He mahi mā te tangata te whakataurite i ō rātou hiahia, e whakahaerehia ana e ngā hiahia, ki te hiahia o te Atua. Nō reira, ina tukuna tonutia te inoi tika, ka noho hei kaha o te hiahia i roto i a ia anō.

Me whakapono koe ki te āheinga o te whiwhi i tāu e inoi nei. Ki te inoi koe kia whiwhi whare, ā, i taua wā anō ka mea tō hinengaro, "Me pēhea e taea ai e koe te utu i tētahi whare, e te kuware?" kei te ngoikore tō hiahia ki tēnei momo whakaaro. Ina peia e koe te kupu "Kāore e taea e au" i tō hinengaro, ka whiwhi koe i te mana teitei ake. Ae, kāore ngā whare e taka mai i te rangi, ā, kia whiwhi whare ai koe, me whakamahi koe i te kaha o te hiahia me te mahi i ngā mahi whai hua hei whakatutuki i tāu whāinga. Ina tohe tonu koe, ā, e kore e whakaae ki te kore e angitu, ka taea e koe te whakaatu i tāu e wawata nei. Ā, ina whakamahi tonu koe i taua kaha o te hiahia mā roto i ō whakaaro me ō mahi, ka tutuki ō hiahia, ā, ka tae mai ki a koe ngā mea katoa e hiahia ana koe, e wawatahia ana e koe. Ina tohe tonu koe me te whakatau me te manawanui, ka puta te hua e hiahiatia ana i tētahi ara, ahakoa kāore te mea e hiahiatia ana e koe i tēnei ao. Kei roto i taua kaha o te hiahia te whakautu atua, nā te mea ko te pai o te hiahia nō te Atua. Ko te manawanui he hiahia atua.

Tahuna ngā purapura o "Kāore e taea e au" i roto i tō roro

He ngoikore te ngākau o te tangata. Ina werohia, ina haehaetia hoki e ngā whakamātautau me ngā hinganga, ka ngaro tōna hononga ki te Kaihanga Mutunga Kore. Engari kei muri i te ngākau o te tangata ko te ngākau o te Atua, e kore nei e mōhio ki te ngoikore, ki te hinganga rānei. Ahakoa te mate, i roto i tōna kaha katoa, e kore e taea te wawahi, te aukati rānei i te ngākau o te Atua. Ka tino whakautua e te Atua taua inoi e akiakihia ana e te ngākau o te whakatau me te manawanui.

He mangere, he ngoikore te nuinga o te tangata, ahakoa te tinana, te hinengaro, ngā mea e rua rānei. E hiahia ana rātou ki te whakaaroaro engari ko te moe anake

te mea e whakaarohia ana. Ina pā mai te hiamoe ki a rātou, ka moe nui rātou, ā, ko te mutunga tēnā o tā rātou inoi! I tēnei āhua, ka tanumia te kaha o te ngākau. Kī tonu te roro o te tangata noa i ngā purapura o te "Kāore e taea e au". I whānau mai rātou ki tētahi whānau he āhuatanga me ētahi tikanga, ka awehia rātou e ēnei, ka whakapono kāore e taea e rātou tēnei, me tahu rānei ēnei purapura kino, ā, me whakakore atu tō rātou awe i te hinengaro. Kei a koe te mana ki te whakatutuki i tetahi mea e hiahiatia ana e koe. Kei roto i te ngākau o tō ngākau taua mana.

Me whai hoa pai te hunga e hiahia ana ki te whakawhanake i te kaha o te ngākau. Ki te hiahia koe kia noho hei tohunga pāngarau nui, ā, kāore ō hoa akomanga e pai ki te pāngarau, ka memeha haere tō hihiri. Engari ki te hono koe ki ngā tohunga pāngarau matatau, ka kaha ake tō kaha o te ngākau, ā, ka taea e koe te kī, "Ki te taea e ētahi atu te angitu, ka taea hoki e au."

Kaua e hohoro ki ngā mea nunui hei hanga i tō kaha hinengaro. Hei angitu, me whakamātautau tuatahi koe i tō kaha hinengaro ki ngā mea iti i whakaaro koe kāore e taea e koe. Ki te whakapau kaha koe, ka whai mai te angitu.

Kei te maumahara tonu ahau ki ngā whāinga katoa i kī mai ai aku hoa me ētahi atu kāore rawa ahau e tutuki, engari i tutuki i ahau. Ka taea e ēnei tāngata whai whakaaro pai te whakararu nui i ō rātou whakaaro. Kia tiakina tātou e te Atua i a rātou me ā rātou tohutohu. Ko te whakahoahoa te mea nui rawa atu hei āwhina i te kaha o te hinengaro. Ko te haere ki ngā kanikani me te waipiro me te puoro nui, kaua ki te whakaaroaro i roto i te wāhi tapu o te wahangu, ka whakapoke i te hinengaro ki te puehu matotoru o ngā wiri o te ao, ka uaua ai te whakarērea. Ka kaha ake, ka ngoikore rānei te kaha o te hinengaro i te awe o ō hoa. He tino uaua te whakawhanake i te kaha o te hinengaro mā te mahi

takitahi anake. Me whai tauira pai koe hei whai. Ki te hiahia koe kia noho hei kaipeita, kia noho karapotia e ngā peita pai, kia noho tahi me ngā kaipeita. Ki te hiahia koe kia noho hei tangata wairua, kia noho hei hoa mō ngā tāngata wairua whai āhua rangatira.

He rerekētanga nui i waenga i te whakapono me te wheako. I ahu mai te whakapono i ngā mea kua rongo koe, kua pānui rānei, ā, kua whakaaetia hei pono taketake. Ko te wheako, i tētahi atu taha, ko ngā mea kua kite koe, kua mārama hoki. He pumau tonu te tino whakapono o te hunga kua wheako i te Atua. Ki te mea kāore anō koe kia whakamātau i te karaka, ka taea e koe te tinihanga i ōna āhuatanga. Engari ki te mea kua kai koe i te karaka i mua, e kore koe e tinihangatia, nā te mea kua whakamātau koe i te hua, ā, e mōhio pai ana koe ki taua mea.

Rapua te hunga e whakakaha ana i tō whakapono

Ko ngā whakaaro mō te Atua, te angitu, te whakaora, me ērā atu mea, e noho katoa ana i roto i tō hinengaro pērā i ngā kāpū hinengaro Whakamātauria. Hei whakamātautau i ō whakaaro, me whakamahi koe i tō kaha hiahia ki te whakaatu i aua whakaaro. Hei whakawhanake i te kaha hiahia e tika ana, me hono koe ki te hunga he kaha te hiahia. Ki te hiahia koe ki te whakaora i runga i te hiahia o te Atua, rapua te hunga e whakakaha ana i tō whakapono, e whakakaha ana i tō hiahia.

I haereerea e au te roa me te whānui o Īnia ki te rapu i tētahi tangata e mōhio pono ana ki te Atua, engari he onge. He rite tonu ngā whakapono o ia kaiako i tūtaki ahau ki a rātou. Engari i roto i ngā take wairua, i whakatau ahau kia kaua e makona ki ngā kupu noa iho mō te Atua. I hiahia ahau ki te wheako i a ia, me te tino rongo i Tōna aroaro. Kāore he tikanga o ngā mea i kōrerotia mai ki ahau mēnā kāore au i te mārama mā roto i aku ake wheako.

I tētahi wā, i a au e kōrero ana ki tētahi hoa mō ngā tāngata tapu o Īnia, he kaihokohoko taku hoa, ā, kāore ia i rite ki taku hihiri. Engari, i mea ia, "Ko te hunga katoa e kiia nei e koe he hunga tapu he hunga tinihanga, kāore e mōhio ki te Atua." Kāore au i tautohetohe ki a ia, engari i whakarerekē i te kaupapa, ā, ka tīmata māua te kōrero mō te umanga kaihokohoko. I muri i tana kōrero mai ki ahau mō te maha o ngā mea, ka mea mārie ahau, "E mōhio ana koe kāore he kaihokohoko pono i Calcutta, ā, he hunga teka katoa rātou?" Ka riri ia, ā, ka whakahoki riri mai, "Ā, he aha tāu e mōhio ana mō ngā kaihokohoko?" Ka whakahoki ahau, "Koinā tonu taku i kī ai. Ā, he aha tāu e mōhio ana mō ngā tāngata tapu?" Kāore ia i kōrero. Ka haere tonu ahau me te mārie me te atawhai, "Kāore au i te mōhio ki tetahi mea mō te kaihokohoko, ā, kāore koe i te mōhio ki tetahi mea mō ngā tāngata tapu."

Kua tae te mahi whakapono ki tētahi wāhi kāore e taea e te tini tāngata te whakamāori i ō rātou whakaaro wairua ki roto i ngā wheako o te ao. Kei te kōrero ahau i konei mai i ngā wheako whaiaro. Kāore au e hiahia ki te kōrero mō ngā mea e mōhiotia ana e au i runga i te hinengaro anake. He maha ngā tāngata e pānui ana i ētahi pukapuka mō te pono, ā, ka noho motuhake ki a rātou anō, me te kore e ngana ki te hopu i te pono kei muri i ngā kupu. Kāore he painga o ngā kōrero teka o ngā pono wairua ki a tātou, ā, kāore e waiho he whakaaro pai. Me wehewehe tātou i waenga i ngā kauwhau a te tangata me tōna kōrero oranga. Ko te tangata e hiahia ana ki te whakaako i ētahi atu, me whakaatu tuatahi kua wheako rātou i ngā mea e akohia ana e rātou, ā, kua mārāma hoki ki ngā mea e kōrerohia ana e rātou.

Te Mōrearea o te Ora: He aha rā

Kaiwhakaako Paramhansa Yogananda

Whakamāoritanga: Mahmoud Masoud

Ko te ora te mōrearea nui rawa atu e taea te whakaaro Ahakoa kāore ētahi oranga i te harikoa, i te whakahihiri, ko ētahi he mea whakamiharo. I rongo ahau mō tētahi tangata i ngana ki te whakamomori neke atu i te toru tekau ngā wā, ā, i ia wā ka āraia ia e tetahi mea i te whakamutu i tōna oranga. Whakaarohia te mīharo o te mōhio ki ngā oranga o ngā tāngata katoa kua noho ki te Ao, te hunga kua mate, me te hunga kei te heke mai! Ko ngā wheako katoa o te tangata kua tuhia ki te mahara o te ao: te mahara o te Atua, ā, he mahara whakamiharo! He uaua ki te mārama ki tētahi hinengaro mōhio-katoa, engari ko te mōhio ki te Wairua Mōhio-Katoa te mōrearea nui rawa atu o te ao.

He pono ake, he pumau ake, he whai tikanga ake ngā meka i te whakaaro noa, engari ko ō rātou pūtake ko ngā whakaaro katoa i roto i te hinengaro o te Atua. Ko ngā mea ngota katoa he mea hanga hoki ki ngā whakaaro atua ka taea te whakarewa anō hei whakaaro, kātahi ka hanga anō hei mea. Kei te tangata anō te kaha ki te whakaaro whakaaro, engari kāore i te kaha ō rātou whakaaro ki te whakatinana i aua whakaaro. Mena he kaha ō rātou whakaaro, ka taea e rātou te hanga mea i runga i tēnei whenua. Kei roto i te tangata te mana auaha kotahi i whakamahia e te Atua ki te whakatinana i āna mahi hinengaro i te ao. Engari kua kore e taea e te tangata te whakatinana i ō rātou whakaaro ki roto i ngā mea nā te mea kāore rātou i whakamahi i te mana o te hinengaro i homai e te Atua ki a rātou kia rite ki tā rātou e tika ana.

Ina ngana tātou ki te whakaaro i te hinengaro o te Atua, ka miharo tātou me pēhea e taea ai e la te maumahara me te mārama ki ngā mea katoa, nā te mea ka ine tātou i ngā mea katoa mā ngā paerewa o ō tātou ake pūkenga hinengaro, ā, ka mārama ki ngā mea i runga i ō tātou ake wheako. Ko te hunga ngoikore te mahara, ka whakaaro ko te mahara o te katoa he ngoikore pērā i tō rātou ake. Heoi, kei

reira ētahi tāngata he tino koi ngā mahara ka taea te maumahara i tētahi pukapuka katoa me te ngāwari o te maumahara ki ētahi rārangi. Ko te hunga wareware he uaua ki te whakapono kei a tētahi he mahara aro ki te penapena me te tiki mai i ngā mōhiohio me te tino ngāwari.

Ka maumahara te kaihanga whakapaipai ki ana taonga whakapaipai, ā, ka maumahara te kaitiaki pukapuka ki ngā tau i roto i ana pukapuka. Waihoki, ka maumahara te Atua ki ngā mea katoa i hangaia e ia i tēnei ao. Nā te mea he mana nui ia, ka maumahara tonu ia ki ngā mea katoa i tupu i tēnei ao nā te mea ko tōna mōhiotanga mutunga kore, mutunga kore, e mōhio ana ki ngā mea katoa.

He pūkenga whakamiharo te mahara, ā, he hononga tata te mahara tangata ki te mahara nui o te Atua. Hei tauira, kāore e taea e koe te maumahara ki ngā taipitopito o ia kiriata kua mātakitakihia e koe. Engari ki te whakaatu anō ahau i tētahi o aua kiriata ki a koe, ka maumahara tonu koe. Ko taua mahara tapu i roto i a koe kei te mōhio tonu ki ngā wheako o mua. Ina kite koe i ngā wāhanga tuatahi, ka maumahara koe ki te kōrero katoa, ka mea, "Āe, kua mātakitaki ahau i tēnei kiriata i mua, ā, e maumahara ana ahau ki tōna mutunga."

Me pēhea tātou e maumahara ai ki ngā whakaahua nekeneke me te tino taipitopito ahakoa i kite tātou i aua whakaahua i ngā tau kua pahure? Nā te mea ka tuhia ngā kaupapa katoa ki roto i te roro? Ina whakatakotoria e koe te ngira hinengaro ki runga i te kōpae whakamātautau (ka purei rānei i te atanga hinengaro-rorohiko), ka tīmata anō tō mahara ki te tiki i taua whakamātautau.

Nō te Atua te mana o te mahara ā-roto, ā, he mea tino tika. Kāore e wareware. Kāore e taea e te mahara o te tangata noa te pupuri i ngā wheako katoa i te wā kotahi. Engari ko te mahara tapu, ā-roto, ka pupuri i ngā mea katoa

i te wā kotahi, ā, ake tonu atu. Nō reira, ko te whakaaro he mahara pai, he mahara ngoikore rānei, he tirohanga whaiaro noa iho. Ka whakatenatena te tangata i a ia anō he ngoikore tōna mahara, nō reira he mahara ngoikore tōna. Heoi, ehara i te mea ngāwari te neke atu i tēnei whakapono ki tōna ritenga kē. Me nui te kaha ki te whakatenatena i a koe anō ko te mahara o te tangata he whakaaturanga pono o te mahara tapu, mahara-katoa a te Atua.

Ko te mahara nui rawa atu o te tangata he hihi noa iho o te hinengaro tino o te Atua, e tuhia ana ngā haerenga katoa a te tangata me ngā momo me ngā whakaaturanga katoa o te ora.

He kōrero whakamiharo, he kōrero whakamiharo te kōrero mō te hanganga atua! Nā te aha i hangaia ai e te Atua ngā mea ora katoa o tēnei ao? Ā, me pēhea hoki tana mahi mai i muri i ngā arai hei whakahoki mai i a tātou ki tō tātou oranga tūturu me ia? Kāore e taea e te reo tangata te āwhina i a tātou ki te whakarato i tētahi whakaahuatanga whānui o te haerenga ao o te hanganga a te Atua me ōna hononga tika ki ngā haerenga takitahi a te tini me te mano o ngā tāngata.

E kitea ana e mātou ko te roanga o te oranga o te tangata he whitu tekau tau te roa, ko te roanga o te oranga o te korokotairo kei waenganui i te ono tekau me te kotahi rau tau. Ka taea e te rākau whero te ora mō ngā tau e rua mano. Ko te roanga o te oranga o te kamera kei waenganui i te rima tekau me te ono tekau tau, ā, ko te roanga o te oranga o te hōiho he toru tekau mā ono tau. Nō reira, he mārama kua whakatauhia ēnei roanga rerekē e tētahi mea ora. Heoi, kua rongo tātou mō ētahi yogi nui i ora mō ngā rau tau. Ko tētahi o ēnei ko te Babaji nui, e mōhiohia ana kua ora mō ngā rautau i a ia e ora tonu ana i roto i tōna tinana me te pai o tōna taitamarikitanga. Tata ki te toru rautau te

roa o te oranga o Trilanga Swami: i whānau ia i te tau 1601, ā, i mate i te tau 1881 (e kī ana ētahi neke atu i te toru rautau te roa o tōna oranga!) Haunga tōna roanga o te oranga whakamiharo, i rongonui ia mō āna merekara. Tata ki te 130 kirokaramu te taumaha, ahakoa he onge tana kai. He maha āna whakaaroaro mō ngā rā maha, e noho ana i runga i ngā wai o Ganges, i ētahi wā ka noho huna mō ngā wā roa i raro i ngā ngaru. He maha āna kitenga e takoto tahanga ana, e kore e nekeneke i te rā werawera i runga i ngā toka mura. Ko tana kore aro ki ngā ture o te taiao he whakamahara tonu. ki te hunga katoa i kite i a ia, ko te whakakotahitanga ki te hinengaro atua te ture teitei rawa atu

E ai ki *te pukapuka whaiaro a Yogi*, ko ngā tāngata tapu nui i ara ake i te moemoeā o te tinihanga o te ao tūroa, o te mānukanuka rānei, ā, i kite rātou he whakaaro noa iho te ao i roto i te hinengaro atua, ka taea e rātou te mahi i tā rātou e hiahia ai ki te tinana, me te mōhio he momo kaha kua kukū, kua tio rānei. Ahakoa e mārama ana ngā kaipūtaiao taiao he mahi here noa iho te matū, kua nui ngā nekehanga kua mahia e ngā rangatira kua tino mārama ki te whakahaere i te matū, mai i te ariā ki te mahi.

He pono, he mea whakamiharo ake te ao tūturu i te whakaaro noa. Ka taea e tātou te whakaaro i raro i ngā āhuatanga tika, ki te kore he moumou i te kaha ora, i te wai purapura rānei, me te kai tika me te whakaaro pai, ka taea te ora tonu te tinana tangata. Kei roto i te wai purapura te kaha ora kua kukū; ki te kore e moumou, ka noho moe tonu tēnei mana, ā, ka taea te whakamahi hei whakarei ake i te hauora tinana, hinengaro, me te hauora kare ā-roto, tae atu ki te auahatanga hinengaro me te tipu wairua.

Tuhipoka ki te kaiwhakamāori: I roto i tēnei kōrero, e kī ana a Perehitini Abu Ali Ibn Sina:

Kia kotahi te kai i te rā, ā, kaua e kai i mua i te
nakunaku o tō kai o mua

Puritia tō purapura kia rite ki tāu e taea ai, ko te wai ora
hoki tēnei e ringihia ana ki roto i ngā kōpū.

He nui rawa ngā pēhanga ki te tinana. Ina mau te kiore i
roto i te mahanga, ka tere ake te pao o tōna ngākau i te mea
noa. Waihoki, ina kore e taea e te tangata te utu i āna pire,
ka pērā anō tōna ngākau! Nō reira, ka pāngia e te ahotea
hinengaro! Tērā atu anō hoki ngā momo ahotea. E ai ki ngā
pūrongo, kua whakaatuhia e ngā whakamātautau taiwhanga
ka taea e te whakakorenga o te haruru i roto i ngā tāone te
tāpiri i te toharite o te tekau tau ki te orange o ngā tāngata
whenua. Heoi, kei te noho tātou i tētahi ao whakamiharo. Ko
te hunga ko tā rātou kaupapa anake i te ao he kai, he inu, he
moe, me te pārekareka ki ngā mea pai, he iti noa te
tūponotanga ki te mārama ki ngā mea whakamiharo o te
orange tangata.

Ka tīmata te haerenga mā te pakanga e pā ana ki te
wairua kia tomo ki te kōpū i te wā e hapu ana. I te ao
aorangi, i te ao ethereal rānei, e whai ana ngā miriona
wairua ki te hoki ki te Ao mā te tomo ki ngā pūtau kua
whakatōkia, te wāhi e honoa ai te parāoa me te hua manu i
te wā e hapu ana. Ahakoa he tapu, he hara rānei te wairua,
ā, ki te kore e tutuki i a ia te whakaoranga mutunga kore, he
hiahia nui kia whānau hou ki te Ao. I te wā e hapu ana, ka
whiti te māramatanga i te ethereal, ā, ka tomo te wairua ki
roto nā te hononga o te parāoa me te hua manu. Kua uaua
te tangata ki te tomo ki te kōpū nā te mea he maha ngā
wairua e whakataetae ana kia tomo. Ko te hunga kua angitu
ko koe, ko au, ko tātou katoa. Ā, ehara i te mea ngāwari te
wikitoria!

He pono, he maha ngā nohoanga ki te Atua. Ko ngā
papa teitei me ngā papa raro, he mea tito mai i te

māramatanga mārama me ngā kaha ora, ko te rangi (te reinga rānei) e haere atu ai ngā wairua i muri i te matenga o te tinana. Ko te roa o tō rātou noho ki reira kua whakaritea i runga i tō rātou karma. I te mea kei te tangata ngā hiahia rauemi kāore anō kia tutuki, ngā karma whenua rānei (ngā hua o ngā mahi o mua kāore anō kia pau), me hoki rātou ki te tinana whenua kia haere tonu ai tō rātou whanaketanga i te ara ki te Atua.

I muri i te urunga ki te kōpū, ka whakaaro te wairua: "He aha taku i mea ai? I roa ahau e herekore ana, e wetekina ana i te tinana tangata herekore, e neke haere ana, e neke haere ana i runga i te ao eterika i roto i te tinana kanapa, ā, inaiane kua mau anō ahau i roto i te āhua tinana"

Heoi, ka āta taunga haere ia ki ēnei āhukatanga hou i roto i ngā marama e iwa i roto i te kōpū. Koinei te whiu: e iwa marama te noho i roto i te pūtau pōuri, me manawa ia mā roto i tētahi atu tangata, me whiwhi kai me te toto mā te whakawhirinaki ki te pūnaha tohanga toto o tētahi atu tangata. Ko tōna wairua me tōna āhua e whakawhirinaki ana ki ētahi atu, ā, ka karanga ia ki te Atua: "Tukua ahau i tēnei whare herehere! Kāore au e kite, kāore au e rongu, kua herea ahau"

Mena he reinga, he wāhi tapu rānei, ko aua marama e iwa i roto i te tinana o te whaea: te korekore rawa i waenganui i te pōuri, e herea ana ki tētahi wāhi kotahi pērā i te rākau, me ngā maharatanga poto o mua, ā, muri iho ko ngā wā moe. Ā, ina hoki mai aua maharatanga, ka kanikani te tamaiti i roto i te kopu, me te whakapau kaha nui i roto i te tinana o te whaea. Kua nekehia e au tōku hinengaro ki ēnei āhua o mua, ā, e mōhio ana ahau ki taku e kōrero nei.

Kāore te moe me te ara o te tamaiti i roto i te tinana o te whaea e whakawhirinaki ana ki tana moe me tana ara. Ko ngā nekehanga ā-ringa o te tamaiti i ahu mai i te mahara o

te wairua ki tōna hītori. Nō reira, ka neke haere ia i roto i te kōpū kia ngenge rawa, ā, ka moe. Muri iho, ka ara ake mō te wā poto ka neke anō. Ka rongo i te hiakai, ā, ka makona i a ia mā te kai e tukuna ana e te toto o te whaea.

Ka taea e te pēpi hou te rongo, ki tētahi taumata, i ngā wiri o te manawa o te whaea me te rere o te toto, ā, mā ēnei oro ka mōhio ia ki tōna tinana, ka whakakaha i tōna hiahia kia herekore. Nō reira, ko te haerenga tuatahi a te wairua he pakanga i waenganui i ngā whakaaro e rua: te hiahia ki te hoki ki te Ao i roto i te āhua tangata me te hiahia ki te wetewete i te āhua tangata e herea ana te wairua.

Ka tīmata te anga o te wairua tangata (te tinana) pērā i te ika me te hiku angiangi. Kātahi ka whanake tēnei āhua hei āhua kararehe kua takai ki roto i te kōpū. E ai ki te kōrero i mua ake nei, ka ara ake anō ētahi maharatanga o ngā oranga o mua, ka nekeneke haere te tamaiti i roto i te kōpū. Ka kaha ake te pakanga i te whanaketanga o te tamaiti hei āhua tangata i roto i te tinana o te whaea, ā, ka karanga te wairua, "Tukua ahau ki waho!" Ina kaha te hiahia, ka whānau te tamaiti. Ko ngā pēpi i whānau wawetia (i whānau i muri i te haputanga iti iho i te 37 wiki) he wairua he hiahia kaha, he uaua hoki. Kāore rātou e hiahia ki te noho ki roto i te tinana o te whaea mō te iwa marama, nō reira ka whānau wawe mai rātou i te wā noa.

Ka tae mai te pēpi ki tēnei ao me te tangi, nā te mea, e ai ki te hunga whakaaro nui, ki te hunga mātau, ka mahara te wairua ki ōna āhua o mua, ā, kāore e hiahia ki te hoki anō ki te Ao kia mamae anō i ngā momo pakanga a te tangata.

I piri te tangi "thaa" taumaha ki a ia, ā, ka noho hei wāhi i waenganui i ngā tohu whenua me ngā ururua ngohengohe.

E tangi ana ia ina mahara ki ngā kupu whakaari i mahia i te wāhi tapu, me ngā roimata e rere ana, e kore e mutu

Mō ēnei maharatanga, kei reira anō te tū inoi e awhi ana te tamaiti i ōna ringa i mua i te whānautanga mai ki te ao me te mea e inoi ana: "Kei te inoi atu ahau ki a koe, e te Ariki, kua e homai he whānautanga tuarua ki ahau i te ao nei"

Ko te whakamārama ā-tinana mō te tangi a te pēpi hou, me tuwhera ngā pukahukahu kia tīmata ai te manawa, ā, ko te tangi tuatahi a te pēpi he ngana ki te whakahohe i ngā pukahukahu me te tīmata i te manawa ora. Ina whānau te tamaiti, ka tīmata te manawa, ā, ko te wairua, i tata moe, ka noho hei mea ora me te ora motuhake. He tokomaha e whakapono hē ana ka tomo te wairua ki te tinana i te wā whānau, engari mehemea kāore te wairua i reira, kua kore te tinana e hanga mai i ngā pūtau taketake iti. Mehemea ka wehe te wairua i te kukune i mua i te whānautanga, ka whānau mate te pēpi.

Ko te tinana tangata he mea tito mai i ngā huānga tinana taketake tekau mā ono, e tautokona ana, e tautokona ana hoki e ngā huānga pūngao mārama tekau mā iwa e tohu ana i te mauri o te tinana etheric e noho ana i roto i te āhua tangata tūturu. Ko tēnei tinana etheric te pūtake o te nekehanga me te mahi i roto i te tinana tūturu. Ko ngā huānga aorangi tekau mā iwa he hinengaro, he kare ā-roto, he mea ora. Ko ngā wāhanga tekau mā iwa ko te mātauranga, te whaiaro (ego), te kare ā-roto, te hinengaro mārama (te mōhio ki ngā kare ā-roto), e rima ngā taputapu mātauranga e rite ana ki ngā kare ā-roto o te tirohanga, te whakarongo, te hongiri, te reka, me te pā, e rima ngā taputapu mahi e rite ana ki ngā mana hinengaro o te whakaputa uri, te tuku kai, te kōrero, te hikoi, me te pūkenga ā-ringa, me ngā taputapu ora e rima e whai mana ana ki te mahi i ngā mahi a te tinana o te whakatīotanga, te mimiti (te whakauru kai i muri i te nakunaku), te tango para, te pākia o te kai (te huri i te kai hei mea ora, te whakamahi

rānei hei whakarato pūngao), me te tohanga. Ka noho tonu tēnei anga aorangi mārama o ngā huānga tekau mā iwa i muri i te ngaronga o te tinana tūturu, he mea tito mai i ngā huānga matotoru tekau mā ono. Ka taea te huri i ēnei huānga katoa hei mōhiotanga parakore mā te mahi i ngā tikanga yoga matatau.

Ina whānau mai he pēpi, ka kimo ōna kanohi i te kitenga i te māramatanga, ka rongō i ngā oro, i ngā hongī, i ngā reka, ā, ka manawa. He mea noa ki a ia ngā oro, ā, ka mōhio anō ia kei te noho ia i roto i te tinana tinana. Ka mutu tana ātete o mua ki te whānautanga i tōna manawa tuatahi. I te mau tonu o te whakaaro pohehe ko te "noho" kei te tinana me te manawa, ka kukumea ia ki te ao tinana, ā, ka taunga haere ki reira.

I te roanga o te wā, ka whakapau kaha te tamaiti ki te whakahaere i tōna tinana. E hia ngā wā ka kite koe i a rātou e whera ana i ō rātou ringa me ō rātou waewae ki te rangi, e ngana ana ki te urutau ki tō rātou āhua tinana? Ka arahina tēnei e te hinengaro papaku, mā te mahara o te wairua ki tōna hītori. Kei te mau tonu te mahara. Ka wehi ā-tinana te tangata i te mate nā te mea ka mahara rātou ki ngā wā maha kua pā ki a rātou, pērā i tō rātou wehi i te mamae nā te mea kua maha ō rātou mamae i mua.

I a te tamaiti e tipu ake ana hei tamaiti nohinohi, ka awehia ia e ōna mātua me ōna whanaunga. E hiahia ana te katoa kia rerekē rātou, tae atu ki ō rātou hoa whanoke e hiahia ana hoki kia rite rātou ki a rātou, kia rite ki ā rātou whanonga me ā rātou mahi! I waenganui i tēnei pakanga, ka pā te pēhanga nui ki te tamaiti. Heoi, ko ngā tamariki nohinohi e pai ana ki te nui o te herekoretanga ka mea pouri i muri mai, "Aue, me i kōrero mai ōku mātua ki ahau mō ngā hua kino o taku whanonga; me i kōrero mai rātou, tera pea ka pai ake ahau inaianeī."

He maha ngā pakanga hinengaro me ngā pakanga kare ā-roto me pā ki te tangata i mua i tōna pakeketanga. I tēnei wā, ka kaha ake te mahi a ngā kare ā-roto, ā, ka uru te taitama, te wahine rānei ki tētahi pakanga nui ā-roto. He pakanga nui tēnei ki ngā kare ā-roto, ā, ko te wikitoria whakamutunga mō te hunga rangatahi ko tā rātou wikitoria i ō rātou kare ā-roto me te pehi i ō rātou hiahia kore here.

He mea whakamiharo te ora, engari he maha ngā mana e tatari ana ki te whakangaro i a tātou. Kāore he aha o tētahi haerenga me ngā kaipahua i Āwherika ki te haerenga o te ao tonu. Kāore he haerenga i roto i te hītori e hipa ake ana i te ahuareka me te whakahihiri. Nā te whakaaro nui, e mōhio ana te tangata ki te tiaki i a rātou anō i ngā kararehe mohao, engari kāore rātou e mōhio ki te tiaki i a rātou anō i ō rātou ake whanonga kino me ō rātou hua kino. Ko te hoariri kino rawa atu o te tangata ko ia anō. Nui atu i tētahi hoariri, nui atu i ngā iroriki whakamate, ngā poma whakangaro, i tētahi atu tūmomo riri rānei, me wehi te tangata i a ia anō ina he ana rātou. Ina noho te tangata i roto i te kuware katoa ki tōna āhua wairua, ā, ka tukua e ōna whanonga kino kia whakahaere i a rātou, ka noho ko ia hei hoariri mōna ake. Ko te huarahi pai ki te wikitoria i tēnei pakanga o te ao ko te whakahoahoa i a koe anō. Ko te tangata kua whanake i te wairua he hoa mō te tangata, ko te tangata kāore anō kia whanake he hoariri mōna.

He māmā noa iho te whakaaro i a tātou e haere ana ki te tūhura i tētahi whenua mohao, kāore i te mōhiotia. Mēnā kei te haere tātou mā runga kaipuke, me kawe he poti whakaora, kia taea ai e tātou te whakamahi i te poti hei whakaora i a tātou anō mēnā ka totohu te kaipuke. Engari i roto i te nuinga o ngā wheako o te ao, ka turuturu tonu ā tātou poti whakaora ahakoa ngā mahi whakatūpato katoa kua mahia e tātou.

I roto i te ngahere e kī ana i ngā kaipahua, ka taea e koe te mahi tūpato ki aua kararehe, engari he tino uaua ake te wikitoria i ngā tūponotanga ngaro, huna Me pēhea te tiaki i a koe anō i ngā miriona iroriki e karapoti tonu ana i a tātou? Ki tā tātou whakaaro he haumarū tātou ina mahi tūpato tātou ki ngā tūponotanga e kitea ana, e rangona ana hoki e tātou, engari kāore e ranea ā tātou parepare hei tiaki i a tātou mai i ngā iroriki I roto i te toto, ka whawhai tonu ngā pūtau toto mā ki ēnei iroriki Ka whakangāwari noa iho rātou e ngā rongoā Ko ngā pūtau toto mā ngā hōia e tū atu ana, e whakangaro ana i a rātou Mena he ngoikore tō toto, e kore e taea e ēnei "hōia" te āwhina i a koe I roto i ngā pukahukahu o te tini o ngā tāngata e ahua haumarū ana, e noho pūmau ana ngā pepeke kōhi kino, e rite ana ki te peke atu ki tō rātou ope me te whakangaro i a rātou Ka hangaia e te taiao he arai tiaki hei peia i ēnei whakaeke iroriki, engari kāore e roa te pānga o taua arai mena kāore e taea e te tinana te ātete Ka haere tonu tēnei pakanga i roto i te ngahere ngaro o te ora i roto i a tātou Mena ka tirohia e koe tō kai i raro i te karu hiko, e kore koe e reka i a ia Ka kai ngā iroriki ki runga, ā, ka horomia katoatia e koe! Ahakoa te wai e inuhia ana e koe, kī tonu i ēnei mea ora. Kāore he kaiwhenua kotahi o te ao nā te mea e kai ana te katoa i ngā miriona iroriki i ia rā. Nō reira, ka mutu te kai a te tangata?

Hei whakatere haumarū i te ngahere o te ora, me whakakakahu te tangata i a ia anō ki ngā patu e tika ana, ā, me noho hei hōia whakangungu pai. Ko te hunga kāore e mōhio ki te huarahi tika hei tiaki i a rātou anō ka hohoro te mate. Engari ko te tangata whakaaro nui, kua rite mō ngā āhuatanga katoa—te mate, ngā whakaaro taupatupatu, ngā whanonga kino, te aituā kino, me te karma kino—ka toa i tēnei haerenga, e hiahia ana ki te tūpato, te mataara, me ētahi tikanga me ngā rautaki e āhei ai tātou ki te tū atu me

te wikitoria i ō tātou hoariri o roto, he nui ake te kaha me te whakataui i tētahi hoariri o waho.

I a tātou e haere tonu ana i roto i te ao, ka ako tātou i ngā huarahi pai ake hei wikitoria i ngā mate me ngā pūtake o ō tātou mate tinana, hinengaro, matatika, me te wairua. Ina oti i a tātou te wikitoria i ngā mate tinana me ngā pakanga hinengaro i runga i te rangimārie, ka taea e tātou te kī he tino haerenga whakamiharo te ao. Engari he mea kuware te kī he reka te ao i mua i te whiwhinga i te wikitoria pono. Ki te kore te tangata e tae ki ngā wāhanga whakamutunga, ā, kua wetekina tōna wairua i roto i te Atua, kāore anō kia mutu te ao mōna. Me piki ake rātou i roto i te wairua, kātahi ka oti te upoko whakamutunga o te haerenga.

Ina kite te tangata i tētahi atu e mamae ana, ka whakawhetai ia ki te Atua kāore rātou i pā ki taua wheako. Engari ko wai ka mōhio, ko tā rātou wā pea tēnei e whai ake nei. He maha ngā tūponotanga ka pā kino ki te tinana, nō reira me mataara, me rite hoki mō ngā āhuatanga me ngā ohorere katoa.

E mea ana te kaipūtaiao: "Kai i ngā kai hauora, whai kiko, me te whai i ngā aratohu hauora hei tiaki i a koe mai i ngā iroriki" E mea ana te kaitōrangapū: "Kia toa koe hei tiaki i a koe anō me tō whenua mai i ō hoariri"

E noho pono ana tātou i tētahi ao tauhou. Ahakoa ngā whaea, ngā tauira o te aroha, te ngākau māhaki, me te patunga tapu, kei te whakangungua ki te patu i ngā tamariki a ētahi atu. Aue te kino! Engari i ētahi wā, ka kawea mai e te pakanga te pai; ka tangohia atu i a tātou tō tātou matakū me te ngoikore o te hiahia.

Kī tonu ngā ngahere me ngā ngahere o te ao i ngā hoariri: te mate, te rawakore, te mamae, ngā tikanga kino, me ngā hiahia hē. He tini ke atu anō hoki ngā mea hei

whakaaroaro me ngā ture hei pupuri, ā, ka kore e taea te pupuri i te ora mēnā ka ngana tātou ki te pupuri i ēnei mea katoa i roto i ō tātou hinengaro. Kua tino taumaha ngā āhuatanga uaua i roto i ngā āhuatanga katoa o te ao, ā, te āhua nei kei raro te tangata i tētahi momo makutu whakamoe. Nō reira, kua tae ki te wā kia whakamātau te tangata i ngā huarahi rerekē me te whakahohe i ngā mana mutunga kore me te pūmanawa o te hinengaro.

Kua homai e te Atua he huarahi tiaki whakamiharo ki a tātou: ko te hinengaro. He kaha ake i ngā pū mīhini, te hiko, te hau paihana, i tētahi atu rongoā rānei. Me atawhai, me whakapakari hoki i tēnei hinengaro. Ko tētahi wāhanga nui o te haerenga o te ao kei roto i te whakahaere i te hinengaro, me te pupuri i tōna tikanga kia rite ki te Atua i ngā wā katoa. Koinei anake tētahi o ngā mea ngaro ki te oranga angitu me te harikoa.

Ahakoia e whakamahi ana te tangata i ngā tikanga me ngā tikanga whakaora ā-tinana, kaua e whakawhirinaki ki ēnei tikanga, engari ki te mana o te Atua kei muri i aua tikanga. Me inoi tātou ki te Atua kia homai he māramatanga me te kaha o te ngākau kia kore ai tātou e whakawhirinaki ki te rongoā, engari ki a ia, ā, ko te mea nui, ki te mana o ō tātou hinengaro.

Kāore anō kia whakaakona te tangata ki te whakatutuki i taua āhua hinengaro i tutukihia mā te whakangungu i te hinengaro me te whakataurite ki te Atua mā te whakaaroaro. Heoi anō, me noho te hinengaro i raro i tō mana whakahaere katoa i mua i tō ngana ki te whakakahore i te ao tūroa me ōna rongoā tinana. Kia tutuki rā anō tēnei, he pai ki te mahi i ngā mahi arorau hei āwhina i te tinana. Ina taea e te tangata te hopu i te ngarahu mura me te kore e wera, ka taea e ia te whakakahore i te ao tūroa me te kī ko te hinengaro te mea katoa. Ki te kore, kei te noho te matū, ā, me whakahaere i

runga i ōna ture i roto i ngā huarahi arorau me ngā huarahi mahi.

Kua homai hoki e te Atua ki a tātou tētahi patu e kore e taea te hinga hei wikitoria i ngā pōuri me ngā mamae katoa: ko te patu o te whakaaro nui, e whiwhi ai tātou mā te noho tahi me te Atua. Ko te huarahi māmā ki te wikitoria i te mate, te pouri, me te aituā ko te noho tahi tonu me tō tātou Kaihanga.

He rite te tangata ki ngā tamariki nohinohi i roto i te ngahere o te ao, e akiakihia ana kia ako mai i ō rātou ake whakamātautau me ō rātou raruraru, e hinga ana i roto i ngā mahanga o te mate me ngā whanonga kino. Me rapu āwhina tonu tātou, me te whai kia rite ō tātou whakaaro me ā tātou mahi ki te Atua me āna ture pumau.

Ina pōuri te ao i mua i ō kanohi, ā, ka taupokina koe e ngā uauatanga o te ao, kia mahara kei te tata te Atua, kia noho haumaruru hoki i roto i te pā o Tōna aroaro. Ahakoa ō pakanga i ngā ara o te ao, me tō tūtakitanga ki ngā momo awe whakangaro katoa, kia mahara ehara i te mea hei whakangaro i a koe, engari hei whakamātautau i tō whakapono, hei whakaara i tō kaha e moe ana. Me u tonu tātou ki te pakanga o te ao, me te aro atu ki ngā kino katoa e karapotia ana i a tātou, me te wawahi me te hinga i a rātou me te mana whānui o te aroaro atua i roto i a tātou. Ā, i te mutunga o te haerenga o te ao, ka mea tātou: E te Ariki, he uaua ki te pupuri i te maia me te haere tonu i te pakanga tae noa ki te mutunga, engari ko te kaha i homai e koe ki a mātou he nui atu i ō mātou wehi, ā, nā aua mana nui, i toa mātou, ā, i mōhio mātou kua hangaia mātou i roto i tō āhua atua. Ko koe te Ariki o te ao whānui, ā, kei ngā wāhi katoa koe, nō reira he aha tā mātou e wehi ai, ā, ko wai tā mātou e wehi ai, i a koe e noho tahi ana me mātou?

I te wā tonu ka mōhio te tangata kua noho hei tangata ia, ka nui haere ōna wehi, ā, te āhua nei kāore he huarahi hei mawhiti Ahakoa ngā mahi ārai e mahia ana e rātou, kei reira tonu ngā āputa e taea ai e ngā hapa te uru mai Kāore he marino pono engari ko te Atua anake, ā, kāore he rangimārie ki te kore la Ahakoa kei roto tātou i ngā ngahere o Āwherika, kei runga i ngā papa pakanga, kei roto rānei i ngā kauae o te rawakore me te rawakore, me kōrero pōhewa tātou ki te Atua: Kei raro ahau i te maru o Tō aroaro kahakore, e te Ariki! Kei te anga whakamua ahau i ngā rārangi mua o te ao, ā, e rongo ana ahau kei raro ahau i Tō maru me tō manaaki!

Kāore he ara kē atu ki te haumaru me te noho pūmau. Whakamahia te whakaaro nui me te arorau i roto i ngā mea katoa e mahia ana e koe, me te whakawhirinaki katoa ki te Atua. E manaaki ana te Atua i te hunga katoa e manaaki ana i a ia, e whakaute ana i Ana ture, ā, e manako ana ia ki te hunga katoa e tahuri ana ki a ia me ō rātou ngākau me ō rātou wairua, e ringihia ana ki a rātou Ana manaakitanga, e whakarite ana kia mau tonu, kia kore e mutu te oranga.

He tokomaha kua pāngia e te mate, kua riro hei taonga o ngā whanonga kino, kāore e taea te unu i a rātou anō. Kua e kīia kāore he ara hei mawhiti i ngā mahanga e takoto ana i te ao i ngā taha katoa. He wā poto noa iho ngā whakamātautau me ngā raruraru e pā ana ki te tangata, ā, e whakawhirinaki ana ki tō rātou whakatau me te whakaoho i tō rātou hiahia ki te wikitoria i a rātou takitahi. Kāore te hinganga mō tētahi wā motuhake e tohu i te hinganga i roto i te pakanga o te ao. Ko te tangata angitu me te toa e whakaū tonu ana ki a ia anō he kaha ake rātou i ngā āhuatanga, ā, kāore he mea e wehingia ana i a rātou e noho tahi ana me te Atua, me te mārama hohonu ki roto i a ia ko te ora me te mate he āhua rerekē o te hinengaro.

I hangaia e te Atua ngā mea katoa hei whakamātautau i a tātou, hei whakaatu hoki i te matekore o te wairua i roto i a tātou. Koinei te haerenga mōrearea o te ao me tōna kaupapa kotahi. He ahurei te haerenga mōrearea o ia tangata, ā, me rite rātou ki te aro atu ki ngā wero katoa o te hauora, te hinengaro, me te wairua me te mārama, te kaha o te hiahia, me te whakapono ki te Atua, me te mōhio kāore tō rātou wairua e mate ahakoa te aha e pā ki te tinana. He pono, kāore he patu - kāore he patu - e taea te whakangaro i taua wairua. Kāore e taea e te ahi, e te wai rānei te tahu, nā te mea ko te ahua o te Atua Kotahi.

He mea whakamiharo te mōhio ehara te mate i te mutunga, nā te mea mā tēnei mōhiotanga ka whiwhi tātou i te kaha hinengaro me te herekore mai i te mānukanuka. Ina pā mai te mate, ā, ka mutu te mahi a te tinana, ka whakapono te wairua kua mate, engari ka pā te Atua ki a ia, ka whakamana kei te ora tonu. Ka karanga tetahi hōia i te papa pakanga, i pāngia e te poma, e te maramara rānei, "Kua mate ahau, e tōku Atua!" Engari ka whakahoki te Atua, "Kāore rawa! Kāore koe e kōrero mai ki ahau? Kāore he mea e taea te whakangaro i a koe. He wairua ora tonu koe, ā, kei te moemoeā noa koe kua mate koe." Kātahi ka mōhio te wairua kāore te wheako o te whiti atu i te tinana i roto i te mate i te mea whakamataku pērā i te whakaahuatanga. Ko te mōhiotanga iti ki te oranga o te wairua i roto i te tinana te take o te whakapono ko te ngaronga o te tinana te mutunga o ngā mea katoa, i te mea ko te mea pono, kei te ora te wairua, ā, kāore e mate nā te mea ko te ahua o te Atua ora, mure ore.

Ka taea e ngā yogi pono te whakahaere i ō rātou hinengaro i raro i ngā āhuatanga katoa. Ina tae te kaitono ki tēnei taumata, ka herekore rātou, ka mōhio he haerenga tapu te ora. Kua whakaatuhia tēnei pono e ngā poropiti me ngā tino tangata, nā te mea kāore he mea e whara ai ō rātou

wairua nui, parakore. I tino pā ki a rātou te aroha atua, ā, ko taua aroha tonu te mea tino whakahihiri, tino pumau hoki i roto i te haerenga o te ao.

Kāore he tikanga o te aroha tangata ki te kore e ahu mai i te aroha mutunga kore o te Atua. Tērā pea ka hinga te aroha o te tāne me te wahine taitamariki, kātahi ka hinga ki te mauahara. He koretake te aroha o te tangata, ā, he maha ngā āhuatanga e herea ana e ia, ko te aroha atua ia he tino tika, he mutunga kore.

Ka oti noa tēnei haerenga o te ao ina wikitoria te tangata i ngā tūponotanga me ngā hapa mā te kaha me te hinengaro, pērā i ngā mea nunui. Kātahi ka titiro whakamuri rātou ka mea, "He uaua, he morearea aua whakamātautau, ā, tata tonu ahau te hinga, engari inaiane kua māia ahau ki a au anō i muri i te whakatuwheratanga o ōku kanohi e te Atua, me te homaitanga mai o te mātauranga tapu ki ahau."

Ka taea e tātou te kī he haerenga whakamiharo te ao ina kī mai te Atua ki a tātou: "Kua mutu aua whakamātautau kino, kawa katoa, kei a koe ahau ake tonu atu, ā, kāore he mea e pā kino ana ki a koe i muri mai."

Ka whakapakaritia te hinengaro tangata mā te aro atu ki ngā mate me ngā uauatanga, te wikitoria i ngā uauatanga tetahi i muri i tetahi. Ko te mea e ngoikore ai te hinengaro ko tōna hoariri kino rawa atu, ā, ko te mea e whakakaha ana i a ia ko tōna piringa haumaruru. Whakakahoretia ngā uauatanga me ngā aituā e pā mai ana ki a koe.

(Ngā kupu a Abu al-Qasim al-Shabbi):

Ka ora tonu ahau ahakoa te mate me ngā hoariri, pērā i te ekara i runga i te tihi tiketike

Ka titiro atu ahau ki te rā e whiti ana, e tawai ana ki ngā kapua, ki te ua, me ngā awha

Kua whakakitea mai e te Atua ki ahau he moemoeā noa iho tēnei ao. Ina ara ake koe i roto i te Atua, ka mahara koe he moemoeā poto noa iho o te harikoa me te pouri, kāore he mea atu.

Ā, ka mōhio koe he ora tonu koe ake ake i roto i te Atua Kotahi

Kia tau te rangimārie ki a koe

Kai wairua

Ka pahemo atu, ka ngaro haere ngā mea katoa, ko te Atua anake te pumau tonu, te piringa haumaruru hoki i ngā awa me ngā tupuhi nanakia katoa e pupuhi ana puta noa i .te ao

Kāore ngā whakahoahoa tangata poto noa i te mea mutunga kore, ā, he maha ngā wā ka poke i te hiahia whaiaro, nā te mea ka mutu te hiahia whaiaro, ka mutu hoki te aroha. Heoi, ko te whakahoahoa wairua me te aroha pono, e whakatō ana i roto i a tātou te whakaaro o te kawenga tahi ki te poipoi i taua whakahoahoa me te tiaki i te parakore o taua aroha. Ina ngana tātou ki te mārama ki tētahi, kāore e taea e tātou te mahi i te mea e whakapataritari ana i a rātou, ā, ki te kore tātou e ngana ki te mārama ki a rātou, .kāore he hototahitanga

Ka tae mai te rā e poroporoaki ai ahau ki tēnei ao, engari i a au e noho tonu ana i tēnei ao, ko taku hari nui ko

te kōrero ki te hunga e whakawhirinaki ana ki ahau mō ngā
mea whakamiharo a te Atua, me te whakanui ake i tō rātou
hiahia mō taua māramatanga atua kua homai nei ki ahau te
.whakamarie, te herekore, me te haumaru

:Ngā whakaū-ā-tangata

Ka taea e au te whakatutuki i aku mahi katoa mā te
tango noa i tōku kaha mai i te Atua. Nō reira, ko taku hiahia
tuatahi he whakamanawareka i a ia. Ko te Atua te aroha
tuatahi i roto i tōku ngākau, te wawata nui rawa atu o tōku
wairua, me te whāinga matua o tōku hiahia me tōku
.hinengaro

Ko tō tātou tuakiri tūturu—te wairua—he mea ora tonu.
Kei te ora tātou, ā, he mea pumau tō tātou oranga. Ka tae
mai te ngaru ki uta, ka hoki ki te moana, kāore e ngaro;
engari, ka kotahi ki te moana, ka hoki anō rānei [ki uta] i te
.āhua o tētahi atu ngaru

Ki te motu ngā waea o tētahi taputapu hiko, ka taea e te
tohunga te whakakapi. Engari ina pakaru ngā kiko io i te riri
nui, ka ngaro te mahi a ngā io, ā, ko wai ka taea te
whakakapi? Nō reira, me tino tupato te mahi i te pūnaha io
utu nui, nā te mea ka whakahoutia mai i roto, ā, ki te pakaru,
kāore e taea te whakatika, te whakakapi rānei ki tētahi atu
.taputapu

I te pikiniki a ngā ākonga me tō rātou kaiako, a
:Paramhansa, i te taiao, ka mea ia ki a rātou

He mea whakamiharo te rongō i te rangimārie, me te
whai rawa i te harikoa! E hiahia ana te Atua kia noho
.ngāwari tātou, kia wheako hoki i te hari wairua

Pērā i te oho ake o te tangata i tētahi moemoeā
whakamataku, ā, ka mōhio ia he moemoeā noa iho tāna i
kite ai, waihoki te hinengaro atua e akiaki ana i te tangata
kia oho ake i te moemoeā o te moe me te pōhēhē ki tētahi
mōhiotanga hou, ki tētahi māramatanga pakari hoki mō te
.tikanga me te kaupapa o te ora
Ki te hiahia tātou ki te wheako i te ata o te oho ake i te
wairua, me te kite i ngā māramatanga o te tino mohio, me
whakarongo tātou ki te reo o roto, me te aro atu ki tāna
.akiaki

Me tango atu i te ara ngā kōhatu o te mānukanuka me
ngā kōhatu o te kuware e ārai ana i te haerenga o te wairua,
e whakararuraru ana i tana nekehanga. Me patuki tātou ki te
ringa o te hiahia ki te tatau o te oho ake i te moe o te kore
aro, kia taea ai e tātou te manawa i ngā hau o te harikoa me
te kawē mai i te hiko rangi ki ia whakaaro o tātou, ki ia kare
.ā-roto o tātou, me ia mahi o tātou

Kāore e taea te whakamātau i te harikoa pono ki te kore
ngā hiahia pai e hinga i ngā hiahia kino, ā, ki te kore hoki te
hiahia e anga tika ki te pūtake o te pono me te pūtake o ngā
.pai katoa o te ao

Nui atu te whakahoahoa pono i ngā taonga katoa. Ki te
taea e koe te noho hei hoa pono mō te tangata, ka kitea e
.koe te Atua

Ko te Atua te puna o te whakaaro nui me ngā
whakaaweawe kanapa e rere ana ki runga i ngā wairua pai.
Ko ia te kakara o te rangi e puta mai ana i ngā tahu kakara o

ngā ngākau aroha. Ko ia te hari nui e whakakī ana i te wairua
.ki te harikoa tapu

E te Ariki, ka inoi atu ahau ki a koe kia whakamāramahia
tōku wairua kia taea ai e au te hopu i te pono tuturu. Ka kite
ahau i a koe, e te Ariki, e whakakitea ana i roto i ngā
whakaaturanga o te taiao—i roto i ngā putiputi, i ngā rākau,
me ngā mea ataahua katoa. Mā te whakaaroaro hohonu ki te
wairua, ka whakatuwherahia e au ngā kūaha o te
rangimārie, ā, ka kaha ake taku whakapau kaha ki te
whakapai ake i tōku ao kia pai ake ai taku mārama ki tōna
.tikanga tūturu

Ina noho tahi ahau me ētahi atu, ka tino kitea e au te
harikoa nui i roto i te taunekeneke ki a rātou, ā, ina noho
mokemoke ahau, ka koa ahau ki taua harikoa anō. Ā, ina
mahi ahau, ka mahi ahau me tōku kaha me tōku hiahia
.katoa, ā, ka piki haere te harikoa

Me mahi tātou me te hiahia pono me te harikoa o roto,
ki te kore ka ngaro tō tātou ora, ā, kāore e taea te whakahou
i tō tātou kaha. Me pono tonu hoki tātou, me te whakatipu i
te pono me te kaha o te ngākau, nā te mea mā te pono ka
.taea e tātou te mahi tahi me ētahi atu i roto i te rangimarie

Kaua e pouri mō te aroha kua ngaro i a koe, ahakoa nā
te mate, nā te āhua hurihuri me te huri haere o te tangata.
Kāore te aroha e ngaro, e mate rānei, engari he mea huna
mō te wā poto i a koe, kia kitea ai e koe tōna mauri tūturu i
roto i tō rapunga tonutanga. Ā, ka huna tonu te aroha mō te
wā poto kia kitea rā anō e koe i roto i te āhua o te Atua
Aroha e noho ana i roto i ngā hohonutanga hohonu o tō
.wairua

Kaua te tangata e noho i ia rā, i ia rā i roto i te āhua
hinengaro whakararuraru. Ki te inoi pono te tangata, ā, ka

whakawhirinaki ka whakamanahia e te Atua tāna i inoi ai, ka
.whiwhi ia i ngā manaakitanga me te āwhina a te Atua
Mena he whanonga kino kua mau ki roto, ka taea te
whakakore me te whakakore mā te hanga i tētahi whanonga
hinengaro taupatupatu, ā, ka whakahohehia kia whakakorea
.rā anō te whanonga paitini
Me whakamanawa te tangata ki a ia anō ka huri ia hei
pai ake, ā, ka kaha tonu ia ahakoa ētahi ngoikoretanga e
.pāngia ana e ia i tēnei wā
I te wā tonu ka whakatau te tangata ki te hanga i tētahi
huringa pai, ka rite rātou ki tētahi tangata rerekē, ā, mā taua
kare ā-roto rātou e kawe mai he nui te kaha ora me te
.harikoa o roto

I ētahi wā ka whakakitea e te Atua ia ia ki ana hoa aroha
hei māramatanga nui, hei reo o te ao whānui, hei hari
.mutunga kore, hei aroha tino reka rānei
He māramatanga rānei, he whakaaro nui, he
mātauranga
Ka toro atu tōna māramatanga, ka horapa atu, pērā i
ngā parirau o te ao tūroa ki runga ake i te mutunga kore, ā, i
ētahi wā ka kite ahau i tēnei ao hei moemoeā i roto i te
.ngākau o taua māramatanga
Nā reira ahau i mōhio ai he moemoeā te ao

Ahakoa te nui o ō kōrua whakahē me ō hoa pono, he
māramatanga, he whakawhitiwhiti kōrero tonu kei
waenganui i a kōrua. Ko te whanaungatanga i ahu mai i te
whakaute tetahi i tetahi, ā, he mea nui ki a koe. Ko te
whanaungatanga i ahu mai i te aroha o te Atua, koinei anake
.te whanaungatanga e pumau tonu ana

Ka kitea te kanapa harikoa o te wairua mā te tahuri ki
roto. Ka taea tēnei mā te whakamahi i te hinengaro hei

pārekareka ki ngā tirohanga ataahua o te whakaaro i te ao
.huna o te wairua, e noho hohonu ana i roto i a koe anō

I muri i ngā mahi katoa a te tangata i runga i tēnei
whenua, he āhua takoto kau te ao, nā te mea i te mutunga,
me whakarērea e rātou ngā mea katoa. Ka tae mai te rā ka
wehea te tangata i ā rātou taonga katoa. Ka hae te tangata
ki te hunga whai rawa mō ō rātou taonga me te mana,
engari ka whakarērea hoki e rātou ngā mea katoa, ā, ko ā
.rātou mahi anake ka haere tahi me rātou i tēnei ao

I rahua tetahi o ngā ākonga i roto i tētahi wheako
wairua, ā, ka tīmata ia ki te whakapae i a ia anō me te pouri
:me te kawa. Ka mea atu te kaiako, a Paramhansa, ki a ia
Kaua e whakaaro he tangata hara koe, ki te pena koe,
ka whakapokea e koe te hinengaro atua i roto i a koe. He
aha koe ka hono atu ai ki ō ngoikoretanga? Engari,
whakaūhia tēnei pono ki a koe anō: "E tata ana ahau ki te
:Atua, ā, e aroha ana ia ki ahau." Inoi ki a Ia
E tōku Atua, ahakoa he kore whakawhetai ahau, he pai"
rānei, nāu ahau. Whakaarahia tōku mahara me tōku hiahia ki
".a koe, e te Ariki

I mea te tangata whakaaro nui a Paramahansa, i muri i
tana kōrero ki tētahi manuhiri whakakake i kōrero nui mōna
:ake

Kāore ngā ua o te aroha o te Atua e kohia ki runga i"
ngā tihi teitei o te whakapehapeha, engari e rere ngāwari
".ana ki raro ki ngā awaawa o te ngākau mahaki

He rite tēnei Ao ki tētahi whare nui e tiaki ana i tētahi
whānau ao, ko tōna mahana pokapū e whakaratohia ana e te

rā, e whakamāramahia ana e te marama kotahi, ā, e
whakapaipaihia ana e ngā whetū kotahi. Ko ōna mema e
manawa ana i te hau kotahi, e kai ana i te kai kotahi, e inu
ana i te wai kotahi. He tairongo ngā tinana katoa o te
tangata ki te mamae me te whara. Kotahi te whakaaro kei
muri i ngā reo katoa, kotahi te āhua tangata kei muri i ngā
.āhuatanga me ngā āhuatanga ā-motu katoa o ngā iwi katoa

E te Ariki, tukua ahau kia rongu i tō aroaro i roto i ngā
mahi katoa e mahia ana e au. Āwhina mai kia whakakorea te
atarangi o te wehi e huna ana i te māramatanga o tō arataki.
Kia puāwai hoki ngā putiputi o tōku hiahia i roto i te māra o
.tōku ngākau i a au e tatari ana ki te ata o tōu taenga mai

Ka whakahua ahau i aku inoi i runga i te rōhari o taku
hiahia, ko ōna titi e herea ana ki te miro o te aroha atua
E tōku Atua aroha, meinga ahau hei manu pōuri o te ao
e waiata ana ki a Koe i ngā rangi tino reka Tukua ahau kia
.waihanga mai i aku moemoeā mōu me taku hiahia ki a Koe
He arawhata ka piki ahau kia tae atu ki a koe
I roto i te roto ngaru o te ora, e kite ana ahau i tō oranga
ao. Kei te inoi atu ahau ki a koe kia ārahi i ngā awa o ōku
hiahia, e rere ana i roto i ngā koraha o te uauatanga, kia
.hanumi ai ki tō moana ao

Ko te hara he mea e kore ai te tangata e mōhio ki te
Atua, e kore hoki e aro ki a la

He pata wiri ahau nō tō tomairangi i runga i te rau o te
ora me te mate, e rere ana ki tō moana atua, kāhore nei he
.takutai

He pata haumākū ahau nō tō tomairangi, e hoki ana ki
te kāinga i te rangi

He pata ahau nō tō tomairangi mutunga kore e kanikani
ana i runga i ngā rau o mua, o nāianeī, me ā muri ake nei
He pata wai ahau nō tō tomairangi, e haurangi ana i te
aroa, e rere haumarua ana i runga i te rau o ngā
whakamātautau o te ao kia hanumi ki ngā wai parakore,
māori o tō whakaaro nui. Kāore au e hiahia kia ngaro ahau,
engari kia whānui ake mā te hanumi ki tō moana nui. Ae, e
hiahia ana ahau kia waiho hei pata wai ahau nō tō
tomairangi, e mitimitihia ana e ia ngutu e hiainu ana ki te
.Atua

E mārāma ana te Atua ki a koe ina hē te mārāma o ētahi
atu ki a koe. Ko ia te tangata aroha e manaaki ana i a koe
me te ngākau aroha, e aroha tonu ana ki a koe. Ka aroha
ētahi ki a koe mō te wā poto, kātahi ka whakarērea koe.
Engari e kore te Atua e whakarērea i a koe, e kore hoki e
.whakarērea koe

Ka hurihia e te kaha o te ngākau te whakaaro hei
pūngao, ā, ko te hunga e eke ana ki te angitu whakamiharo
he hunga whai ngākau pumau. Ina whakatipu te tangata i
tōna kaha o te ngākau, e kore rātou e hinga ki ngā
āhuatanga kino, ahakoa te nui o ngā uauatanga e pā ana ki
a rātou, engari ka whakaū tonu ki a rātou anō e kore rātou e
.hinga i te pakanga o te ao

I ngana tētahi o ngā kaiwhakaaro whakakake ki te
whakapoauau i te rangatira a Paramahansa i a ia e kōrero
ana mō ngā take rapunga whakaaro uaua, ā, ka mea te
"rangatira me te ataata: "Kāore te pono e wehi i ngā pātai
I mea te kaiako, "Kāore e taea e te Atua te whakarērea,
te whakarere rānei i a tātou, e mahi puku ana ia i ngā
huarahi katoa hei āwhina i a tātou, hei whakateretere hoki i
".tō tātou whanaketanga wairua

Ka tutuki i te hunga nunui ngā mea katoa mā te mana o
te arotahi i homai e te Atua, he mana ka taea te whakatipu
mā te whakaaroaro. Ina whakamahia e tātou tēnei mana
atua kua arotahihia, ka taea e tātou te angitu me te
.whakawhanake i ō tātou tinana, hinengaro, me te wairua

Ko te nuinga o te iwi o te Rawhiti he hunga wairua. He
tirohanga matatika tā rātou ki te ao, ā, he whakatipu i tō
rātou hiahia tūturu ki te whakaaroaro. Heoi, he tokomaha
ngā tāngata o te Rawhiti e noho mangere ana i roto i te
mangere, kua ki te whai i te mātauranga wairua, engari kei
.a rātou tonu te mōhiotanga wairua teitei ake

Ina katia e te tangata ōna kanohi, ka whakaaro ia he
raruraru, he pōuri noa iho tēnei ao katoa, engari ina
whakatuwherahia e ia te kanohi o te whakaaro nui, ā, ka
mau tonu tōna marino me tōna taurite, ka pārekareka ia ki
tēnei ao, me te mea kei te mātaki ia i tētahi kiriata
.whakangahau

:Hei tīmata i te whakaaroaro
Noho marino, kia tika tō tuaiwi, taupokina ō kanohi
korekore ki ō kamo Kia marino Tukua tō hinengaro kia kua
e rongo i te taumaha o tō tinana, kia wātea hoki ngā io e piri
ana ki ō uaua me ō wheua taumaha Wareware ki te
whakaaro ki te kawē me te neke i tētahi paihere wheua
.matotoru kua herea ki te kikokiko matotoru
Whakangāwaritia, wetekina tō hinengaro i te mōhio ki te
taumahatanga tinana Kua e whakaaro ki tō taumaha
tinana, engari kia mōhio kua wetekina tō wairua i te
āhuatanga pumau o te taumaha Tukua ō whakaaro kia rere
ki runga, ki raro, ki mauī, ki matau, ki te mutunga kore, ki
.tētahi wāhi rānei e hiahia ana koe

Whakaarohia, whakaarohia hoki tō whakaoranga
hinengaro mai i te tinana. Moemoeā, ora, kia rongo i tēnei
rerenga i a koe e noho pūmau ana, ka piki haere tonu tēnei
.herekoretanga

Katia ngā tatau o ō kamo, ā, whakamutua ngā kanikani
o te whakamātautau ā-hinengaro Tukua tō hinengaro kia
heke ki te puna mutunga kore o tō ngākau Kia mau tō
hinengaro ki roto i tō ngākau, e rere ana i te toto ora, kia
mau tō aro ki ōna aho kia rongo rā anō koe i tōna pao
manawataki. Ia pao, kia rongo i te kaha o te manawa o te
.ora

Whakaarohia te ao whānui kotahi e patuki ana i ngā
tatau o ngā ngākau o ngā miriona tāngata me ngā piriona o
.ētahi atu mea ora

Ko te pā o tō ngākau e māhorahora ana e whakapuaki
ana i te aroaro o te mana mutunga kore i tua atu i ngā kūaha
o tō mātauranga. Ko ngā pā o te ao whānui e hāhā ana ki a
:koe

Kaua e whiwhi noa i tētahi awa iti o tōku ao, engari kia"
whānuitia te whānuitanga o ōu kare ā-roto, kia rukuhia ai e
au ōu toto, tōu tinana, tōu hinengaro, ōu kare ā-roto, me tōu
".wairua ki roto i te manawa o tōku ao tūroa

Me whakaaro tonu tātou ki tā tātou e mea nei, me
pēhea hoki tōna pānga ki a tātou
Ehara te mahi i runga i te hihiri me te wairua i te
herekore, nā te mea ko ngā hua kino o ngā mahi hē he
mekameka. Ko ngā mea e kīia mai ana e tō tātou
māramatanga he pai, ā, he hua tika, me mahi, nā te mea ka
puta mai he wairua makona me te herekore. Mā tēnei
huarahi ārahi whakaaro nui ka puta mai te waimarie me ngā
.manaakitanga

Ina kite te ākonga kei roto ia i te rangimarie me te Atua,
ka hari ia i roto i te wairua, ka karanga me te harikoa: "E te

Ariki, kāore au i kite i tetahi mea i te ao he mea
"whakamiharo, he mea reka atu i a koe

Kei te takaro te hau
Ā, ka aue te rākau
Ā, ka ataata te rā
Ā, ka rere te awa
Ā, ka whakawhitia e te whenua tōna kākahu pango
whetu

I roto i te kākahu koura kanapa o te māramatanga
Ā, e aroha ana te taiao ki te whakaatu i tōna ataahua
Te huri i ngā tae o ngā wā harikoa
Ā, e ngana tonu ana te awa e pupuhi ana
Ki te kōrero pōturi mō tētahi whakaaro hohonu i
whakaaweawetia e te wairua
Ā, e hiahia ana ngā manu ki te waiata, ki te korikori hoki
Me ngā mea ngaro e pupū ake ana i roto i tōna ngākau
Engari kei te tangata te kaha
Ki te kōrero mārāma, ki te kōrero pūmau, me ngā
tikanga hou anō hoki
Mō te Ariki o te Ao
kei ngā wāhi katoa
Kāore i taea e ngā mea ora katoa te mahi
Mō te hura i te reira me te whakapuaki i tōna aroaro

I kite te kaiako a Paramhansa he mea tika kia whiua
tētahi o ngā ākonga mō tētahi hapa nui, ā, i muri mai ka
:mea ia me te aue
Aue, e hiahia ana ahau ki te āwhina i ētahi atu mā te"
aroha anake, nā te mea ka whati, ka mamae hoki tōku
ngākau ina kite ahau kāore he ara hei karo i te
".whakangungu i a rātou i tētahi atu ara

I roto i te wāhi tapu o te whakaaroaro, ka tahuna e au
ngā rama e rua: te rama o te ata me te rama o taku oho ake.

He ataahua ngā karauna o taku hiahia nui e karapoti ana i
ngā waewae o tō aroaro whānui. Ko te kakara o tō aroha, e
puāwai ana i roto i te kohua o tōku ngākau, e horapa ana i
ngā kokonga katoa o tōku ao. Kua ngaro ngā atarangi o ōku
wehi me ōku whakaaro pohehe i te kanapa noa o tō
māramatanga, e te Atua, nāna ahau i whakaara ake ake i
ngā moemoeā o tēnei oranga poto. Me te mataara tonu me
ngā kanohi hihiri, ka titiro tonu ahau ki tō mata mutunga
kore, me te whakaaroaro ki ōna āhua ahurei me te noho
!tonu

Ina mau te riri, te mauahara rānei ki te tangata, ka huri
hei āhua kino. Ka ngaro te mana whakahaere o te tangata e
te riri i ōna kare ā-roto, ā, ka whara pea i ētahi atu. Nō reira,
he hē te tuku i ngā kare ā-roto tutu ki te whakahaere me te
whakahau i ngā mahi a te tangata, nā te mea ka mauheretia
ia ki roto i te pūtau o ngā riri kino me ngā āhua kino, koinei
te pūtake o ngā pouri me ngā mamae hinengaro katoa. Hei
mawhiti i ēnei āhua hinengaro whakararuraru, me
whakakore te tangata i ēnei kare ā-roto me ngā kare ā-roto e
tino hono ana ki te hinengaro tinana. Ko te whakaaroaro
[arā, te tahuri ki te Atua me te ngākau, te wairua, me te
.hinengaro] te huarahi

:Ngā Whakaū

Ka tiakina e au aku whakaaro me aku kupu kia puta mai
ai ngā mea ataahua me ngā mea pono anake. Ka haere tonu
ahau me te whakapono katoa ki te Atua, me te mōhio kei
roto i ahau tōna mana, kei te karapoti ia i ahau, ā, kei te tiaki
.ia i ahau e tōna manaaki
E te Ariki, kua werohia e au ngā arai o te ao, ā, kua kitea
e au tō aroha, ā, kua mōhio ahau inaiane ko au te waka hei
whakaatu i te hinengaro o te ao me te ataahua o te wairua.
Ka whakatapua e au ōku kaha me ōku pūkenga katoa ki te
.whakaatu i tō hiahia atua

Ia wā ka whakaaro ahau ki a koe, ka ara ake te ngaru o
te hiahia nui i roto i ahau, ka whakaoho i ōku kare ā-roto, ka
rere mai i tōku ngākau ki ia pūtau o tōku wairua, ka whakakī
i te aroha atua. Ko tōku hiahia nui kia tae atu ki te pūtake o
tōu wairua, kia koa ki tō aroaro. Kātahi ka huaki te tatau o
tōku wairua, ā, aue, te hari e taupokina ana ahau i te kitenga
!i tō māramatanga kanapa

Mā te whakakotahitanga ki a koe, e te Wairua Whānui,
ka noho ahau hei pū o te ao tūroa. Ka kaukau ahau i te
moana o ngā wairua, ka kanikani i runga i ngā ngaru o ngā
kare ā-tangata tapu, ka ringihia ki te hari tapu. Ka tukuna e
.ahau he awa nui o ngā wawata whakahirahira
Ka waiho ahau hei roimata katoa e ringihia ana i te
aroha ki ētahi atu Ka noho ahau i roto i te wahangu koura o
te hunga tapu me ngā tumanako e puāwai ana o ngā
hinengaro whero E te kaiwhakawhiwhi pono o ngā hiahia! Ina
hanumi taku mura mutunga kore ki tō māramatanga
mutunga kore, ka kanapa ahau i roto i ngā kanohi katoa

I ngā rā raumati o te ao, ka kohia e au te wai o te kare
ā-roto mai i ngā pua reka o te ngākau pono e puāwai ana i
ngā māra o ngā wairua atawhai, ā, ka rongoatia e au i roto i
tōku ngākau te mauri o te pēpara teitei o te murunga hara,
ngā puku kakara ngawari o te ngākau mahaki, me ngā pua
rōti ngawari o te whakaaro. Ā, ina pā mai ngā hukarere
makariri o ngā whakamātautau o te hotoke me te mamae
mamae o te wehenga o te ao, ka rapua e au te mahana me
te whakamarie i roto i te wai o te wai kua rongoatia i roto i te
pūtau o tōku ngākau. I roto i taua pūtau, i manaakitia e tō
aroaro, ka kitea e au te pī atua e mitimiti ana i te reka o ōku
hiahia tawhito, ā, ka rongo au i te marino, te harikoa, me te
.whakamarie

He rite te whai rawa ā-tinana me te kore he rangimārie
o roto ki te matewai i a koe e kaukau ana i roto i te roto.

Mēnā me karo te hiahia ki te taonga, me whakahawea te
rawakore wairua, nā te mea koinei te pūtake o ngā mamae
me ngā mamae katoa o te tangata. Ko ngā mātua whai rawa
e waiho ana i ngā moni nui ki ā rātou tamariki, he maha ngā
wā ka aukati i tō rātou tipu hinengaro, ka whakararu hoki i tō
rātou whanaketanga me tō rātou harikoa, e whakawhirinaki
.ana ki ā rātou ake mahi

:I te whakanui i te Rā Ataata

I tētahi wā uaua, ka rongo ahau i tō reo, e tōku whaea
rangi, e kōrero pōuri ana: "Ka whiti te rā o tōku tiaki i ō
hāora kanapa me ō hāora pōuri rawa. Kaua e manukanuka, e
taku tamaiti, engari whakaponu mai, ataata mai! Tukua taku
māramatanga whakaora kia whiti mā roto i ō ataata
mārama. Mā te harikoa, e taku tamaiti, ka hari ahau, ka
"!makona hoki ahau

,Aue, e te Ariki

Nā ngā hau o tōu whakaohoho i peia ngā kapua katoa i
te pae tawhiti o tōku hinengaro, e ahua parakore nei, e
mārama ana. Me ōku kanohi parakore, e kite ana ahau i a
koe anake i ngā wāhi katoa. E uru ana ngā hihi o tō rā tapu
ki roto i ngā hohonutanga o tōku wairua, ā, nā te hiakai o
.ngā tau maha, e whāngaihia ana ahau e tō mārama tapu

I mea atu te kaiako a Paramahansa ki tētahi rōpū

:ākonga

Ina ruku hohonu koe ki roto i te hinengaro atua mā te"
kanohi wairua, ka kite koe i te tuawhā o ngā taha e tiaho ana
me ngā mea whakamiharo o te ao o roto. He uaua ki te tae
atu ki taua āhua, engari he āhua whakamiharo, he āhua
harikoa hoki! Kaua e makona ki te whiwhi i te rangimārie i
roto i tō whakaaroaro, engari kia hiahia nui ōu ngākau katoa

ki te rangimārie o te Atua, me te hiainu hoki ki Tōna
".harikoa

Ko tā te ao e hiahia ana ko te aroha o te tuakana, te kotahitanga, te ōritetanga, me te ngākau e ki ana i te aroha ki te Atua me te pupuri i Ana ture matatika. Ka puta ake ngā raruraru me ngā uauatanga i te kore mōhio o te tangata ki āna mahi o mua, i mahia i tētahi wāhi me tētahi wā. Ko ō rātou mamae o nāianeī i ahu mai i ngā whakaaro me ngā mahi i whakapuakina e rātou, kua whai pakiaka ki te oneone o te hinengaro, ka pihi ake hei tipu, ka hua mai he hua e .whakaata ana i te āhua tonu o aua whakaaro me aua mahi

Ko te temepara e arohaina ana e te Atua he temepara o te marino, te rangimārie, te aroha me te ataahua, ā, ko te tangata e tomo ana ki taua temepara ka taupokina e te .marino wairua, ā, ka pā atu ki te aroaro o te Atua

Me uru atu te tangata ki ngā mahi whai hua hei whakapai ake i a ia anō, hei whai hua hoki mō ētahi atu, ā, ko te tangata e hiahia ana ki te mōhio ki te Atua, me ngana ki te mahi i te pai, ki te āwhina i ētahi atu i ngā wā katoa e .taea ana i ia rā

Ko te whanonga o waho e whakaata ana i te oranga o roto o te tangata. Kāore e taea e ngā taonga o waho te kawe mai i te harikoa, nā te mea ko te harikoa e whakawhirinaki ana ki te pai o te tangata ki te whakahaere i a ia anō me te .huarahi o tōna oranga

Ina ara ake ahau i ia ata, ka whakatakoto ahau i ētahi whakataunga pai, ā, ka oati ki ahau anō ka whakatinanahia e au. Kātahi ka arotakehia e au aua whakataunga puta noa i te rā, ka akiaki i ahau anō kia tutuki. Ina kitea e au kua tutuki i ahau taku i oati ai ki ahau anō, ka kite ahau i te wikitoria. Ka

whakakoi ēnei whakataunga whaiaro i te whakatau me te
whakapakari i te kaha o te hiahia; ki te kore, ka kitea pea te
tangata e kahakina ana e ngā kare ā-roto pōrearea, ā, e
.whakahaerehia ana e ngā kare ā-roto kino

Me tīmata te whakahoahoa i te kāinga. Mēnā ka kitea e
koe tētahi i roto i tō whānau e tino hototahi ana ki a koe,
whakatipuria taua whakahoahoa i te tuatahi. Kātahi, ki te
hiahia koe ki tētahi e mōhio ana koe he rite ngā uara,
whakatipuria taua whakahoahoa. Me whakakore katoa ngā
hiahia whaiaro me ngā tātaitanga whaiaro, ā, me
.whakapakari i ngā whanaungatanga hoa ki ngā tāngata pai

Ko te hunga e aroha ana ki te Atua, ko rātou ōku teina
pono. E aroha ana ahau ki te hunga kuware, e karo ana hoki
i te hunga whakakake, engari e tata ana ahau ki te hunga e
aroha ana ki te Atua, ā, e harikoa ana ahau ki te kōrero ki a
.rātou

Kāore e taea te whakaahua i te aroha atua, engari ka
taea te wheako ina purea te ngākau, ā, ka hiahia ki te mea
nui o te rangi. Ka kaha ake te aroha o te Atua. Ina anga te
hinengaro me ngā kare ā-roto ki te Atua, ka rere nui mai te
.hari wairua i te puna o te ngākau

I roto i tōku ngākau, kua hanga e ahau he torona ngaro
mōu. Kei te mura pōuri ngā rama o tōku hari i te tumanako
.atu ki tō taenga mai, ā, ka tiaho ake ina puta mai koe

He mate pōuri te noho i roto i ngā kare pouri, engari ko
te ngana ki te noho harikoa me te hihiri i ia rā ahakoa ngā
whakamātautau pōuri me te mamae he whānautanga wairua
.hou

Ina kitea e koe te Atua, ka kite koe i te ngākau mārie
pono, pumau tonu. Ahakoa ka wetekina, ka pakaru ngā
hoahoa tangata, e kore rawa te Atua e whakarērea i a koe.
Ahakoa ka whakarērea koe e te katoa, ki te mea kei a koe te
Atua, kei a koe ngā mea katoa o tēnei ao, ā, kua riro i a koe
.te wāhi tino nui, te wāhi nui rawa atu

I mea atu a Kaiwhakaako Paramahansa ki tētahi o te
hunga i ruarua mō te āheinga o te kite i te māramatanga
:atua
Ki te ruarua koe, e kore koe e kite; ki te kite koe, e kore"

"koe e ruarua

:I mea ia ki tētahi rōpū ākonga e whakaroa ana

Me whakarite e koutou ō koutou oranga, me"

whakahaere hoki i tō koutou wā, nā te Atua i hanga te
tikanga; ka whiti te rā tae noa ki te tōnga o te rā, ka kanapa
".ngā whetu tae noa ki te ata

I te nuinga o te wā, ka kōrero, ka mahi te tangata i
runga i ō rātou ake tirohanga, kāore i te maha te kite, te
ngana rānei ki te tiro i ngā mea mai i te tirohanga a tētahi
atu. Mēnā ka tautohetohe te tokorua, ka piki ake hei
tautohetohe, kātahi ka whawhai, ko rāua te he, ahakoa ko
wai i tīmata te tautohetohe. Ko te hunga whai māramatanga
me te whakaaro nui ka whakatata atu ki ngā take i runga i te
.arorau, te whai whakaaro nui, me te mārama

Ka ara ake ahau i te atatu, ka whakaara ake i taku aroha
e moe ana, kia whakaohokia ai te māramatanga o te pono ki
te Atua o te rangimārie i roto i tōku wairua, e te Ariki, i roto i
te temepara e kore e kitea, i hangaia ki te kiripaka o te pono,
manakohia ngā whakahere iti o tōku ngākau, e whakahoutia
.ana i ia rā i roto i te inoi

Tiakina koe i roto i te pā o te whakaaro nui, te wāhi tapu
nui rawa atu. Mā te māramatanga tino tika koe e kawe ki te
.wāhi kāore he mea e kino ai koe

I mea atu te kaiako a Paramahansa ki tētahi rōpū
:ākonga
Ehara te ripeneta i te mea ko te pouri noa iho mō tētahi"
hapa, engari ko te karo i te mahi anō. Ina ripeneta pono koe,
ka whakatau koe ki te whakarērea te kino, me te kore e hoki
anō ki taua hapa. He pakeke te ngākau, ā, kāore e ngāwari
te ngawari. Whakangawaritia ki te inoi me te inoi, ā, ka tau
".iho ngā manaakitanga atua ki runga i a koe

He maha ngā wā ka kitea e tātou ētahi o ngā kaiāwhina,
ngā kaiwhakawhiwhi moni rānei i roto i te whānau, ahakoa
he pāpā, he tama rānei, ā, i roto i ētahi hāpori he whaea, he
tamāhine rānei, e whakaatu ana i te āhua mana whakahaere
nā te mea kei roto rātou i te tūranga e whai mana ai rātou ki
.te whakahaere me te akiaki i ō rātou whakaaro
Kaua ēnei kaitukino riri iti e tukuna ō rātou riri ki ō rātou
whānau, e hiahia ana, e whakawhirinaki ana hoki ki a rātou.
Ki te pērā rātou, ka ngaro te whakaute me te manaakitanga
.o ō rātou whanaunga

He kōrero teka te kī he ngoikore te ngākau o te tangata
mai anō i te whānautanga, ā, kāore e taea e ia te
whakapakari, nā te mea tera pea ka taea e ia te nui me te
whakatutuki i ngā mea whakamiharo i ngā āhuatanga katoa
.o te ao

Ina taea e te tangata te whakaatu i tōna aroha me ōna
whakaaro pai ki ētahi atu, ka whānui tōna aroha, ka hanumi
.ki te aroha whānui e rere ana i roto i ngā ngākau katoa

I roto i te marino o te wairua, i roto hoki i te ngahere o
te arotahi hinengaro me ngā wawata e tipu haere ana, kāore
he mutunga o te aroha atua, ā, ka manaakitia te tangata e
rongo ana i te aroaro manaakitanga me te reka i te nekita o
.te kotahitanga

:he inoi

E te Ariki, homai ki ahau te whakawhirinaki o ngā
tamariki harakore ki a Koe, me te aroha katoa ki a Koe.
Manaakitia ahau kia rongo ai ahau i tōu tata i muri i aku inoi,
kia kite i tōu aroaro i roto i ōku kare ā-roto katoa, kia mōhio
ai ahau ko tōu whakaaro nui māramatanga hei tautoko i tōku
.māramatanga me tōku mātauranga

I muri i te whakanui a te kaiako, a Paramhansa, i tētahi
:o ngā ākonga, ka tāpiri atu ia
Ina kīia atu ki a koe he pai koe, kaua e mutu te whai kia"
pai ake i tōu āhua. Mā tō whakapai tonu e hari ai koe, me ō
".whanaunga hoki

Me i mārāma ngā kaiārahi o te ao o ēnei rā, ā, me mahi
tahi, ka taea e rātou te whakakore i te pakanga me te
rawakore i roto i ētahi tau. Ko te mōhiotanga wairua anake
(te māramatanga o te aroaro o te Atua) ka taea te whakaora
i te ao, ā, ki te kore, kāore e taea te whakatutuki i te
rangimārie. Me tīmata te tangata i a ia anō, he mea utu nui
rawa hoki te wā hei moumou, ā, ko te kawenga a te tangata
ki te whai wāhi ki te kawē mai i te rangatiratanga o te Atua
.ki te Ao

Ko te whakahoahoa te kukume wairua o te ao whānui e
herea ai ngā wairua ki te here o te aroha atua, e whakatata
atu ai tetahi ki tetahi, kia ngata ai te matewai o ngā ngākau,

kia koa ai ngā wairua ki te reka o te aroha o te rangi e rere
.ana i roto i ngā ara tangata

Ko te tangata e whakatupu ana i tōna aroha ki te Atua, e
whakakaha ana i tōna whanaungatanga ki a ia i ngā wā
harikoa me te whai rawa, ka kitea e ia te Atua e tata ana ki a
ia ina hiahiatia ia e ia, engari ko te tangata e whakaroa ana,
e kore e aro ki te whakakaha i taua whanaungatanga, me
aro atu ia ki ōna whakamātautau kia taea rā anō e ia - me te
whakaaro nui me te ngohengohe katoa - te kimi i te Hoa Tino
.Pai

Kei te toremi te ao katoa i roto i te moana o te pōhēhē
me te mate nā te apo e kore e taea te tineia. Ka puta he
pakanga i te apo me te apo. Ko te toa tūturu ko te tangata e
wikitoria ana i a ia anō i roto i te pakanga o te ao. Ko te
moni, te rongonui, te hiahia taikaha, me ngā mea katoa e
whakahē ana i tēnei kaupapa, he mea kino ki tō tātou
.rangimārie me tō tātou harikoa

Ka puta te Atua i roto i te marino o te wairua, ā, ka
rongo tātou i Tōna aroaro mā te harikoa nui, kia tutuki ai ō
tātou wawata wairua, kia tutuki ai hoki ō tātou wawata me te
.aroha ki tā rātou whainga

Ki te kore te mātauranga wairua e whakawhanakehia i
roto i te huarahi e rite ana ki te ahunga whakamua o ngā
pūtaiao taiao me ngā auahatanga hangarau, ka ngaro ngā
tāngata takitahi me ngā iwi i roto i ngā ara pōuri me te
.whakangaromanga

E hiahia ana te Atua kia haere tātou ki a Ia, kia mōhio ki
a Ia, engari ko te nuinga o te iwi kāore e pai. Heoi, ina pōuri
te ao i roto i ō rātou kanohi, ā, ka taka rātou ki roto i ngā
mahanga o ngā raruraru, ka riro rānei hei taonga mō te
mate, ka hohoro rātou ki te inoi ki a Ia me te tono mō Tana
.awhina

He tokomaha e whakaroa ana ki te rapu i te Atua, me te
whakapono mēnā ka pērā rātou, ka pōuri te ao, ka kore he
harikoa, he ataahua. Engari ko te ritenga kē te pono. Ko te
harikoa parakore e pā ana ki ahau i roto i te tino hononga ki
te Atua, kāore e taea te whakaahua; kei te noho ahau i roto i
te āhua o te harikoa wairua i te ao me te pō. Ko tēnei
harikoa he manaakitanga nā te Atua, ā, ko te mōhio ki te
Atua he tikanga mō te whakaoranga mai i te mamae me te
.wairua o te rangimārie me te ngākau māhaki

Ko te kupu matua mō te nuinga o te tangata i tēnei ao
ko "au". Ko te hunga he wairua, he wairua hoki ō rātou
whakaaro ki ētahi atu, pērā i tā rātou whakaaro ki a rātou
anō. Ko te hunga e whakaaro ana ki a rātou anō anake ka
kawea mai te mauahara me te riri o te hunga e karapotī ana
i a rātou. Engari ko te hunga e whakaaro ana ki ngā kare ā-
roto me ngā hiahia o ētahi atu, ka kitea e whakaaro ana
ētahi atu ki a rātou, e whakaaro ana hoki ki ō rātou kare ā-
.roto

Ki te mea kotahi rau ngā tāngata i roto i tētahi tāone, ā,
ka ngana ia tangata ki te tango i tētahi atu, ka iwa tekau mā
iwa ō rātou hoariri. Engari ki te ngana ia tangata ki te āwhina
.i tētahi atu, ka iwa tekau mā iwa ō rātou hoa
I noho ahau pēnā, ā, kāore i ngaro tetahi mea i taku
hoatutanga ki ētahi atu. Ina hoki mai ngā mea katoa i hoatu
e au ki ahau, kua whakanuia e te aroha noa o te Atua.
Ināianei kāore au e hiahia ki tetahi mea nā te mea he nui
ake, he utu nui ake hoki ngā mea kei roto i ahau i ngā mea

katoa e taea e te ao te tuku. Ko te mea e tino rapua ana e te tangata ko te harikoa, ā, ina tutuki te harikoa, ka ngaro te .hiahia mō ngā āhuatanga e ārahi ana ki tēnā

Ina tukuna e koe ngā whakaaro pai ki ētahi atu, ka whānui ake tō māramatanga. Ina whakaaro koe ki tō hoa tata, ka whakaohohia tētahi wāhanga o tō wairua me taua whakaaro. Engari kāore e ranea te whakaaro anake; me rite tātou ki te whakatinana i ō tātou whakaaro. He maha ngā manaakitanga me te harikoa nui ka kawea mai e te atawhai ki te hunga whakamahi, nā te mea mā te atawhai ka tiakina e te tangata tōna ake harikoa. Ko taku whāinga he mea kia harikoa ētahi atu nā te mea ko tō rātou harikoa te pūtake o .tōku harikoa

Ko te whakaaro te pūtake o ngā raruraru katoa, me te puna o te harikoa. He kaha ake te tangata i ōna wheako katoa nā te mea kua homai e te Atua te mana ki a ia ki te whakahaere i tōna hinengaro me tōna tinana, ā, kaua tōna .hinengaro e paitinihia e ngā whakaaro kino

Ko te hunga e noho tahi ana me te Atua ka taea e rātou te wikitoria i ngā wero nui rawa atu me ngā wero whakamataku o te ao. Ahakoa he moemoeā kino tēnei moemoeā whānui i ētahi wā, ina noho tahi tātou me te Atua, .ka kitea tātou kua watea i taua moemoeā kino

Tērā tētahi momo huakita ka whānau mai, ka tini haere, ka mate i roto i ngā haora e rua noa iho. Ka oti i tēnei momo huakita i roto i te rā kotahi, i raro iho rānei, ngā mea e hiahia ana e te tangata kia oti i roto i te wā roa, e waru .tekau tau pea

He wā poto noa iho ngā tau e whitu tekau, e waru tekau
rānei e ora nei tātou i te ao mutunga kore. Mai i te tirohanga
whanaunga, ko ngā mea katoa e pā ana ki a tātou ka tupu i
te tere ōrite ki te tere e pā ana ki ngā huakita kua
.whakahuatia i runga ake nei

Nō reira, kua tātou e moumou taima, kua hoki e tukua
ngā hiahia me ngā āhua noa kia whakahaere i a tātou, ā, me
karo hoki tātou i te mahi i ngā mea kāore e whakaaetia e tō
tātou hinengaro. Ina riro te tangata hei rangatira mōna ake,
mō ōna whakaaro, mō ōna kare ā-roto, me āna mahi, kāore
.he tangata, he mea rānei e kaha ki te awe i a ia

Kei te takoto te ora i te oneone taratara, e moemoeā
ana ki te ataahua i roto i ngā putiputi, ā, ka oho kaha i roto i
ngā kararehe me te hinengaro tangata, ka mōhio ki tōna
.pūmanawa mutunga kore

:E mea ana te hunga whakaaro nui
Ko ngā hua o ngā mahi pai e akiakihia ana e te aroha ki
te Atua me te ngākau pono ko te rangimārie me te mā. Ko
ngā hua o ngā mahi e akiakihia ana e ngā hiahia me ngā
wawata whaiaro ko te mamae me te mamae. Ko ngā hua o
.ngā mahi kino ko te kuware me te wairangi

Ko ngā mahi pai ka hari ai, ko ngā mahi o te ao e
ārahihia ana e te aroha ki a ia anō ka arahi ki te mamae me
te mamae. Ko ngā mahi kino tonu, i tētahi atu taha, ka
whakangaro i te kaha o te tangata ki te mārama me te
.mōhio

Ko ētahi e tuhi ana i te ingoa o te tohunga penei:

Paramahansa, Paramahansa Yogananda rānei

Mai i raro ki runga: He kōrero angitu

Ētahi atu kauhau nā te Kaiwhakaako Paramhansa

Yogananda

:I te hononga e whai ake nei

[wwwswaidayogacom](http://www.swaidayogacom)

He kōrero pono tēnei mō tētahi tangata e hinga tonu)
ana, engari nā te whakaaro auaha me te whakaū i te pai, i
taea e ia te wikitoria i ngā take o tana hinganga, ā, i taea e
ia te whakamahi i te angitu hei whakatutuki i tana i hiahia
(.ai

Pērā i te hunga e angitu ana i roto i te taiao, kei reira
anō hoki te hunga e hinga ana i runga i te āhua o te noho

He tamaiti rahua taku hoa, taku tauira (S) mai anō i tōna
whānautanga. He pono he tamaiti mohio, he tamaiti
pukumahi, he tamaiti hihiri ki te whiwhi moni, engari i tana
whakaaro tonu ki tētahi mahi, ka karapotia ia e ngā
.āhuatanga o te rahua mai anō i te tīmatanga

I tētahi rā ka haere mai ia ki ahau me te kore kau, ka
whaia e ngā kaituku moni, ka whakarērea e ngā hoa, ka tono
.tohutohu mai ki ahau

I pātai atu ahau ki a ia mō te take o ōna raruraru, ā, ka
:mea ia

E te Ariki, he tangata rahua ahau. Kāore au i te mōhio,"
ina tīmata taku mahi, ka ngaro, ā, ka pāngia hoki te wāhi e
mahi ana ahau. Ka ngaro te pakihi a te kaitukumahi i muri
tata mai i taku whakamahinga. Nō reira, kua maku ahau ki
te rapu mahi i te wehi kei whakararuraru i ngā hiahia o ngā
kaitukumahi e whakamahi ana i ahau. Nā te ngoikore o taku
kore pumau, e tino mōhio ana ahau ka ngaro taku mahi nā
te mea ka kī te kamupene e whakamahi ana i ahau ka
pēkerapu, ka kati i ōna tatau, ka panaia ahau. Nō reira,

kāore he tika i ahau ki te whakangaro i ngā pakihi a ētahi atu
".nā te mea he hononga noa iho tōku ki a rātou

I kitea e au he mahi māna i tētahi kamupene iti, ā, i tono
atu ahau kia whakahuatia e ia tēnei kupu whakaū i ia ahiahi,
:i mua i te moe, me te oho ake anō hoki

I ia rā, i ia rā, kei te piki haere taku angitu i roto i taku"

"mara mahi

Kotahi te marama i pahemo, ā, ka whakatūpato mai a

(S) ki ahau: "E te Ariki, kei te pōturi haere te kamupene i
mahī ai koe, ā, kāore tōna āhua i te pai. Kei te inoi atu ahau
kia tangohia ahau i mua i tōna hinganga rawa, nā te mea ka
ngaro taku mahi ina hinga te kamupene. Engari mā taku
wehenga atu i tēnei wā, tera pea ka ora te kamupene i te
".aituā kino me te pōuri nā aku whakarerekētanga kino

I kata ahau, kāore i aro ki ngā kōrero a (S), engari i tono
atu ahau kia mau tonu tana kōrero, kia mau tonu tana mahi.
He wiki i muri mai, ka haere mai ia ki ahau i tētahi ahiahi, ā,
:ka mea mai me te aue

"Kua tupu tonu te mea i wehi ai ahau"

"?Ka pātai atu ia ki a ia, "I aha te mea i tupu

I mea ia, "I hinga te kamupene, pērā i taku i kōrero ai ki
"a koe, me taku i matapae ai

I mea atu ahau ki a ia, me te whakahē: "Kāore ianei i te
pono i a koe e whakamana ana i a koe anō, 'I ia rā, i ia rā, kei
te piki haere taku angitu i roto i taku mara mahi', i te mea
kei te whakahua anō koe i aua kupu pērā i te kākā? Ā, ko te
wheke ruarua kei te pupuri tonu i ngā kopa o tō roro, kia
mea ai koe ki a koe anō: 'E te kuware, kei te kino haere tō
āhuatanga ahakoa te nui o tō ngana ki te whakatenatena i a
"!koe anō kia angitu

"Ka whakahoki ia: "Āe, koinā tonu te mea e tupu ana

I tohutohu a (S) kia whakakorea ngā wiri me ngā whakaaro kino taumaha i te wā tonu e puta mai ana i roto i tōna hinengaro, inā koa i te wā e whakahokia ana te whakaū pai, nā te mea ka taea e te hinengaro mōhio me te whakapono pakari te awe i te hinengaro huna, te hinengaro kore mōhio rānei, ā, mā te ture o te aukume aukume ka pā .ki te hinengaro mōhio mā te mana o te tikanga

I tāpiri atu ahau: "Ko te whakaū pinepine i ngā whakaaro me ngā whanonga pai kia uru rā anō ki roto i te hinengaro papaku, he rawaka hei tango i ngā arai hinengaro papaku i tukuna iho, i riro rānei. Kāore he huarahi ki te angitu i te mea kei roto tonu ngā whakaaro me ngā kare ā-roto o te ngākau pouri me te pouri i roto i te hinengaro mohio, i te hinengaro papaku rānei. Ko ētahi o ngā āhuatanga mō te angitu ko te whai pūkenga auaha, ngā āhuatanga pai, me ngā au o roto. Mena ka taea e koe te pā atu ki te hinengaro teitei me ōna āheinga mutunga kore, ka taea e koe te waihanga i ngā whai wāhitanga hou mō taua angitu e ngaro tonu ana i a koe, ā, ".kāore e taea e koe te hopu

Ā, i taea e au te āwhina i a (S) kia whiwhi mahi anō, he nui ake i te tuatahi. Engari i muri i ngā marama e ono (koinei te wā roa rawa atu i mahi ai tō mātou hoa), ka mea mai ia ki ahau i tētahi ahiahi: "Kei te tere haere te kino o te āhua o te "kamupene, nō reira tēnā me tere te whakakore i ahau

Kāore au i aro ki ana āwangawanga, engari i tono atu ahau kia haere tonu tana mahi. I muri i ētahi wiki, ka mea mai a (S) ki ahau me te ataata: "Kua riro te mahi tuarua i "!whakaritea e koe māku, e te rangatira

I mea māriri atu ahau, "Kaua e manukanuka, ka kimihia "e au tētahi atu mahi māu

Ka whakahoki ia: "Āe, e te rangatira, i te mea kei a koe
te kawenga ki te hinga i tētahi atu kamupene nā te mea he
".hononga tōku ki ōna rangatira, kāore aku whakahē

Nā te whakapau kaha tonu, i kitea e au tētahi mahi tino
pai mā (S) i tētahi kamupene nui. I pahemo te tau, ā, kāore
he mea i puta, ahakoa i ngana a (S) i ia wiki ki te wehe atu i
te kamupene i te wehi kei whakangaromia pērā i ngā mea o
.mua

Hei whakamutunga, ka tono atu ahau ki a ia kia
whakangao i tana moni ki tana ake pakihi, ā, ka matakū ia,
ka titiro matatau mai ki ahau me te miharo, ka mea: "Koinei
te mea e tohutohu mai ana koe kia mahia e au? Kāore koe i
te whakaaro ka ngaro i ahau te moni kua kohia e au me te
"?uaua ki te whakangao e au

I whakamanawa atu ia ki a ia: "Me haumi e koe tō moni
me tō kaha ki tētahi kaupapa pai, pērā i tētahi pokapū kai ā-
rohe kāore e hiahiatia he haumitanga nui, ā, e whakapono
"ana ahau ki tō angitu

I roto i ētahi tau, ka riro i a (S) te rangatira o ngā
.whenua maha me ngā whare putunga nunui

I tōna whakapono ki tana angitu, ka kitea e ia kua angitu
ia i ngā mea katoa i mahia e ia. I tētahi rā ka mea mai ia ki
ahau, me te kata: "Ngā mihi ki te Atua me tō āwhina, kua
huri ahau i te kore angitu hei tangata angitu. I hinga ahau i
te kore angitu, ā, ka kite ahau ko taku kore angitu tonu nā te
kore mārama ki taku mahi. Engari kāore au i te mōhio me
pēhea taku angitu i muri i taku whakangaro i te mahi a ētahi
".atu nā aku koretake

Nō reira i whakamārama atu ahau ki a ia: "Kāore koe i
whakangaro i ngā hiahia i mahi ai koe. Ko te ture kukume e
whakahaere ana i te tangata, i runga i ngā wiri rite, ka mahi

kino, ka mahi pai rānei (ka kukume te mea rite ki te mea
rite)

Nā tō āhua hē i kukume koe ki ngā kamupene kua tata
hinga, ā, nā reira, he hinga koe, ā, kua tata hinga hoki ngā
kamupene. E ai ki te ture o te kukume tahi, i hinga koe me
aua kamupene i te puke o te hinga, ā, i tukinga ki ngā toka i
.te wā kotahi

Ko te ako a tēnei pūrākau, ko te angitu tūturu kei roto i
te waihanga i ngā mea e hiahiatia ana e te tangata mā te
kaha o te ngākau mā te whakaoho i te mana mutunga kore o
te hinengaro teitei. Ka taea te whakaoho i tēnei mana mā te
ako i te huarahi tika ki te whakaaroaro me te whakaaro pai
me te auaha kia whiwhi ai i te hauora, te angitu, te
.whakaaro nui, me te harikoa

Kia tau te rangimārie ki a koe

Mai i ngā papa witi o te wairua

E mōhio ana koe he aha ētahi tāngata kāore e taea te
whiwhi

He aha tā rātou e rapu nei i te ao mā roto i ngā tikanga
?tika, ahakoa te kaha o tā rātou whakamātau
Tuatahi, nā te mea he nui te hunga e mahi ana me te
,ngākau nui

Ko te whakatekau anake o ō rātou aro e whakamahia
ana e rātou

Nō reira, kāore i a rātou te mana ki te whakatutuki i te
angitu

Hei tāpiri, tera pea nā ngā mahi hē te take
I mahia e rātou i mua, ā, i pā kino ki a rātou
Me ngā take mau tonu o te pouri me te korenga
Engari kāore koe e hiahia ki te whakaae
Ngā here me ngā herenga o te Karma
Kaua e whakapono hohonu kei roto koe

Kāore e taea te whakatutuki i ō whāinga
Ina kore e taea e koe te whakatutuki i tāu whāinga
Ko te take he mea whakapati i a koe anō
Kāore koe i te kaha ki te whakatutuki i tāu e hiahia ana
Engari ina whakamanahia e koe koe anō
Kei a koe ngā mana mutunga kore
Ka taea e koe te whakatutuki i ngā mea nunui maha
Mā te hono atu ki te Atua ka huri ngā wiri o te hinengaro
Ka whakatuwhera i ngā ara o te hinengaro kua āraia e
ngā manukanuka
Te aro nui rawa ki ngā taonga
Ka tāpirihia he taha wairua ki te whakaaro me te kare ā-
roto
Nā reira, ka whati ngā here o te hiahia
Ā, ka puta ake he pae tawhiti o te herekoretanga me te
tirohanga mārama i roto i te wairua
He ture wairua tēnei e mahi tika ana mō te painga o te
hunga katoa e whakamahi ana
Ina arotahi ngā hihi o te whakaaro, kāore e marara noa
atu
Ka puta mai te mana nui o te Atua
Ā, nā taua mana
Ka taea e koe te whakatutuki i te angitu wairua,
hinengaro, me te rauemi
Kua whakawhirinaki ahau ki taua mana manaakitanga
I ngā wā katoa i roto i tōku ao
Ā, e tino mōhio ana ahau kāore te mana o te Atua e
memeha
Ka taea e koe te mahi i taua mea anō mēnā e hiahia ana
koe
Tērā pea ka angitu ētahi atu mana
He angitu e kore e mau tonu
Engari ina kī tonu te hinengaro i te aukume atua
Ka puta mai he māramatanga nui i roto i a ia
E whakaatuhia ana te aroaro o te Atua

Ko te mea kāore he rite
E mea ana te hunga mātau
Kāore e taea te whiwhi i te mātauranga atua mā te ako i
ngā karaipiture

Ehara i te mea nā te whakaaro nui, nā te mātau hoki
Ahakoa mā te ruku hohonu ki ngā rapunga whakaaro
Engari, nā te aroha noa o te Atua ka taea te
.whakamātau i te reka o taua mātauranga
Ko te hunga ngākau mā anake e whiriwhiri ana i te Atua,
ā, ko rātou e whiriwhiria ana e ia
Ā, mā Tōna aroha noa ka kite rātou i Tōna māramatanga
Me mōhio, me whakaae hoki ngā tohunga whakaaro me
ngā tohunga whakapono

He mutunga kore te āhua o te Atua
Kāore e taea te mārama, te tiro tiro rānei
Me te tirohanga iti o te whakaaro whaiti
Kia mōhio ai tātou ki te Atua, me wheako tātou i tōna
aroaro
E whakakitea ana e te Atua ia ia ki te hunga e aroha ana
ki a ia

Hei kare ā-roto o te harikoa wairua nui
Kua pakaru te hinengaro tangata
Ā, ka kawea mai e ia he whakaū mārama mō te noho o
.te pono teitei ake

Te nui atu i ngā wheako tangata kua mōhiotia
Kāore e taea e te nui o te arorau, te karakia rānei
Ko tēnei whakamātautau whakamiharo
Nā te mea ko te wheako wairua e ahu mai ana i ngā
kare ā-roto

Me te tirohanga ā-roto o tētahi taha ngawari me tētahi
māramatanga kanapa, kanapa hoki
Hei whiwhi i taua wheako matakite
He mea nui te aroha atua
Te whakaaroaro nui ki te Atua
I te mokemoke o te wairua tapu

Kua huri te moana o te wairua hei ngaru iti o tōku ake

hinengaro

Kāore e taea te whakangaro

Ā, mēnā rānei i puta mai ia i tēnei atamira o te ao

I huna rānei i muri i te matenga i roto i te ao o te

hinengaro ao

He hinengaro mutunga kore hoki ahau, he hinengaro

korekore

E tiakina ana i roto i te awhi o te mutunga kore me te pā

o te Wairua Tapu

I tēnei rā ka mahi ahau i tētahi mea whai hua mō ētahi

atu

Ka mahia e au te mea e taea e au mō te hunga hiakai

Kei te haumarua ahau, kei muri i ngā taiepa o tōku

hinengaro marino

Kua tahuna te pōuri tawhito

Ko tāku e hiahia ana ko tēnei rā anake

He mura ahau nō te māramatanga o te pai nui rawa atu

Ā, e hiahia ana ahau kia waiho hei tohu

Mō ngā wairua i totohu, i pakaru hoki ō rātou kaipuke

I roto i te moana o ngā mamae

I tēnei rā ka rongohia ahau i te Atua i roto i te wiri o te

rangimārie

E pā ana ki ngā aho o tōku ngākau, e rite ana ki te aroha

o te ao whānui

Ā, i runga i te torona o ngā whakaaro marino, marino

Kia manaakitia taku mahi e te Atua o te rangimārie, kia

.māmā hoki aku mahi

I tēnei rā ka ārahi ahau i ōku teina me ōku tuākana

Ki te Kūaha o te Rangimārie

Te ārahi ki te Temepara o te Atua

Ka mahi ahau ki te whakamarie i te hunga e pouri ana

Ā, e makona ana ō rātou wairua

Ā, ka tere atu ahau ki ngā pae tawhiti o te

herekoretanga

Mā te whakarērea o ngā hiahia here katoa
Me te pupuri tonu i te hiahia kia tata atu ki te Atua
E kawē mai ana i te whakaaroaro ki ana mahi toi
Ā, ki te rangatiratanga o tōku aroha
Ka karanga atu ahau ki ngā tāngata o ngā iwi katoa, o
ngā iwi katoa

Kia haere mai ai rātou ki te noho ki ahau
I roto i te māramatanga o te aroha atua
Ngā Taonga o te Rawhiti
Te Makasini Rawhiti-Hauauru
Ngā whai wāhitanga koura
He mea tika te ora
He huarahi koura tēnei hei whakamōhio i a koe anō
Te whakahou i tōna mōhiotanga me te tautuhi i tōna
tūranga i runga i te mahere o te oranga
Me te mahi kia tutuki ai te kaupapa o tōna oranga
Mā tēnei mātauranga ka whakakaha te hinengaro me te
tinana

Ā, ka whakakīia te ngākau ki te ngaru o te ora
Ka puea ake ia i te harikoa, ka pekepeke i te harikoa
Koinei te hiahia o te Kaihanga o te tangata mō te
tangata

E whakapono ana ētahi he ngenge, he hoha te ao
He tokomaha te hunga e hoha ana, e ngenge ana
Engari ko te hoha ko te ngaro i a koe anō
Mō te hononga me te whakawhitiwhiti kōrero ki te rūma
whakahaere o te ora
Kia pai ai te oranga
Me tango e te tangata ngā arai me te whakakore
E tū ana i waenganui i a ia me tōna kotahitanga ā-tinana
ki te ora

Me i hoki ō whakaaro ki te wā o te tamarikitanga
Tērā pea i mahara koe i taua wā
Ki tonu i te kaha hou me te harikoa
I nui tō hiahia ki te neke

Te pekepeke, te tākaro, me te mahi i ngā tini mea
He taenga mai hou koe i te ao ethereal
Ā, e pā tika ana ki te ngākau o te ora
Me ngā waea whakawhitiwhiti kōrero i waenganui i a
koe me te ora

Teitei o te mahi maeneene me te whai hua
Nā te mea i kawea mai e koe he māramatanga ki te
ngāwari

Te harikoa, te harikoa, me te hou o te wairua
I tōna taenga ki te pakeketanga
He nui te moni i ngaro i a koe
Mai i aua kaha me aua kare ā-roto
Engari i ētahi wā

Ka tae mai ngā whakaaro mōhio ki a koe
Ā, ka pupuhi mai ngā hau o te hiahia ki a koe
Ka hoki mai anō ētahi maharatanga
Mai i ngā rā o mua

Ina ara ake koe i te ata i te moe marino, hohonu hoki
Kei te pai koe, kei te harikoa hoki
Kia pā mai rā anō ngā mea whakararuraru o te ao o ia rā
ki a koe

E nohoia ana e ia te nuinga o tō hinengaro
Ā, ka nui ake te tūturu me te hiahia nui i ētahi atu
Ahakoa ngā uauatanga katoa, ngā whakahē, me ngā
pōuritanga

Me mahi te tangata ki te whakawhitiwhiti kōrero ki a ia
anō

He nui ngā taonga e kore e taea te tatau
Koinei te mea e hari ai, e whakakororia ai te ao
Me karo i ngā whakaaro me ngā mahi iti te utu
Ā, kia kaua e mau ki ngā mea noa o te ao
Nā te mea kua whakapumautia ki roto i te hinengaro
Ka piri ki ngā pūtau roro
Kia peia rā anō te rangimārie me te rangimarie i te
wairua

Ā, me rātou anō hoki, ngā whakaaro kua
whakatikatikaina me ngā tirohanga parakore
Nō reira, he mea tika kia whakakorea atu aua pūngao
taupatupatu
Mai i te whakaaro me te pei atu i ngā kare ā-roto kino i
te ngākau
Kia tae atu ai ngā hihi o te māramatanga ki a rātou
Ngā au o te hauora, ngā utu pūngao, me ngā
manaakitanga
He whakapiri whakamiharo
I whakaaweawetia e ngā whakaakoranga a te
Kaiwhakaako Paramhansa
He rite ngā whakaaro ki ngā mongamonga uku ka taea
te hanga hei mataono, hei nakahi moana rānei, engari he
.pakeke pērā i te kiripaka
Kei ia tangata te pūmanawa hei kaiwhakairo mō tōna
.ao, hei kaiwhakairo hoki mō tōna ao mutunga
Me tango e ia tētahi ringa o tēnei whakapiri
whakamiharo, ka hanga hei mahi toi whakamiharo, ā, ka nui
.te harikoa e riro mai i a ia
He uaua te arotahi i ngā uira puta noa i te wāhi, me te
tuku ki ngā waea hei whakamārama i ngā kāinga me ngā
.tiriti, engari kua tutuki tēnei
Ehara i te mea ngāwari te karanga me te whakakotahi i
ngā mana ngaro o te ao whānui ki roto i tētahi pūnaha. Ka
tiaki i te tangata mai i ngā mahanga, ka tiaki hoki i a rātou
mai i te kino, ki te taea. Ahakoa te noho me te mana o te
kino, kei reira tonu te māramatanga, ā, he kaha ake, he
pumau ake te pai i te kino nā te mea e tautokona ana e te
pono mutunga kore, te mana tino kaha o te ao whānui, ā, ka
.toa i te mutunga
Ko te arotahi ki ngā whakaaro pai, atawhai, ko te
tikanga he hanga hononga whai hua, he hanga rānei i tētahi
ara mārama, i waenganui i te hinengaro me te pūtake o te
pai o te ao whānui, arā, ko te pai tonu. Ko te nui ake o te

whakaaro o te tangata ki te pai, ko te nui ake o ōna wiri e kumea ana ki roto i te hinengaro me te tinana. He mana tō ēnei wiri ki te whakarerekē i ngā āhua hinengaro me te tinana maha, ā, he tino kaha, ka peia aunoatia ngā wiri rerekē e kore e rite ki te hanganga hinengaro me te tinana o .te tangata

Ina kī te tangata, "Kua ngenge ahau," ka kaha ake te kare o te ngenge nā te mea kua whakaaetia, ā, ka whakawhāiti i te mahi me te aukati i te rere o te pūngao. Heoi, ki te kī rātou, "Me okioki ahau," ka whakatuwherahia e rātou a rātou anō ki ngā ia ora e whakahauora ana i te hinengaro me te tinana, ā, ka pāngia pea e te ngaru o te .pūngao i roto i te wā okiokinga poto

Ka taea te karo i te pouri, e puta ai he āhua hinengaro whakapouri, mā te kore e aro ki taua mea, mā te kore e mahara ki tētahi wheako pai, mā te kore e whakaaro ki ngā tāngata e arohaina ana e koe, e whakawhirinakihia ana e koe, e pai ana hoki ki a koe, me te tino mohio ko te pouri he kapua raumati e rere ana, ahakoa te matotoru me te .whakamataku o te āhua

Kaua ngā āhuatanga uaua e pā ana ki te tangata e warewarehia, e whakahaweatia rānei. Engari, me aro atu ki ēnei āhuatanga me te pono me te mātau mā te rapu huarahi whai hua hei wetewete i te mana me te whakaiti i ōna .pānga

Ehara tēnei i te tikanga me tuku noa atu ngā ratonga a ngā kaiwhakaora hinengaro e whakarato ana i ngā ratonga maha, whai hua hoki mā roto i ō rātou tohungatanga me ngā tikanga pūtaiao matatau; engari, mā te whakaaro pai ka whakatō te purapura o te whakaora i roto i te tinana, ā, ka .noho hei huarahi maimoatanga

Waihoki, kaua e kī "Kei te mate ahau," engari me aro ki te hiahia mō te whakaora. Mā tēnei waiaro ka ngāwari ake te aro o te hinengaro me te tinana ki ngā tikanga me te kaha whakaora, ka whakatuwhera i ngā pore, i ngā awa rānei e

hiahiatia ana e tēnei kaha kia rere ki roto i ngā pūtau me
ngā kiko, ka whakatika i ngā āhuatanga kino me ngā
āhuatanga hē, ka whakatikatika anō i ngā mīhini ngawari o
te tinana. Nō reira, ko te tangata kua taunga ki ngā
whakaekenga maha o te ngoikore me te ngenge, ka kitea i
roto i te wā, ko te whakaaro pai ka āwhina i te whakaiti i te
maha o ēnei wā, ka arahi ki te kaha hou me te oranga nui,
me te āwhina a te Atua, te Kaiwhakaora o ngā mate me ngā
.mate katoa

Te kotinga o te mauahara
a Nasi rāua ko Zakir tetahi ki tetahi, ā, i tīmata ā rāua
pakanga i a rāua e tamariki ana i te kura, ā, i te wā i pakeke
ai rāua ka tupu te mauahara, ā, ka noho rāua hei hoa
.whakataetae i roto i te pakihi hoko hu

I tētahi wā, i whakataetae rāua mō te ringa o tētahi
kōtiro hei marena, ā, nā te mea he kaha ake a Nasi i a Zakir,
ka whiua kinotia ia e ia, ā, ka ngaro tōna mōhio. I te hokinga
ake o te mārama o Zakir, ka taupokina ia e te whakama, te
.pouri, me te whakarihariha ki ngā mea i pa ki a ia
I muri i ngā tau, ka whakatau a Zakir ki te neke ki tētahi

tāone nui ki te mahi me te noho
Kua wareware a Nasi ki ngā mea i tupu, engari kāore i
taea e Zakir te ūkui i te whakama me te whakaiti i a ia. Heoi
anō, i kōrero tonu ia ki a ia anō: Ka murua e au a Nasi, ā, e
.kore ahau e mahara ki tana hara ki ahau

Engari i muri i ētahi marama, ka kite a Zakir i a ia e
whakapuaki ana i te murunga hara i ia rā, i roto i tōna
ngākau e hiahia ana ia ki te rapu utu, ā, e tatari ana kia whai
wāhi ia ki te whakahoki me te whakamā i tōna hiahia ki te
.rapu utu

I muri i tētahi wā, ka rongo a Nasi i tētahi kukume
rerekē e kukume ana i a ia ki te tāone i neke atu ai tōna hoa
tauwhainga tawhito, a Zakir. Kāore ia i ruarua kei te tata
tetahi mea te tupu. Heoi, i mōhio a Zakir ki te aroaro o Nasi i
.te tāone, ā, ka tīmata ia ki te aroturuki i ana nekehanga

I tētahi ahiahi, ka hikoi a Nasi ki te "hongī i te hau hou,"
.ahakoa he pōuri, he ua hoki te rangi
I a ia e hikoi ana ko ia anake i tētahi huarahi motuhake,
ka pā atu ia i tētahi whare putunga tuwhera, ā, i aru puku
atu a Zakir i a ia me te āta tupato. I te putanga mai o te whai
wāhitanga, ka whakatau ia ki te whakatau i te kaute me te
.huamoni tāpiri

I te harikoa nui, ka kitea e ia tētahi pereki totoka kua
taka mai i tētahi o ngā pakitara o te whare putunga. Ka
hopukina e ia, ka whiua te māhunga o tōna hoa whawhai o
mua, ka turakina ia ki te whenua, kātahi ka hoki whakamuri i
.te ara i haere mai ai ia, me te kore e mōhio kei reira ia
I muri i ngā haora, ka mutu te ua, ka marara ngā kapua,
ā, ka puta mai he hihi o te marama mā roto i tētahi kōhao i
te tihi o te pakitara. Ka oho ake a Nasi, ka kitea ia e takoto
.ana i runga i te whenua, he tino ngoikore

I ngana ia ki te rapu i te mea i tupu, ā, i te kitenga i
tētahi taera i tōna taha me tētahi kōhao i te pakitara i runga
ake, ka whakatau ia i a ia e hikoi ana i te taha o te whare
putunga, nā tōna pōuri i taka ai taua taera i te tihi o te
.pakitara, ā, i hinga ki runga i tōna matenga

Ko te akoranga o tēnei kōrero, ka wareware te tangata
ki ngā hē i mahia e rātou ki ētahi atu, ahakoa kāore e
warewaretia ngā hua o ngā mahi, ā, ka whaia pukutia rātou
e ō rātou hua i roto i te pōuri o te kuware. Pērā i te kau e
kitea ai tana kuao i roto i ngā mano tini o te kau, waihoki ka
whai mana ngā hua o ā tātou mahi ki te whai tonu i a tātou
.me te tohu i tō tātou wāhi, ahakoa kua roa te wā

Me i whai whakaaro nui a Nasi, ā, i ngana ki te whakatau
i te tautohe me tōna hoa whawhai, a Zakir, me te
whakapāha ki a ia i muri i taua aituā, kua whakaitihia pea e
ia te riri o tōna hoa whawhai, ā, kua kore pea e piki haere te
.raruraru

Engari kāore i rerekē ngā mea katoa, ā, ka tupu, ka
puāwai ngā purapura o ngā hua kino i roto i te kōpū o tētahi

heke mai pōuri, ā, ka mutu ko tētahi whānautanga kino. Hei
karo i ngā ohorere kino, me tahu ngā purapura o te pakanga
kino e piri ana i roto i te oneone o te hinengaro, ā, me mua i
te mahi te tirohanga matatau, nā te mea e kī ana te ture
whānui ka kokoti te tangata i ngā hua o āna mahi, ahakoa
.pai, ahakoa kino, ahakoa reka, ahakoa kawa
Kia maumahara tātou, ko ia mahi ka waiho i ngā tohu e
rongoa ana hei au me ngā hiahia i roto i te hinengaro. Ki te
kore ēnei e whakahaerea me te whakaaro nui, ka arahi pea
ki ngā hua kino. Heoi, ina tahuna ngā purapura o ngā mahi
.kino e te ahi o te whakaaro nui, e kore e taea te tupu anō

Te tikanga o te whakapiki i te mōhiotanga
te wā o mua

Ka whakararuraru te wairua i te mīhini tinana

Kia tino herea rā anō ia ki taua mea

Koia te take me ora tātou

Kia kore ai e taumaha rawa ngā hiahia o te tinana i a

tātou

Kāore mātou e rongoi i te herenga o ngā paerewa

rauemi

He hua te tipu hinengaro

Mō te tipu tinana, te whanaketanga rānei

E ai ki te whanaketanga taiao

Kei te puta mai taua wairua kotahi

Mā te piki ki te taumata hinengaro

Te taumata rānei o te auahatanga me te nui

Nō reira, e whakaatu ana i ngā pūkenga ahurei

Ko wai e wehewehe ana i te tangata

Mō ngā mea hanga katoa

Kātahi ka piki ake

Ki te taumata o te mātauranga wairua

E homai ana te tikanga me te uara

Mō te whai rawa

whakatutukitanga hinengaro

Kāore e kore he pai ngā whakatutukitanga hinengaro

Nā te mea he mea utu nui ngā mea pai katoa
Ā, mārire ka mōhio tātou ko te wāhanga e whai ake nei
Kei te whakapiki ake i te mōhiotanga o te tinana
Ki te māramatanga wairua
Mā te whakapūmau i te wairua me te tinana
Mā te kore e moumou i ngā kaha ora o te tinana
Ā, mā te arotahi i te māramatanga o te hinengaro, te
tutei

Mō ngā take nui
Kia riro rā anō rātou
He tikanga whai hua, he tikanga taurite hoki
Ka taea e te wairua te haere i roto i taua mea
te whakapuaki i a ia anō
Ā, e whakaatu ana i ōna pūkenga
Me te whakahohe i ōna mana wairua
Ko te tikanga o te whakaoranga wairua ko te whakaora i
te wairua

Mai i te whare herehere o te kore mohio
Ā, whakaarahia ki te taumata e tika ana
Me te whakawātea i a ia mai i ngā here o te iti o te
mōhiotanga

He tino ataahua te oranga o te tangata i ētahi wā
Engari te piri ki taua mea
He rite ki te manu o te pararaiha e piri ana ki tōna
whare herehere
Nā, ki te whakatuwhera koe i te tatau o te whare
herehere

Ka whakaroa te manu ki te haere
Nā te āhua me te roa o te wā i roto i te whare herehere
?Kāore ianei i te miharo
Kāore te manu e hiahia ki te wehe i tōna rohe whaiti
Ki te herekoretanga o te wāhi mutunga kore
?Nā wai ia i ahu mai
E pā ana tēnei ki a tātou anō hoki
Nā te mea i roa te wā i noho ai mātou

I roto i te whare herehere tinana
E wehi ana mātou i tōna wehenga atu ki ngā pae tawhiti
whānui

Engari e kī ana te whakaaro nui kia tātou
Te Whakawātea i te Manu o te Wairua
Mai i te whare herehere o ngā here
Ā, ka tukuna ki te ao mutunga kore o te hinengaro
Ka pārekareka anō rātou ki te hari o roto
Ko te ture o te nekehanga e ahu mai ana i te ture o te
take me te pānga, te ture rānei o te mahi me te tauhohenga
Ko te tangata i whānau mai he pai i tēnei ao, i pērā anō i
mua {nā ngā mahi a ō rātou ringa}, ā, ki te tohe ia ki te
mahi i te pai, ka piki haere te pauna o te pai ki tōna taha (ki
.te tangata whai mea, ka nui ake te hoatu, ka nui ake)
Ko te hunga he iti noa iho ō rātou āhuetanga pai, tera
pea ka ngaro i a rātou taua iti noa iho nā ngā au kino e
.whakaeke ana, e whakangaro ana i a rātou
Ko te tangata e hiahia ana ki te kino, kua mau tonu taua
hiahia kino i te ao o mua, ā, ka kaha ake pea ēnei hiahia
kino, ka whakahaere hoki i aua hiahia. Ko te hunga he hiahia
hē ō rātou, i pērā anō i mua, ā, ki te nui ake te pai i te kino,
ka peia atu e ngā āhuetanga pai ngā hiahia hē i roto i ō
.rātou wairua

Koinei te mahi tūturu o te ture take me te pānga
(karma). Heoi, kaua te tangata e māharahara, e mauheretia
rānei mēnā he āhua kino kei a ia e hiahia ana kia
whakakorea. Koinei te wā tika hei wikitoria i aua āhua mā te
.whakatipu i te whakatau o mua me te whakaaro tika
Ka taea e te tangata te wetekina i a ia anō i te mau o
ngā whanonga kino, me te waihanga i ngā whanonga pai i
roto i te whakaaro me te mahi, ka puta ai ngā hua e hiahiaitia
.ana

Ahakoia te hohonu o ngā whanonga kino kua mau i roto i
te tangata, me mahara rātou nā rātou anō aua whanonga i
hanga mā te whakahoki i ngā whakaaro me ngā mahi

motuhake, ā, ka taea e rātou te whakakapi i aua whanonga
kino ki ngā whanonga pai mā te whakaaro pai me te
.whakaaro whai hua

He rerekē ngā āhua o te hinengaro tangata i ngā
whakaaro pai me ngā whakaaro kino. He pai ake te
moemoeā pai i te mamae i ngā moemoeā whakamataku. He
ngāwari, he tairongo hoki te hinengaro; ka taea e ia te tango
i tētahi āhua e hiahiatia ana e ia, te moemoeā rānei i ngā
moemoeā e pai ana ki a ia. Heoi, ko te raruraru o te tangata
ko tā rātou tuku i tō rātou ao hinengaro—nā ō rātou ake
hiahia me ā rātou whiringa—kia whakahaerehia e ngā iahiko
hē me ngā aronga hē i whānau mai i ngā tikanga o mua. Nō
reira, ka noho mawhiti tonu ō rātou mana mārama, ka rere,
pērā i te kaitiakitanga matatika kua whakatōkia ki muri i ngā
.pā o te mārama me te tirohanga

Ina pāngia te hunga haurangi e ngā tikanga kino e te
kawa o te mamae i puta mai i te oranga koretake, ka tahuri
rātou ki te māramatanga o te māramatanga me te noho tika
ki te rapu whakaoranga, ahakoa te pakari me te
.whakangaromanga o ā rātou tikanga kino

Kātahi, ki te mahi rātou ki te whakawhanake me te
poipoi i ngā tikanga pai mā te mahi i ngā huarahi noho
rangimarie, ka kitea anō e rātou te harikoa o roto, ā, ka koa
ki te rangimārie hei hua tūturu o te whakahaere i a ia anō
.me te whakatipu i ngā tikanga pai

Ka inoi mātou ki te Atua Kaha Rawa kia homai he
āwhina ki a mātou kia wetekina ai mātou i ngā here katoa,
kia ārahi hoki i ō mātou whakaaro ki ngā ara tika, ki ngā ara
.whai hua

Te wairuatanga o te hinengaro
Ko ētahi tāngata e whakapau ana i ō rātou oranga
He hinengaro pōuri, he iti te māramatanga
Ka kai rātou, ka moe
Ā, ka pārekareka rātou ki ētahi mea ahuaireka
Kāore i te maha ngā wā ka whakaaroaro hōhonu rātou

Ina hoki, ko te nuinga o te iwi
Kāore rātou e tae ki te hohonutanga e ranea ana
I te moana o ngā whakaaro wairua
Nā te mea e whakapono ana rātou ko te ao tūroa
Ko ngā mea katoa ia e ora ana
Engari ko tēnei oranga
He moemoeā poto noa iho
?Nā te aha te tere me te manawa pāpaku
?Ā, e ngana ana ki te riro i te manako o te ao
Kāore i te pai ake
Kei te ngana koe ki te whakamanawareka i te Atua i te
?tuatahi

Kāore he mana whiriwhiri o ngā kararehe
Nā te Atua ia i here ki ōna kare ā-roto
Engari i whakatōkia e ia te whakaaro nui ki roto i te
tangata

He herekore tō te tangata
Kia piki ake, kia hinga rānei
Te whiriwhiri i te pai, i te kino rānei
Ina rumakina te hinengaro
I roto i ngā ahuareka taikaha
He mea nui ngā ariā matotoru, pōuriuri
Ka taka ia i te pararaiha o te harikoa
Ka ngaro i a ia te wairua harikoa
Ā, kua matapo te māramatanga o te wairua
Kāore e kitea e ia tōna ara ki te Atua
Engari ka taea te whakamāori i te hinengaro
Mā te whakaaroaro ki te Atua
Me te inoi pono, hohonu hoki ki a Ia
Kia huakina ai te tatau tapu
Te Arataki ki te Rangatiratanga o te Māramatanga me te
Harikoa
huna ana i roto i ngā hohonutanga hohonu o te
hinengaro
Mai i te taonga a te kaiako Paramahansa

Ngā kare ā-roto me te aratohu



Nga Akoranga a te Kaiwhakaako Paramhansa

Yogananda

Ina kei te taha te ngākau o tētahi

Ka kukume i a ia ki reira

Ngā āhuatanga katoa o taua tangata

?Ko wai ka whakaaro ki te hunga pai

Ka tukuna atu tō rātou atawhai ki a ia

Ā, ko te hunga e aro nui ana ki ngā āhua whakaaweawe

Ka tae mai ngā whakaaweawe ki a ia

Ā, ko te tangata e haere tahi ana, ahakoa i roto i te

whakaaro

Ngā tāngata hinengaro

ngā tikanga rangatira

Ā, ko te whakaaro rangatira

E rite ana ia ki ō rātou rangatira me ō rātou tikanga

Nā te mea he rite te whakaaro ki te aukume e

whakaporearea ana

Ka kukume mai te rite i te rite

Kia pai tō rā, kia tau te rangimārie ki a koe

E rapu ana te katoa i te harikoa pumau

Kaua e tahuri ki te pungarehu i roto i tō ringaringa

He nui ngā hua o tēnei rangahau

Mai i ngā mānukanuka, ngā raruraru, me ngā pouri

E rapu ana te tangata i te harikoa hou

Te harikoa wairua e whāngaihia ana e tō harikoa
parakore

Ā, āwhina mai i ahau kia hanga koe
He wāhanga nui o tōku ao
Ā, he mea nui hoki mō aku mahi o ia rā
Kei te rongohia ahau kei a koe ahau
Ngā wā katoa
Ā, i ngā taumata katoa

te hiahia o te tangata
He whakaata tēnei i te hiahia o te Atua
Ā, ina arahina e te whakaaro nui
Ka mutu tōna mana
Ko te hiahia atua te kaiwhakahaere o te kaha o te ao
Hei whai hua mai i te pūngao o te ao
Kāore e iti ana āna taonga
Kāore e pau ana tana taonga
Me whakawhiti ki te tinana
Mā roto i ngā waea o te whakaaro pai
me te rangimarie tūturu
Me te hiahia atua

Kāore ngā kaiako nui e tohutohu ana i te mangere me te
mangere; engari, e whakaako ana rātou i te ara taurite. He
mea maori te mahi a te tangata hei oranga mō tōna tinana,
hei whakarato hoki i ōna kākahu me ōna kai. Heoi, ki te
whakaaetia ngā mahi a te tangata kia taupatupatu, kia
.taupatupatu rānei ki ētahi atu, ehara tēnā i te mahi pono
He mano tini ngā tāngata pakihi e pukumahi ana ki te
koha taonga, engari kāore tonu rātou e mōhio ki te mamae
me ngā raruraru ngākau e pā ana ki a rātou anō. Mēnā ka
waiho te whai i te taonga hei take e kore ai te tangata e
whai kawenga ki te pupuri i tōna hauora, ehara i te mea he
.kawenga

Me tipu te tangata i roto i te huarahi taurite, ātaahua
hoki. Kāore he painga o te aro nui ki te whakawhanake i te
tinana kaha mena he ngoikore te roro i roto i taua tinana. Me
.whakawhanake hoki te hinengaro
Ko te tangata he hauora pai, he oranga whakamarie, he
kaha hinengaro nui, engari kāore tonu i te harikoa, kāore
.anō ia kia angitu i te ao
Ko te tangata e kī ana, "E harikoa ana ahau, ā, kāore he
tangata e kaha ki te tango i tōku harikoa," kua tae ia ki te
tihi o te angitu, ā, kua kitea e ia te āhua manaakitanga i roto
.i a ia anō

Me whakahīhī te tangata nā te mea i hangaia ia e te
Atua kia rite ki tōna āhua. Engari ki te whakapehapeha ia, ki
te riri, ki te ngāwari rānei te whakapataritari, ki te
whakahaweā ki ētahi atu, ā, ki te wehe atu ia i te tinana i
.roto i taua āhua hinengaro, e kore ia e tata ki te Atua
I tētahi wā, e kaukau ana tētahi o ngā tāngata a te Atua
i te awa, ka haere mai tētahi atu tangata, ka tīmata te horoi i
tana hōiho i te taha o taua tangata tika, me te tauhiuhi āta
me te kore whakaaro ki a ia ki te wai. Ka riri ngā ākonga a te
tangata tapu, ā, ka hiahia ki te patu i te tangata nanakia, ki
te pei atu i a ia, engari ka mea atu tā rātou kaiako ki a rātou,
".Kaua e pena, engari waiho ia kia noho noa iho
Kātahi ka whana te hōiho i tōna rangatira, ka whati, ka
marere ētahi o ōna niho. Ka whakatata atu te tangata pai ki
a ia me te aroha, ka tīmata te tiaki me te whakaora i a ia. Nā
te ture pakari o te taiao, ehara i te tangata tapu, i whiu i te
.tangata hara

E mahi tonu ana te Atua me āna ture ā-ao whānui, me
te kore e ngenge, ki te whakamama i te mamae o te hunga
katoa e whakawhirinaki ana ki a ia, e rapu ana i tāna āwhina,
e tautoko ana, e whakatenatena ana tetahi i tetahi i te
haerenga o te ao {Ā, kei te rite tonu te Atua ki te āwhina i
tāna pononga i te mea kei te āwhina te pononga i tōna
teina}

Ka taea e ētahi atu mea te tatari
Nā te mea kei te ora te Atua, kei te ora tātou, ā, nā tōna
pai me tōna oranga, kei a tātou te whai rawa me te harikoa o
te ao. Nō reira, me hōhonu te whakawhetai ki te Atua, me
nui hoki te whakawhetai, nā te mea e mea ana ia, "Ki te
whakawhetai koutou, ka whakanuia e ahau tō koutou
.atawhai," ā, me whakawhetai tonu tātou ki te Atua
Kāore he rite o te hiranga o te Atua ki te tangata, engari
he nui te hiranga o te oranga kikokiko ki te nuinga o te
.tangata, nō reira kāore i te tino mōhio ki te Atua
Me whakatutuki ngā mahi ā-tinana me ngā herenga
pāpori i a tātou e whakaaro ana ki te Atua, nā te mea ko te
Anahera o te Mate – kia roa ō koutou oranga – ka kapo atu i
ngā tāngata o te whenua i ia rā, i ia rā, tētahi i muri i tētahi,
.ā, me wehe atu pea tātou i tēnei whare tangata i tētahi wā
Me whakahaere e tātou ā tātou mahi i tēnei ao me te
hinengaro mārama, me te pupuri tonu i ō tātou whakaaro kia
hono ki te Atua. Ka whai ahau ki te mahi ki te katoa, engari
ina noho ko au anake i roto i te whakaaroaro, kāore au e
tuku i tetahi kia whakararuraru i taku whakaaroaro. Tērā pea
ka tatari ētahi atu mea, engari me pupuri tonu e tātou he wā
hui ki te Atua i ia rā, nāna nei i homai ngā mea katoa e
.hiahiatia ana e tātou i runga i tēnei ao
I a te Kaiwhakawā e whakaputa ana i tana whakatau
whakamutunga mō tētahi take tairongo e tohu ana i te ora, i
te mate rānei mō tētahi atu tangata, i taua wā anō i
whakaaro ia ki ngā raruraru ā-whare i pā ki a ia i taua rā, ā, i
pouri ia nā te mea kāore tana ture i te kāinga i
!whakatinanahia
Ki te whakaputa tētahi kaiwhakawā i tētahi
whakataunga hē e arahi ai ki te matenga o tētahi tangata
harakore nā te kore aro, ka tū ia hei whakapae, hei
whakatau he ki te aroaro o te Kaiwhakawā Nui, te
Kaiwhakawā o ngā hara katoa: te ture whānui e kore e aro ki

te whiriwhiri tangata, ā, kāore he wāhi mō te
.whanaungatanga

He tokomaha te hunga kāore e whai hua ana ki te mahi
moni, ā, kāore hoki e angitu ki te whakahaere pakihi
Kāore i a rātou te mātauranga ki te mārama ki ngā mea,
nā te mea i a rātou e mahi ana ka whakaaro rātou ki ō rātou
raruraru ā-whare, ā, i a rātou e noho ana i te kāinga ka aro
.nui ō rātou hinengaro ki ngā āwangawanga mahi
Nō reira, kua e aro ki ngā mea neke atu i te kotahi i te
wā kotahi

I mua noa atu, i te awatea
I tae atu ahau ki te rūma o te hinengaro
Ā, ka tuwhera ngā matapihi o ngā waiata
Ngā tirohanga, te kakara, te reka, te pā
Ā, i tono ahau mō ngā rangi waiata tino ataahua me ngā
tae tino ataahua
Kia haere mai ai ia ki te rūrū i mua i ahau, ki te kanikani
hoki

I ētahi wā ka kata ahau, i ētahi wā ka tangi ahau
Ina roimata oku kanohi
E mamae ana ahau i ngā patunga o te wheako
Katia te tatau o ngā kare ā-roto
Ā, tomo atu ki tētahi wāhi mutunga kore
I te ao o te moe me ngā moemoeā
I reira ahau e takoto ana i te rangimārie me te okiokinga
I raro i te paraikete o te pōuri
I muri i taku okiokinga nui
Mai i te moe, ka whakatuwherahia e au tētahi atu tatau
Ā, tomo atu ki te rūma moemoeā
Nō reira ka mātaki au i ngā kiriata whakamātautau me
ngā kiriata rangahau
I roto i te kiriata o te kore mohio
Te wāhi e mahi ai ahau i taku e pai ai

Ā, e whatu ana ahau i ngā moemoeā weriweri o ngā
maharatanga reka
I runga i ngā ārai hiraka
Ki runga, tuhia te ingoa o te ao tūroa e arohaina ana
Engari i ahau i waho o ēnei rūma e rua
I ētahi wā ka haere māriri ahau ki roto i ngā
hohonutanga ngaro o te ao tūroa
Te wikitoria i te pōuri pouri rawa atu, te pōuri tino pehi
rawa atu

Te whiti i ngā awaawa hohonu
Te tae atu ki ngā takutai o te wāhi mutunga kore
I reira i te ao o te kotahitanga
Kāore he takirua, kāore he moemoeā
Kāore he riri, kāore he mamae
Engari, he tirohanga whānui
Me te harikoa e whakahoutia tonutia ana
Me te māramatanga o ngā rangi me te whenua

Ko te nui haere o tō tātou noho i roto i te rangimārie me
te Atua

I ngā wā katoa e taea ai e tātou
te noho i roto i te rangimārie
Ki a tātou anō, ki te ao hoki
Kia ngana tonu tātou ki te ārahi i ō tātou whakaaro
Ki te tino mutunga kore, ki te mutunga kore
Kāore he harikoa e taea te whakarite
Me te harikoa, e rapu ana ahau i te Atua
Ā, whakapā atu ki a ia
Karapotia koe ki ngā whakaaro pai
Mā ēnei whakaaro koe e āwhina
Kei te tata haere, kei te tata haere
Nā te Atua te pai me te hari katoa e puta mai ai
Te rangimārie me te aroha ki te katoa

Te wāhanga i roto i te tatauranga

Mai i tōna hinengaro takitahi: te mauri takitahi
Nā te Atua i hanga te tatauranga
Ka ngana ia ki te tatau
Hoki anō ki te kotahitanga o te ao whānui
Ina pupuhi te tupuhi i runga i te mata o te moana
Ka hangaia e ia ngā ngaru kore e taea te tatau
Ina marino te tupuhi
Ka hoki ngā ngaru ki te ngākau o te moana
I roto i te kanorau me te whānuitanga o ngā mea hanga
He wae huna kei roto
Pērā i te moana te mauri o ngā ngaru
Mā te mōhiotanga ki te whānau ka tata ake te tangata ki
te kotahitanga
He kaiārahi kei ngā whenua hei whakakotahi i a rātou,
hei ārahi hoki i tā rātou huarahi
He rōpū pāpori kei reira e whakapuaki ana i ngā take
ōrite

Ina kitea e te tangata te Atua
Ka kitea e ia kei roto i a ia ngā mana katoa e kotahi ana
Ka whakamārama ia i tōna hinengaro
Ka puta ake he tirohanga hou mō te ora i roto i tōna
hinengaro

Ka reka te ora
Ā, ka whakakiia te wairua e te rangimārie
Ā, ka huri ngā whakarihariha o te ao
Ki tētahi mea pērā i te moemoeā

Ina puta te kaitono i te kura o te ora, ā, kua tae ki te wā
kia neke atu ia ki ngā taumata teitei ake, ka nui tōna
harikoa, ka mōhio kua pai tana mahi i te pakanga o te ora, ā,
kua whiwhi ia i te manaakitanga a te Atua, ā, e tino mōhio
.ana ia kei te tata mai te tūtaki ki a ia
I te taha o te tangata e arohaina whānuitia ana, ka tipu
ake ōna hiahia, ā, ka hurihia aua hiahia hei wahie wairua e

kawe ngāwari ana i a ia ki ngā ao o te rangimārie, te
.māramatanga, me te harikoa hou e kore e mutu

* * *

Kāore ngā ua o te aroha o te Atua e kohikohi ki runga i
ngā tihi teitei o te whakapehapeha, engari e rere ngāwari
!ana ki raro ki ngā awaawa o te ngākau mahaki
I kōrero a Kaiako Paramahansa mō te huarahi tere e
wātea ai tātou i ngā mānukanuka o te tinihanga o te ao, nā
:te aroha noa o te Atua. I mea ia
I roto i tēnei ao whānui, me te mea kei te toremi tātou i"
roto i te moana o ngā raruraru me ngā mamae, nō reira ka
ruru te Atua i a tātou kia ara ake ai tātou i tēnei moemoeā
".whakamataku

I a ia e whakatenatena ana i tētahi o ngā ākonga, ka
:mea ia

Kia mōhio koe, ko ngā mea katoa e rapu ana koe, me"

"ērā atu mea anō hoki, kei te tatari mai i roto i te Atua

I mea ia ki tētahi ākonga e āhua nei kua mau rawa ki

:ngā whanonga kino

Ki te kore koe e kaha ki te whakapau kaha, ngana ki te"

whakawhanake i te mana o te mahi ā-ringa (arā, te mahi ā-

"ringa o te kore e mahi i tētahi hapa)

Ngā whakaū-whaiaro

I tēnei rā ka pakaruhia e au te ahua o te kuware

E whakapoke ana i te wāhi tapu o te wairua i roto i ahau

Ā, ka mahara ahau ko te Māramatanga Tapu o te Atua

E tiaho tonu ana ki roto i tōku wairua

Ā, ka peia atu te pōuri o te mānukanuka i roto i tōku

hinengaro me tōku wairua

Ā, e kore te Kaihanga i ahau e whakarere i ahau

* * *

I raro i ia ngaru o te ora

Kei te takoto te moana nui o te aroaro o te Atua

I muri i ia manawa o te ngākau

Kei roto i a koe te moana mutunga kore o te aroha o te
ao whānui

* * *

I ia pō ka whakamanawa ahau i a au anō ehara ahau i te
tinana

Engari, ko te wairua e noho ana i roto i te tinana
Ā, ko tōku wairua he mea ora tonu, ake tonu atu
Kia ara ake ahau, ka mahara ahau ki te whakaū anō

* * *

I roto i te hanganga o te moe, ka ora ake ahau, ka
whakahou i tōku kaha
Engari kāore i te rawaka
Me hiahia ahau ki tētahi wāhi tapu mō te wā marino me
te whakaaroaro

Te wāhi ka taea e au te hoki whakamuri i ia rā, i ia rā
Hei tūhura i ngā pae tawhiti o tōku mōhiotanga
Ā, e tūhura ana i ngā mea ngaro o tōku wairua
Te tikanga o te marino

Ko te marino te tikanga o ngā whakaaro whakamarie
Te whakamarie i te tinana me te whakahaere i ōna
hiahia

Ko te tangata e taea ana tēnā, ka rongohia i te
.rangimārie whakahauora

Ka rongohia i ngā ngaru whakahirahira me ngā kare ā-
roto mai i ngā ao kua whakapaipaihia
Ā, ko te tangata e ruku hohonu ana ki te ata noho,
kātahia

Ka kitea e ia te rangatiratanga o te Atua i roto i a ia anō
I te mea e hikoi ana te tangata i te huarahi
He mea utu nui ia wā o tōna wā
He wā poto nei tā mātou noho ki tēnei whenua (te
whare whakawhiti)

He rangitahi ngā mea katoa, engari ko te kare ā-roto o
te Atua he mea pumau tonu

Kāore he mea e taea te whakakore i roto i te ngākau me
te wairua
Kaua e tukua ngā whakamatautauranga o tēnei ao kia
ārahi i a tātou
Mā te tahuri ke i a tātou i tā tātou kaupapa nui rawa atu
me tā tātou whāinga teitei rawa atu: te Atua
Ka taea te mōhio ki te Atua
Me kimi e tātou te rangatira o ngā ao tūroa
Nā wai rā ngā whetu e tiaho ana
Ā, nā tōna mana ka pā te ngākau
Me rapu tātou i a ia i roto i te Temepara o te Wahangu
Ina karanga tātou ki te Atua me te hiahia nui me te
ngākau nui
Ā, ina whakaaro tātou ki a ia me te ngākau nui
Ka kitea ia e tātou
Kāore au e kōrero ana mō tētahi atua kāore i te
mōhiotia
Engari, he mea tēnei mō tētahi Ariki kua mōhiotia e au
Ā, he pono ki ahau
He mea tūturu ake i ngā mea ā-tinana katoa
Ko te moana atua tēnei e tautoko ana, e whakapūmau
.ana i ngā ngaru o ō tātou oranga tangata
Ka taea e tātou te ora me te kore he mea katoa engari
ko te Atua
E hiahia ana te Atua kia hoatu e tātou tetahi ki tetahi
Me maumahara tātou, i a tātou e whai ana kia ea ō
tātou hiahia, me āwhina hoki tātou i ētahi atu ki ā rātou
hiahia, me te tohatoha i ā tātou whiwhinga ki te hunga
.rawakore
Kia maumahara tātou he wāhanga nui tātou o te
whānau o te ao, ā, e kore e taea te ora me te kore he mea
hanga. He aha te āhua o te ao me te kore he kāmura, he
kaihanga, he kaiahuwhenua rānei? Mā te whakawhitiwhiti
ratonga me te tohungatanga, e hiahia ana te Atua kia

whakaaro tātou ki ētahi atu, he hē nui hoki te ora mō tātou
.anake

Ina whakaaro tātou ki tō tātou ake harikoa, me
whakaaro anō hoki tātou ki te whakahari i ētahi atu. Kāore e
.tika ana kia whakarērea ngā mea katoa

Mō te whānau o te ao, nā te mea kāore e taea tēnā.

Engari me aroha tātou ki ētahi atu, me te whakaaro ki ō
.rātou hiahia me ō tātou ake hiahia

E hiahia ana te Atua kia rite tā tātou hoatu ki a tātou
tetahi ki tetahi, ki tā tātou e tango nei i tetahi i tetahi, nā te
.mea ko ētahi atu te mea nui ake mō tātou

Whakautu atu, ā, peia atu ngā whakaekenga nanakia o
te tinihanga

I te mea kei roto tonu te tangata i te riri, te hae, me te
hae, kāore rātou e herekore. Me noho rātou hei rangatira mō
ō rātou kare ā-roto me ā rātou mahi, me te whakawātea i a
rātou anō i ngā kare ā-roto whakangaro, i ngā hiahia kore
.here, me ngā hiahia hē

Ki te tino pono koe ki a koe anō, mā te whakaaro nui tō
whakaaro e tautoko, mā te tika tō whakatau e ārahi, ā, mā te
.māramatanga tō hinengaro e whakamārama

Me "tunua" ngā purapura o ngā mahi o mua i akiakihia e
te kuware ki te ahi o te whakaaroaro me te whakaaro nui kia
kore ai e taea te pihi ake, te tupu anō. Koinei te huarahi hei
.pehi me te ārai i ngā whakaekenga nanakia o te tinihanga

Ko te maminga o te ao whānui - arā, ko Hātana - e
tinihanga ana i te tangata ki ngā kupu whakaari teka me ngā
whakamātautau whakawai kia whaia te moemoeā o ngā
ahuareka ā-tinana, ā, e whakahaere ana i ōna pūkenga nā te
mea e oati ana ia ki a ia ki te harikoa o te ao kāore he
moonī, ā, nō reira ka kaha tana mahi ki te aukati i a ia kei
reka i ngā hua o te harikoa pono e nui ana i roto i ngā māra
.o te wairua

E mōhio ana te hunga whakaaro nui ki te rerekētanga i
waenga i te pono me te mānukanuka, ā, he pūkenga ki te

mārama. I a rātou e ruku hohonu ana ki te whakaaroaro, ka
mōhio pū rātou ki te hiranga o te hiahia noa me te hiahia ki
te whakamahi i te herekoretanga o te whiriwhiri hei mahi i te
mea tika, hei karo hoki i ngā mahi he hua kino, he hua kino
.hoki

I pātai tētahi o ngā ākonga ki te kaiako a Paramahansa
mō tōna whakaaro mō te inenga, te aituā, te mamae, me te
:mamae, ā, ka mea ia

Ka hangaia e te tangata tō rātou ake mutunga mā roto i
ō rātou hiahia, ā, ka whakatauhia tō rātou mutunga mā roto i
ō rātou whakaaro me ā rātou mahi. Ka taea e koe te
whakaora i a koe anō i te mamae mēnā ka whiriwhiri koe ki
te mahi pēnā. Kāore te Atua, ko tōna mauri ko te aroha, e
hiahia kia mamae tana hunga e arohaina ana i ngā mamae o
ngā mahi hē me ngā whakaaro hē. Kua whakawhiwhia e ia te
tangata ki te mana o te mārama me te herekore ki te
whiriwhiri. Heoi, nā ngā whakatau hē me ngā whiringa
kuware, ka kawea mai e te tangata te mamae me te mamae
.ki a rātou anō me ētahi atu

Me noho rangatira koe, kaua hoki e tukua tetahi ki te
tango i tāu whakatau, ki te whakahaere rānei i a koe, kaua
hoki e tukua te taiao, ngā tikanga, me ngā kōrero tuku iho
.hē kia aukati i a koe, kia whakahaere hoki i tō āhua noho
Mahi i runga i te whakaaro nui, whakarongo ki te reo o
te hinengaro, whakaarohia ngā hua o ngā mahi i mua i te
haere tonu me tāu e whakaaro ana ki te mahi, kaua e whara
i ētahi atu nā ō whanonga hē, me te inoi ki te Atua kia
.āwhina me te arahi

Te mahi kia rite ki ngā aratohu ā-roto

Me tautuhi tuatahi tātou i tā tātou whāinga, kātahi ka
rapu i te arataki a te Atua hei ārahi i a tātou ki te mahi tika
hei whakaatu i tō tātou pūmanawa. Me whakaaroaro tātou
kia marino ō tātou hinengaro, kia mārama ai te mahi e whai
ake nei. Muri iho, me mahi tātou i runga anō i te arataki o
.roto e whiwhi ana tātou, ā, ka tutuki te hua e hiahiatia ana

Ina marino te hinengaro, ka tere, ka ngāwari hoki tō
mārama ki ngā mea, ā, he mea whakamiharo tēnā! Ka tutuki
i a koe te mea e wawatahia ana e koe, ā, ka tuhia te angitu
mōu i roto i ngā mea katoa i roto i te wā poto nā te mea ka
taea e te kaha o te ao te whakahaere i te ture tika me te
.whakaatu i tana mahi

E mea ana ētahi tāngata, ko ngā pūtau roro he mea
hanga e ētahi tikanga kāore e taea te whakapai ake, te
whakarerekē rānei. He hē tēnei. Nā te mea i hangaia tātou e
te Atua i roto i tōna āhua, kāore he mea hei whakawhāiti i a
tātou, hei aukati rānei i tō tātou ahunga whakamua. Ki te
tirotirohia e tātou a tātou anō, ka mōhio tātou ki te pono o
.tēnei, me te āwhina a te Atua

Ko ia tangata te tohu o te mana mutunga kore
Me whakaatu e tātou taua kaha i roto i ngā mea katoa e
mahia ana e tātou

Ina hiahia tātou ki te waihanga i tētahi mea
Kaua tātou e whakawhirinaki anake ki ngā puna o waho
Engari, me ruku tātou ki roto i ngā hōhonutanga o roto
Kei te rapu mātou i te pūtake mutunga kore
Ngā tikanga mahi angitu katoa
Ngā mea hou katoa

Me ngā wiri puoro kua whakatikatikaina katoa
Ngā whakaaro whakahihiko

Me ngā mahi tino pai rawa atu, tino whakamiharo hoki
Kua tuhia ki ngā tuhinga a te Atua

Kua rapua koe e au i ngā tau me ngā wā katoa

I ngā ara o ngā wawata me ngā wawata
Katahi ahau ka mohio kei roto koe i ahau e noho ana
Ā, e whakaaweawe ana i ōku kare ā-tapu rawa atu

Kaua e huna i ahau anō

I muri i ngā puawai o ngā kare ā-roto

Ngā whakaaro me te pū o te wairua

Whakapaipaihia tōku wairua ki ngā taonga o tōu

whakaaro nui

Ā, homai ki ahau ngā hau o tōu harikoa
Tangohia atu i ahau te pōuri e taupoki nei i a koe
Mō taku tirohanga me taku māramatanga
E koe kei tua atu i ngā whetū me te rangi kikorangi
Ā, kei tua atu i ngā paparanga o te āhuarangi me ngā
mea hanga me ngā mea ora katoa
Whakaaetia aku kupu aroha
Rukuhia ahau ki roto i tō aroha, i tō māramatanga, me
tō rangimārie

Whakaaturia mai tō mata tapu rawa
Kei te rongo ahau i a koe i roto i ōku whakaaro
Kei te rongo ahau i tō aroaro i roto i ōku kare ā-roto
hohonu
Ā, ka kite ahau i a koe e puāwai ana i te māra o taku
aroha

Whakakīia ahau ki te kakara o tō aroaro
Kia koa ahau ki tō kakara tapu
Haere mai ki ahau i tua atu o te rangi me ngā whetu
Me ngā whakaaro me ngā kare ā-roto
Whakaaturia mai tō mata tapu rawa
Kia mōhio ahau ki tō aroaro i roto i tōku wairua
Ā, ko te hunga e karapoti ana i ahau
Ngā wāhi katoa

Nō te maheni * Inner Culture* ngā paraka e whai ake nei
, ā, i ahu mai i ngā whakaakoranga a te Kaiwhakaako
.Paramhansa

Ko te mea ngaro ki te angitu kei roto i te whakawhanake
i tētahi hinengaro pai: te mōhio ki te whai rawa, te nui, te
hihiri, te harikoa, me te whakatutukitanga. Mā tēnei ka
hangaia he pā kaha i roto i a tātou e tū atu ana i ngā
.āhuatanga kino, arā, nā te tangata i hanga
Me whai tātou kia tutuki te rangimārie me te rangimarie,
kia mōhio hoki kāore e taea e tātou te kawe mai i tētahi mea
kāore anō kia puta i roto i a tātou, me te whakawhirinaki ko
te Atua te pūtake o ngā mea pai me ngā mea ahuaireka

katoa, ā, e ai ki tō tātou whakapono me te pai, ka ringihia
mai e la tōna aroha noa ki a tātou, ka whakakiia hoki tātou ki
.āna manaakitanga

I mōhio ngā poropiti me ngā tāngata nunui ki te mea
ngaro o te angitu, ā, nā te hītori i whakanui ake ō rātou
ingoa i ngā ingoa o ngā kīngi me ngā emepaea, ā, e kore e
.taea e te wā te ūkui i ō rātou ingoa i te hītori o te ao
Kua whakamātauhia e ngā rangatira o te rawhiti ngā
ture katoa e mōhiotia ana, e whakamatautauria ana hoki, kia
eke ki te whai rawa ā-tinana me te whai rawa wairua. Mēnā
kua ako ētahi atu i tēnei rapunga whakaaro, ā, kua whai hua
mai i tēnei rapunga whakaaro hei whakapai ake i ō rātou
oranga, hei whakahaere hoki i ō rātou āhuatanga, ka taea e
.koe te mahi i taua mea anō

Ko te tangata e whakapoke ana i tōna hinengaro ki ngā
whakaaro o te korenga, o te matea rānei, ka kukume mai i
ngā hoa e kī ana ō rātou whakaaro i te matea me te
korenga, ā, ka waihanga i tētahi taiao o ngā wiri me te
.kounga ōrite

Ka whakakīia te rangatira e ēnei whakaaro ki te pouri, te
pouri, te pouri, me te ngakaukore, ā, ka kino haere tōna
āhua, ka heke haere tōna āhua, ā, ka tukua e ia ki tāna e
.whakaaro nei ko tōna aituā me tōna aituā

Kāore he tangata e hinga ana ki te kore ia e whakaae he
tino hinga, ā, ki te hinga ia, ehara te he i te tikanga, i te ture
.rānei, engari i te tangata nāna i whakamahi hē i te ture
Ina whakatau tātou ki te mahi i tētahi mea, ā, e tino
mōhio ana tātou ki te tapu o ō tātou kaupapa me te tika o tā
tātou whakatau, ka waiho e tātou te matakū ki te taha, ā,
kāore e wehi i ngā āhuatanga, e aro rānei ki ngā here me
.ngā here e pā ana ki aua āhuatanga

He aha tāu e hiahia ana? He rongonui? He aukume
whaiaro rānei? He mana rānei? He haumarū rānei? He
?hauora rānei? He harikoa rānei? He rangimārie rānei

Ki te mōhio koe ki tāu e hiahia ana, ā, ki te mōhio koe ki
te whakatutuki i tāu e hiahia ana, ā, ki te rite koe ki te
whakamahi i ngā tikanga tika katoa i roto i a koe anō me te
taha o koe, ā, ki te oati noa koe ki a koe anō, me te
whakatau pūmau e kore koe e whakaae ki te hinganga, ko
tāu e whai ana kia whiwhi, nōu, ā, ka koa koe ki te
.whakatutuki i tāu e hiahia ana

I te wā i pātaihia ai te kaiako a Paramhansa ki te

:whakamārama i te mōhio ki a ia anō, ka mea ia

Ko te mōhio ki a koe anō ko te mōhio, me te tinana, te"

hinengaro, me te wairua, he kotahi tātou me te katoa o te
oranga o te Atua. Ehara i te mea kei te tata noa tātou ki taua
oranga, engari ko te katoa o te Atua ko tō tātou katoa anō
hoki, ā, kei te tata tonu tātou ki a la ināianei pērā i ngā wā
katoa. Ko tā tātou anake he whakapai ake i tō tātou
".mōhiotanga ki a la

I mea ia: "Mā te pono i roto i te whakaoti i ngā mahi iti
ka whakakaha i a tātou ki te pupuri i ngā whakataunga uaua
"ka akiakihia tātou e te ao i tētahi rā

I mea ia: "E toru ngā momo ākonga wairua: ko te hunga
whakapono e haere ana ki ngā whare karakia, ā, e makona
ana ki tēnā anake... ko te hunga whakapono e aroha ana ki
te oranga ngākau pono me te tika, engari kāore e whakapau
kaha ki te mōhio ki te Atua... me te hunga whakapono e
whakatau ana ki te kimi i ō rātou ake āhua tūturu i roto i te
"Atua

I mea ia: "E hohoro ana te Atua ki te whakatutuki i ngā
hiahia katoa o āna tāngata karakia nā te mea kua
whakawātea rātou i a rātou anō i ngā whakaaro whaiaro e
"whakakorekore ana i ngā mahi me ngā tumanakohanga
I roto i ngā hōhonutanga o ngā maunga me ngā rangi
marino, i roto i ngā hōhonutanga o tōku wairua me te ana o
te wahangu, ka rongo ahau i te aroaro o te Atua, ka rongo
.hoki i Tōna harikoa mutunga kore

Ā, ka inu ahau i ōna puna parakore e kore e mutu, e
kore hoki e maroke ake tonu atu. Ka ruku hohonu ahau ki te
.moana o te whakaaroaro me te whakaaroaro ki te Atua
Kia kitea rā anō e au ngā peara o te whakaaro nui me te
hari atua

E te Ariki, homai he wairua atawhai ki ahau
Hei tohatoha i aku mea ki ētahi atu
Āwhina mai kia kite ahau i roto i te roto marino o tōku
hinengaro

He whakaata o te marama wairua, e tiaho ana i te
māramatanga o tō aroaro
I tēnei rā ka ruku hohonu ahau ki te moana o te
whakaaroaro me te whakaaroaro ki te Atua
Kia kitea rā anō e au ngā peara o te whakaaro nui me te
hari atua

Ka aroha ahau ki a koe, e te Ariki, nui atu i ngā mea
katoa
Nā te mea ki te kore koe, kāore e taea e au te aroha ki
tētahi tangata, ki tētahi mea rānei
Ka koropiko ahau ki a Koe, e te Ariki, he aroha kore e
rite

I runga i te torona o ngā ngākau aroha me ngā ngākau
atawhai katoa

I te ora, i te mate hoki
I ngā wā o te pouri me te uauatanga
Kei te mau tonu taku whakaponu ki a koe, e te Ariki
He kaha, he kore e taea te whakangaueue
Pūmau, kāore e taea te whakangaueue
Ia manawa o taku hiahia me taku inoi
E tuwhera ana ngā tatau me ngā matapihi i roto i tōku
wairua

Mai i reira ka neke atu ahau ki te hari o te Atua
Pērā i te whiti o te rā
I ngā rori tino pukumahi
Nō reira ka kite ahau i ngā hihi o te aroha atua

I ngā wāhi katoa e kī ana i te tangata
Mō aku mahi o ia rā
E te Ariki, manaakitia ahau
Hei whakaara i tōku wairua ki te ata
Ā, ka kawea mai e au ki tō paepae manaakitanga
* * *

Ko te Atua te ata noho o te ao whānui
E whakaatahia ana ngā mea katoa
Mai i reira ka puta ake ngā whakaaro mārama katoa
Nō reira ka ngana ahau ki te mahi i te rangimarie
Kia rongo ai ahau i tōna aroaro harikoa
E mōhio ana ahau kei te whakarongo mai te Atua
Mō ia haruru o taku hiahia
He aroha whānui
Nā te aroha atua
Ka kitea e au
Mā te aroha, ka whakatata atu te tangata rapu ki te
Atua

E inu ana ia i ngā puna tapu o te hari
E te Ariki, āwhina mai
Hei utu i tōku tinana
Tō kāri ao tūroa
Ā, hei whakaora i te hinengaro
Me te arotahi me te tumanako
Ā, whakaorangia te wairua
Nā roto i ngā tirohanga wairua i whānau mai i te
whakaaroaro
Kia mārama mātou, e te Ariki
He mea papaku, he mea poto noa iho ngā ahua e kore o
ngā kare ā-roto
I te mea kei te harikoa te wairua
He tūturu, ā, e whakahoutia tonutia ana
Ehara te Atua i te kupu noa iho e kōrerotia ana e tātou
Engari, koinei te mauri o te ora me te mea ngaro o te
oranga

Kāore pea tātou e mōhio ki te whānuitanga o tōna
whānuitanga mutunga kore

Engari ka taea e tātou te rongo i tōna aroaro
Ā, ka rongo tātou i tōna aroaro

I tēnei rā ka whakapaipai ahau i te wāhi tapu o te
rangimārie

Me ngā putiputi o te hiahia atua
Ā, ka karanga ahau ki a Ia, te Atua o te aroha me te hari
Kei te inoi ahau ki te Atua kia whakakitea mai ia ki ahau

Mā roto i ōku kanohi wairua
Kia kite ahau i tōna māramatanga e horapa ana
I ngā kokonga katoa o te ao whānui
Ka whakaarohia e au ngā mea nui e hiahiatia ana e au
Ka whakahohehia e au taku kaha me aku pūkenga

auaha

He manawanui ahau, he manawanui hoki
Kia tutuki ai taku whāinga i runga i te aroha noa me te
āwhina a te Atua
E mōhio ana ahau ko te korenga o te harikoa te take o
te korenga

Nō reira, ka whakapau kaha ahau
Hei whakatutuki i te harikoa pumau
Mā te kore e tukua tetahi mea
Mā te whakatoi i ahau, mā te whakararuraru hoki i taku
haerenga ki te angitu

Ka tuhia e au he mahere hinengaro o ngā mea iti
Ā, kei te mahi ahau ki te whakatinana i tēnā
Kia taea rā anō e au aku moemoeā nui
Mā Tōna āwhina, kia whakanuia ia
He hihi tātou o te māramatanga o te Kaihanga
He wā poto noa iho tā tātou e ora nei i roto i ngā tinana
tinana

Me hoki ngā hihi ki tō rātou pūtake
Ehara tēnei i te kī kāore he uara o te tinana
Engari, kaua tātou e whakaaro

Kei raro tātou i tēnei ture me ōna herenga
Kāore te Atua e whakaatu i te whakapai kanohi ki tetahi
Engari, ka whakautua e ia mā roto i tētahi ture pumau,
.kāore e rerekē

Ko te tangata e takahi ana i te ture a te Atua
Ka kawea mai e ia te whiu me te whakamamae ki a ia
anō

Ā, ko te tangata e ora ana i runga i taua ture
Ka utua ia e te Atua, ka whakautua hoki āna inoi
Mā te rangimārie me te harikoa o roto
Ka tukua e au ngā inoi ngākau nui
Ka whakamahia tonutia e au taku hiahia
Kia tae rā anō ki te wā e whiwhi ai ahau i ngā whakautu
e tika ana, e whai hua ana hoki ki aku inoi
Te Pokapū mō te Māramatanga Wairua i te Aro
Ki te ngana pono ahau ki te kimi i te pono, ma te Atua e
whakangawari i ahau ki te mohio ki taua mea, a ka kitea e
.au te ngakau marie

Ā, he whakautu pai ki ngā pātai me ngā pātai katoa e
puta ake ana ki tōku hinengaro

Kei te rae te pokapū o te mōhiotanga wairua, i
waenganui i ngā tukemata, te wāhi kei reira te kanohi
wairua, koinei te kuwaha ki te rangatiratanga o te wairua. Nō
.reira, ka arotahi ahau ki tēnei kaupapa

E mōhio ana ahau ka rerekē tōku hinengaro i te huringa
o tōku taiao, nō reira, ina whakapōreareatia ahau e tōku
taiao ki te mānukanuka me te tinihanga, ka hurihia e ahau ki
.tētahi taiao pai ake

Ko te mea ngaro ki te pupuri i ngā hoa
I mea atu tētahi o ngā ākonga ki te kaiako, ki a
Paramhansa: "E te Kaiwhakaako, he uaua ki ahau te pupuri i
".ngā hoa kua hangaia e au
:Ka whakahoki te kaiako
Kōwhiria ō hoa kia ātaahua, kia pono hoki ki a rātou,
.engari kia mau tonu te tawhiti

Waiho te whakaute hei hononga i waenganui i a kōrua,
.kaua hoki e takahi i ngā rohe o te tika ki a rātou

He māmā noa te noho tahi me ētahi atu, engari ki te
hiahia koe kia mau tonu tō rātou aroha me te whakaute, me
whai koe i tēnei tohutohu

Ko te tangata e mirimiri hohonu ana i te aukume o tōna
wairua ki te aukume o te rangi, ka uru ia ki taua aukume, ka
whiwhi i ōna āhuatanga, ā, ka kawea mai ki a ia ngā mea pai
.katoa, ngā mea tika katoa
Ngā whakaū-whaiaro

Ka whakawhanakehia e au aku pūkenga arotahi me te
whakaaroaro, ka pānui i ngā pukapuka whai hua me ngā
rauemi pai, ā, ka nui ake taku whai whakaaro ki ngā kare ā-
.roto o ētahi atu

Ka maioha ahau ki ngā mea pai katoa kua homai e te
Atua ki ahau, ā, e kore ahau e tatari kia maumahara ahau ki
ngā manaakitanga maha kua homai e te Atua Atawhai ki
.ahau mō ngā āhuatanga kino

I tēnei rā ka ngana ahau kia noho hei aukume wairua,
hei kawea mai i te pai ki ahau anō, e ai ki te kaha o te
.kukume kei a au

Ko ngā mea katoa o te tinana ka pirau, ko ngā mea
katoa ia o te wairua he mea matekore, he mea piraukore. Nō
.reira, e kore ahau e whakaaro tuatahi ki ngā mea o te ao
Ki te rapua e au te Atua i te tuatahi, ka tutuki katoa aku
hiahia, ā, ahakoa kei te noho ahau i roto i te whare rangatira,
i te whare iti rānei. Ka whānui ake taku hinengaro, ā, ka
puāwai taku māramatanga wairua mēnā ka noho ahau i roto
i te pono, te ngākau pono, me te ngākau tapatahi, ā, mēnā
ka whakamarie ahau i ētahi atu, ka tuku i te aroha, te
atawhai, te aroha, me te whakatenatena i a rātou i runga i te
.haerenga o te ao

* * *

I pātai tētahi o ngā ākonga: "E te Kaiako, ka taea te
"?ngaro atu i te wairua ake tonu atu

:I whakahoki a Mr Paramhansa

Kāore e taea! Nā te mea he wāhanga motuhake ia"
wairua o te Atua, nō reira he mea pumau, he mea matekore,
".kāore e pāngia e te pirau

I rapua e tetahi o ngā ākonga ngā tohu o te ahunga
:whakamua wairua, ā, ka mea atu te kaiako ki a ia
Ki te whakatō koe i tētahi kākano, ka keria ake i ia rā, i"
ia rā, kia tirohia ai tōna tipu, e kore ōna pakiaka e mau ki te
".oneone, ā, e kore e tupu
Kia tika tō tiaki i a ia, engari kua e tino hiahia ki te
mōhio

Ngā Tirohanga Poto o te Mātauranga Wairua

Mō te kaiako whakaaro nui

Paramhansa Yogananda

**Ko ngā mātauranga katoa e hiahia ana te tangata
ki te whiwhi, i roto i ngā peka katoa o te pūtaiao me
te toi, tae atu ki ngā mea ngaro o te ngota**

**Ko te hītori o te ao whānui me te iwi tangata, kei
roto katoa i te etere i roto i te ahua o ngā wiri.**

**E karapotia ana tātou e ēnei wiri, ā, he ara anō
hei uru atu ki a rātou. Mā te māramatanga o te wairua
tēnei.**

**Koinei te wā o te arorau. Me āta tirotirohia, me
āta mōhiotia hoki ia wheako kia mārama ai.**

**Mā te mārama ki ōna ihirangi, ka taea te wikitoria
i te arai o te mānukanuka. He take tō ngā mea katoa,
ā, i tēnei wā o te tātari,**

**Me mahi tātou ki te whakatutuki i taua
māramatanga**

**Ka taea e au te tomo ki te āhua o te harikoa
wairua mā te karakia:**

"Atua, Atua, Atua"

**Ka taea e au te tomo ki taua āhua mā te
whakaaroaro**

Mā te kite rānei i tētahi whenua ataahua o te taiao

Mā te titiro atu rānei ki tētahi mata e tiaho ana i te māramatanga me te aroha o te Atua

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Ka pau i a tātou te mea e mōhiotia ana mā te mārama me te pārekareka ki a ia. Kātahi ka tahuri tātou ki te tūhura i te mea kāore e mōhiotia ana, nā te mea kāore e mōhiotia ana.

Ka homai he ngākau harikoa pumau ki a tātou. Mehemea i homai taua ngākau harikoa ki a tātou, kua kore tātou e noho roa ki tēnei aorangi.

Te makona tonu ki ngā mea e mōhiotia ana, kāore he tirohanga mō te heke mai, kāore he whakapau kaha ki te whakapai ake, ā, kāore he wairua hihiri ki te tūhura.

Ki te kore te hihiri ki te whakaaroaro me te whakamārama, ka noho pūmau, ka noho mangere te tangata, ā, nō reira, ka ngaro haere.

Ā, memeha haere ana

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He āhua pakoko, he pōrearea te ao i konei kia tae rā anō tātou ki te takutai haumaru

Kaua e whakawhirinaki ki ngā whāinga o te ao e memeha haere ana, me ngā herenga taonga ngoikore

Ka wehea tātou e ēnei here ngoikore i tā tātou whāinga matua, ā, kāore i te mōhiotia.

Pērā i te mea e wehe atu ana i a tātou i ō tātou āhua tūturu

Ka mahi kaha te pī, ka whakarite hoki mō ngā wā uaua, ā, ina tae mai te hotoke, ka koa ia ki ngā mea kua rongoatia e ia mai i te kotinga o te kōanga.

Ā, te raumati

Nō reira, me ako tātou ki te kohikohi i te honi o te rangimārie atua me te kaha ki te aro atu ki ngā āhuatanga uaua.

Ka tūtaki tātou ki a rātou i te ao

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I tēnei ao hurihuri

**He mea kī tonu i ngā mōrearea me te koretake
E tino mokemoke ana koe, ko te Atua anake e
kore e whakarērea koe**

E kore ō tumanako e whakapōuritia

E te Ariki, manaakitia ahau

**Hei whakatipu i ngā purapura o te kaha wairua
me te angitu**

Huna i roto i ahau

**Kia whakamahia ai e au i runga i te huarahi e pai
ai koe**

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**I ētahi wā, me whakarērea e te tangata ngā mea
katoa kia noho ko ia anake, kia taea ai e ia te
whakaaroaro ki te kaupapa**

ora

**Ko te nuinga o te tangata e rere ana i roto i te ia o
ngā tikanga tuku iho me ngā tauira; ko te mea pono,
kāore anō rātou kia ora i ō rātou ake oranga.**

**Kei te ora rātou i te ao. Nō reira, he aha tā rātou i
whakatutuki ai, ā, kei hea rātou i tae atu ai?**

**Nō reira, he mea whakaaro nui kia wehe atu te
tangata i a ia anō i ngā mahi o ia rā me ngā "tikanga"
i ētahi wā kia kitea ai te rangimārie.**

**Kei te pōrearea tōna hinengaro, ā, e ngana ana ia
ki te māmama ki a ia anō me te whakatau i te whāinga
e hiahia ana ia ki te whakatutuki.**

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Ko te tangata e aroha ana ki te Atua, ā, nō reira e aroha ana ki te katoa, ehara i te mea e aroha ana ia ki ngā hapa me ngā ngoikoretanga o ētahi atu.

Ko te tangata e aroha ana ki te Atua ka u ki Anature. I taku mohiotanga he mea whakatapua aku mahi ki te Atua, ka ngaro te whakaaro tera pea he he aku whakapono.

E pai ana ahau kia whakatikatikaina ahau ina he ahau, engari ina tika ahau, e kore ahau e whakarere i tera

Te kare ā-roto

Kāore taua kare ā-roto i whānau mai i te kare ā-roto engari i ahu mai i te pono, nō reira ka whakakaha i tōku whakapono, ka whakau hoki i ahau ki taku whakatau.

Ki te kore te tangata e whakauru i te oranga o ētahi atu ki roto i tōna oranga rangatira, e kore rātou e mōhio ki te tikanga o te oranga whakamarie.

Ko te tikanga o taku kōrero he hiahia pono ki te āwhina i ētahi atu kia taea ai e rātou te āwhina i a rātou anō. Kātahi ka kitea e koe he rauemi e kore e mutu.

Ka mahi ngā mahi pai i roto i tōu oranga

Ahakoā ngā āhuatanga e pā ana ki a koe, ka mahi tonu taua ture māu, ā, ka whakaratohia e ia ngā mea katoa e hiahiatia ana e koe.

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He mea nui te ngākau pono i te ara wairua. Nā te mea i roto i te parakore me te pono ka puao te ata o te wairua.

*** * ***

Ina tata koe ki tētahi e arohaina ana e koe, ka taea e koe te rongō i ō rātou whakaaro, engari kāore pea e taea e koe te rongō i ngā whakaaro o tētahi kei tawhiti.

Kāore e taea e koe te mahi mēnā he mātanga oro tōu

Ko te hunga e whakamahi tonu ana i ngā tikanga arotahi me te whakaaroaro ka tino marino ake ō rātou hinengaro, ā, ka pai ake te āhua o ō rātou whakaaro.

Nā tā rātou mahi pūtaiao, ka taea e rātou te rongo i ngā whakaaro me ngā whāinga o ētahi atu ahakoa mai i tawhiti.

!

I hoki kau mai ia

He kōrero e ahu mai ana i ngā whakaakoranga a te Kaiwhakaako Paramhansa

I te taenga o te tamahine a tetahi o ngā kingi ki te tau e tika ana mō te marena, ka whakatakoto tōna matua, te kingi, i tētahi whakaritenga kia tutuki i te tangata e tono ana kia marenatia ia.

Ko te whakaritenga kia tahaetia e ia tangata e hiahia ana ki te tono tetahi mea me te kore e mōhiotia e tetahi.

I te rā i whakaritea, ka huihui mai ngā kaikōrero i ngā taha katoa, me te mau mai i ā rātou taonga tuku iho, me te waiata a ia tangata, ia tangata.

Kei roto i ēnei ko te tumanako kia tutuki te whāinga mā te whakatutuki i te tikanga

Kātahi ka puta mai tētahi taitama, kāhore he mea hei ingoa mōna, ka mea ki te kīngi:

"E te Ariki, e kore e taea te whakatutuki i tāu i tono mai ai. Mehemea hoki ka tahaetia e au tetahi mea, ā, kāore tetahi o te ao e mōhio ki taku mahi, engari

Heoi, ka mōhio ahau mō tēnā, ā, he mea tēnā e kore e taea e au"

Nui atu te harikoa o te kingi ki ngā kupu a te taitama, ā, ka whakahoki ia:

"Ko koe te tangata e tika ana mō taku tamāhine, kua tutuki hoki i a koe te whakaritenga, ā, e tika ana kia noho koe hei hunaonga māku, hei uri hoki mōku."

*** * ***

He hua kino te pupuri i te mana o tetahi hoa rangatira. Ina ngana tetahi o te hoa rangatira ki te whakahaere i tetahi atu, he tohu tēnā o te korenga o te mana whakahaere i a ia anō.

aroha

Engari ina whakaatu rātou i tō rātou aroha me te manaaki pono, te whakaaro nui ki ngā kare ā-roto, me te hiahia pono ki te whakahari i te hoa

Ka whiwhi te aroha i tētahi āhuatanga rangatira, ā, i roto i tēnei whanaungatanga ka kitea he tirohanga ki te aroha atua.

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Ko te ara ki te Atua te ara māmā rawa, engari he tokoiti noa iho e haere ana i taua ara ahakoa ngā tikanga

Me ngā tini whakaritenga

He pai ake te tahuri o ō tātou ngākau ki te Atua, me te inoi ki a ia mō te mea pai rawa atu, te mea pumau hoki mō tātou.

Ko te mea pono, kei te tatari mai te Atua ki a tātou nā te mea e hiahia ana ia kia matara atu tātou i ngā wāhi kino me ngā mahanga mōrearea.

E hiahia ana ia kia noho tātou ki a ia i roto i ō tātou ngākau me ō tātou hinengaro, nā te mea kāore e taea e ngā taonga iti o tēnei ao te whakamātau i te hiahia o te tangata, te whakakī rānei i te korenga o te wairua.

Ko tāna e rongō nei i roto rawa i a ia

E kōrero tonu ana te Atua ki a tātou, engari he iti noa iho e rongō ana i Tōna reo

He maha ngā wā ka ngaro te reo mārie i te haruru o ngā whakaaro haruru me ngā hiahia nui.

Engari ina marino ngā whakaaro, ā, ka marino ngā hiahia, ka rongo mārāma tātou i te reo o te Atua, ahakoa he wahangu, he ngoikore.

He pono, e mahi ana te Atua i nga mea katoa hei awhina i te tangata; e whakatuwhera ana ia i nga tatau, e whakamarama ana i nga ara kia kite ai tatou i te wahi e tika ai tatou kia hikoi.

Ka hinga ia, e kore tōna waewae e paheke; heoi, kāore te nuinga o te iwi e mōhio ki tēnei mea

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He rā ngaro, he rā e pahemo ana me te kore e whakaaro ki te Atua, me te kore hoki e rapu i tana e pai ai.

*** * ***

He puna wai e rere tonu ana te aroha mai i ngā puna maha, ā, ina āraia ngā whakatuwheratanga o te ngākau e ngā whanonga hē.

E kite ana tātou i tōna pupūtanga nui mai i tētahi atu ngākau Engari ko te whakaaro ka mate te aroha i roto i tētahi ngākau

**He kuware ki te āhua whānui o te aroha
Kaua ngā awa o te aroha e āraia e ngā mahi hē
Kātahi ka taea e te tangata te inu i te wai
parakore o te aroha atua**

Te rere mai i ngā ngākau pai katoa

*** * ***

Ko te hunga kua tapahia ō rātou maihao, he maha tonu te whakaaro kei reira tonu. Ā, ko te hunga katoa kua ngaro ō rātou waewae, waewae rānei,

E mōhiotia ana tēnei kare ā-roto

He mea huna, he mea ora, he mea ōrite ki ia okana o te tinana. Kei muri i te ngākau tinana he ngākau huna.

**Ki te kore, e kore e taea e te ngākau e kitea ana
te patu**

**Kei te tangata ngā whekau e kore e kitea pērā i te
tirohanga, te whakarongo, te roro, ngā wheua, me
ngā io ethereal. Ko ēnei whekau, e kore nei e kitea.**

**Hei kiko mārama me te mahi, ka hangaia e rātou
te tinana aorangi o te tangata e kore e kitea**

**He tino rite te tinana aorangi, te tinana etere
rānei, ki te tinana tūturu e kitea ana. Ko te
rerekētanga ko tōna āhua kanapa, ora hoki.**

Tino pai

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**Ina tino mohio te tangata kei a ia te mana
motuhake, he nui ake tōna wikitoria i te wikitoria o te
rangatira tuturu, nā te mea he wikitoria.**

E tū pakari ana ia i mua i te kooti o te hinengaro

**Ko ngā whakaaro te hūri, ko te tangata te
kaiwhakapae**

**Me whai kawenga te tangata i a ia anō i ia rā, ā,
ka kitea e rātou ko te nui ake o te whiu me te whiu a
tōna hinengaro i a ia, ko te nui ake hoki o tana whai
kia whakapai ake i a ia anō.**

**Ko te nui ake o te huarahi pai, pono, me te tika o
te tangata, ko te nui ake o te angitu me te wikitoria o
te tangata i te ao.**

*** * ***

**Ko te hunga e ruku hohonu ana ki te tūhura i te
hinengaro o te ao ka whakawhanake aunoa i ngā
pūkenga wairua pai ake me te whakahaere i ngā
mana.**

**Engari kāore tetahi tangata kua tae ki te
mōhiotanga pono ki te Atua e whakamahi ana i ōna
mana hei whakapehapeha, hei whakahihi rānei, me te
kore whakaaro nui, me te kore**

Kia whai whakaaro nui

E mārāma ana te hunga whakaaro nui ko te Atua anake te kaiwhakahaere o te ao, ā, me te whakaiti, ka tapaina e rātou ki a Ia ngā taonga whakamiharo kua homai e rātou.

Me mahi e rātou

Ehara ianei i te merekara ngā mea katoa o te ao? Ā, ehara ianei i te merekara anō hoki te tangata, nā tōna ao anake?

Ki te kore te tangata e makona ki ngā mea whakamiharo katoa a te Atua i hanga, he aha rā te hunga tapu me mahi atu anō?

Ngā merekara?

Kāore he mahi a te hunga tapu tika a te Atua ki te kore te Atua e tono kia pērā rātou, ā, he take ngaro, he take uaua hoki

I ētahi wā he mea nui te māramatanga

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Ina mōhio tātou ko ngā pūkenga e hiahiatia ana e tātou, ahakoa mō te whakaaro, te kōrero, te kare ā-roto, te mahi rānei, i ahu mai katoa i te Atua, ā,

Kei a tātou tonu ia, e whakahihiko ana, e ārahi ana i a tātou, ā, ka wātea tonu tātou i te ahotea hinengaro.

I te kitenga i tēnei ka puta mai ngā hihi o te harikoa, ā, i ētahi wā ka waipuketia te tangata e te māramatanga hohonu e memeha haere ana.

Ngā whakaaro o te wehi

He rite te mana o te Atua ki te moana, e ngaru ana, e ngaru ana, e horomia ana te ngākau i roto i te tukanga horoi, e tango ana i ngā arai tinihanga katoa.

I roto i te ruarua, te manukanuka, me te wehi

E whakaaro ana te tangata he tinana kikokiko noa iho ia, kāore he mea atu, engari he mānukanuka tēnei ka taea te wikitoria mā te pā atu ki tōna āhua tūturu.

Te wairuatanga mā te whakaaroaro. Kātahi koe ka mōhio ko te tinana he mirumiru mahi noa iho e rere ana i runga i te mata o te moana.

Te ao tūroa

*** * ***

Me i kore te moana e puea ake ai ngā ngaru, kua kore ngā ngaru e ora.

Nō reira, me mōhio tātou ki te moana atua, me pā atu hoki ki a ia, e tautoko ana i ngā ngaru o ō tātou orange e puta mai ana i reira.

*** * ***

He kaha te whakaaro, pērā i te hiko, ā, e pā ana ngā āhua hinengaro ki te whakaaro me te āhua o te whakaaro.

He pai, he kino hoki te hiko. Mēnā e mōhio ana koe ki te whakamahi tika, ka whakamahia e koe, ki te kore ka pāngia koe e te hiko.

Waihoki, ki te tika te huarahi e anga ai ngā whakaaro o te tangata, ka hari te rangatira; ki te kore, ka kino te tangata.

raruraru

He rite te whakaaro ki te hōiho mohao, engari ehara i te mea kāore e taea te whakaōrite, ā, ko te whakaaro pai tētahi huarahi hei whakahaere i a ia.

Mā te whakaaro

He hoa tata te whakaaro tika, ā, he hoariri pumau te whakaaro hē

Ka kukume mai te whakaaro tika i te rangimārie me te haumaru, ko te whakaaro hē ia ka tukuna ngā pere whakamate ka pā rua ki tōna rangatira.

E kiia ana ko te utu e rite ana ki te mahi

I te mea ka tukuna e te tangata ngā whakaaro pai, ka huri ngā whakaaro hei rama e whakamārama ana i ngā rūma o te wairua, e whakakore ana hoki i te pōuri.

**Kātahi ia ka rongō i te tino whakamarie
I whiti tōna kanohi i te ataata o te harikoa!**

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**Manaakitia mātou, e te Ariki
Kia taea ai e tātou te whakatuwhera i ō tātou
ngākau tetahi ki tetahi**

**Kia mārama tātou i ō tātou whakaaro
Tērā pea e tika ana kia tiakina, kia manaakitia
mātou e koe Whakakitea mai koe, i roto, i waho hoki
Tukua mātou kia waiata i tōu ingoa tapu Whakakorea
te pōuri o te kuware ki tō māramatanga tapu
Whakakorea te pōuri i ō mātou hinengaro**

**Me te māramatanga kanapa, whānui o tō aroaro
Me ngā ngākau pono e whakakotahi ana
Me te hiahia o ō tātou wairua rangimarie
Ka takoto mātou ki tō aroaro, e tono ana mō tō
awhina me tō arataki**

**Me te mōhio tonu ki tō aroaro i roto i ō mātou
wairua, ka tukuna atu e mātou ki a koe ō mātou aroha
katoa, te honore, me te hiahia nui.**

**Nā te mea ko koe tā mātou e aroha nei, me ngā
mea katoa kei a mātou i tēnei ao**

**Kua homai e te Atua ki a tātou ngā ture wairua e
kiia nei ko ngā "ture". Engari ka takahia, ka takahia
hoki ēnei ture i ia rā, i ia rā, i ia rā.**

wāhi

**Ki te kore te iwi e mārama ki tōna tikanga wairua,
ka amuamu tonu rātou mōna, ka tahuri ke atu hoki.**

**He ture whanonga pumau ēnei e tautokona ana e
ngā whakapono katoa a Āperahama. Heoi, he maha
ngā wā kāore i te whakamāramatia ngā tuhinga.**

**Te taha hinengaro o ēnei whakahau me ngā
painga e pā ana ki te whakamahi i aua whakahau**

**E whakaaetia ana e te tangata i roto i ngā wāhi
karakia engari kāore e mahi i runga i te tikanga i**

**waho o aua wāhi, e whakamārama ana i tēnei mā te kī
ko aua wāhi**

**Kāore e whai hua ana ngā whakataunga, kāore i
te arorau, ā, kāore e rite ki te wairua o te wā.**

**Heoi, ko te takahi i aua ture te tino take o ngā
mamae katoa o te ao.**

**Kaua te tangata e takahi i ngā tika o ētahi atu,
kaua hoki e tango i tō rātou whenua, i te rangimārie, i
te aroha, i te mana rānei**

**Me ētahi atu rānei o ā rātou rawa ā-tinana, ā-kore
rānei**

**Ki te kore koe e hiahia ki te tango i te mea ehara i
a koe, ko te mea e hiahiatia ana e koe, e hiahia ana
rānei koe, ka tae mai ki a koe.**

**Ka tīmata te tahae i roto i te hinengaro ina tīmata
te tangata ki te hae ki ētahi atu**

**Me tango atu ngā purapura o ngā hiahia kino i te
hinengaro**

**Ko te atawhai wairua te huarahi e kukume aunoa
ai te tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a ia mai i ngā taha katoa.**

E mōhio ana ia, ā, kāore ia e mōhio

**He ture atua tino tika tēnei. Engari ko ngā tahae
me ngā tāngata hiahia nui e whai ana i ngā taonga, e
titiro tonu ana ō rātou kanohi ki a rātou anō.**

**Ngā mea a ētahi atu, ahakoa kī tonu ā rātou putea
i te koura**

**Ki te kore e whakarērea te hiahia whaiaro ki ngā
taonga, e kore e taea e te ao te mōhio ki te harikoa**

**Ki te mea he tangata aroha koe ki te Atua, ā, e
hiahia ana koe ki te wheako i Tōna aroaro, me
rumakina tō hinengaro me tō tinana ki roto i Tōna
rangimārie, ā, ka ataata mai ia ki a koe.**

Kei te pai ake te oranga mōu i ngā huarahi maha

Kāore te tangata marino e hē, ā, ka angitu ia i te wā e hinga ai ngā mano tini o ētahi atu.

Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki a ia, ka pouri, ka pōuri; ka riri rātou, ka huri hei mea e rite ana ki ngā mīhini.

Whakaataata

Ka ara ake te rā o te whakaaro nui me te rangimārie i te rangi o te marino, ā, ka horoi i a koe i roto i ōna hihi whakaora mena ka whakapau kaha koe.

Te taha wairua, me te whakanoho i te Atua ki te tūranga tuatahi i roto i tō ngākau

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Kaua te tangata e takahi i ngā tika o ētahi atu, kaua hoki e tango i tō rātou whenua, i te rangimārie, i te aroha, i te mana rānei

Me ētahi atu rānei o ā rātou rawa ā-tinana, ā-kore rānei

Ki te kore koe e hiahia ki te tango i te mea ehara i a koe, ko te mea e hiahiatia ana e koe, e hiahia ana rānei koe, ka tae mai ki a koe.

Ka tīmata te tahae i roto i te hinengaro ina tīmata te tangata ki te hae ki ētahi atu

Me tango atu ngā purapura o ngā hiahia kino i te hinengaro

Ko te atawhai wairua te huarahi e kukume aunoa ai te tangata i te nui o te taonga, ā, ka rere mai ngā manaakitanga ki a ia mai i ngā taha katoa.

E mōhio ana ia, ā, kāore ia e mōhio

He ture atua tino tika tēnei. Engari ko ngā tahae me ngā tāngata hiahia nui e whai ana i ngā taonga, e titiro tonu ana ō rātou kanohi ki a rātou anō.

Ngā mea a ētahi atu, ahakoa kī tonu ā rātou putea i te koura

**Ki te kore e whakarērea te hiahia whaiaro ki ngā
taonga, e kore e taea e te ao te mōhio ki te harikoa**

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Āe, e te Ariki

**I te māramatanga o te rama angiangi a taku e
aroha nei**

Pānuihia tō pukapuka koura

Kaitiaki i te rūma huna o tōku wairua

I ngā tau me ngā wā katoa

**Ko tō aroha tapu, e te Atua, i mua, ā, ka mau tonu
ake ake**

Te rama e kore e kitea o te rangimārie

E whakakore ana i tōku pōuri

**Ā, e whakakitea mai ana e koe ki ahau ngā
rārangi ngaro**

I tuhia ki ngā whārangi o tōku ngākau

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**Whakakīia te oko o tōku hinengaro ki tōu
whakaaro nui**

**Whakakīia te pounamu o ōku kare ā-roto ki tōu
aroha**

**Whakakīia te kete o tōku wairua ki ngā hua o tōu
mātauranga tapu**

**Whakamahia te oko o tōku ao hei whakakī i a ia ki
tōu aroha**

**Ā, ringihia ki roto i ngā wairua o ētahi atu. Tukua
kia rere tōku māramatanga ki ngā wāhi katoa.**

Kia memeha atu ki roto i tōu oranga nui ake

Anei ngā hihi o te ata o taku aroha

**Ko te hiahia ki a koe e puea ake ana i ngā kapiti o
tōku ngākau maru**

**Kia tūtaki ki te rā o tō aroha e whiti ana ki te ao
tūroa**

Ā, nā tō aroha kanapa

Kua hurihia tōku pōuri hei māramatanga me te rangimārie

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**E te whetu kanapa
Me te kaikōrero o ngā whakaaro taurite
Ā, nō te ngākau atawhai te hoa aroha
Kāore aku e tono atu engari ko tō aroha
Nā te mea ko tōku tika me tōku kawenga te aroha
ki a koe**

**Ko koe taku kaupapa matua i roto i te ao
Ā, ko te hiahia tuatahi i roto i tōku ngākau hiahia
ko koe**

**I kitea e au tōku harikoa māu
Ā, ko te ahua e ki a koe te whakatutukitanga
nui rawa atu o tōku ao**

Mai i te himene o te aroha atua

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**Ina whakatikatikahia e te tangata tā rātou
taputapu ahokore hinengaro, ka taea e rātou te tuku
me te whiwhi karere whakaaro.**

**Te pōrearea hinengaro, ngā kare ā-roto kaha, me
te hinga ki te mana whakahaere o ngā kare ā-roto me
ā rātou tono, he kino katoa ēnei mea.**

**Ka whakararuraru i te hinengaro mā te kore
ahokore, ko te marino hōhonu, te wahangu, te arotahi
hinengaro, me te whakakori tinana he mea nui hei
whakatutuki i te rangimarie tino pai.**

**Pērā i ngā reo e whiti ana i te etere, waihoki ka
whiti ō tātou whakaaro i roto i te etere o te hinengaro
ao e karapotiti nei i a tātou me ngā mea katoa o roto.**

**Te Oranga Tuatahi, me noho tahi te tangata me te
Atua, ā, ko te karere tuatahi hei whakapuaki koia
tēnei:**

**"E aroha ana ahau ki a koe, e te Ariki, he aroha
kāore e rite"**

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E te kaihanga rihi atua

**I runga i te wira o te ora, e hangaia ana ngā
piriona o ngā tinana tangata ahurei, rerekē hoki: he
hanganga tinana pakarukaru**

Mō te wairua tangata ora tonu

**Ko tāu wheketere huna e whakaputa ana i ngā
mea katoa: ngā taonga me ngā whakapaipai katoa e
hiahiatia ana e āu tamariki tangata mō ō rātou kāinga**

Te tinana, te hinengaro, me te wairua

**Ko koe te kaihanga, te kaihanga, me te
kaiwhakaatu i ngā hua o te taiao i ō rātou wā!**

**Ko koe te Ariki o te Rangi e whakanui ana i ngā
mahi e mahia ana hei whiwhi i ngā taonga wairua utu
nui.**

Ā, he mea nui mō te oranga pai

**Ko tāu mahere mahi tahi e kī ana me mahi te
tangata kia whiwhi ai ia ki āu manaakitanga, kia
whiwhi ai hoki i aua manaakitanga; me hoatu e ia**

**Te moni, te mahi rānei i te oneone hei tiki kai
tōtika, hei tūpato hoki, hei whakaōrite hoki hei pupuri
i te hauora**

**Pērā i tana utu moni mō te ako me te whakahaere
i a ia anō kia whiwhi ai i ngā ia o te māramatanga me
te kaha mō tōna kāinga**

Te whakamarie wairua

**Me ruku hohonu hoki ia ki roto i a ia anō kia kitea
ai ngā puna o te aroha atua e whakamama ana i tōna
matewai, e horoi ana hoki i a ia i te**

Te puehu me te paru o te ao

**Ka taea te hoko me te hoko atu i ngā taonga,
engari he mea utu nui ō manaakitanga**

Kāore e hokona, kāore hoki e hokona!

**Tērā tātou katoa e hoki ake ki tōna ake ao atua,
ka mōhio ki tōna wāhi tapu, ka taupokina ia e tō
harikoa.**

**Ko te tangata e hoatu ana ki a ia me te ngākau
atawhai mutunga kore!**

**Mai i "Whispers from Eternity" nā te tohunga a
Paramhansa Yogananda**

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**Ina taea e tātou te whakatenatena i ētahi atu ki
tō tātou aroha**

**Ā, ina tino mohio tātou i roto i ngā
whakamātautau o te wā me ētahi atu whakamātautau**

**He tangata e aroha pono ana ki a tātou me tōna
ngākau katoa**

**Ā, koia anō hoki ō tātou whakaaro ki taua tangata
Ehara i te mea hei painga mōku ake, engari hei
rongo noa i te manawa o te whakahoahoa**

**Ka kite tātou i te whakaata o te Atua, ka rongo
hoki i te aroaro o te Atua**

**Ā, ka rongo tātou i te reo o te Atua i roto i taua
whakahoahoa manaakitanga**

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**I ētahi wā, te āhua nei kei te pai haere ngā mea
katoa, nō reira ka whakaaro tātou kei te pai te ao, ā,
kei te tika ā tātou mahi.**

**Heoi, ka tae mai te wā ka whakaaro tātou kei te
whakahē mai ngā mea katoa i a tātou, ā, he akoranga
tēnei hei whakapakari i tō tātou whakatau me te
wetewete i ō tātou kaha e moe ana.**

Mai i ōna wāhi huna

**Engari, ka riri tātou nā te mea kua aukatihia ō
tātou hiahia e tetahi mea. Ka pōuri tātou nā te mea
kāore anō kia tutuki.**

**Mā ō tātou hiahia tātou e taka ki roto i ngā riri, ā,
ka pōhēhē ō tātou hinengaro. Ka wareware tātou ki tō**

**tātou tūranga, ka ngaro hoki tō tātou māramatanga,
ā, ina mahi tātou**

**Ki te kore he whakahāwea, ko te mutunga he
hapa me te mamae**

**Ki te kore tātou e hinga i te riri nā ngā raruraru o
te ao, nā te hunga rānei i puta ai aua raruraru, ka
mārama ake tā tātou titiro ki ngā mea, ā, ka pai ake
te whakatau i aua raruraru.**

Pai ake

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**E te Atua, i roto i Tōna aroha mutunga kore, e
homai ana ki a tātou Tōna hari me tōna whakaaweawe
Ā, ka homai he ora tūturu ki a tātou**

Te whakaaro nui pono

Te harikoa pono

Te māramatanga pono

**Engari ko te korōria o te Atua ka whakakitea
anake i roto i te marino wairua e rongohia ana e te
wairua, me te ngana nui o te hinengaro ki te
whakarite ki a ia.**

**Kei reira tātou e tū kanohi ki te kanohi ki te pono.
I waho, he kaha rawa ngā mānukanuka, ā, he tokoiti
noa iho e kaha ana ki te pakaru i roto i aua
mānukanuka.**

Te whakakore i te awe o te taiao o waho

**Kei te haere tonu te ao me ōna uauatanga
mutunga kore me ōna wheako kore e taea te tatau**

**Kei muri i ngā āhua o te ora te reo o te Atua, e
karanga tonu mai ana ki a tātou, e kōrero mai ana i
roto i ngā putiputi me ngā pukapuka tapu, mai anō
hoki i**

**Ō tātou hinengaro, mā roto hoki i ngā mea
ataahua katoa e whai hua ai te ora**

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**Whakamahia tō mātou whakarewa, e te tohunga
matū o te rangi! Hurihia tō mātou ngoikore hei kaha
Ā, hurihia ō tātou whakaaro hē ki ngā tirohanga
tūturu o te pono. Hurihia ngā rewera whakarihariha o
ō tātou wawata whaiaro.**

**Ki ngā wawata teitei, parirau, me tō tātou kuware
mamae, ki te whakaaro nui tapu me ngā rauemi
taketake o tō tātou mangere**

**Ki te koura parakore mai i ngā whakatutukitanga
wairua whakahirahira**

Mai i konei, mai i reira

Te Waiata o te Hihiri

E ai ki te kōrero a te kaiako a Paramhansa Yogananda

I ngā wā onamata, i noho tētahi mokemoke i te tatau o
te Atua. Kāore ia i kauwhau, i ārahi rānei i tētahi, ā, kāore ia i
kōrero mō tētahi mea engari ko te aroha atua, koia anake
tana i tino hiahia ai.

I ngā wāhi katoa i haere ai ia, i kauwhau ia i te aroha
atua e mura ana i roto i a ia. I kōrero noa ia i ngā wā e tika
ana, ā, kāore i te neke ake i te rua, i te toru rānei āna kupu,
engari e mano tini i aru i a ia ki te whakarongo ki a ia e
waiata ana me te hiahia nui, me te hiahia kia nui ake.

E tōku Ariki, ko Koe taku whāinga, ko tōku aroha ki a
Koe taku kara

E hiahia ana tōku wairua me tōku ngākau ki a koe e te
harikoa mutunga kore o tōku

I tētahi wā, i a ia e hiko ana i roto i ngā kāinga e waiata
ana i tana waiata māmā, ka whakarērea e ngā tāne me ngā
wāhine ā rātou mahi, ka aru i a ia, engari ka hinga tetahi i
muri i tetahi ki muri, ā, kāore rawa ia e kite i a rātou.

Kātahi ia ka tae ki tētahi mara whānui, ā, ka kite ia i tētahi tangata e kokoti witi ana, ka mihi atu ki a ia, ka mea, "E te kaikokoti, e te kaikokoti." Ka whakahoki te kaikokoti, "Waiho ahau, e te tangata, kaua e kōrero ki ahau, kei te pukumahi hoki ahau pērā i tāu e kite nei." Haere atu i ahau, e te porangi."

Engari ka mea ia ki a ia: "Kāore au e tono atu kia kōrero mai koe ki ahau, ko taku anake e tono atu nei kia whakamanawareka mai koe i ahau, kia waiata tahi mai hoki māku. Me whakahari koa ahau mā te whakahua tahi i te ingoa o taku i aroha ai, kātahi ka haere atu ahau?!"

Ka tīmata te kaikokoti ki te waiata tahi me ia, "E te Ariki, ko Koe taku whāinga... ko taku aroha ki a Koe taku kara..." Ka harikoa ia, ka taka te toronaihi i tōna ringa, ā ka haere ia i muri i te tangata porangi, me te waiata me te harikoa me te hihiri... ā, ka koa ngā manu, ka tīmata te hamama me te waiata i te himene aroha ki te Atua.

I a rātou e haere tonu ana, ka haere mai te wahine a te kaikokoti, ka tīmata te whakapae i tana tāne, me te mea: "He aha te he o koe? He aha te mea kua pā ki a koe i aru ai koe i tēnei tangata porangi?" Engari ka whakahoki ia: "Kōrerohia te mea e pai ana ki a koe mōku, engari waiata tahi tāua, ahakoa kotahi noa iho." Nā reira ka tīmata ia ki te waiata, ā, ka waiata tahi rātou tokotoru me te hihiri me te harikoa.

I a rātou e waiata ana, ka haere atu ētahi o te kāinga, ka kata mō te wāhi i kitea, ka mea, "He tini ngā porangi i ēnei rā!" Ka mea te moke ki a rātou, "Kia manawanui, e te iwi, ki te whakahē i a mātou kia reka rā anō ō mātou kare ā-roto, ko tāku inoi tēnei ki a koutou, waiata tahi mai, kātahi ka whakahē."

I uru atu ēnei tāngata ki te waiata, ā, i pangia rātou e te aroha atua, ā, ka tīmata rātou ki te waiata i te himene tapu mai i te hohonutanga o ō rātou ngākau me te hiahia nui.

I horapa te rongo mō rātou puta noa i te rohe, ā, kotahi rau, e rua rau, e toru rau, e rima rau i aru i a rātou, e ngana ana ki te aukati me te pei i a rātou, engari i haruru ngā ngākau o te katoa i te harikoa nui me te hiahia nui e tipu haere ana:

E tōku Ariki, ko Koe taku whāinga, ko tōku aroha ki a Koe taku kara

E hiahia ana tōku wairua me tōku ngākau ki a koe e te harikoa mutunga kore o tōku

Kia manaakitia koutou e te Atua, kia hari hoki ō koutou ngākau

Kia tau te rangimārie ki a koe

Te Kōrero a ngā Tohunga Tokowhitu mō te Tangata

I mea te tohunga whakaaro tuatahi:

Ko te tangata te tihi o te hītori, te whāinga matua o te rotarota, me te hononga ora, herekore e hono ana i te taiao ki te Atua

I mea te tuarua o ngā tohunga whakaaro:

Kaua e whakaititia te tangata, kaua hoki e whakaititia tōna mana, ahakoa kua heke iho ia i te ao teitei o te tirohanga ki te hohonutanga o raro rawa, kei roto tonu i tōna wairua ngā tohu o taua kororia tuatahi me te ataahua nui – ahakoa he rite ia ki ngā pou pakaru o te temepara tawhito, e

kitea ana te ataahua o te temepara ahakoa i roto i ōna ururua e toe ana.

I mea te tuatoru o ngā tohunga whakaaro:

Āe, te rawakore, te whai rawa o te tangata!

Auē tōna pouri, ā, auē tōna kororia!

Auē te tino uaua, ā, auē te tino māmā!

I mea te tuawhā o ngā tohunga whakaaro:

He puranga pōrearea, he whakahē, he mana whakahē hoki te tangata Ahakoa he puna pono rātou, he kaitiaki hoki i te whakaaro nui mutunga kore, e taupokina ana rātou e te ruarua, ā, e pōuri ana tō rātou tirohanga i te pōhēhē. Heoi anō, e matakū tonu ana rātou ki te mea kāore i te mōhiotia. Ko rātou anō te whakapehapeha me te whakama o te ao whānui.

I mea te tohunga whakaaro tuarima:

Kāore he rohe o ngā hiahia o te tangata, ā, ahakoa te nui o te taonga, e kore e taea te whakatutuki i aua hiahia. E kore te tangata e kitea he pumau, he rangimārie rānei o te hinengaro kia tutuki rā anō tā rātou whāinga, arā, kia noho tahi me tō rātou Kaihanga, kia tata hoki ki a ia i ngā wā katoa o tō rātou ao.

I mea te ono o ngā tohunga whakaaro:

Ehara i te mea ko ō rātou hiahia anake te mea e tautuhia ai te tangata, engari ko tā rātou mahi uaua ki te whakatutuki i ngā mea tino rangatira. Ehara i te mea ko ō rātou hiahia maha, engari ko te wehewehe i te pai me te kino, me te whakatutuki i te mea pai, i te mea whai hua mō rātou anō me tō rātou hāpori.

I mea te tuawhitu o ngā tohunga whakaaro:

He mirumiru te tangata e rere ana i runga i te mata o te awa rangi e rere tonu ana i te whenua o te Atua. He kanapa ake ētahi mirumiru i ētahi atu, engari ka pakaru katoa, ka rewa ki roto i te awa e anga tonu atu ana ki te moana rangi kāore he takutai.

Kia tau te rangimārie ki a koe

Ko tāku koha ki a koe mō te Tau Hou

He wawata kei roto i a koe e tumanako ana koe kia tutuki?

Me he mea ka tukuna he wā ki a koe ki te tīmata anō i te ao i tēnei rā, he aha tāu e mahi ai?

Mā te ao koe e whiriwhiri, ā, kei roto i ō ringaringa te paraoa pokepoke ngāwari o te wā hei hanga i tāu e pai ai.

Ko ngā whakatutukitanga e ahua uaua ana, he tata tonu ki te whai whakaaro tika me te whai tūturu. Ko tāu i whakaaro ai kāore e taea e koe, tīmatahia inaiane! Whakarērea ngā herenga o ngā tikanga kua whakatakotoria e koe ki a koe anō, ā, whakarongo ki ngā kōrero hāhā a tō reo o roto.

He mea whakamiharo ngā mea o te ao mō te hunga e keri hohonu ana ki roto i te puna o te tangata ake

Kāore he whāinga e taea te whakatutuki i te rā kotahi. Ko te mea nui ko te tīmata ināiane, kaua āpōpō.

Tīmata ki te manaakitanga a te Atua! Ko tēnei wā makutu te kī ki tētahi ana whai wāhitanga kī tonu i ngā taonga

Whakatuwheratia te puna o tō auahatanga, e
whāngaihia tonutia ana e ngā puna mutunga kore, e kore nei
e mimiti, e kore hoki e memeha.

Ko te pūkenga he kawenga, ā, ko te taranata huna he
purapura hua kua tukua mai e te ora ki a koe. Kaua e tukua
kia maroke, kia mate i te oneone pakoko o te whakaroa.

E tono ana te ao kia kokoti pono koe i tāna i rui ai i tāu
mara. Kei a koe ngā taputapu katoa e hiahiatia ana e koe.
Nō reira, kia ārahi te Atua i a koe, kia mārama ki aua
taputapu.

Kaua e mahi me te kaha taumaha e piri ana ki te hiahia
kia eke ki te taumata, engari me mahi marie, me te
whakamarie, me te koa

Kāore koe e hiahia nui atu ki te whāinga i tō hiahia ki te
mahi ki te whakatutuki i taua whāinga

Me te hinengaro hihiri me ngā ringa e nekehia ana e te
aroa, whatua ngā tauira o te angitu ki ngā miro koura o
nāianeī.

Engari ki te kore e angitu tāu mahi, kaua e pouri, kaua
hoki e tukua te riri kia uru ki roto i a koe.

Engari me te ngākau whai māramatanga

Me te ringa tere me te ngāwari

Me te kanohi mārama me te tirohanga oraora

Tīmata anō, kia mau te whakapono

Kei te ngākau o te kākano te putiputi, engari e mōhio
ana te kākano ki tōna tīmatanga, ki tōna mutunga rānei?

Engari i te mea ka kohia e ia te nui o te mahana me te
makuku e taea ana e ia

Ka whānui te ngākau o tōna tinana, ka whakakitea he putiputi kanapa

Ataata atu ki te rā, mihi atu ki te hari o te ora me te harikoa o te whakatutukitanga

Ā, anei te ora e karanga ana i a koe, e whakahoa ana i a koe, e akiaki ana i a koe ki te mahi

Ka whakarongo koe ki tana karanga, ka whakautu ki tana whakatenatena?

Nā, ka tahuri tō mata ki te māramatanga

Kia whakamārama te Atua i tō mata ki tōna māramatanga

Whakatutukihia ō moemoeā i te tau hou

Ngā mihi o te Tau Hou!

Te Makasini Rawhiti-Hauauru

Translation: Mahmoud Abbas Masoud

Nā wai i kī mai?

Kei te oho ake te hiahia i roto i tōku ngākau, engari ka huna e au

Ā, ki te mea kei tawhiti ahau, ka kōrero ahau ki a ia mā te mahara

Ka pā te ngākau, ā, ka whakahauhia e ngā wawata

I kitea e au ēnei whiti i roto i tētahi o aku pukatuhi

Kāore au i te maumahara ko wai i kī mai, i rapu au i te ipurangi kia kitea ko wai

I hiahia ahau ki te kī nāna i hanga, engari kāore i kitea i runga ipurangi.

I mau taku aro nā te aroha pono i roto

Me te hiahia nui me te pono mārama

Nā te kare hohonu i mura ai te ngākau o tā tātou kaitito

I whakamārama tōna māramatanga i te hohonutanga o
tōna wairua

I rere mārie, i rūrū hoki tōna ia

I ngā ara tairongo o tōna wairua

I ruru ia i a ia, i whakahari i a ia, i whakapouri i a ia

Kātahi ka whakakaha ake ia i a ia anō, ka ringihia he
awa parakore, mārama o te kare ā-roto kua oti te whakapai

Ā, ka hurihia hei kupu ngawari pērā i ngā hau o te mania

Me tētahi waiata reka, ethereal e whakaoho ana i te
hohonutanga o te kare ā-roto

I konei ka kite tātou i ngā tae ataahua o ngā whakaaro
tino arotahi

Ā, ka kite tātou i ngā rama e mura ana i roto i tōna
wairua harikoa, ngākau nui

Kaua hoki tātou e wareware ki te reka tahi me ia i te
pouri nui

Heoi, te āhua nei kei te pai ia ki taua pouri

I whakanuia e ia, i titoa hoki mai i te mauri o ōna kare ā-
roto

Ā, kei konei mātou e kōrero ana mō te wheako o tā
mātou kaitito kāore i te mōhiotia

I aro atu mātou ki āna whiti nā te mea i whakanohoia e
ia ki roto

Mai i tōna ngākau, te mauri
Ā, i waiho e ia tētahi tohu mōna anō i roto i āna kupu
Kia ki tonu ngā ngākau i te aroha, kia pūmau hoki te
pono
Kia tau te rangimārie ki a koe

He kōrero i waenganui i te tama me tōna matua

Ka pātai te tama ki tōna pāpā: "Kei te kite ahau i te
ataata i roto i ō kanohi, e Pāpā, he aha te mea ngaro?"

Ka whakahoki ia: Nā te mea kei te tino marino ahau

Ka mea ia: Kōrero mai! He aha rawa te mea e tupu ana?

Ka whakahoki ia: Ka mimiti te rangimārie ki roto i tōku
ngākau, ā, ka kitea te ataata i roto i ōku kanohi i mua i te
putanga mai ki tōku mata.

I mea ia: Koia anake?

I whakahoki ia: Ka ara ake ngā maharatanga

I pātai ia: He aha te momo maharatanga o ēnā?

Ka whakahoki ia: He reka, ā, he whakaoho i ngā pūtau

I mea ia: Me pēhea rā te tupu o tēnā?

Ka whakahoki ia: Ko te whakaaro, e taku tama, he kaha
pērā i te hiko, ā, ko ngā āhua hinengaro e ahu mai ana i te
whakaaro me te huarahi whakaaro.

I mea ia: He aha te tikanga o te kīanga "he rite te mana
ki te hiko"?

Ka whakahoki ia: He pai, he kino hoki te hiko. Ki te whakamahia tika e te tangata, ka kitea e ia he whai hua, ki te kore, ka pāngia ia e te hiko.

I mea ia: He aha te pūtake o te whakataurite?

Ka whakahoki ia: Ko te whakaaro anō hoki, ki te tika te huarahi e tika ai, ka hari ai koe, ki te kore ka pā mai he pouri ki a koe.

I mea ia: Me pēhea e taea ai e au te ārahi i a ia, ina rite ia ki te hōiho mohoa?

Ka whakahoki ia: Ehara tēnei i te mea e kore e taea, nā te mea ki te whiwhi koe i te wheako ki te āhua o ngā hōiho, ka whakapai ake koe i tā rātou whakahaere ahakoa he mohoa, he tutu hoki.

I mea ia: E kīia ana ko te hoa tētahi o ngā tāngata tino tata ki te tangata, he pono tēnei?

Ka whakahoki ia: Ae ra

I mea ia: Nō reira, he hoa te whakaaro nā te mea he tino tata ki te tangata

I whakahoki ia: Āe, kāo

I mea ia: Kei te pēhea tēnā?

Ka whakahoki ia: He hoa tata te whakaaro tika, ā, he hoariri pumau te whakaaro hē.

I mea ia: Kei te pēhea tēnā?

Ka whakahoki ia: Ka kukume mai te whakaaro tika i te rangimārie me te haumarū, ko te whakaaro kino ia ka pupuhi i ngā pere whakamate ka tau rua ki runga i tōna rangatira – kia whakanuia e te Atua āu mahi pai – koia te take i kīia ai he rite tonu te utu ki te mahi.

I mea ia: Ā, me pēhea te karo i tēnā?

Ka whakahoki ia: I a koe e hiahia ana kia pai te noho o ētahi atu, me te inoi ki te Atua kia āwhina, kia ārahi hoki i a rātou, ka huri ō whakaaro hei rama e whakamārama ana i ngā rūma o te wairua, e pei atu ana hoki i ngā puranga pōuri.

I mea ia: Ā, he aha te mea ka tupu i taua wā?

Ka whakahoki ia: Ka tino whakamarietia koe, ā, ka menemene ō kanohi!

Kia mau tonu ngā menemene i roto i ō koutou kanohi, i ō koutou mata, āke tonu atu, e hoa mā.

Kia tau te rangimārie ki a koe

Manuhiri mai

He manuhiri ataahua tēnei

Kāore e kitea e te kanohi, engari e rongohia ana e te ngākau

He rite ki te harikoa, ki te whakamarie rānei e whakakore ana i te pōhēhē

Ā, ka whakamarie ia i ngā ngākau maru

Ka whakarato i te māramatanga ki te whakatau tika i ngā āhuatanga tino nui

Ko te kare ā-roto o taua manuhiri e hono ana ki te whakatuwheratanga o te tatau mōna me te tono i a ia kia tomo mai.

Me pono te pōwhiri, ā, me ahu mai i te hiahia pono ki te whiwhi

Kei roto he hiahia e rite ana ki te hiahia nui

Ngā mea i pā ki te "Qassad" te kaiwaiata maunga rānei i tana whakapuakitanga me te ngākau nui:

(I whakahonoretia ahau e ia ki tētahi haerenga mai, ā, i wahia e ia ngā tikanga tuku iho, kua whakatuwheratia e tōku ngākau tōna tatau ki a koe mai roto)

Ehara te hari pono i te hua o te hinengaro, o te whakaaro noa rānei

He huānga mārama, he mea ora, he pūtake

Kāore taua puna whakahou-ā-ia anō e taea te mimiti

Kāore he tangata kāore anō kia whakamātau i tētahi horopeta iti o taua mea

Ko te nui o tōna kare ā-roto e whakawhirinaki ana ki te kaha o te whakaae me te kaha ki te mārama.

He moana tēnei e kore e taea e ngā mea ora katoa te kai

Nā te mea kāore tōna pūtake i raro i te mutunga engari e hono ana ki te tino me te mutunga kore.

I whakaritea e rātou te atawhai me te hunga atawhai ki tēnā

He whakamahara tēnei ki ahau i te kōrero mō taua tangata rawakore i whai i ētahi kaitito

I a rātou e haere ana ki te Kalipa i Ihipa, nāna rātou i karanga kia hoatu he koha ki a rātou. I a te tangata rawakore he ipu i a ia. I tō rātou taenga ki te whare o te Kalipa, ā, i te tūnga ki tōna aroaro, ka tīmata ia ki te tohatoha i ngā koha nui ki a rātou. Kātahi ka titiro ia ki te

tangata rawakore i roto i ōna kākahu tawhito, ā, ka pātai atu ki a ia:

Nā te aha koe i kawē mai ai ki a mātou, ā, he aha tāu e hiahia ana ki a mātou?

Ka whakahoki ia:

I taku kitenga i te iwi e tākai ana i ā rātou taonga

I tae mai ahau ki tō moana e puhake ana me taku ipu

I mea te Karipa: Whakakīia te ipu ki te koura me te hiriwa

Ehara taua kalifa i te moana i whakaritea ki te moana o te atawhai whānui, engari he pata noa iho.

Mehemea i whakaohokia tōna atawhai e tētahi whiti rotarota, ā, i tino nekehia ia ki tēnei taumata, ā, he tangata noa iho ia, kāti, ko tētahi karanga pono ki te pūtake o te atawhai me te moana o te taonga atua ka manakohia, ka whakatutukihia, ā, ka whakahokia te hoatutanga kia tae rā anō ki te wā e makona ai.

{Ā, ka tino homai e tō Ariki ki a koe, ā, ka makona koe}

{Ā, ki te tatauhia e koutou ngā manaakitanga a Allah, e kore e taea e koutou te tatau}

Kia hari te Atua i ō koutou ngākau

Kia tau te rangimārie ki a koe

Te pūngāwerewere wahangu, manawanui

I tono mai taku hoa aroha, te Ahorangi mohio a Fahmi Al-Mashaykhi, te kaiwhakataki o te hōtaka "Self-Leadership," kia whakamāoritia e au ētahi rotarota nā te kaitito rongonui

o Amerika, a Walt Whitman. Hei whakaute i tana tono
atawhai, kua whiriwhiria e au tēnei rotarota, ā, e hiahia ana
ahau ki te whakatapua tēnei whakamāoritanga ki a ia me te
hunga katoa e aroha ana ki ngā tuhinga papai me te
whakaaweawe whakahirahira.

I runga i te toka o te takutai me te puku iti e pupū ake
ana

Te wāhi i tū ko ia anake ai te pungawerewere

I whakatūria e au he tohu hei tohu i tōna tūnga

Ko te kaupapa o taua tohu

Kia mōhio ki te huarahi e kitea ai

Ko tōna taiao whānui i waenganui i te takoto kau o te
wāhi

Kātahi ka tukuna e ia tētahi waea angiangi mai i a ia
anō, ā, muri iho ka tukuna tētahi atu waea, kātahi ka tukuna
anō tētahi atu

I haere tonu ia ki te wetewete i tana miro me te tere
whakamiharo

Me te kore e pāngia e te ngenge

Ā, ko koe, e tōku wairua, e tū nei i te taha o te poka
torere mutunga kore

Mai i te wāhi whānui, mutunga kore, mutunga kore

Ā, ka rumakina koe ki te whakaaro me te māramatanga,
kāore he aukati

Ka kite ahau i a koe e tīmata ana i ngā haerenga
mōrearea

Ka tukuna e koe ngā whakaaro me ngā kaha

Kei te rapu koe i ngā ao me ngā tinana o te rangi

Kia herea koe ki a ia e te here kaha

Kia taea ai e koe te hanga i te piriti e hiahiatia ana e koe

Kua mau tō kaipuke i te punga

Kia tae rā anō ki tō miro angiangi e tukuna ana e koe

Mai i te pupuri i tetahi mea

i tētahi wāhi

Āue tōku wairua!

Walt Whitman

Translation: Mahmoud Abbas Masoud

whetū whetu

He rōpū whetū tēnei, he tino ataahua ō rātou hanganga.

E mōhiotia ana i roto i ngā whetū mā roto i ngā ingoa
maha pērā i te Ghoul's Head

Te Ākara Rere, te Ākara Hinga, me Betelgeuse

Te nikau i tae ki te henna me te whetu Yemeni

Te waha o te tohorā me te tangata kaha me ētahi atu

Ka kukume te aro o te whetū whetu

Nā tōna tawhiti pea i te Ao

Nā ngā mea ngaro me ngā mea ngaro e karapoti ana
pea

Nā tōna wā puku mutunga kore pea

Ko tōna uira rerekē

Ā, pea

Nā te mea ka ara ake te titiro a te tangata mai i te
whenua

Tukua ia kia whai i ngā mea teitei ake, i ngā mea reka
ake!

He kupu ataahua te kupu "whetu whetū" e whakaoho
ana i tōna reka.

Mai i taua āhuatanga whetū

Me te aroaro kanapa me te ataahua kanapa

Ā, koinā koutou, e aku hoa

He whetū kanapa

I te rangi o tōku ao

Ngā mihi nui ki a koe ahakoa kei hea koe

Me te aroha mai i te hohonutanga ki ngā pae tawhiti

He manaakitanga, he aituā rānei te nekehanga

I tāpirihia e au te kupu "whakangaromanga" ki te
whakataukī rongonui, i te mea ki ahau nei kāore ngā mahi
katoa e manaakitia ana, ā, ko ētahi o aua mahi ka puta he
hua kāore i te manaakitia engari he pānga whakangaro anō
hoki i runga i ngā taumata maha.

Kāore te nekehanga o te tangata e puta noa mai,
haunga ētahi nekehanga ka puta i te wā moe, i te wā hikoi
rānei, e arahina ana e te hinengaro kore mohio. Ki te kore,
ka akiakihia e te hiahia me te ngākau nui ki te whakatutuki i
tētahi whāinga motuhake.

He koretake tēnei nekehanga nā te mea he taputapu
kore mohio noa iho e mahi ana hei whakautu i ngā

whakahau a te pūnaha nekeneke tangata, ā, koia nei ka whiwhi whakahau mai i te hinengaro, ka whakahaere i aua whakahau.

Ina whakamahia te nekehanga hei āwhina i ētahi atu

Ā, whakamama ake i ā rātou taumahatanga

Te whakamahi i ngā taputapu ā-pūmanawa hei whakapai ake i ngā āhuatanga

I ngā taumata rauemi me ngā taumata morare

Me te kawe mai i ngā mea katoa hei whakamarie i ngā wairua

Me te rangimārie i roto i ngā ngākau

E whakarato ana i ngā mea e tika ana mō te oranga, ehara i te mea ko ngā mea papai anake

He manaakitanga tēnei nā te Atua, nā ngā anahera, nā ngā poropiti

Engari ki te whakamahia te nekehanga hei whakamamae

Me te mamae me te ngākau pouri

Te whakamahi i ngā āheinga hinengaro, rauemi rānei o ētahi atu

Kāore he whakaaetanga āna, he whakaae rānei

Kāore te hua e waiho hei manaakitanga

Ā, ka taea e tātou te kī i muri iho

"Ko te nekehanga ka arahi ki te whakangaromanga"

Ka hari te tangata e whakamahi ana i ana mahi hei painga mōna, hei whakamarie hoki mō tōna Kaihanga:

Nā reira ka whakahoki tō rātou Ariki ki a rātou, "E kore rawa ahau e tuku kia ngaro te mahi a tetahi kaimahi i roto i a koutou, ahakoa tāne, ahakoa wahine" (Al Imran)

Ā, i roto i te hadith rangatira:

"E toru ngā mea e whai ana i te tupapaku; e rua e hoki mai ana, ā, kotahi e noho tahi ana me ia. Ko tōna whānau, ko āna taonga, me āna mahi e whai ana i a ia; ko tōna whānau me āna taonga ka hoki mai, ā, ko āna mahi e mau tonu ana."

E whakapuaki mai ana a Imam Ali, kia whakahonoretia tōna mata e te Atua, i te whakaaro nui mai i te whare putunga o tōna mātauranga, me te mea:

(*He rerekētanga nui kei waenganui i ngā momo mahi e rua* : he mahi e memeha haere ana te ahua eka engari e mau tonu ana ngā hua, me te mahi kua ngaro ngā whakapaunga engari e mau tonu ana te utu.)

Kia manakohia e te Atua ā tātou mahi pai, e aku hoa

Kia tau te rangimārie, te aroha me ngā manaakitanga o te Atua ki a koutou

Te pae me te whare o te ururua

I mea ia: Tērā tētahi take e whakararuraru ana i ahau, ā, e hiahia ana ahau ki tētahi whakamārama mōna

Ka whakahoki ia: He aha te mea?

I mea ia: E kite ana ahau i te hunga e hiko ana i ngā ara hē, he "whakapaipai" me te ngahau, me te hunga pai kāore e whiwhi i tetahi wāhi o te angitu.

Ka whakahoki ia: He maha ngā wā ka hē te tangata i te whakawa i te hunga tika me te hunga kino, nā te mea ka whakawa rātou i runga i te āhua, kāore e taea te kite i roto i ngā ngākau o ētahi atu kia mōhio ai ki te āhua tūturu o ia tangata, kia mōhio ai hoki ki ō rātou whakaaro me ā rātou mahi huna. Engari ko te Atua te kaiwhakamātautau i ngā whakaaro me te kaiwhakaatu i ngā mea ngaro; Ko ia anake te kaiwhakawā me te wehewehe i te pai me te kino. Nō reira, kāore e kore ka tika pea te tangata e kiia ana e te tangata he kino, ā, ka kino pea te tangata e kiia ana e rātou he tika.

I mea ia: He ara tika hei wehewehe i ēnei mea?

I whakahoki ia: I a tātou e whakatau ana i te harikoa me te pouri, ki te kore tātou e mahi tika, ka whakaaro tātou ko te tangata harikoa ko ia te tangata e whiwhi ana i te taonga me te whai rawa, e whiwhi ana i te mana, e whiwhi ana i te whakaute o te tangata, ā, e whai ana i ngā ahua reka me ngā mea whakahari o te ao. Kāore tātou e whakaaro ki te raruraru o roto e pā ana ki a rātou nā ō rātou hara, ngā mahi hē, me ngā mahi hē ki ētahi atu. Ka taea e tēnei pouri o roto me ngā mate kore e taea te whakaora te whakapōuri i ō rātou ao, me te whakararuraru i ō rātou kanohi nā ō rātou hiahia taikaha me te hiahia whaiaro. Tērā pea ka pāngia rātou e ngā aituā kino me ngā aituā kino e tino kino ana.

I mea ia: Kei hea te hari o te hunga tika?

I whakahoki ia: Tuatahi, kāore te tangata tika e whai i ngā taonga o te ao. E makona ana ia i tōna ngākau māhaki, i tana manaaki tika i te tangata, i te rangimārie o tōna hinengaro, me tōna hari wairua e puāwai mai ana i roto, ā, e whakahoutia tonutia ana, inā koa ka whakaaro ia ka utua ia e te Atua i te ao kei muri i te ao, ka homai hoki ki a ia te māramatanga mutunga kore hei whakakapi mō ngā mea i ngaro i a ia i te kāinga o te whakangaromanga.

I mea ia: He aha te hunga tika, te hunga rānei o rātou, e mamae ai, e pāngia ai e te uauatanga i tēnei ao?

Ka whakahoki ia: I ētahi wā ka whakamatautauria e te Atua āna e aroha nei ki ngā momo mamae me ngā mamae, ehara i te mea he whiu, engari hei whakapai i a rātou ki te ahi o ngā whakamātautau pērā i te koura. Ko ngā mamae e pā ana ki a rātou ka whakakaha i a rātou, ka whakaatu i tō rātou tika, ā, ka meinga tō rātou aroha ki tō rātou Ariki, ki te tangata hoki kia parakore, kia mārama, kia pumau.

Kia whakanuia e te Atua te tokomaha o te hunga tika me te hunga pai i tēnei ao

Kia tau te rangimārie ki a koutou, e aku hoa

Te Pērara Whakarite

Te kore e whakarērea ngā mātāpono hei whakamanawareka i ētahi atu

I mea ia: I rongo ahau he mea pai te noho tahi me ētahi atu, he rerekētanga anō kei reira?

Ka whakahoki ia: Ko te whakaae ki ētahi atu ehara i te mea me whakaae koe ki a rātou mō ngā mea katoa, kaua hoki e tuku i ō mātāpono mō rātou, nā te mea he mea kore e hiahiatia tēnei momo whakaae, ā, kāore e rite ki te mea tika.

I mea ia: He pai ake ki a koe te tautohetohe i te whakaae?

Ka whakahoki ia: Kāore he take mō tēnā. Ka taea e koe te noho tahi me rātou me te kore e puta he raruraru, he whakararuraru rānei. Kāore i te noho tahi ngā Kaihurihuri me ngā tino tangata rongonui me te tini o te tangata i tō rātou

taha, engari i mau tonu rātou ki ō rātou whakaaro nui nā te mea i mōhio rātou he tika rawa tā rātou mahi.

I mea ia: He aha ō whakaaro mō te whakapiko i ngā kaupapa matua i ētahi wā kia rite ki te āhuatanga?

Ka whakahoki ia: Kaua te tangata e whakaae ki ngā mātāpono, kaua hoki e whakamahi i ngā whakaaro huna hei whakatutuki i tētahi whāinga, nā te mea kāore e tika ana tēnei whanonga mō te hunga e pupuri ana i ngā mātāpono. Ki te taea e koe te noho i tētahi ara e pai ai te Atua, ā, kāore e whara i ētahi atu, kāti kāore he mea e wehi ai koe.

I mea ia: He aha te tikanga o te noho tahi me ētahi atu?

Ka whakahoki ia: Ko te mea nui ko te noho tahi me te Atua, kātahi me tō hinengaro, kātahi me te tangata

I mea ia: Me pēhea mēnā kāore taku huarahi e makona ai ētahi atu?

Ka whakahoki ia: Heoi anō, kia noho rangimārie koe i roto i a koe anō, kia rongo hoki i te marino o roto e kore ai koe e whakaae mai i ētahi atu, mena kāore taua whakaae e hangai ki ō whakaaro mō āu whakataunga.

I mea ia: Kei te tohutohu mai koe kia tonu atu ahau ki ētahi atu kia whakarerekē i ō rātou momo noho hē?

Ka whakahoki ia: Kāore he take e akiaki ai i te tangata kia whakaae ki tō tirohanga tika. Ki te kore rātou e hiahia ki te tango i tō huarahi, waiho rātou kia noho, kia pai ai ō rātou whakaaro. Ki te whakararuraru rātou i a koe ki ngā kōrero kino me ngā kōrero whakapouri, he pai noa iho te wehe atu i a rātou, ahakoa mō tētahi wā poto. Engari kia rite tonu ki te whakapuaki i ō māramatanga me ō wheako ki a rātou. Ā, ki te mea he nui ōu mātauranga, hoatu ki te hunga e matewai

ana ki tēnā, kia inumia e rātou me te koa me te makona, i
runga i te aroha noa o te Atua Kaha Rawa, ā, kei a la tō utu.

Kia tau te rangimārie ki a koe

Ka kite ahau i a koe e whakapae ana i ngā rā

E tata ana ahau ki te kite i a koe, e hoa

E hiahia ana koe ki tētahi wāhi okiokinga e whakahari ai
ō kanohi

Ā, ki te okiokinga e atawhai ai i tō ngākau ngenge i roto
i ōna ngahere

Ka kite ahau i a koe e titiro atu ana ki te pae tawhiti, ki
te pae mārie

E ngana ana ki te mawhiti i te hohonu o te pouri me te
manukanuka

Ki te rangi mārāma

He pai ake mō tō wairua mārāma

Ā, he kaha ake taku ki te pupuri i ngā hiahia o tō wairua
hihiri

Ā, mā roto i te kanohi o te whakaaroaro, ka kite ahau i a
koe e whakapae ana i ngā rā

I pātai ia mō te aorangi waimarie kua roa e tatarihia ana

Me te mea nei ka rongo ahau i te ngākau aroha e pupuhi
ana i roto i a koe

Ka rongo ahau i ngā haruru o ōna pere i roto i te etera o
te wairua

I kite ahau i te kaipuke o ō hiahia e tau ana ki te takutai
tawhiti

E rere ana ngā kārore o ngā maharatanga i tōna taha

Ā, ka titiro mai ngā aorangi ki a ia me te ngākau aroha

E mōhio ana ahau ki tō hiahia, e hoa, mō tētahi hokinga
whakamuri e matenuitia ana e koe

Kia whiti koe i roto i ngā kapua

Ā, ka uru atu ki tētahi ao e huaina nei ko

Ki tonu i ngā tikanga ngawari me ngā wawata reka

Kua tutuki i te ora ō hiahia

Ā, kua peia atu te mokemoke o tō wairua ngawari

Ā, i whakareihia e ia ki ngā whakamātautau tino
ataahua

Me ngā kitenga tino reka

Kia tau te rangimārie ki a koe, e hoa!

Mahmoud Abbas Masoud

Te rapunga whakaaro mō te hoko me te pūrākau mō te
pokiha me te rākau

-

Ka pātai ia, me te kī: He whakaaro hokohoko tērā e taea
e au te whakamahi i roto i tōku ao?

Ka whakahoki ia: Ko ētahi tāngata he tangata e hiahia
ana ki te hoko i ngā mea kāore e hiahiatia ana e rātou, ā, ka
moumou moni rātou ki ngā mea papai kāore e hiahiatia ana.

I mea ia: He aha tāu kupu tohutohu?

I whakahoki ia: Kia tūpato, kia whakaaro nui hoki i a koe e hokohoko ana. Ki te mea he moni tāu, penapenahia, ā, kua e aro ki ngā pānuitanga e ngana tonu ana ki te whakawai i a koe ki te hoko i ngā mea kāore e hiahiatia ana e koe, hei whakarere i ō moni uaua ki te whiwhi mō ngā mahi auaha hou, ngā haumitanga "pūmau-hua" rānei. Ina ngana tetahi ki te kukume i a koe ki ngā kōrero reka me ngā tuku whakapatipati, kia mahara ki te kōrero mō te pokiha me te rākau.

Ka mea ia: "Me whakahoki mai anō māku?"

Ka whakahoki ia: I mua, i te wā i haria ai e te manu kōkō tētahi wahi tihi i roto i tōna ngutu, ka maturuturu iho te huware o te pokiha ki runga, ā, ka hiahia ia ki taua mea māna. Nā te mea he tohunga ia ki te mahi tinihanga, ka mea te pokiha ki te manu kōkō, "Me i waiatatia mai e koe tētahi waiata māku, e Mr Crow, kua rongohoki ahau he reo reka tōu, ā, he rongonui mō tōna reka." Nā te mihi o te manu kōkō, ka whakatuwherahia e ia tōna ngutu ki te waiata, engari i tana mahi i tēnā, ka paheke te wahi tihi i tōna waha ka taka ki te whenua. Ka hohoro te tango a te pokiha i taua mea, ā, ka mihi ki a ia anō mō tana taonga ngāwari. Nō reira, kia tūpato ki te hunga e ngana ana ki te awe i a koe i te taha hinengaro, nā te mea e hiahia ana rātou ki tētahi mea i a koe. Kua hoki e tukua tetahi kia whakamahi i a koe mā te mihi, mā te whakapati rānei i a koe kia hiahia ai koe ki tētahi mea kāore e tika ana mō tō angitu me tō harikoa pono.

I mea ia: He ara anō hei oranga mō tātou anō?

Ka whakahoki ia: Whakangawaritia tō oranga kia kore ai koe e whakawhirinaki ki ngā taonga nui. Mā te whai tonu i ngā hiahia ka peia atu te ngākau māhaki, ka puta te pouri me te pōuri. Ki te whakararuraru koe i tō oranga ki ngā mea maha rawa, e kore koe e pai ki tētahi o aua mea. Engari ki te

tirotirohia e koe tō oranga, ka kitea e koe he maha ngā huarahi hei whakaiti i ō taonga papai me te kore e pōuri.

I mea ia: He aha tō whakaaro mō te hoko wāhanga?

I whakahoki ia: Tuatahi, penapena mō ngā mea e hiahiatia ana e koe, ā, hoko mai i ngā mea e hiahiatia ana e koe ki te moni, me te kore e raruraru ki ngā utunga, ki ngā reiti huamoni teitei, me ngā mamae o te upoko. Ae, he pai te mahi tahi me te hunga e hiahia ana ki te hoko i ā rātou taonga hei oranga mō rātou, engari kaua e tukua kia ora i tua atu i ōu kaha, nā te mea ki te pērā koe, ka ngaro katoa i a koe, kaua rawa e tukua, ina tūtaki koe ki tētahi raruraru nui, ki tētahi pikonga koi rānei i te huarahi, ā, kei te tatari mai te "maminga whakawai".

I pātai ia: He aha tāu whakamāramatanga mō te penapena?

Ka whakahoki ia: He toi te penapena, ā, me whai patunga tapu. Engari ki te penapena koe i ngā hoko me te noho noa, ka taea e koe te penapena i ētahi moni whiwhi i ia wā, ā, ka maumahara koe ki te kīwaha rongonui, "He pata i ia pata, ka huri te awa hei roto," me te āwhina a te Kaha Rawa.

Kia whakanuia koutou e te Atua i roto i tana atawhai nui, e aku hoa

Kia tau te rangimārie ki a koe

Te whakaaroaro whaiaro me te angitu

I mea ia: He pono rānei ko te pātai a te tangata ki a ia anō he momo tukanga whakaaroaro?

Ka whakahoki ia: Ae ra

I mea ia: Ki te hiahia ahau ki te whakamahi i tēnei momo whakaaroaro, he aha tāu e kī mai ai kia pātai atu ahau ki a au anō?

Ka whakahoki ia: Pātai atu ki a koe anō mō te kaupapa o tōu ao. Ko koe te mea tino whanake o ngā mea hanga, ā, kua whakanohoia e te Atua ki roto i a koe he wairua rangatira, koia nei tōu mauri.

I mea ia: He aha te mea ka rerekē mēnā ka mōhio ahau ki tēnei mea?

Ka whakahoki ia: Ka tutuki i a koe te angitu mutunga kore, ka reka koe i te hari nui, ka tutuki ō hiahia rangatira katoa, ka hinga i a koe ō uauatanga katoa, ā, e kore te ao e kaha ki te hopu i a koe ki āna mahanga, ki te whakapohehe rānei i a koe ki āna mānukanuka.

I mea ia: Engari kī tonu te ao i ngā raruraru, ā, ki tonu hoki i ngā huihuinga mamae

I whakahoki ia: Ae, he tūtakitanga tuwhera, pumau hoki te oranga tangata ki ngā raruraru, ā, he raruraru anō tō te katoa. E piriona tāngata, e piriona raruraru me aro atu i ia rā. Ko ētahi e pāngia ana e ngā mate ngākau, ko ētahi e amuamu ana mō te makariri, ko ētahi e puhake ana i te moni, ko ētahi e tino āwangawanga ana ki te rawakore, ā, ko ētahi kāore e aro ki te whakaaro, nō reira kāore i te tino mōhio ki ngā raruraru, nā te mea kei te kī tonu ō rātou puku, he tino pai te ao mō rātou. Engari ko wai ngā tāngata tino harikoa i te ao, ā, ko wai ngā tāngata angitu?

I mea ia: Hei tīmatanga, he aha te paerewa mō te angitu?

I whakahoki ia: Ko te harikoa te mehua pono o te angitu, ahakoa te taitara mahi, te mana pāpori rānei. Ko te ariā matua o te angitu ko te whiwhi taonga, hoa, me ngā taonga

ataahua me te papai—he mea e kiia nei e ētahi he oranga papai. Engari kāore ngā whakatutukitanga rauemi e rite ki te angitu pono.

Ka pātai ia: He aha te take?

I whakahoki ia: Nā te mea ka huri pea ngā mea me ngā āhuatanga i tēnei rā, tera pea he mea kei te tangata, ā, āpōpō ka ngaro atu. Nō reira, kua e whakaaro ko te noho hei mirionaere te tohu o te angitu. Tērā pea ka tohe te tangata, ka mahi uaua ki te kokoti i ngā hua o te angitu i roto i tana mara, engari tera pea ka miharo ia ki te kite kāore i te taurite tōna oranga, ā, kāore i a ia te herekore ki te pārekareka ki ngā mea e hiahia ana ia ki te mahi. Engari, tera pea ka puranga ake ngā manukanuka, ka pōuri, ka awangawanga hoki ia tae noa ki te hekenga o tōna hauora, ka taka ki te mate pouri. Nō reira, ka memeha haere te angitu rūpahu, ā, ka whakaaro ia kua moumou tōna oranga, kua ngaro katoa ā rātou moemoeā.

I mea ia: He angitu te tikanga o te hauora?

Ka whakahoki ia: Tērā pea he tinana pakari tō te tangata (pērā i te hōiho) engari kāore i te rawaka hei oranga mōna anō, ā, ka pōuri, ka kawa hoki ia mō te korenga o ngā mea e tika ana mō te oranga. Tērā pea he hauora, he taonga hoki tōna engari kāore i te makona. Ko te whāngai i te tinana me te whakamātau i te whakapehapeha kāore e whakamarie i te wairua ngawari. Ā, tērā pea kei a ia ngā mea katoa, engari e tino rawakore ana ia.

I mea ia: Ā, ko te mutunga?

Ka whakahoki ia: Ki te kore te ngākau harikoa o te tangata, e kore ia e kiia he angitu.

I mea ia: He nui atu anō?

Ka whakahoki ia: He nui tēnei mō tēnei rā. Kia whakanuia e te Atua tō mātauranga, kia hari hoki koe i ngā ao e rua.

Kia tau te rangimārie ki a koe

Ngā mamae o ētahi atu

He tika rānei kia kite ahau i ngā roimata o ētahi atu?

Me te kore hoki e pouri?

Ā, e taea ana rānei e au te rongo i te pouri e mamae nei rātou?

Me te kore e ngana ki te whakaiti?

Kei a au te kaha ki te kite i te roimata e hinga ana?

Me te kore e whakapuaki i te kare ā-roto ki tōna rangatira?

Ka rongo te matua i te tangi a tana tama?

Me te kore e aroha ki a ia?

Ka taea e te whaea te rongo i te aue a tana pēpi?

Me te wehi e pā ana ki a ia

Me te kore e pāngia?

Kāore, kāore e taea!

Kāore rawa, kāore rawa!

Kaua e whakaaro kāore te Atua e mōhio

Mō te kotahi aue ka aue tātou

Kaua e whakaaro kua maringi he roimata kotahi i a tātou

Me te kore e kitea e tō tātou Kaihanga

E homai ana e te Atua te hari ki a tātou

Mā te mahi pera pea ka mutu tō tātou mamae

E haere tahi ana ia me tōna aroha me tōna ngākau aroha

Kia memeha ra ano to tatou pouri

Ka memeha haere ō tātou pouri

Ngā rama wairua

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Whakaaturia mai tāu karere, e te Ariki, kua tuhia ki ngā
reta māramatanga ki ngā whārangi o tōku ngākau, ā, tukua
ahau kia rongō i āu hāhā i roto i te temepara o tōku
hinengaro, whakakīia hoki te oko o tōku hinengaro ki tōu
.mātauranga, ki tōu aroha, me tōu rangimārie

He mea nui te mahi, ā, he mea whakatenatena kaha mō
te auahatanga me te auahatanga o te tangata. Heoi, ki te
mea ko te whāinga o te mahi he kohikohi taonga anake, ka
ngaro tōna uara me tōna hiranga. Me whakatapua te mahi ki

te mahi ratonga, ā, me kounga teitei te hua e hokona ana, ā,
.me whai hua ki ētahi atu

* * *

Ka homai e te Atua te māramatanga, te ora, te kaha, te
whakaaro nui, te hinengaro, me te harikoa wairua ki ahau.
Ka rumakina ahau e au ki te moana o te aroha atua mā te
harikoa o te whakaaroaro. Ā, ka kawea mai e au te aroaro
atua ki roto i tōku hinengaro hei whakaoti rapanga o te ao
(2)

E te Ariki, mā te māramatanga o taku rama angiangi o
te aroha, ka pānuitia e au tāu pukapuka koura i roto i ahau
mai anō i te ao tūroa. Ko tō aroha, e te Ariki, te
māramatanga o te rangimārie e whakakore ana i tōku pōuri,
e whakamārama ana i tōku ara (2)

* * *

Ka tangohia atu i te wairua e te waipuke nui o te
rangimārie wairua ngā wehi kua kohia me ngā puranga
.manukanuka

Ka rapu ahau i te Atua i te mokemoke o tōku wairua, ā,
ka inoi hōhonu ahau kia pā mai rā anō tōku ngākau i Tōna
.aroha, ā, kia whiwhi ahau i Tōna whakautu

E te Ariki, kei te inoi atu ahau kia whakakotahitia e koe
te māramatanga o tōku wairua me tō māramatanga o te ao.
Kia mōhio ahau ko tō whakaaro nui hei whakamārama i tōku
hinengaro, ko tō kaha hei tautoko i ahau, ā, e rere ana i roto
.i ōku uaua

* * *

Ka whakakīia e au tōku hinengaro ki te mana o te
whakapono, me te whakawhirinaki kāore he mea e pā kino ki
ahau, nā te mea kei te karapotia tonu ahau e te tiakitanga
.atua

E te Ariki, kia mura tonu ngā mura o tōku hiahia i roto i
tō aroaro tapu. Kia ārahina ahau e tō whakaaro nui, kia
.waiho hoki tō aroaro hei hari nui rawa atu i roto i tōku ao

* * *

He mea whakamiharo te āhua o te kaipūtaiao pono: he
tuwhera te hinengaro me te tirohanga whānui. Ka tīmata ia
me ngā mōhiotanga māmā, taketake, ka piki haere ki te
hura i ngā ture o te taiao me te āhua o tā rātou mahi. Kātahi
ka whakaatu i ngā hua o āna rangahau ki te ao, me te rite
tonu ki te tūhura tonu i te āhua me te mauri o ngā mea. Nā
ngā mahi a ēnei kaipūtaiao i kitea ai ngā ture taiao, ā, kua
whakanuia ake ngā painga o te tangata. Mā te haere tonu,
ka ako tātou ki te whakamahi i ēnei ture i roto i ngā huarahi
kanorau, whānui hoki, e kitea ana i roto i ngā whai
.wāhitanga e whakamahia ana e tātou i ia rā

* * *

Ko te harikoa e homai ana e te Atua, kāore e taea te
whakarite i tētahi atu harikoa o te ao. He mutunga kore te
harikoa wairua, ā, ina memeha, ina ngaro atu ngā mea
katoa, ka mau tonu taua harikoa. Ko te tangata e hiahia ana
ki te whiwhi i taua harikoa, me whakatapua he wā ki te
whakaaroaro, ki te whakaaroaro ki te Atua, me te hono atu ki
a ia, nā te mea ko te hono atu ki te Atua ka homai te harikoa
.pono

Te Māra o te Tau Hou

Kua memeha haere ngā haruru o te tau kua hipa, me
ōna pouri me ōna kata, ā, inaianei kei te waiata
whakatenatena te haruru o te waiata o te Tau Hou, e
:whakapuaki ana i te tumanako, e hāhā ana hoki

Hurihia tō ao kia tino tika, whakarērea ngā taru o ngā"
"mataku tawhito

Mai i te māra kua whakarerea o mua, kohia, rongoaia
hoki ngā purapura o te harikoa, o ngā whakatutukitanga, o
ngā tumanako, o ngā whakaaro me ngā mahi pai, me ngā
wawata rangatira. I roto i te oneone hou o ia rā hou, ruia aua
purapura nunui, whakamakukuhia, ā, atawhaitia kia tupu rā
anō, kia puāwai rā anō tō oranga me ngā āhuatanga onge o
.te puāwaitanga

:Ka tangi te tau hou

Whakaarahia te wairua, e mauheretia ana e ngā"
tikanga, ā, akiakihia kia tīmata i ngā mahi hou, whai hua.
Kaua e mutu te whakamātau, kaua hoki e okioki kia tae rā
anō koe ki te herekoretanga mutunga kore, kia hinga rā anō
i a koe te karma (ngā hua o ngā mahi o mua e whaia tonutia
"ana)

Me te hinengaro hou, me te harikoa e whakahoutia ana,
kia hari tahi tātou, kia hikoi ringa tahi ki te whare o te rangi e
.kore ai tātou e hoki atu anō

* * *

Ki te mahara koe ki te Atua, ā, ki te waiho la hei pokapū
mō tōu ao, ā, ki te inoi kaha koe ki a la, ka tino whiwhi koe i
tētahi whakautu mai i a la, nā te mea ka pā ngā inoi kaha,
pono ki te ngākau o te Atua RE-123

Ko te puna kanapa o te whakaaro nui me te
whakaaweawe, te kakara kakara e puta mai ana i ngā māra
o ngā ngākau aroha me te ngākau atawhai, te kakara o ngā
rōhi rangi me ngā whakaaro puāwai, te aroha e
whakaaweawe ana i tō tātou aroha, e rere ana i roto i ō tātou
.ngākau

* * *

Ko tō hoa pai ko te tangata e tuku whakaaro ana me
pēhea koe e whakapai ake ai i a koe anō, nā te mea ko te
karapoti tonu i a koe ki ngā kaiwhakapatipati me ngā
kaiwhakapatipati ka aukati i tō tipu wairua. Me manaaki
tātou i te hunga e kōrero pono ana, ā, me āwhina i a tātou i
.te huarahi pai rawa atu

* * *

He maha ngā wā ka warewarehia e ngā mātua ngā hapa
o ā rātou tamariki, ā, ka whiriwhiria kia kaua e aro atu ki aua
hapa. Mēnā kāore e taea e rātou te kite i ngā hapa o ā rātou
tamariki, he tino hē kei roto i tō rātou aroha. Me ako ngā
mātua i te aroha mutunga kore kia kite ai rātou i ngā hapa o
ā rātou tamariki, kia āwhina ai i a rātou ki te whakatika i aua
.hapa, kia haere ai i te ara tika

* * *

Ki te hiahia koe kia harikoa i ngā wā katoa, kaua e tukua
koe kia noho mārire, kia mangere rānei, kaua hoki e
wareware ki ngā arai ā-tinana e arai ana i tō harikoa. Kia
kaha ki te wikitoria i aua arai, me te whakatutuki i ngā mahi
katoa e tika ana kia mahia e koe me te ngākau hihiko me te
.hinengaro arotahi

* * *

E te Ariki, kaua e titiro ki te pai me te wehi, engari me te
aroha me te whakaute. Kia mārama mātou ko te pupuri i āu
ture matatika ka karaunatia mātou ki ngā wikitoria o tō
atawhai. Kua whakahaua e koe ngā akoranga o te karakia
hei tiaki i tō mātou harikoa. Kia whakarērea e mātou ngā ara
o te hara, e arahi tonu ana ki te mamae me te pōuri, ā, kia
mōhio mātou he nui atu te ataahua o te pai i te kino. Āwhina
mai kia mārama mātou ko te kino, e ahua pai ana i te
tīmatanga, ka huri haere hei paitini whakamate, ā, ko te pai,
!e kawa ana i te tīmatanga, ka huri hei nekita reka

* * *

Kāore he hua o ngā manukanuka; ka nui ake ngā
manukanuka ka utaina ki te ngākau. Kia oti āu mahi o ia rā,

kaua e noho roa ki aua mea, kaua hoki e kawe ki te kāinga.
Ka hangaia e ngā manukanuka he paparanga matotoru o
ngā kapua pōuri, kapua e karapoti ana i tō hinengaro, e
aukati ana i tō kaha ki te kite mārama me te ngāwari i te
.ara. Me ako tātou ki te whakawhirinaki ki te Atua
Me arotahi te ao ki te mahi ratonga, nā te mea ki te kore
tēnei kaupapa tangata, e kore te hinengaro i homai e te Atua
ki te tangata e tutuki i tōna pūmanawa katoa. Ina mahi tātou
ki ētahi atu, ā, ka wareware i ō tātou whakapehapeha iti, ka
.rongo tātou i te aroaro o te Atua

* * *

He nui ake te pai i te kino i tēnei ao nā te mea ko te
Atua te mana nui. Engari ina pā mai te kino ki a tātou, he
maha ngā wā ka whakaaro tātou kāore he mana ki te
whakahaere, ki te wikitoria rānei. Kāore e taea te karo i ngā
tupuhi o te kino, engari ka taea e tātou te wikitoria i ōna
.pānga me te ara ake i runga ake i a rātou

Ina reka te ākonga i te reka o te aroha atua, ka pā mai
te harikoa mutunga kore ki a ia, ā, ka pā mai te hiahia nui ki
te Atua, ka inoi ia me te aro nui, ka inoi ki te Atua mai i te
.hohonutanga o tōna ngākau kia whakautua rā anō ia e la

* * *

Ina whakakapia te aroha e ngā mahi hoha, te hiahia
moepuku, te herenga ki ngā taonga, te whakaohooho i ngā
kare ā-roto, te whakamahi kino, me te nekehanga ohorere
mai i te piri ki te whakarihariha, ka memeha haere te aroha i
.roto i ngā ngākau, ā, ka noho hei mea o mua

* * *

I roto i te tangi a te vāiorine me te aue a te putorino, te
rangi o te ōkana me te tangi a te oud, ka rongo ahau i te reo
o te Atua Kei roto i te ngākau o te wairua te harikoa e
rapuhia ana e tōku wairua Kua rongo ohorere ahau i Tōna
harikoa, kua rongoatia ki roto i te pū o tōku wā puku Ka

kōpeketia e ahau te pū ka reka i te waihonga o te harikoa
.mutunga kore

Ko te hiahia ki te Atua ko te aroha ki a Ia. Me pono, me
parakore, me hohonu, me kanapa te hiahia ki te Atua. Ki te
hiahia tātou ki te whiwhi whakautu mai i a Ia, me tuku atu ō
tātou ngākau ki a Ia, me inoi ki a Ia mai i te hohonutanga o ō
tātou ngākau kia whiwhi rā anō tātou i taua whakautu
.manaakitanga

He kaha ake te aroha o te Atua i te mate, he pumau ake
i tetahi atu whakaaturanga o te ora rangitahi
* * *

Haere i ngā ara o te ora me te u tonu, e kore e hoki
whakamuri, e hoki whakamuri rānei, me te whakapono
pūmau kei te taha tonu mai te mana auaha me te mana
mutunga kore o te Atua i a koe, ā, kei te tautoko tonu i a
.koe

Ka whakautu te Atua ki ngā inoi ngākau pono a taua
ākonga pono e whakaatu ana i tōna hiahia me tōna ngākau
nui, e tono ana kia āwhina ia me te māia me te tumanako, ā,
ka tino haere mai ia ki a ia ki te whakaora i a ia, ki te
.whakaora i a ia i ōna raruraru

Ko te paraikete e mānu ana, e ai ki te kōrero a te
:tohunga a Paramahansa

I tētahi wā, e rua ngā hoa e hikoi ana i te taha o te awa,
ka kite rāua i tētahi mea e āhua ana he paraikete e mānu
ana. Ka ruku tētahi o rāua ki te awa, ka kauhoe ki te
"paraikete". Heoi, i roa tana hokinga ki te taha. I kite tōna
hoa kei te raru ia ki te "paraikete", ā, koinei te take i
:whakaroa ai ia, nō reira ka karanga atu ia ki a ia
"?He aha koe te whakarērea ai i a ia, ka hoki atu ai"
:Ka whakahoki tana hoa

Koinā taku e ngana nei ki te mahi, engari kei te piri mai"
te paraikete ki ahau, ā, e kore e tukua ahau kia haere, kia
"hoki mai anō

I tino ohorere ia, i tōna mōhio kua roa rawa, ko te mea i
.mahara ia he paraikete he pea anake e kaukau ana
[!Whakaarohia te tūnga o tō waewae i mua i tō hikoi]

He maha ngā tāngata e whakatakoto ana i ngā
whakataunga engari kāore e whakatinanahia, ā, nō reira, ka
hinga rātou i te tihi o te angitu ahakoa e moemoeā ana rātou
ki te piki ki te tihi. Ko te hunga e moumou ana i ō rātou kaha
hiahia ka kite ko te nui o tā rātou tohe kia angitu, ko te
hohonu ake o tā rātou totohu ki roto i te paru o te korenga.
Heoi, ko te hunga kaha hiahia, kāore e mutu te ngana,
ahakoa te maha o ngā wā ka hinga ā rātou mahi, kia tae rā
.anō ki ā rātou whāinga tika

* * *

E te Taote o te Ao, tukua ahau kia inu kia mākona rā anō
i ngā wai reka, whakaora o tō rangimārie, kia rongo ai ahau i
tō hari whakahauora me tō ora e kore nei e pāngia e te
.ngoikore me te nenge

* * *

Ka kōrero te reo atua ki ngā ngākau pono katoa e
pāorooro ana i ngā wiri teitei ake. Ka whiti te reo o te
whakaaro nui i te ao whānui ki te rapu i ngā whakaaro
taurite e rapu ana i te rangimārie, te hari, me te mātauranga
.tapu

* * *

Ka homai e te tangata āna tohutohu ki a tātou, kātahi ka
waiho mā tātou e kokoti ngā hua o ā tātou mahi [tērā pea he
hua o āna tohutohu hē]. Engari ka homai e te Atua he
arataki ki a tātou, ā, ko tana ara e arahi tonu ana ki te
.harikoa me te pai

Kia ora tātou i roto i te māramatanga o te Atua, kia
mōhio ai kei muri i tēnei moemoeā kino o te ao nei te ara

ake tonu atu. Kia rongu tātou i te aroaro o te Atua i muri i ia
.atarangi pōuri

* * *

Pērā i te pī e rapu tonu ana i ngā putiputi reka, ka pērā
anō te aroha atua ka tae mai ki roto i ō tātou ao ina kī tonu i
.ngā whakaaro pai me ngā whāinga pai

* * *

Ina kī koe i te harikoa mō te whakahari i ētahi atu, te
atawhai i a rātou, me te mea kia noho haumaru, kia noho
rangimārie rātou, ka whakamanawa koe i te Atua, ā, ka kiia
.koe he angitu i te ao

* * *

Ina tūtaki tātou ki ngā raruraru me ō tātou hoa, me
ngana tātou ki te whakatau i te āhuatanga i te wā e taea ai.
Kāore he hua, he koretake hoki te whakanui ake i te
āhuatanga mā te whakapae, te tautohetohe, me te hamama,
ahakoa ko te tangata kē te he. Ka taea e tātou te āwhina i ō
tātou hoa ki te whakapai ake i ō rātou whanonga me te
whakatika i ō rātou hapa mā roto i tā tātou tauira pai, kua
.ki te whakamahi i te whakahē kino me ngā kupu mamae

* * *

E te Ariki, kei te inoi ahau kia kitea e tōku wairua te
rangimārie, kia kite hoki i ngā hihi o te tumanako i muri i ngā
kapua o te kore aro. Kia ara ake te marama o te tino mohio i
te rangi o tōku ngākau, kia rongu ai ahau i te marino me te
.rangimārie o te hinengaro

Inaianei kei te kite ahau i a koe e tiaho ana i te pae
tawhiti o tōku hinengaro, ā, kei te memeha haere ngā kapua
o te kuware nā tō māramatanga manaakitanga me tō aroaro
.whakamarie me te manaakitanga

* * *

:E tangi tonu ana te ngākau o te tangata rapu pono

E tōku Atua, e taku Aroha, kāore au e hiahia kia mau ki"

ngā mahanga me ngā mānukanuka o tēnei ao, engari ko
tāku anake e hiahia ana kia whakaarahia tōu aroha ki roto i
ngā wairua o te tangata. Nōu tōku ngākau, tōku wairua, tōku
tinana, tōku hinengaro, me aku mea katoa." Ka kitea e taua
aroha tōna ara ki te Atua, ā, ka mōhio taua tangata rapu ki
.te Atua

E tōku Atua aroha, e mōhio ana ahau kei ngā wāhi katoa
koe, pērā i te hinu utu nui e huna ana i roto i ngā oriwa
kāore anō kia pēhia, pērā anō te hinu o tō aroaro tapu e
ringihia ana i roto i te pēhi o te whakaaroaro ki a Koe me te
.hiahia nui e piki haere ana ki a Koe

* * *

He whakaaro tinihanga, he whakahē, he whakaaro
matapae hoki te whakamatautauranga mō te ahuaareka. Ko
te kaha e puta mai ana i tēnei whakaaro me whakamahi hei
rapu i te pono e kawē mai ana i te harikoa, kua ki ngā mahi
.hē e puta ai te manukanuka me te mamae

Mā te wheako, te whakahaere i a tātou anō, me te
whakaaro nui, ka ako tātou ki te wehewehe i waenga i ngā
mea iti noa iho, ngā mea teka o tēnei ao, me ngā ataahua
.me ngā hari nui mutunga kore o te Atua

* * *

Ko te whakapono i roto i tōku ngākau i whānau mai i te *
tirohanga ā-roto. E akiaki ana i ahau, e hāhā ana ki ahau kia
.keri i te taonga o te aroha atua i roto i ahau

Ko te whakaaro ki te Atua te rongoā nui rawa atu mō
ngā manukanuka o tēnei ao, nō reira ka mahi pono ahau i
.tēnei mahi, hohonu, me te auau

E te Ariki, pā mai ki te kanohi o taku whakaaroaro kia *
tahuri mai ki roto, kia kite i te rā o te hari wairua e mura ana
i roto i tōku ngākau

Āwhina mai hoki i ahau ki te whakatuwhera i ngā tatau o
te rangimārie kia whiwhi ai ahau i ngā hihi whakaora o tō
.māramatanga tapu

Ka peia atu e ahau te ngakau pouri, ka whakapau kaha
ahau ki te rongo i Tō aroaro, e te Ariki, i roto i te
whakaaroaro, ā, ka rapu ahau i a Koe me ōku ngākau katoa
.me ōku waewae kia whakakitea rā anō koe e Koe ki ahau
Mā te whakawhāiti i ngā whakaaro ki ngā āhuatanga me
ngā āhuatanga e memeha haere ana, e huri haere ana, ka
whakawhāitihia te mōhiotanga ki ngā mea o waho. Engari,
me arotahi ki te mea mutunga kore, ki te mea kāore e
rerekē, ā, me waiho hei pokapū o te aro me te whakaaro. Ko
te hunga e pena ana ka karapotia e te aukume wairua, ka
.whakamāramahia hoki e te māramatanga atua

* * *

Kia puta mai tō kakara, e te Ariki, i te pua o tōku wairua,
kia kukume mai hoki i ngā wairua ki te temepara o tōu
.aroaro

Kia ora tō aroha i roto i tōku ngākau, kia rongo ai te
katoa i te rangimarie me te pai o te katoa

Manaakitia ōku whakaaro, e te Ariki, kia taea ai e au te
kawē i te hunga e matewai ana ki te puna o tōu rangimārie.
Kia noho koe hei manuhiri pumau mōku, kia noho hoki koe ki
.te temepara o tōku rangimārie me tōku harikoa

E kore rawa ahau e wareware i a koe, e kore rawa hoki
ahau e hikoi i ngā ara o te ora me te kore koe
Tukua mai ki ahau ngā hiahia nui o te ngākau, ā, i roto i
te haruru ora o te aroha ki a koe, tukua ahau kia rongo i tō
.reo manaakitanga

I ia rā, ka nui haere taku rapu i te harikoa i roto i tōku
hinengaro, ā, ka iti haere taku rapunga mā roto i ngā hiahia
.o te ao tūroa

Ka piko atu ahau ki a Koe, e te Ariki, me te
whakawhetai, nā tōu aroha noa, ka taea e aku hiahia wairua
me aku hiahia pai te wikitoria i ngā kino me ngā kino o te ao.

Āwhina mai i ahau kia whakapakari i taku whakatau ki te
whakarērea ngā tikanga kino e hua mai ana i ngā hua kino,
me te whakatipu i ngā tikanga pai e hua mai ana i ngā hua
pai. Āwhina mai hoki i ahau kia mau tonu te mura o te
.tumanako i roto i tōku ngākau i a au e haere ana ki a Koe

* * *

Kaua te hiahia o te tangata e herea e ngā hiahia, ngā
hiahia, me ngā tikanga kino. Ehara i te mea me karo i te
whakamahi i te hiahia, engari me whakamahi i te
māramatanga i roto i tōna whakamahinga kia rite ki te hiahia
.o te Atua

Ko te tangata e hiahia ana ki te harikoa me te angitu,
me whai whakapono pakari ki te Atua, me whakaara ake i
tōna māramatanga ki te taumata o te rangimārie me te ata
noho o roto, me arotahi ki te maia me te māia, me whai kaha
me te whakatau, ā, me mahi i ā rātou mahi i runga i te
.marino me te maia

* * *

E rite ana ahau ki te tuku i tōku ora katoa ki te tangata
pono kotahi, engari ka karohia e au te hunga tinihanga me
te hunga kore pono. Kāore au e whakapatipati, e tinihanga
.rānei i tetahi, ā, koinei te āhua o te noho i tēnei ao

* * *

Me māia tātou, me pono, ā, me karapoti i a tātou, ehara
i te mea ko te hunga anake ka taea e tātou te
whakaaweawe, engari ko te hunga hoki ka taea te
.whakaaweawe i a tātou

* * *

Ka taea e au te whakatutuki i aku mahi katoa mā te
tango noa i tōku kaha mai i te Atua. Nō reira, ko taku hiahia
tuatahi ko te whakamanawareka i a ia. Ko te Atua te aroha
tuatahi i roto i tōku ngākau, te wawata nui rawa atu i roto i
ahau, me te whāinga matua o tōku hiahia me tōku
.hinengaro

He ataahua te taurite, ā, me waiho hei tūāpapa me hei
pou tokomanawa mō ō tātou kare ā-roto me ō tātou
whakaaro
* * *

Ko te tangata atawhai, ko te tangata e aroha ana ki te
ngākau kore, kāore e tukua te ngākau kore kia whakahaere i
a ia anō, nā te mea kāore e taea te wheako i te harikoa
parakore ki te kore te tangata e whānui te hinengaro, e
ngākau atawhai, e rapu ana, e hiahia ana ki te harikoa mō
ētahi atu me te harikoa mōna anō hoki. He mātāpono
.whānui tēnei, ā, e kore e rerekē
* * *

Kei te maumahara tonu ahau ki tētahi wheako ohorere i
pā mai ki ahau; mai i muri i ngā kapua o te whakaaroaro, ka
puta whakarere mai te ata o te harikoa wairua, ā, ka
.taupokina ahau e ia

I hipa atu taua wheako manaaki i ngā tumanakohanga
katoa. I rongo ahau i te hari e kore e taea te kōrero, ā, i
whakamārama te mārama o te harikoa i ngā kokonga pōuri
katoa o tōku hinengaro, i whakakore i ngā atarangi o te
pōhēhē me ngā pātai. Ko taua mārama—pērā i ngā hihi-X—i
werohia mā roto i ngā mata taratara, ā, i whakakitea mai
.ngā mea kei tua atu i te pae tawhiti o te tirohanga noa
* * *

Ko te pā o tō ngākau e māhorahora ana e whakapuaki
ana i te aroaro o te mana mutunga kore i tua atu i ngā kūaha
o tō mātauranga. Ko ngā pā o te ao whānui e hāhā ana ki a
:koe

Kaua e whiwhi noa i tētahi awa iti o tōku ao, engari kia"
whānuitia te whānuitanga o ōu kare ā-roto, kia rukuhia ai e
au ōu toto, tōu tinana, tōu hinengaro, ōu kare ā-roto, me tōu
".wairua ki roto i te manawa o tōku ao tūroa

* * *

E te Ariki, tukua ahau kia rongu i tō aroaro i roto i ngā
mahi katoa e mahia ana e au. Āwhina mai kia whakakorea te
atarangi o te wehi e huna ana i te māramatanga o tō arataki.
Kia puāwai hoki ngā putiputi o tōku hiahia i roto i te māra o
.tōku ngākau i a au e tatari ana ki te ata o tōu taenga mai

* * *

Peia atu ngā whakaaro o te korenga angitu ki ngā
whakaaro pai o te angitu, kia hihiri hoki, ā, whakakorea ngā
.matau mā te kore e whakaaro ki aua mea

Whakakorea ngā mamae ki te māramatanga o te
harikoa, ā, whakakapia ngā kōrero mangere ki te aroha me
.te ngākau māhaki

Tangohia ngā whakaaro kino i te torona o te hauora, ā,
whakakapia ki ngā whakaaro tika me ngā kare ā-tinana
.hauora

Whakamamaetia te pōrearea me te manukanuka o tō
ngākau, ā, peia atu ngā kapua o te kuware i te pae tawhiti o
.tō ao

* * *

Ko te tangata e toa ana i te pakanga o te ao, e waha
ana i tōna mamae hei tohu honore i runga i tōna uma

* * *

Manaakitia ahau, e te Ariki, kia kite noa ahau i te pai, kia
whakaaro noa ki te pai, kia hono noa ki te hunga pai me te
hunga tika. Ā, tukua ahau kia whakaaroaro ki a Koe, e Koe te
.pūtake o te pai me te tika katoa

Puritia ngā wairua o te pōuri kia matara atu i ahau,
tirohia mai ahau i te ngākau o te rangi, i ngā tatau o tōku

ngākau me ōku kare ā-roto, ā, puta mai ki ahau i roto i te
.temepara o tōku aroha ki a koe

* * *

Me whakapau kaha tātou ki te pupuri i ō tātou kare ā-
roto i ngā wā katoa, kia taea ai e tātou te whakahaere i ō
tātou kare ā-roto, me te pehi i a tātou anō ina tūtaki tātou ki
ngā tāngata kino te āhua, e pai ana ki te whakararuraru i te
rangimārie o ētahi atu, me te whakakino i te āhuarangi e
.karapoti ana i a rātou

Ko te whakaaro tuatahi i roto i ngā whanonga a te
tangata ko te whakapai ake i a ia anō. Mā te tangata pai, mā
roto i ana whanonga rangatira, ka taea e ia te āwhina i te
.hunga e karapoti ana i a ia kia huri hei pai ake

* * *

Mā te hiahia nui ka matapo te hinengaro, ā, ina
taupokina te hinengaro o te tangata e te kohu o ngā hiahia,
ka ngaro te taurite o roto, ka mahi kore whakaaro, me te
mōhio ko te whakaaro taketake te kaha akiaki i muri i ngā
mahi tika me ngā whanonga tika katoa. Ina whati te urungi o
ngā pūkenga hinengaro o te tangata, ka mutu tonu rātou ki
.te poka o te mamae me te pōuri

* * *

Ā tōna wā, ka memeha haere ngā whakaaro pohehe o te
ao, ā, ka mārama tōna kaupapa. Ina memeha haere ngā
whakaaro pohehe o te tamarikitanga me te taiohitanga, he
aha ngā mea e toe ana? Ka kitea e tātou te harikoa pono i
roto i te tata ki te Atua, me te rongo i Tōna aroaro, e whakakī
.ana i te wairua ki te marino me te rangimārie

* * *

Me whai whakaaro pono tātou ki ā tātou
tumanakohanga, me te inoi ki te Atua kia whakatutukihia
anake ō tātou matea nui, kia mōhio hoki ki te rerekētanga i
waenga i ngā matea tūturu me ngā hiahia koretake. Ko te

huarahi pai ki te wehewehe i waenga i ngā mea e tika ana
me ngā mea kāore e tika ana ko te whakamahi i te arorau
me te whakaaro tika, kua e hiahia ki te whiwhi i ngā mea
koretake kāore e whai hua mō tātou, ā, he pai ake te noho ki
.te kore

* * *

Tērā pea ka haere ahau ki tua atu i ngā aorangi me ngā
whetu tawhiti rawa
Engari ka aroha tonu ahau ki a koe
Tērā pea ka haere mai ō akonga, ka haere rānei rātou i
tō rātou ake ara
Engari ka noho tonu ahau ki a koe, ka aroha ki a koe
Tērā pea ka akiritia ahau e ngā ngaru o ngā momo
whakaaweawe maha
Kei te mokemoke ahau, kei te mokemoke hoki
Heoi anō, ka aroha tonu ahau ki a koe
Tērā pea ka wareware te ao pōrearea ki a koe
Engari ka maumahara tonu ahau ki a koe
Tērā pea ka memeha tōku reo, ā, ka kore e taea e au te
mahi

:Engari mā roto i ngā kupu o tōku wairua ka hāhā ahau
"Ka aroha tonu ahau ki a koe"
Tērā pea ka haehaea ahau e ngā whakamātautau, e ngā
mate, me te mate
I tātarhia tōku tinana, engari i te mea kei roto tonu i
tōku mahara
Kei te toe tonu te kanapa o te tumanako; titiro ki roto i
ōku kanohi e mate ana
:Mā roto i a rātou ka mea atu ahau ki a koe
Ka aroha ahau ki a koe ake ake
!Ā, ka noho pono tonu ahau ki a koe
* * *

Ina mea koe "Kei ahau te Atua," ko te pai anake ka puta
mai i ngā whakaaro o ētahi atu. Karapotia koe ki te Atua, nā
te mea ko tōna ingoa tapu rawa he mana nui, he

whakangungu rakau e kore e taea te uru atu e piko ai, e
.tahuri ai ngā wiri me ngā whakaaro kino katoa
Kei roto i te whakaaroaro tonu ki te Atua me te hiahia
nui ki a ia te hari wairua, ā, ka tae mai te wā e kore ai te
hinengaro e wiri, e whakangaueuetia rānei e te
manukanuka. Kātahi anō, kāore he mamae tinana, he
raruraru hinengaro rānei e kaha ki te tahuri ke i te hinengaro
.i te aroaro o te Atua ora

Auē te ataahua o te tata ki te Atua, te whakaaro ki a ia,
!me te rongo tonu i Tōna aroaro

* * *

Me whai koe kia tutuki i a koe tō whāinga tika me te
hihiri me te harikoa, ā, mā te tumanako noa kia tutuki i a
koe, me hari tō wairua. Me koa hoki koe ina tutuki i a koe
taua whāinga nā te mea he whakatutukitanga e tika ana kia
.koa koe
* * *

E kīia ana, he nui te aroha o te pī ki te kakara o te rōti,
ā, ka roa e noho ana i roto i te ngākau o te putiputi, e ngote
ana i te waihonga. I a ia e mahi ana i tēnā, ka kati ngā rau
rōti ki a ia, ā, ka mate ia i roto i te rōti. Kātahi ka tae mai te
tia o ngā rohe raki, e haurangi ana i ngā rangi o te putorino. I
te wā e whakatangi ana te kaiwhai i te putorino, ka haere
mai te tia ki a ia, ā, ka mate. Kei reira anō hoki ētahi
arewhana kua whakangawaritia; ka whakamahia te
arewhana uha hei kukume me te hopu i ētahi atu arewhana.
I roto i tēnei horopaki, i kī tētahi tohunga whakaaro nui i
:tētahi mea pēnei

Ka miharo te pī ki te kakara
Ā, ka tangi te tia i te whiowhio

Ka hinga te arewhana i te herehere
Nā te pā whakaohoho

Engari, me pēhea rā te tangata kei a ia ēnei māia katoa?

Ko te tohutohu a te tohunga whakaaro ki a ia: "Kaua e noho
hei pononga mā ō māia, kaua hoki e tukua tetahi mea, tetahi
"tangata rānei, kia whakahaere i a koe

Mōku nei, ko tāku tēnei: "Kia mahara kua tukua ōu
hinengaro katoa hei mahi māu, ā, me whakarongo koe ki ō
"whakahau, me whai hoki i tāu e pai ai

* * *

Ko te wai me te hukapapa he whakaaturanga o ngā
huānga e rua e kore e kitea, te hāora me te hauwai, ā, he
āhua kore noa iho, he rangitahi noa iho tō rāua oranga.

Waihoki, ko te hinengaro tangata me te ao he
whakaaturanga o te hinengaro whānui, he iti noa iho tōna
oranga whanaunga, nā te mea ko te hinengaro whānui
.anake te mea e tino ora ana

* * *

Tērā ētahi tāngata kāore e whakawhirinaki ki tētahi, ā, e
ruarua ana mō te āheinga ki te kimi hoa pono; ko ētahi e
whakamanamana ana mō tō rātou kaha ki te noho kore hoa.

Engari ko te hunga kāore e taea te whakaatu i te aroha me
te whakahoahoa ki ētahi atu, kāore e aro ki te ture o te
whānui wairua, e whānui ai te wairua, e hoki ai ki te awhi o
.te wairua atua

* * *

Ina tātari te tangata i a ia anō, me kaha tōna hiahia ki te
whakakore i ōna ngoikoretanga, me te hanga i a ia anō kia
rite ki tōna āhua, kaua hoki e tukua te ngakaukore kia
ngoikore tōna whakatau ina kite ia i ngā hapa e
.whakamāramahia ana e te tātari pono i a ia anō

* * *

Ngā āhuatanga e rua mō te harikoa: te noho ngāwari me
te whakaaro nui
I ahau e tamariki ana, i tuhituhi reta ahau ki te Atua. He
tamariki ahau, ā, kāore i tino mōhio ki te tuhituhi, engari he
maha ngā mea i kōrerotia e ahau ki a ia. Kāore au i tono i
tetahi mea māku ake, engari i tono ahau ki a ia kia
whakaakona ahau ki tētahi mea mōna ake, ā, i ia rā i tatari
ahau kia kawea mai e te kaikawe mēra te whakautu ki taku
.reta

Kāore rawa ahau i ruarua i roto i tōku ngākau. Ā, i tētahi
rā i tae mai te whakautu i roto i tētahi moemoeā, i taku
kitenga i ngā reta o tētahi karere tapu e tiaho ana i te
māramatanga koura, kāore i taea e au te pānui pai, engari i
mārama ahau ki te karere penei : "Ko ahau te Ora, ko ahau
te Aroha, ā, e manaaki ana ahau i a koe mā ō mātua!" Kātahi
.ahau ka mārama, ka rongu i te aroaro o te Atua

* * *

Ka ngana ahau ki te wareware i aku uauatanga o mua,
ka anga atu ahau ki te aroaro o nāianeī me te maia, ā, ka
tatari ahau mō ngā rā kei te heke mai me te tino whakapono
.ki te Atua

E mōhio ana ahau ka tutuki ngā hiahia pai katoa o tōku
ngākau i runga i te āwhina a te Atua
Ka whakapau kaha ahau ki te whakapai ake i ahau anō
kia mārama ake ai ahau ki te tikanga o te ao, ā, ka
whakapau kaha ahau ki te whiwhi whakaaro nui, ki te
whakaara i te māramatanga o te wairua, me te hono atu ki
.te pono mutunga kore

* * *

E te Ariki, ka hari ahau ki te māramatanga me te aroha
e ahu mai ana i tōu atawhai nui, ā, ka hapainga e ahau ki a
koe ngā waiata whakawhetai me te ngākau whakahīhī hei
.whakamihi mō tōu atawhai

Ka tangohia e au te ngākau pono i roto i te whakaaro, i
te kupu, i te mahi, ā, ka ngana ahau ki te whakahari i ētahi

atu nā te mea i ahu mai tōku harikoa i tō rātou harikoa, ā, ka
rewa e au tōku ake āhua iti ki roto i te āhua o te āhua
.whānui

Ko te aroha te pūtake o ngā mea hanga katoa
He kōrero puku te aroha i waenganui i ngā ngākau e rua
Ko te aroha te karanga a te Atua ki ngā mea hanga
katoa

Kia hoki ai ki tōna kāinga i te rangi, ki te kāinga o te
kotahitanga o te ao whānui

Ka whānau te aroha i roto i ngā māra o ngā wairua e
puāwai ana, koia te nekita tawhito rawa atu, reka rawa atu,
.e tiakina ana i roto i ngā oko o ngā ngākau pono, pono hoki
Ko te hunga e mōhio ana ki a rātou anō, e mārāma ana
ko te mana katoa e tika ana hei whakatutuki i ngā mahi e
ahu mai ana i te Atua. Ko te hunga e whiwhi ana i te
rangimarie wairua (te rangimārie o te hinengaro) ka kite i te
harikoa o roto hou, ahakoa tō rātou tūranga i runga i tēnei
ao, ka ora, ka whakahaere hoki taua tangata i ō rātou oranga
.i runga i te hiahia o te Atua

* * *

Ka whakararuraru, ka whakararuraru hoki ngā raruraru
hinengaro i te hinengaro, ka huna te tirohanga mārāma e te
wairua pōrearea, ā, ka puta ngā māramatanga kore i ngā
pahūtanga o te kare ā-roto. Ko te nuinga o te tangata kāore
e mahi me te mārāma me te whakaaroaro, engari i runga i ō
rātou kare ā-roto. Hei tāpiri, ka huna e ngā whakaaro
whakahāwea me ngā whakahāwea te tirohanga mārāma, ka
whakapohehe i te māramatanga, ā, ka ārai i te tirohanga
mārāma me te kore e ruarua. Nō reira, me pure te tirohanga
mārāma i ngā pūtake katoa o te whakapoauau, te
whakaohoho, me te whakahāwea e aukati ana i te
.whakatau tika me te tirohanga tika

* * *

He Ariki nō tēnei ao whānui nāna i homai te mana
motuhake, te kaha, me te hinengaro ki te tangata. Ka taea e

te tangata te kimi i te Atua mā te whakaaro nui, engari ki te
moumou taima rātou ki te koretake me te kore e whakapau
kaha ki te kimi i te tikanga o te ora, ki te mōhio hoki ki tō
rātou Kaihanga, ka moumouhia e rātou ngā kaha utu nui i
homai e te Atua ki a rātou, ā, e kore rawa e kitea te harikoa
.pono

Ahakoia he maha aku mahi, kāore au e rongo ana he
herenga tōku i aku mahi, nā te mea e mōhio ana ahau ehara
.tēnei ao i tōku kāinga

* * *

Kāore te rapu i te Atua e ārai i a tātou ki te wareware i ā
tātou mahi ā-tinana, ā-hinengaro, me ā tātou mahi pāpori i
roto i ngā pakanga o te ao. I tētahi atu taha, ka ako te
tangata rapu wairua pono ki te whakahaere i a ia anō me te
whakahaere i ōna kare ā-roto, i ōna tikanga, me ōna hiahia
kia wetekina ai te temepara o te ora mai i te pōuri o te
kuware kia kite ai rātou i te aroaro o te Atua. Pērā i ngā
taonga i roto i te whare pōuri kāore e kitea, waihoki kāore e
taea te wheako i te mōhiotanga wairua i te mea kei te mau
tonu te mana o te kuware me te raruraru hinengaro ki runga
.i te tangata

* * *

Ahakoia te hiahia o te moana ki te ringihia ki roto i te
kapu, engari ko te kapu anake e pupuri ana i a ia anō.
Waihoki, ko te pono mō te katoa, engari ko te hunga iti te
mōhiotanga kāore e ruku hohonu ana ki te rapu me te
tūhura, kāore hoki e ngana ki te ruku ki raro i te mata; nō
reira, kāore e taea e rātou te kimi i te pono. Me whakapau
.kaha tātou ki te rangahau hōhonu me te hura i ngā taonga

* * *

He pai ki a ia te whakakore i ngā whakaaro kino e ngana
ana ki te whakauru i tōna hinengaro i a ia e arotahi ana ki

tētahi take nui, ki tētahi take nui rānei. Ko te nuinga o te tangata e whakaaro ana ki ētahi atu mea i a rātou e mahi ana i ngā mea nui. Hei tauira, i te wā e whakaputa ana te kaiwhakawā i tana whakatau whakamutunga mō tētahi take tairongo o te ora, o te mate rānei mō tētahi atu tangata, i te wā kotahi anō ka whakaaro ia ki te āhua kino o tana wahine i taua rā anō, ā, i pouri ia nā te mea kāore tana whakatau i te .kāinga i whakamanahia

Ki te hē te whakatau a tēnei kaiwhakawā, ā, ka whiua he tangata harakore ki te mate nā te kore aro, ka tū ia hei whakapae, hei whakatau he i mua i te kaiwhakawā nui rawa atu, arā, te ture whānui e kore e mōhio ki te whiriwhiri i te .tangata, ki te whakahāwea rānei

* * *

Kua peia e te hau o tōu hihiri ngā kapua katoa, ā, kua mārama, kua parakore te rangi o ōku whakaaro, ā, me ōku kanohi parakore e kite ana ahau i a koe i ngā wāhi katoa. Ka uru ngā hihi o tō rā tapu ki roto i ngā hohonutanga o tōku wairua, ā, nā te hiakai o ngā whakatupuranga ka whāngaihia .ahau e tō mārama tapu

* * *

I tēnei ao hurihuri, mōrearea, me te koretake, e tino mokemoke ana koe. Ko te Atua anake e kore e whakarērea .koe, e kore hoki e whakapōrearea i ō tumanakohanga Manaakitia ahau, e te Ariki, kia taea ai e au te whakatipu i ngā purapura o te kaha wairua me te angitu i roto i ahau, kia taea ai hoki e au te whakamahi i taua kaha i .ngā huarahi e pai ai koe

* * *

E te Ariki, i roto i te mokemoke o ōku whakaaro, e hiahia ana ahau ki te whakarongo ki tōu reo. Peia atu i ahau ngā reo o te ao e noho ana i roto i tōku mahara. E hiahia ana ahau ki te whakarongo ki tōu reo marino e haruru ana i roto i

tōku wairua. Hopukia mai tōku wairua, kia rongo ahau i tōu
.aroaro tapu i roto i ahau, i ngā taha katoa hoki

* * *

He māmā noa te kī mēnā kei te whāngaihia te hinengaro
o te tangata e te taiao rangimārie, e te taiao tautohetohe
rānei

* * *

Ko ngā matakū ā-roto, te mamae hinengaro, te
manukanuka rānei e ahu mai ana i te hononga ki ngā hoa
me ngā whanaunga hē, ka whai wāhi katoa ki te hinengaro
pōhēhē me te wairua raruraru. Ko te hunga he marino, he
rangimārie hoki ō rātou āhua, ka āwhina ki te waihanga i
.tētahi hinengaro hauora, aukume hoki

* * *

E whakamātautau ana te Atua i a tātou hei whakapakari
i tō tātou whakatau, kaua hei wawahi i a tātou. Ka
whakangaromia tātou e te kuware mēnā ka whakawhirinaki
katoa tātou ki te kikokiko. Ko te hunga e u ana ki te rapu i te
pono ka kitea te ora tonu. He oumu mura tēnei ao e hangaia
ai ō tātou wairua, e puta mai ana hei maitai o te whakaaro
.nui me te kaha wairua

Kei te tangata te pūmanawa kāore anō kia whakamahia
—ko te mana katoa e hiahiatia ana e rātou kua
whakawhiwhia ki a rātou e te Atua te mana o te whakaaro
hei whakaora i a rātou anō i ngā here o te ao e here ana i a
rātou, e pupuri ana i a rātou ki ngā tikanga me ngā hiahia.
Ko te hunga e whakatau ana i tēnei rā kia kaua e tukua ngā
wero o te ao kia pakaru i ō rātou hiahia, kia aukati hoki i tō
rātou ahunga whakamua, ka whakawhiwhia ki a rātou te
.kaha ki te wikitoria i aua mea

* * *

Kaua e whakakitea ō mea ngaro katoa ki ētahi atu i
runga i te pono. Ki te whakakitea e koe ō ngoikoretanga ki te

hunga mangere, ka hopukina e rātou te whai wāhi ki te tawai
i a koe ina hiahia rātou ki te whara i a koe. He aha koe me
hoatu ai ki a rātou he mea hei whakamahi mā rātou ki a koe
?hei whakamamae i a koe

* * *

E te inu whakahauora o tōku ngākau, ka inu tonu ahau i
a koe, ka inu anō, engari kei te puea tonu te pounamu o tōku
hinengaro. Kāore au i te mōhio ki te ingoa o tēnei inu tapu,
engari e mōhio ana ahau ko te wai reka o te aroha atua tēnei
.e homai ana ki ahau te hari wairua hou
Ka whakahoutia tonutia te hari wairua nā te mea kāore i
whānau mai i ngā hiahia poto noa. Ka kitea i roto i te wairua
e hiahia ana i aua wā ka memeha haere ngā manukanuka
hinengaro, ka ngaro atu ngā tikanga kino me ngā āhua
whakararuraru i raro i te pa o te rangimārie o roto e puta
.mai ana i te hohonutanga o te māramatanga o te wairua

* * *

Kāore he whakataurite i waenganui i te hunga whai rawa
o te whenua me te hunga whai rawa o te wairua, nā te mea
ko te hunga whai rawa o te wairua ko rātou te hunga whai
.rawa o te hunga whai rawa i te aroaro o te Atua
I tēnei rā, ka whakatau ahau kia kaua e hinga i te
ngakau pouri, te pouri, me te pouri mō ngā tumanako kua
ngaro me ngā moemoeā kāore anō kia tutuki. Engari ko te
tuku i ahau kia noho herea me te herea, ka ora ahau i runga
i ngā akiaki a te whakaaro nui, me te mōhio mā te mahi
.pera, ka kitea e au te harikoa e rapuhia ana e au

* * *

Ngā mihi nui ki a koe, e te Ariki, mōu e maumahara tonu
ana ki ahau, ahakoa kāore ahau e maumahara ki a koe, mōu
hoki e whakakī ana i ahau ki te whakawhetai mō ngā
manaakitanga kua homai e koe ki ahau. Manaakitia ahau kia
.ora tonu ai ahau me te maumahara tonu ki a koe

* * *

Ina purea te hinengaro i te whakahāwea, ā, ka wetekina
i ngā mānukanuka, ka whiwhi tātou i tētahi māramatanga e
whakahihiko ana i a tātou, ehara i te mea i ngā wā motuhake
anake, engari i ngā rā katoa o ō tātou oranga mā te
whakahou i te ora me te taitamarikitanga o ō tātou tinana, te
whakapakari i ō tātou whakaaro, me te whakakī i ō tātou
.wairua ki ngā ia o te whakaaro nui me te harikoa

* * *

Whakawhanakehia te tikanga o te kōrero i te pono, kaua
e kōrero i ngā mea kāore e tika ana, ā, karohia te kōrero i
ngā mea e whara ai ētahi atu, e kore rānei e whai hua mō te
.pono

* * *

Ko te nuinga o ngā kaipakihi kāore i te tino matatau ki
te mahi moni, kāore hoki i te angitu ki te whakahaere i ā
rātou pakihi, ehara hoki i te hunga tāne whakaaro nui, nā te
mea i a rātou e noho ana i roto i ō rātou tari, e aro nui ana
rātou ki ā rātou raruraru ā-whare me ā rātou wāhine, ā, i a
rātou e noho ana i te kāinga, e pau ana ō rātou hinengaro i ā
rātou raruraru mahi. Kaua e ngana ki te arotahi ki ngā mea
.maha i te wā kotahi

* * *

Ki te whakatau te tangata hē ki te whakarerekē i a ia
anō, ki te whakapai ake i tōna āhua mā te whakahoahoa ki
te hunga pai, ka huri ia hei pai ake, engari ko te tangata
wairua ka ngaro tōna wairuatanga, ka hoki whakamuri ki te
taha o te hunga he whakaaro hē, he whanonga kino hoki ō
.rātou

* * *

Kia mahara ko te hiahia ki te whakatata atu ki te Atua te
whakamahinga nui rawa atu me te rangatira o te kaha o te
ngākau, nā te mea ko te Atua anake te mea pumau, ā, e
kore e mutu, ā, nōna ngā pai katoa. Whakatipuhia tō kaha o
te ngākau, karohia ngā hiahia kino; kaua e whakamahia tō
kaha o te ngākau ki te whakatutuki i aua hiahia, he mahi

koretake hoki, he moumou kaha hoki. Whakaotia ō mahi i
tēnei ao ki te pai o tō kaha, me te titiro anō ki te ao he
moemoeā poto noa. Whakakoia tō whakatau, whakatūria tō
.ngākau ki te mātauranga o te Atua

* * *

Ki te ora te tangata i tōna ao me te whakaaro nui me te
māramatanga, ka kitea e ia ko te mate he utu, he
.whakawhiti ki tētahi āhua pai ake i roto i tētahi ao pai ake

* * *

I hoatu e te Kaiwhakaako Paramahansa te tohutohu e
:whai ake nei ki tētahi o āna ākonga
Kaua e taha kotahi; engari, kia ora i roto i te tikanga me
te taurite, me te whakarite i ō mahi hei kaupapa matua. Ko
te mahi he mahi e mahia ana me te ngākau nui me te hiahia
pono, kaua me te riri, me te whakaaro he herenga. Ahakoa
me matua te mōhio ki te wairua me te matatika, kaua te
mahi ā-tinana e warewarehia, he mea tino nui hoki, ā, me
whakakaha ake e ngā herenga ā-hapori, ā-motu, me te ao
.whānui

* * *

"Ā, i runga ake i ngā mea katoa, kia pono ki a koe anō"
Ko tēnei kīanga te whakakī i tētahi rārangi o ngā kupu
tohutohu rongonui i hoatu ki a Polonius i roto i te Hamlet a
Shakespeare, ā, ko tōna tikanga, i roto i ētahi atu mea, ko te
pono ki a koe anō, me te kore e mahi i te mea e whakaaro
ana koe he hē i roto i te ngākau. Ina hoki, ko te hinengaro
mārama, ora, ka hoatu ki tōna rangatira he harikoa me te
kaha e nui atu ana i te uara me te hiranga i ngā taonga
.katoa o te ao

* * *

Mā te mana o te arotahi tino kaha ka whakamarie i ngā
awha o te manukanuka, ka whakaiti i te kaha o ngā
manukanuka, ka aukati i ngā hiahia tutu, ā, ka kukume mai i
te whakaaro nui o te Atua e kore e rerekē, e kore hoki e
.whakarerekē

* * *

Kāore te angitu e whakawhirinaki ana ki te aituā, ki te
waimarie rānei, engari ki te whakataurite i a koe anō, mā te
.whakaaroaro, me ngā ture o te ao whānui

* * *

Kaua tetahi mea, tetahi tangata rānei e whakaaetia kia
noho ki te torona o te ngākau, e tika ana kia whakatapua ki
.te Atua anake

* * *

Ka mātao te āhua o te tangata, ka ngoikore hoki tōna
māramatanga, ā, ka kore e taea e ia te noho tahi me ētahi
.atu

* * *

Me rite te noho kāinga ki te pararaiha, engari mā te riri
kino ka huri hei reinga. Tērā pea ka kitea e te tāne tana
wahine e pouri ana, e pōuri ana, e kore e taea e ia te kōrero
ki a ia. Tērā pea ka hoki ia ki te kāinga me te pōuri, e kore ai
e taea e ia te kōrero ki a ia. Nō reira, he maha ngā raruraru
.ka pā ki ētahi atu nā te riri kino

Ina mura te riri o tētahi mema o te whānau, ka pāngia
tonutia koe e tōna āhua. Tērā pea ka whakatata atu koe ki
tētahi e harikoa ana, ā, ka kitea e koe he pōuri, he totohe
hoki ia, ā, ka puta mai he kupu mamae e whakakore tonu
.ana i tō harikoa, ka hiahia koe kia matara atu i a koe
Kaua e aro ki ngā āhua o ētahi atu, kaua hoki e tukua
kia pāngia koe e rātou

* * *

He maha ngā whakamātautau kua pā mai ki ahau i roto i
te ao, ā, ko te mea tino uaua ko te hunga i whakahē hē i
ahau. Kua kite ahau i ngā tāngata i arohaina e au, ā, i tukua
e rātou tōku ngākau kia hē te mārama ki ahau, kia tahuri ke
mai ki ahau. Engari kāore tēnei i hanga i te kawa i roto i tōku
.wairua nā te mea ka taupokina e te kawa te māramatanga

Kāore au e tuku i a au kia mamae i ngā whakaaro hē a
ētahi atu mōku, engari ka ngana ahau ki te āwhina i a rātou
mēnā e aro mai ana rātou, ka tukuna atu hoki he whakaaro
.pai me ngā mihi aroha ki a rātou

* * *

He rite ngā mahi tika ki te mitimiti i te nekita reka, reka
o te pai, ko ngā mahi kino ia he āhua whakahē, he rite ki te
kai i te honi paihana. Me karo katoa i ngā mahi me ngā
whanonga e pā kino ana ki te hauora, e arahi ana ki te
mamae hinengaro me te kuware. Ko te whai noa i ngā momo
matū kino katoa te kuwaha e tomo mai ai ngā raruraru
.hinengaro, ngā mate, me ngā mamae tinana

* * *

E taku atua e aroha nei
Ko koe te puna o te aroha e pupū mai ana i te ngākau o
te whakahoahoa, me ngā hihi huna o te mahana e
whakatuwhera ana i ngā puku o ngā kare ā-roto i roto i ngā
.ngākau o ngā hoa
Me ngā rotarota aroha e whakanui ana i te
rangatiratanga, te pono, me te ngākau aroha

* * *

Ko te nui ake o taku tuku i taku aroha me taku ngākau
pai ki ētahi atu, ko te nui ake hoki o taku
whakatuwheratanga i ngā ara wairua e rere mai ai te aroha
o te Atua ki ahau. Ko te aroha atua te aukume e kukume mai
.ana, e kawē mai ana i te pai nui rawa atu

* * *

He mea nui kia whakatau te tangata ki te pupuri i te
rangimārie me te ata noho o roto, ahakoa kei te noho tahi
rātou me ngā whanaunga raruraru, kei te mahi mā tētahi
kaituku mahi nanakia, kei te mahi tahi me te hunga e kiia
ana e rātou he hoariri, kei te tūtaki rānei ki tētahi o ngā
whakamātautau o te ao. Ki te u tonu rātou ki tēnei whakatau
i roto i ō rātou oranga o ia rā, ā, kāore e ngākau pouri i muri i

ētahi rā o ēnei wheako, ka tutuki i a rātou te taurite o roto, ā,
.ka kitea e rātou te harikoa hinengaro

* * *

Kāore te kino me te hara i roto i te āhua o te tangata,
.engari i ahu mai i waho, ā, i whakatōkia ki roto i a ia anō

* * *

Ahakoia te koura i tanumia ki raro i te paru, kāore e
ngaro tōna mauri; ka tiaho tonu me tōna parakore tūturu ina
tangohia te paru. Waihoki, kei roto i te wairua tangata te pai
ahakoia ngā paparanga o te kuware e taupoki ana, e huna
ana i a ia. Ahakoia te pirau o te koura o te wairua i te paru
matotoru, te paru pakeke o te kuware, me horoi noa e tātou
taua paru ki te wai o te whakaaro nui hei whakaatu i te
.kanapa ataahua o te koura pono o te wairua

* * *

He maha ngā wā ka aro te tangata ki te whakahē tetahi
i tetahi, ā, koia te take kāore rātou e kite i ngā āhuatanga
.pai o te taha kē

* * *

He rite tonu te noho o te kuware i te Rawhiti me te
Hauāuru. Ina tūtaki te kuware o te Rawhiti me te Hauāuru,
ka tautohetohe rātou, ā, kāore e taea te whakaae, e
whakaatu ana i tō rātou whakahīhi me te whakatika i a rātou
anō me te kore e whakarongo, e whakaute rānei i ētahi atu
tirohanga, ahakoia he tika ā rātou. Heoi, ina tūtaki te hunga
whakaaro nui o te Rawhiti me te Hauāuru, ka tiroirohia e
rātou ngā take me te whai whakaaro nui, ā, ka mahi tahi ki
.te whai hua hei painga mō te katoa

* * *

Kua homai e te Atua he wairua, he hinengaro, he tinana
ki a tātou, ā, me whakatipu tātou i ēnei taonga i roto i te
huarahi taurite, taurite hoki. Kua tātou e tuku i a tātou kia
noho hei pononga mā tō tātou taiao, hei herehere rānei mā
.te tikanga

* * *

Ka taea e ngā mātua kua whanake wairua te āwhina i te
ao mā te whakatipu i ā rātou tamariki me ō rātou wairua, me
te whai i tētahi momo noho taurite e tohuhia ana e te
.whakaaroaro me te whakahaere i a rātou anō

* * *

Ko te hiahia he hiahia kāore e taea te whakatutuki,
engari he kaha ake te whakaaro i te hiahia. Ko te kaha o te
ngākau nui te mea e akiaki ana i taua hiahia, me te kaha
hoki ki te whakatutuki. Ko te tikanga o tēnei he whakapau
kaha tonu, he arotahi hoki kia tutuki rā anō te hiahia. He
tokoitī noa iho ngā tāngata e tino hiahia ana, e tutuki ana
hoki i tā rātou e hiahia ana! Heoi anō, kua e whakamahia te
kaha o te ngākau nui ki te mahi i ngā mahi whakama me ngā
mahi whakarihariha, nā te mea ka takahi tēnei i te kaupapa
tūturu o te kaha o te ngākau nui, ā, ka puta he hua kino,
kino hoki. Me ārahi te kaha o te ngākau nui o te tangata e te
whakaaro nui me te māramatanga, e ārahi ana ki te
.māramatanga me te tata ki te Atua

* * *

Ko ngā mea ataahua katoa, ngā mea whai hua o tēnei
ao, he maha ngā wā ka hunaia i roto i ngā maina kua
taupokina e te mea ngaro. He uaua ki te kimi ngāwari i ngā
taonga utu nui, ā, me keria ngā taonga wairua utu nui me te
tango mā te whakamahi i ngā taputapu o te māramatanga
.me te whakaaro nui

* * *

Ko te hari i ētahi atu mā roto i ngā kupu atawhai me ngā
tohutohu pono he tohu o te nui tūturu. I tetahi atu taha, ko
te whara i ētahi atu mā roto i ngā kōrero whakatoi, ngā titiro
kino, me ngā whakaaro whaiaro he tohu o te mauahara. Ko
te titiro mamae me te manawa riri he mea whara hohonu atu
i te whiu mamae. Ko te tawai me te tawai e whakaatu ana i
te wairua whakakeke me te riri i roto i te hunga hara, ko ngā
.whakaaro hoa e whakaoho ana i te pouri me te miharo

* * *

I ētahi wā ka whakakitea e te Atua ia ia ki ana hoa aroha
hei māramatanga nui, hei reo rangi, hei harikoa mutunga
kore rānei, hei aroha tino reka rānei, hei māramatanga, hei
whakaaro nui, hei mātauranga. Ka horapa, ka horapa hoki
tōna māramatanga pērā i ngā parirau rangi puta noa i te ao
mutunga kore, ā, i ētahi wā ka kite ahau i tēnei ao hei
moemoeā i roto i te ngākau o taua māramatanga, nō reira ka
.mōhio ahau he moemoeā te ao

* * *

Me whakapau kaha tātou ki te pure i ō tātou ngākau ki
te whakaaro nui, ki te horoi hoki i a rātou ki te aroha o te
Atua, kia mōhio ai hoki he teina, he tuākana tātou katoa, e
.haere tahi ana ki tō tātou kāinga i te rangi

* * *

Ko tō harikoa nui kei roto i tō rite tonu ki te ako me te
mahi tika. Ko te nui ake o tō whakapai ake i a koe anō, ko te
nui ake hoki o tō āwhina ki te whakapai ake i ētahi atu e
karapoti ana i a koe. Ko te tangata e whakapai ake ana i a ia
anō, e harikoa tonu ana ia, ā, ko te nui ake o tō harikoa, ko
.te nui ake hoki o tō harikoa i ētahi atu e karapoti ana i a koe

* * *

Kia mahi tahi tātou ki te whāngai i te hunga hiakai, ki te
whakarato kakahu me rongoā ki te hunga e matea ana, ki te
whakamarie i te hunga e pouri ana, ki te muru i ngā roimata
o te hunga rawakore, ki te kawē mai i te hari ki ō rātou
.wairua, ā, ki te hoatu i te menemene ki ō rātou mata

* * *

Me i kore te Atua i whakatakoto i tōna aroha ki roto i
ngā ngākau o ngā whaea, kua kore rātou e kaha ki te aroha
ki ā rātou tamariki. E rere ana te aroha atua i roto i ngā
ngākau o ngā whaea. Kī tonu te kāinga i te aroha noa nā te
aroaro o te Whaea o te ao whānui i roto i te āhua o te whaea
tangata, ā, me pupuri tonu e tātou te mura o te aroha whaea
.i roto i ō tātou ngākau

* * *

He āhua pakoko, he pōrearea te ao i konei kia tae rā
anō tātou ki te takutai o te haumarū. Kaua e whakawhirinaki
ō tātou tumanako ki ngā whāinga o te ao me ngā herenga
rauemi pakarukaru. Mā ēnei hononga ngoikore ka wehea
tātou i tō tātou kaupapa matua, pērā i te wehea i a tātou i ō
.tātou ake āhua tūturu

* * *

Kei muri i ngā āhua o te ora te reo o te Atua, e karanga
tonu mai ana ki a tātou, e kōrero mai ana i roto i ngā
putiputi, i ngā pukapuka tapu, i ō tātou hinengaro, ā, mā roto
i ngā mea ataahua katoa e whai tikanga ai te ora, ka
whakakitea tōna korōria i roto i te marino wairua e pā ana ki
te wairua, me te ngana kaha o te hinengaro ki te
.whakataurite ki a ia

* * *

E te Ariki, meinga ahau hei ekara o te ahunga
whakamua wairua e rere ana i runga ake i ngā ara puehu o
te whaiti o te hinengaro me te whakanui rawa o ngā
.whakaaro me ngā whakapono
Karangatia ahau ki ngā paparanga teitei ake, ki tua atu i
ngā rūrū whenua me ngā kapua e ārai ana i te rā
Tukua ahau kia eke i ngā parirau o te taurite ki aua
rangi teitei o ngā tirohanga teitei
I runga ake i ngā awha me ngā tupuhi, ka haere atu
ahau ki te rapu i te kōhanga o te rangi
E te Ariki, meinga ahau kia rite ki te ēkara o te
whanaketanga wairua, e rapu tonu ana i a koe me te hiahia
me te hihiri

E te Ariki, whakahauoratia mātou ki ngā hau reka o tō
aroaro, whakakīia mātou ki te hiahia mō tō aroaro kororia, ā,
kia whai rawa ō mātou wairua i tō whakaaro nui atua. Tukua
mātou kia rongō i tō māramatanga tapu e horapa ana ki ngā
āhuatanga katoa o ō mātou ao, e whakakaha ana i tō mātou
whakatau, e whakakore ana i tō mātou pōuri, e whakakī ana

i a mātou ki te rangimārie me te hihiri, e homai ana hoki ki a
.mātou te kaha ki te mahi i ngā mahi pai

* * *

Ko te tangata e hoatu ana i te āwhina hinengaro, ā-
tinana hoki ki ētahi atu me te ngākau e pupū ana i te
atawhai me te ngākau atawhai, ka kitea e ia ko tāna i hoatu
ai ka hoki mai ki a ia anō, ā, koinei te ture o te mahi e pā ana
.ki ngā ngākau

* * *

Ko ngā kare ā-roto o te tangata ki ētahi atu ka hanga i
ngā wiri tonu i roto i te hau, ka kukume mai i te nui o te
aroha me te atawhai. Ko te tangata e muru ana i te hara o te
hunga i hara ki a ia, ka kukume mai i te murunga hara me te
.manawanui mōna ake anō

* * *

Pērā i te kore e taea te kōrero mā te waea pakaru,
waihoki, kāore e taea te whakapāho tika i ngā inoi mā te
hinengaro kua pakaru i te hama o te manukanuka, te
āwangawanga, te kore harikoa, me te piri ki ngā kororia o te
ao. Engari, ka taea te whakatika i taua hinengaro mā te
marino me te ata noho, kia pai ake ai tōna kaha ki te tuku
karanga wairua me te whiwhi manaakitanga me ngā
.māramatanga whakahirahira

* * *

I tēnei ao hurihuri, mōrearea, me te koretake, e tino
mokemoke ana koe. Ko te Atua anake e kore e whakarērea
.koe, e kore hoki e whakapōrearea i ō tumanakohanga

* * *

E te Ariki, meinga ahau kia mārama ki te parakore kia
whakaatahia ai tō māramatanga whakaora i roto i ahau
Whakamarietia te whakaata o tōku hinengaro e wiri ana
i te manukanuka, kia whakaata ai i tō mata mutunga kore

Whakatuwheratia ngā matapihi o te whakapono i roto i
tōku wairua kia hongī ai ahau i te kakara o tō rangimārie
E Koe e kanapa ana i roto i a Koe! E Koe te rangatira e
kore e taea te whakaahua! Tirohia mai ōku kanohi e hiahia
ana, kia kore ai ahau e kite i tetahi mea i te ao engari ko Koe
!anake

* * *

He rerekē ngā pānga o ngā oro rerekē ki te pūnaha io.

He pānga whakapataritari ngā oro rerekē ki ngā io, ko ngā
oro hāmoni ia e whakahohe ana i ngā kiko kua marino, kua
memenge hoki o te pūnaha io mā te whakaoho i tōna kaha
.ora

Nō reira, he kupu atawhai, he waiata whakahihiko, he
reo whakaaro nui e kōhimuhimu ana i te wāhi tapu o te
wairua, he pānga hohonu, he pānga kore e taea te whakaaro
.ki te wairua tangata

He rite te ao ki tētahi haerenga poto [ki roto i te
ngahere]. Kāore i roa ka taka te tina, ka whakatakotoria ki
runga i te tēpu, ka puta mai tētahi kararehe, ka akiaki i te
katoa kia haere. He pēnei te noho a te nuinga o te tangata.

Ka mahi kaha rātou ki te kohikohi moni, ki te whiwhi i te
harikoa me te haumaru, engari ka pāngia rātou e te
kararehe o te mate me ētahi atu aituā, ka mutu ō rātou
ngākau, ā, ka akiakihia rātou kia haere. Kāore e tika kia noho
pēnei te tangata, kia tukua ngā mahi mutunga kore kia
tahae i ō rātou wā, kia hereherea hoki rātou. He maha ngā
tau kua pahure i tēnei ara. Ko te hunga e whakatau ana kia
kaua e tukua ngā uauatanga kia aukati i a rātou, ka hoatu he
.kaha ki te wikitoria i aua uauatanga

* * *

Ko te tikanga whānui, ko te kupu "kai" ka whakamahia
anake mō te whāngai tinana, engari he momo whāngai anō
hoki, pērā i te mahi hinengaro, te arotahi hinengaro, me te
mātauranga wairua. Ko te momo tuatahi (kai) ka whāngai i
te tinana, ko te momo tuarua (arotahi hinengaro) ka whāngai

i te hinengaro, ā, ko te momo tuatoru (mātauranga wairua)
.ka whāngai i te wairua

* * *

Kua ngana koe ki te hopu i taua "mea kē" ngaro, taua
matakite e neke haere tonu ana, e ngaro haere ana i te
koraha, e mau tonu ana te rongo ahakoa kua tutuki ō hiahia
katoa? E hiahia ana te tangata ki tētahi mea kia riro mai rā
anō i a rātou, engari i te wā e mau ana i a rātou, ka ngenge
tonu rātou, ka hiahia ki tētahi atu mea. Ahakoa ka homai e
te ora ki te tangata ngā mea katoa e hiahiatia ana e tōna
ngākau—te taonga, te mana, ngā hoa—ka mutu, ka kore
rātou e makona, ka tīmata ki te rapu atu. Engari kotahi te
mea e kore e ngenge te tangata, ā, i te wā e kitea ai e rātou,
kāore rātou e hiahia ki tētahi atu mea, ā, e kore rawa e
whakawhiti mō tētahi atu mea: te harikoa parakore o te
wairua, e noho ana i roto i ngā hohonutanga hohonu o te
.tangata

* * *

Kua wiri te ao, kua whakapōrearea hoki i roto i te hītori. I
roto i te pakanga, ka noho te ao hei wāhi mamae me te
mamae mō te miriona tāngata. Ko te harikoa pono me te
pumau kei roto i te wheako i te aroaro o te Atua, ā, kāore he
.harikoa, he hua nui atu i te whiwhi i taua harikoa

* * *

He aha te take e mahi ai te tangata i ngā mea kāore e
?tino harikoa ana, engari e nui ana te raruraru
Ko te whakautu ko "te tikanga," koinei te mea whakatau
i te mutunga o te tangata. He maha ngā tāngata e tohe tonu
ana ki ngā mahi kino ahakoa e mōhio ana ki te mamae me te
kino e pā mai ana, nā te mau o te tikanga. Ka kai te kamera i
ngā rakau tataramoa ahakoa e toto ana i tōna waha. Ka whai
tonu te tangata rapu i ana ahuareka ahakoa te kino e pā ana
ki tōna hauora. Ka inu waipiro ki te mate, kāore i te mōhio ki
te hari wairua o roto, e kore e taea te whakarite ki tētahi atu
ahuareka. Ka whakangaro te tangata apo i tōna harikoa mā

te whai tonu i ngā taonga o te ao, me te kore e mōhio mēnā
ka whakaaroaro ia mō tētahi wā, ka whiwhi ia i te harikoa e
.kore e taea te hoko e te koura

* * *

I roto i tōu māramatanga tapu ka noho mataara tonu
ahau, ka koa ki te tirohanga atu ki tōu mata tapu ake tonu
atu

I rapu au i te aroha mā roto i ngā kare ā-roto poto noa,
ā, i muri i taku kopikopiko i roto i ngā koraha o te aroha
.tangata iti, ka kitea e au te puna o te aroha atua
Ngā Whakaaroaro Wairua
Mo te kaiako mohio a Paramhansa Yogananda

Ko te Atua te puna o te whakaaro nui o te Atua, e kore e
mutu tōna whānui, e kore hoki e pau ōna ihirangi, ā, ko ngā
.wairua tangata ngā awa e rere ai taua whakaaro nui
He whānui, he tuwhera ngā awaawa, he whaiti, he
waikura. Ka nui ake te awaawa, ka nui haere, ka nui haere te
.rere o te aroha noa o te Atua

* * *

He akoranga whai hua tō te mamae mā te hunga mātau,
e hiahia ana ki te ako, engari ka huri te mamae hei kaitukino
.nanakia mā te hunga amuamu, te hunga pōuri hoki
Ka taea e te mamae te ako i ngā mea katoa. Ka
akiakihia tātou e āna akoranga kia whakawhanake i te
māramatanga, te whakahaere i a tātou anō, te wehe i a
.tātou anō, te matatika, me te mōhiotanga nui ake
Hei tauira, ko te mamae o te puku e kī ana kia kaua e
.kai nui rawa, kia tūpato hoki ki tā tātou e kai ana
Ko te mamae i puta mai i te ngaronga o ngā taonga, o
ngā whanaunga rānei, he whakamahara mai ki a tātou te
āhua rangitahi o ngā mea katoa i tēnei ao o ngā
.mānukanuka
Ko ngā hua o ngā mahi hē e akiaki ana i a tātou ki te
wehewehe i waenga i te tika me te hē

Engari he aha te tangata e kore ai e ako i te whakaaro
nui? Pērā ai, e kore ai rātou e tukua kia whiua ki te whiu
!mamae, koretake hoki e te kaitukino o te mamae

* * *

E taku atua e aroha nei
Kei ngā kokonga katoa o te ao tūroa koe
Ka huna ia i roto i te ngākau o ngā putiputi me ngā rōhi
E titiro mai ana ia ki ahau mai i te matapihi o te marama
Mai i muri i te arai o te taiao
Ā, i huna ngā mānukanuka i ahau
Kaua e wareware ki ahau ahakoa he kimo noa iho

* * *

E whakaaro ana te tangata ko te whakarērea o te
tangata anō he tango i a ia anō, engari kāore i te tino pono
tēnā. I whakarērea e au ngā hiahia iti mō te taonga nui rawa
.atu o te ao

* * *

I roto i tana rapunga tonu mō te harikoa – mā roto i ngā
tikanga whakarihariha, tika rānei – kei te rapu te tangata i te
harikoa wairua

E rua ngā momo hari: te hari rūpahu me te hari pono
Ka whai mai te pouri me te mamae i te harikoa rūpahu,
ko te mutunga ia o te harikoa pono he harikoa tonu, ahakoa
.he pouri, he whakapōrearea rānei tōna tīmatanga
Ko te Atua te hari pumau, ā, ina kitea ia e te kai rapu, ka
kitea e ia taua mea anō i rapua e ia, e rapua tonutia ana,
.ahakoa kua tutuki i a ia aua hiahia i whakaaro ia ka hari ai ia
I roto i tēnei hari e whakahoutia tonutia ana, ka kitea e
.te kaiwhai te hari katoa i rapua e ia i roto i ngā mea katoa

* * *

Ko āpōpō te mea e whakatauhia ana e tēnei rā, nō reira
ka tātarihia e au tōku ao, ka marama ki tōna āhua, kātahi ka
.rapu huarahi hei hanga i tōna āhua e tika ana
I tēnei rā ka whakatipu ahau i te wairua o te whakaaro
nui, nā te mea ko te tangata e whakaaro nui ana he rite ia ki

te meteor e wero ana, e hanga ana i tetahi mea mai i te
.kore

Mā te mana o te wairua auaha nui ka puta te mea kāore
e taea
* * *

Kei roto i ia ngota o tōku wairua te mana o te Atua, i
roto i ia pūtau ora, i ia io, ā, kei roto hoki i te roro me ngā
.kiko

Kei te pai ahau nā te mea e horapa ana taua mana
manaakitanga ki ngā wāhanga katoa o tōku tinana
* * *

Ko te tangata e kaha ana ki te pupuri i tōna rangimārie,
me te mahi i ana mahi i runga i te marino, kua hono ia ki te
wairua o te ao whānui, e whakakī ana i te ao tōna
.rangimārie

Ahako te uaua o ngā āhuatanga o te ao, ahako te
uaua o ngā wheako, me whakaata te āhua hinengaro i te
.marino, me te pupuri i te taurite o te hinengaro

Kaua te hinganga kino e whakakorikori i ngā turanga o
.te wairua, kaua hoki te angitu kanapa e whakaharikoa i a ia
Ko te tangata e whakaatu ana i te marino me te ngākau
mārie – pono, ehara i te tinihanga – kua tae ia ki te takutai o
te ata noho me te rangimārie pono e kore e taea te
.whakakorikori e ngā awe o waho

Ko te tangata e hiahia ana ki te huri mō te pai ake, me
whakawhanake i te hiahia kaha, puku, marino, kaua hoki e
.whakarērea ngā whakataunga pai

He mea whakamiharo te whakaaro ki te Atua i a koe e
mahi ana, me te whakamahi i tēnei mahi hei wāhanga o te
.oranga o ia rā
* * *

Ko ētahi o te hunga e hiahia ana ki te ako e hiko ana i
te ara mō te wā poto, kātahi ka ngaro tō rātou hihiri, ka huri
.te huarahi, ka wareware ki ā rātou whakatau

Ko ētahi e whakapau kaha ana ki te haere tonu i te
haerenga, ahakoa te hinga i ētahi wā ki ngā tikanga tawhito,
engari ka haere tonu rātou me te whakapau kaha, nō reira
ka pai ake ō rātou āhua, ka kaha ake, ka ora, ka hihiko ake i
.te haere o ngā rā

* * *

Mā te whakaaro pai ka kitea te mana atua e kore e
kitea, ka taea te whakawhānui ake i ngā putanga hinengaro
iti me ngā tirohanga ā-pāpāho iti, me te kite i ngā uira o te
pai nui, me te whakatuwhera i tētahi matapihi nui e kore e
mutu te whānui, e kitea ai te aroaro o te atua i roto i tōna
.kororia katoa me tōna nui o te atua i ngā wāhi katoa
Ko te marino te mea e hiahiatia ana e te ao katoa, inā
koa ko te hunga e hikoi ana i te ara o te whakaaroaro me te
.hiahia kia eke ki ngā pae wairua teitei

Ko ngā mahi wairua e mahia mārire ana, e ata noho
ana, he mea whai hua, he mea whai hua hoki, nā te mea ka
mutu ngā nekehanga tinana, ka hohe ngā whakaaro, ā, ka
.ara ake ngā kaha wairua moe

* * *

Kaua tātou e ngākau pouri, e pōuri rānei mō ā tātou
hapa, engari me titiro tonu tātou ki te taha kanapa o ō tātou
wheako, me ako hoki i aua mea. Ahakoa he aha te mea ka
.tupu, me tahuri tātou ki te Atua mō te āwhina me te arahi

* * *

I whakaaro tētahi ākonga hou ka taea e ia te hopu i ngā
whakaakoranga wairua mā te ako ariā anake, ā, i tua atu, i
hiahia nui hoki ia ki te whakaako i ētahi atu, nō reira ka mea
:atu te kaiako a Paramhansa ki a ia
Ehara te mōhiotanga wairua i te hononga o waho (pērā"

"i te tipu) engari he tipu me te whanaketanga mai i roto

* * *

I tukuna te karere e whai ake nei e te Kaiwhakaako
Paramhansa Yogananda ki āna ākonga i te marama o
Hānuere 1944 i a ia e tuhi ana i tana pukapuka,

Autobiography of a Yogi , kua whakamāoritia ki ngā reo e 35,
ā, kei te tāia tonutia, kei te rongonuihia hoki mai i tōna
.tukunga mai i te 70 tau ki muri
:E aku hoa aroha

Ko te herekoretanga o te whiriwhiri he mea nui ki ngā
momo hiahia katoa, ngā wawata, ngā whāinga, me te hiahia.
Heoi, me wehewehe i waenga i te herekoretanga tuturu o te
.whiriwhiri me ōna āhuatanga iti iho

Ko ā tātou mahi, ko tō tātou kaha, me ā tātou mahi
tinana, tikanga, me te wairua katoa ka tīmata, ka mahi tonu
.hoki mā te kaha o te ngākau

Ko te kaha o te ngākau he huringa tonu o te whakatau
pumau me ngā mahi e aro ana ki te hiahia, kia tae rā anō ki
.te taumata kaha hei whakatutuki i te hua e hiahiatia ana
I ako ahau i tētahi akoranga nui mai i te pukapuka e
tuhia nei e au, i te mea i tuhituhi ahau me te kore e arotake i
aku mea i tuhituhi ai, engari me arotake e au ia paraka o
taku kōrero whaiaro, ā, i pai ki ahau te hoki ki aua
whakamātautau whakamiharo i a au e tiroiro ana i te
.pukapuka

He maha ngā haerenga i pā mai ki ahau i tēnei ao: kua
kauwhau ahau, kua hanga whare, kua peita, ā, ko te mea
.ngaro o taku angitu ko te kaha o te ngākau
Kua tutuki ngā mea katoa i ngana ahau ki te mahi me te
kaha o te ngākau, ā, ka oati ahau ki a koe, ki te whakatau
koe ki te mahi i tetahi mea, ka tutuki i runga i te awhina a te
.Atua

Me whakapuaki e tātou te hari o te Atua ki ētahi atu.
Kāore he mea whakamiharo atu i te kōrero mai i te ngākau
.mō te Atua
Ki te taea e koe te whakatenatena i tētahi ko te ara o te
hara e arahi ana ki te awaawa o te mate, ā, ko te ara o te
whakaaroaro me te piri ki ngā ture a te Atua e arahi ana ki te
ora tonu, kua nui ake tō rātou oranga i tō te hoatu miriona
.tāra ki a rātou

He memeha haere te moni, engari kei a tātou tonu te
mātauranga o te Atua, ā, e haere tahi ana tātou ki te ao
tūroa. Nō reira, he nui tōku hari ina kite ahau i tētahi e tohe
.ana, e whakapau kaha ana ki te mōhio ki te Atua
Ahakoa he maha aku mahere me aku mahi i te ao, ka
mahia e au hei whakamanawareka i te Atua. Ahakoa i
waenganui i te mahi me te ngangau o ngā tono, ka hāhā
ahau, "Kei hea koe, e te Ariki?" ā, ka huri te ao katoa, ka kite
.ahau i te māramatanga nui
He mirumiru iti nei ahau i roto i taua moana kanapa, ā,
!he hari nui

* * *

Kaua e herea ō tātou whakaaro ki ngā mea pouri me
ngā mea whakamataku o tēnei ao. E hiahia ana te whakaaro
nui kia anga atu ō tātou whakaaro me ō tātou kare ā-roto ki
te mana atua mutunga kore e kore e rerekē, e kore e
.whakarerekē

Kaua e whakaaro he ngoikore koe, he ngoikore hoki, nā
te mea he nui te kaha e rongoa ana e tō roro hei whakakaha
i tētahi tāone nui mō ngā rā e rua, ā, kei te mea tonu koe
!kua ngenge rawa koe

Ina whakapau kaha koe ki te angitu, whakamahia ngā
whai wāhitanga katoa e wātea ana, kaua e peia atu ētahi
.atu

I tētahi wā, i a au e hikoi ana i tētahi tiriti i Boston, ā, kī
tonu te taha o te tiriti i whakaritea mō ngā kaihaerere i
runga i ahau i te hunga kaihaerere, ā, tata tonu i mua i ahau
te nuinga o rātou, nō reira he uaua ki te hipa i tētahi. Heoi
anō, i whakatau ahau i waenganui i a māua ko ahau hei mua
.i te mano, me te kore e pana i tētahi

I tīmata ahau ki te rapu huarahi, ki te rapu hoki i ngā
āputa i konei, i reira i waenganui i ngā kaihaerere, ā, i
whakamahia e au ēnei āputa kia tutuki rā anō taku i hiahia
ai, kia noho ko au te tuatahi i roto i te mano, me te kore e
.whakakīkī i tetahi

Kātahi ka mea atu ahau, "Kāore he aha, ka taea e rātou
te haere i mua i ahau i muri i taku whakatutuki i taku i
"whakaaro ai
* * *

Ko te Atua te puna o te hauora, te rawaka, te whakaaro
nui, me te hari mutunga kore
Ina hono tātou ki a ia, ka tino oti ō tātou oranga, ā, ki te
.kore ia, ka noho koretake tonu te oranga
Kia aro tātou ki taua mana atua kaha rawa e homai nei
.ki a tātou te ora, te kaha, me te whakaaro nui
Kia inoi tātou kia rere mai tēnei pono nui ki roto i ō tātou
oranga
Kia rere ai tēnei mana mutunga kore i roto i ō tātou
tinana
Kia tae mai ai te hari mutunga kore ki roto i ō tātou
ngākau
* * *

Kei muri i te pōuri o ngā kanohi kua kati ko ngā mana
whakamiharo o te ao whānui, ngā wairua pai katoa kua
manaakitia, me te oranga tonutanga kāore he rohe, he
.mutunga rānei
Mā te whakaaroaro ka mōhio tātou ki te pono tuturu, ka
kite hoki i ana mahi huna i roto i ō tātou oranga, me ngā
.mea whakamiharo katoa o te hanganga
Ki te kitea e te ākonga kāore ia e ahu whakamua ana e
ai ki tāna e hiahia ana, me tū ia ki te taha o ia anō, me
tiro tiro i ōna whakaaro, me te tautuhi i ngā arai e arai ana i a
.ia

He maha ngā wā, ko te kore o te whakapau kaha pono
me te hinengaro e pōrearea ana te take. He maha ngā wā,
ko ngā arai e ahu mai ana i ngā tikanga kua whakatōkia ki
roto i te māra o te ora kia tupu ai, kia puāwai ai ngā pakiaka
.o te harikoa i roto i te oneone o te wairua
Kaua e hohoro te mahi i ngā mea nunui nā te mea
anake e hiahia ana koe ki te whakawhanake i tō kaha hiahia

Hei angitu, me whakamātautau tuatahi koe i tō kaha ki
ētahi mea iti i whakaaro koe kāore e taea e koe. Ki te
.whakapau kaha koe, ka riro i a koe te angitu
Kei te maumahara tonu ahau ki ngā whāinga katoa i kī
mai ai ōku hoa me ētahi atu kāore rawa e taea e au te
.whakatutuki, engari i tutuki i ahau

Ka taea e ēnei tāngata he "kaupapa pai" te whakararu
nui i ō rātou whakaaro; mā te Atua tātou e tiaki i a rātou me
.ā rātou tohutohu

Ko te whakahoahoa te mea nui rawa atu ki te kaha o te
ngākau. Mā te haere ki ngā pāti haruru, kaua ki te
whakaaroaro i roto i te wāhi tapu o te rangimārie ka poke te
hinengaro i te puehu o ngā wiri o te ao, he uaua ki te
.whakakore atu

Ka kaha ake, ka ngoikore rānei te hiahia o te tangata i
te awe o ōna hoa

He tino uaua te whakawhanake i te kaha o te ngākau
mā te mahi takitahi anake. Me whai tauira pai koe hei whai.
Ki te hiahia koe kia noho hei kaipeita, kia noho tahi me ngā
peita pai, kia hono atu ki ngā kaipeita. Ki te hiahia koe kia
noho hei tangata wairua, kia noho hei hoa mō ngā tāngata
.wairua whai āhua rangatira

* * *

Ko te tangata rangatira i mōhio ki te whakawhānui i tōna
hinengaro me te huri i a ia hei mea mutunga kore, ka taea e
ia te kite i te hanganga hei moemoeā ao whānui, pērā i tana
.kī me te mōhio kāore he mea tūturu

Mā roto i ngā wāhanga roa o te whakahaere i a ia anō,
me te whai i te ara o te whakaaroaro, i ētahi atu tikanga
rānei o te mōhiotanga wairua pērā i te aroha, te mahi, te
atawhai, me te neke atu i te hiahia whaiaro, ka whakakorea
e te tangata e rapu pono ana i te Atua ngā āhuatanga
.takirua, ā, ka kitea te kotahitanga mutunga kore o te oranga

* * *

Ehara te aroha i te kare ā-roto noa iho; he tino mauri
tūturu. Ā, ina arahina ā-hinengarotia, ka kitea tōna ara—me
.te kore he—ki tōna whāinga
He mana nui hoki te aroha. Ahakoa te rapu a te tangata
rapu i te Atua, e kore ia e kite i a ia ki te kore ia e whakaatu i
.tōna hiahia nui me tōna hiahia hohonu

* * *

Ka riro te tangata i te mea e whakatenatenahia ana e
tōna hinengaro. Ki te kaha tō hiahia, ka toa koe i te pakanga
.o te ao

Ka nui ake te aro o te hinengaro ki ngā mea rangitahi,
ka ngoikore haere ōna mana, ā, ka nui ake tana whakaū i te
āhua wairua o te wairua, ka nui ake tōna wairuatanga, ā, ka
.whakahoutia ōna mana

* * *

Ka piki tonu, ka heke, ka huri haere tonu te ao, nō reira,
kei hea tātou e tahuri ai ki te rapu tohutohu me te aronga?
Kaua ki ō tātou ariā whakaaro kino, engari ki te reo o te pono
.me te ārahi i roto i a tātou

* * *

Ko te matū me te hinengaro, te ao whānui me ōna
whetū me ōna aorangi, ngā ngaru mata matotoru, ngā iahiko
mārama ngawari o raro o te hanganga rauemi, ngā mana
tangata o te kare ā-roto, te hiahia me te hinengaro, te ora
me te mate, te ao me te pō, te hauora me te mate, te angitu
me te hinganga, he mea tūturu e ai ki te ture
.whanaungatanga e whakahaere ana i tēnei moemoeā ao
Ko ngā āhuatanga takirua katoa e kitea ana e te ture
whanaungatanga he mea tūturu mō te tangata moemoeā e
.whai wāhi iti ana ki te moemoeā nui o te ao
Kia mawhiti ai te tangata i te mana o ngā mānukanuka –
te ture o te whanaungatanga – me ara ake ia i te moemoeā
.ki te araara tonu

Kāore e taea e tātou te whakarerekē i te moemoeā mā
te whakaaro noa, mā te whakakahore rānei i tōna noho, mā

te whakaae rānei ki te "ora" engari mā te whakahē i te
"mate", mā te whakaae rānei ki te hauora engari kāore e aro
.ki te mate

He wāhanga nui ia pouaka o tōna ritenga kē, pērā i ngā
.taha e rua o te papanga kotahi

He taha e rua o te moni kotahi ngā āhuatanga takirua,
ā, kāore te tangata e rapu ana i te pono e ngana ki te
wehewehe i a rāua i roto i tōna hinengaro, engari ka ara ake
ia ki runga ake i a rāua me te whakaaro nui me te
.mōhiotanga

* * *

Mā te aroha o te Atua tātou e whakaara ake, e
whakawhānui ake hoki i tō tātou māramatanga. Kāore e taea
e au te whakaaro kei roto ahau i tēnei tinana anake, nā te
.mea e kite ana ahau kei roto ahau i ngā tinana katoa
Pērā i taku rongonga i tōku ake hinengaro i ngā
wāhanga katoa o tōku tinana, e rongu ana ahau he wāhanga
koutou katoa nōku, ā, e rongu ana ahau kei roto i tōku tinana
ao ngā mea ora katoa, ā, e pā ana ki ahau ngā kare ā-roto o
.te katoa

Ehara tēnei i te tirohanga, i te whakaaro noa rānei,
engari he mōhiotanga ki a koe anō. He nui atu tēnei
mōhiotanga i te whakawhitiwhiti whakaaro; he mōhiotanga
mohio ki ngā kare ā-roto o te katoa, ā, ko taua āhua ka kiia
.ko te hinengaro ao whānui

Ina puta taua mōhiotanga i roto i a koe, ka memeha
haere te mōhiotanga o te "whaiaro", ā, ka rongu koe kua
.horapa katoatia ngā mea ora e te ora atua kotahi

* * *

He ao rerekē tēnei, nā te mea ka huri, ka
whakarerekētia ngā mea katoa o roto, ā, nā konei, kaua te
.tangata e tau te poti o tōna harikoa ki ngā takutai o tēnei ao
Ahakoa kei te mamae koe i tēnei ao, kei te pai rānei koe
ki te whai rawa me te mana, me noho tonu tō hinengaro i

roto i ngā rerekētanga. Ki te taea e koe te whakatutuki i te
.taurite o te hinengaro, kāore he mea e whara i a koe
Ko ngā oranga o ngā tāngata nunui katoa e whakaatu
ana i tā rātou ekenga ki taua taumata manaakitanga. Ko te
hunga e tumanako ana ki te whakatutuki i te harikoa o te ao,
ka kitea e rātou he maha ngā raruraru e tatari ana ki a rātou,
nā te mea he maha ngā moemoeā kino e haere tahi ana me
.ngā moemoeā ataahua

Ki te whakaaro koe he moemoeā noa iho te moemoeā,
kāti, ahakoa he mea ahuaheka, he mea whakamataku rānei,
ka tau te rangimārie ki a koe, ā, ina mōhio koe he moemoeā
.anō hoki tēnei ao, ka wātea koe i ōna moemoeā kino

* * *

Me harikoa te tangata nā te mea ka taea e ia te ara ake
i runga ake i ngā mea iti me ngā mea kino o te ao, ā, nā te
mea ka taea e ia – me ngā whakaaro pai – te waihanga i ngā
.āhuatanga tika e kukume mai ana i ngā huānga o te angitu

He rite te wairua kino, pōrearea ki te mate pukupuku e
ngau ana i te rangimarie o te wairua, ā, ko te hunga e
pāngia ana e te wairua pouri, kāore e taea te whakakore i ō
.rātou raruraru

Engari ka taea te wikitoria i ngā whanonga kino me ngā
raruraru mā te whakaaro marino, whakaaro tika. Ina
whakakitea mai e te tangata he whanonga kino tōna, e
.whakaae ana ia ki te korenga e angitu

* * *

E te Ariki, kua whakaritea e au ngā whakamātautau o te
ao ki tō aroha atua, ā, kua kitea e au tō aroha he kaha ake i
.ngā whakamātautau katoa, i ngā whakawai rānei

* * *

Pērā i te hinu e whakakā ana i te ahi, waihoki ka
whāngai te riri i te riri, ka whakakaha ake; ā, ka akiaki te
mahi kino i ētahi atu kia haere tonu ā rātou whanonga kino,
.kia maro ai, kia maro ai hoki

Ka hinga te riri i te tangata marino, ngāwari hoki, mā te
ata noho, ka whakamarie i te ngangau o te ngangau mā te
noho puku, ā, ka peia atu te ngangau me te pakanga mā te
kupu reka, ngāwari, me te whakaaro ki ngā kare ā-roto o
.ētahi atu
* * *

:I kī atu a Kaiako Paramahansa mō te pono
Kei te mau tonu ahakoa kāore tetahi e whakapono ana"
ki a ia, engari ko ngā ariā me tautoko e ngā whakaaro me
"ngā kupu
* * *

Ko te aroha te rangatira o te ao
* * *

Ka haere atu ahau ki a koe me ngā waiata o tōku
harikoa
Ā, kua kawea mai e ahau ki a koutou ngā taonga mai i
te taonga o tōku wairua
Ā, i roto i te hohonutanga o tōku ngākau, ka kohia e au
māu te wai reka o te hiahia atua
Kua maroke ahau i te matewai i te koraha o ngā
tumanako teka
Inaianei kua tineia aku hiahia ake ake
Nā te mea e kukume ana i roto i ō puna nui
E rere mai ana ngā hau o tō hinu tapu ki ahau
Ka tiaho taku rama o te harikoa i te māramatanga o tō
harikoa
I tata mate ahau i waenganui i te matakite o ngā
awaawa o te whenua
Ā, kua taupokina ahau e ngā ngaru o tō wairua
Āe, me i taea e au te toremi i roto i tō moana atua, kia
ora tonu ai ahau
* * *

Kei roto i ngā pae hinengaro paki ngā hihi ultraviolet e
whakakore ana i ngā huakita hinengaro katoa. Kaua e ārai i
.aua hihi ki te ārai karāhe o ngā tirohanga whaiti, iti hoki

* * *

Kaua e puta he wehewehenga i roto i te whare o te Atua

* * *

Ka taea tō tātou aroha ki ētahi atu mā te kaha o te
rongo i te aroha e riro mai ana i a tātou i tōu ringa atawhai, e
te Ariki

Whakaaweawetia mātou, kia tukuna atu tō mātou aroha

!nui me te ngākau nui ki a koe

Kua homai e koe ki a mātou ngā matua tāne me ngā
whaea, ngā teina me ngā tuākana, ngā tama me ngā
.tamāhine, ngā whanaunga, me te hoa rangatira mō te ora
E ngā tamariki, e ngā hoa, tera pea ka taea e tātou te
ako ki te aroha ki a koutou mā roto i ngā momo āhua me
ngā rerekētanga ngawari o te ao tūroa mō ngā momo
.whanaungatanga tangata katoa

E te Atua aroha mutunga kore, e te Atua tata rawa o
Runga Rawa! Whakaakona ahau ki te whatu i tētahi putiputi
o ngā putiputi katoa o te aroha tangata, ka whakatakoto hei
.whakahere ki roto i tōu temepara tapu
Engari, ki te kore e taea e au te tuku atu i te putiputi
katoa ki a koe nā te nui o tōku pono, ka kohia e au tētahi
putiputi, te putiputi tino ataahua, te putiputi hou rawa, ka
whakatakotoria ki ō waewae, me te tumanako ka manakohia
!e koe taku tuku

* * *

Ko te āhua o te tinana, inā koa ko ngā kanohi, e
whakaatu ana i te āhua o te tangata i ngā rā o mua. He kaha
.te awe o te tangata o roto ki te āhua o waho

Ko ngā kanohi te āhuatanga tino nui o te tinana o te
tangata, ā, me whakapau kaha te tangata ki te whakapaipai i
?ōna kanohi. Me pēhea tēnei e taea ai

E whakaatu mārama ana ō tātou kanohi i tō tātou āhua
o roto, ā, ko tētahi huarahi hei whakapaipai i te āhua me ngā
whakaaturanga o ngā kanohi ko te whakatipu i ngā
.whakaaro me ngā kare ā-roto ataahua

He tino nanakia ētahi kanohi, ā, ko ētahi e whakaata
ana i te mauahara, i te hiahia whaiaro rānei
Ahakoa te reka o ngā kupu a te tangata, me te mīharo o
ā rātou mahi, ka taea e koe te mōhio ki tōna āhua tūturu mā
roto i ngā āhua o ō rātou kanohi, nā te mea kāore e taea e
.rātou te huna i muri i aua matapihi e rua e tuwhera ana
Nō reira, me whakaaro te tangata ki ngā whakaaro
ataahua, auaha hoki. Nā te mea i hangaia rātou kia rite ki te
ahua o te Atua, kāore he mana o rātou ki te whakapoke i tō
.rātou ao ā-roto
Ko ngā kanohi ataahua e whakaata ana i te rangimārie,
te marino, me te aroha pono, me whakatipu mā te
.whakawhanake i te marino, te aroha, me te rangimārie
Mā tēnei tikanga anake ka taea te whakatipu i te
aukume wairua e kaha ake ana i ngā here me ngā herenga
.katoa o te āhua tinana

* * *

Ina whakatau pakari tātou, whai muri i te rangahau
hohonu i tētahi take, me te tautuhi i ngā painga me ngā
huakore e pā ana ki taua take, ā, ina whakahohehia e tātou
tō tātou hiahia, ka taea e tātou te hanga i ngā huringa maha
.i roto i ō tātou oranga e ahua kore e taea te whakarerekē
Kei te wātea te mana whakatau, ā, ki te kore, kāore he
tangata e mawhiti i ngā awe o te taiao o roto, o waho hoki,
ka whakawhāitihia te tipu, ka whaitihia te whānuitanga o ngā
mahi auaha, ā, e kore e taea e te tangata te whanake me te
.eke ki runga ake i te taumata taketake
Ko te ariā o ngā pūnaha pāpori hou me ngā whakaaro
ahu whakamua e pā ana ki te mahi whakahaere motuhake,
ngā tikanga e whakamahia ana i roto i ngā kitenga pūtaiao
matatau, ngā mara rangahau me ngā rangahau kanorau, me
ngā mahi tuhituhi auaha, e whakaū ana i te kaha o te
tangata ki te whakamahi i te herekoretanga o te whiriwhiri i
roto i ngā mara katoa me te āwhina a te Atua me te mana o
.te hiahia

* * *

Mā te kōrero whai whakaaro me te kore riri me te mauahara ka noho rangatira te tangata, ka whakautehia hoki i roto i tōna kāinga. Kei roto i tēnei ko te whakatau i ngā pakanga whānau me te whakaaro nui me te whai whakaaro nui, te whakamarie rānei i ētahi atu mā te whakamahi i ngā .kupu atawhai

He tohu wikitoria, he tohu toa hoki, e ai ki ngā hoa .whawhai tonu

* * *

Ko te māramatanga te taonga tino utu nui o te ao. He tirohanga ā-roto, he tirohanga ā-hinengaro e taea ai e tātou te mōhio ki te pono mō tātou anō me ētahi atu, me pēhea hoki te whakatau i ngā āhuatanga katoa e pā mai ana ki a tātou, pērā i te āwhina i a tātou ki te whakarerekē i ō tātou .waiaro me ā tātou mahi kia rite ki te hiahiatia I tēnei ao, he iti noa iho te māramatanga, ā, ina pōuri te tirohanga hinengaro, ka kore e taea te kite i ngā mea me te .mōhio ki ō rātou mutunga iho Nā te mea kāore e taea e tātou te kite i ngā hua ka puta mai i ā tātou mahi, he maha ngā wā ka hē ā tātou whakatau Hei noho rangimārie i tēnei ao, me tino mōhio tātou ki tō tātou taiao me ngā mea e karapoti ana i a tātou, ā, me .mōhio hoki ki te huarahi e anga atu ana tātou Me mau i a tātou taua wairua o roto e whakaatu mai ana ki a tātou te āhua o tō tātou oranga ā muri ake nei, i runga i .ā tātou mahi o nāianei

* * *

Me parau te hinengaro ki te parau o te māramatanga tika, nā te mea he maroke, he pakari tōna oneone, ā, me whakamakuku tōna oneone ki te tumanako me te tuwhera, me whakatō hoki ngā purapura o te whakapono ki roto, me whakamakuku hoki ngā purapura ki ngā wai o te ngākau pai, .kia rite ki te hiahia o te Atua

* * *

I pātai tētahi o ngā ākonga ki te kaiako, ki a
Paramahansa, mō tētahi inoi hei kawe mai i te atua aroha ki
:a ia me te tere nui, ā, ka mea te kaiako
Ko tā te Atua e hiahia ana ko ngā taonga huna o te inoi"
"kei roto i te hohonutanga o tō ngākau

* * *

Nā wai i homai te kaha ki a tātou ki te aroha? Ko te Atua
Nā, ko wai te tangata e tika ana kia arohaina e tātou,
?nui atu i tētahi atu mea
Kāore he aroha pono ki te kore te Atua, nā te mea ko te
Atua te aroha

* * *

Kaua e wareware ko te Atua tō tātou kaiwhakarato, ā, ko
te tino taonga kāore e inehia e ngā mea kei a tātou engari e
ngā mea ka taea e tātou te whakatutuki mā te kaha o te
.ngākau

Ko te harikoa me whakapau kaha ki te whakaiti i ngā
hiahia me te whakawhanake i te kaha ki te whakatutuki i ngā
matea nui, me te tumanako ka pai ake ngā āhuatanga me te
āwhina a te Atua ahakoa ngā arai me ngā aukati katoa,
.ahakoa te uaua o aua arai

* * *

E kōrero ana te reo o te whakaaro nui ki ngā ngākau pai
katoa e hono ana ki ngā wiri wairua teitei, ā, e kopikopiko
ana i te rangi e rapu ana i ngā whakaaro honore e rapu ana i
.te rangimārie, te aroha, me te mātauranga whakahirahira

* * *

Ko ō tātou ngākau ngā poroporo, ā, ko te aroha te aho o
te rōhari atua e pupuri ana i ō tātou ngākau

* * *

Kaua e tukua ō taonga kia riro i a koe

* * *

Kei te maumahara tonu ahau ki te tini o ngā ākonga i
haere mai ki taku kaiako, ā, i muri mai ka whakarērea ia e
.rātou nā te mea kāore i a rātou te māramatanga tika
I mea ahau ki a au anō, "He tokomaha pea e haere mai,
he tokomaha pea e haere atu, engari ka u tonu ahau tae noa
"ki te mutunga

He tangata tino pakari, he tangata atawhai hoki taku
kaiako, ā, he tokomaha i kore i aro ki te kanapa o tōna
whakaaro nui, ā, i wehe atu i te whare mōneka, engari i
:tētahi rā ka mea atu ahau ki a ia
Tērā tetahi e kore rawa e whakarērea koe, ko au taua"

"tangata
E hari ana ahau i pupuri ahau i taku kupu whakaari, nā
te mea i whakatuwherahia ōku kanohi e tana arataki wairua,
ā, i whakamāramahia tōku hinengaro ki te māramatanga o
.te Atua

* * *

Kia mahara ko te ahuaireka o te Atua te mea nui rawa
atu. Ki te koa te ao katoa ki a koe, engari kāore koe i te
manakohia e te Atua, he rite koe ki te tangata e hopu ana i
te hau, e pupuhi ana rānei i te pungarehu. Engari ki te riri te
ao katoa ki a koe, ki te whakahē rānei ki a koe, engari kei a
koe te manakohia e te Atua, ko koe te rangatira, ā, ko koe te
.rangatira pono o ngā mea katoa

* * *

Kei te Atua tō tātou oranga katoa, ā, ki te tahuri tātou ki
a Ia, ki te whakawhirinaki ki Tana āwhina, māna tātou e
whakaatu te ara, e ārahi hoki ki te ara tika hei whakatau i ō
.tātou raruraru, hei whakakore hoki i ō tātou uauatanga

* * *

Kaiwhakairo Atua
Kia pā te pao o tōku ngākau katoa
He kupu hou i roto i te rotarota "Tōku Aroha Mutunga
"Kore mōu

Ā, kia whakapuakina ngā oro katoa e puaki ana i ōku

ngutu

Ngā wiri manaakitanga mai i tō reo tapu

Kia kī katoa ōku whakaaro i te hari o tō aroaro

Kia whakakīia tōku hiahia ki tōu kaha atua

Whakapaipaitia ōku whakaaro katoa, ōku āhua, me ōku

wawata ki tōu atawhai

E te kaiwhakairo tapu rawa atu

Hangaia tōku ao kia rite ki tāu e pai ai

E ai ki tō hoahoa ahurei

* * *

Ka whakautua mai e te Atua tā tātou mahi ina

whakapau kaha tātou, ā, ka mōhio tātou kei te ora tonu ia, e

whakarongo ana ki ā tātou inoi, e whakamana ana i ā tātou

hiahia. Ko te hunga e whakaaro tonu ana ki a ia, e

whakaaroaro ana ki a ia, ka rongo i Tōna aroaro tapu, ka kite

.hoki i Tōna māramatanga manaaki

Ahakoia ngā hapa o mua, ko te tangata e whai ana i te

hiahia pono me te whakatau pakari, ka tutuki i a ia tana

whainga, engari ko te haere tonu ki aua hapa he hara nui ki

a ia anō, nā te mea ko te tangata e hē ana ka ngaro i a ia te

.hari pono

Kei te tangata te mana ki te whara, ki te whai hua rānei

mōna ake, ā, ko te whiriwhiri māna ko te pupuri i ngā

pōpokorua o te kuware kia matara atu i a ia, kia kore ai e

.ngau i a ia, kia kore ai hoki e riri

Ki te kore te tangata e hiahia kia harikoa, kāore he

tangata hei mea i a ia kia harikoa, ā, kua ia e whakapae i te

.Atua mō tōna pouri

Me i kore te Atua i homai ki a tātou te herekoretanga ki

te whakamahi i ō tātou hiahia, kua riro i a ia te kawenga mō

tō tātou mamae, engari i homai e ia taua herekoretanga ki a

tātou, ā, ko tātou te hunga e hanga ana i ō tātou oranga i a

.tātou e whiriwhiri ai

* * *

:Ko te tikanga hohonu o te ata noho
 Ina whaia te akonga e ngā taniwha o te wehi, te mate,
 me ētahi atu raruraru, ka rapu ia i te piringa o te rangimarie
 .i roto i a ia anō
 Ko te tangata e ara ana i te wairua e noho ana i te ao, i
 te pō, i roto i te pā o te marino e kore e taea e ngā
 manukanuka me ngā pouri, ā, e kore e taea e ngā
 .whakamataku o te ao te pakaru
 Ko te hunga e tomo ana ki te wāhi tapu o te wahangu ka
 taea te kōrero ki ētahi atu wairua e aroha ana ki te Atua,
 pērā i a rātou e mārama ana ki te reo o ngā rōhi me ngā
 .mea ora katoa
 Ka hohonu ake te ata noho o te ākonga, ka nui ake tōna
 harikoa
 Ko te hari e huna ana i muri i ngā matapihi o te
 whakaaro, e tika ana kia tūhuratia, kia hurahia hoki i roto i te
 hōhonutanga o te wahangu, he hari nui e kore e taea te
 .whakaahua
 * * *
 E titiro ana ahau ki te ao whānui hei māra e kite ai ahau
 i ngā momo āhuatanga katoa o te tangata e pihi ana, e
 puāwai ana
 Pērā i te pī, e rapu ana tōku hinengaro i ngā putiputi o
 ngā āhuatanga pai
 Ka haere noa te pī ki ngā pua e taea ai e ia te hauhake i
 ngā momo honi pai rawa atu
 Waihoki, me whai tātou i te pī, e inu ana i te nekita reka
 rawa atu. Ko te tikanga me ngana tātou ki te mimiti i ngā
 āhuatanga pai me ngā painga e kitea ana e tātou i roto i
 .ētahi atu
 Ko te Atua te honi manaakitanga e rere ana ki roto i ngā
 wairua e whakaae ana, e whakakī ana i a rātou ki te pai me
 te reka
 * * *

Ko te tangata e hiahia ana ki te whakawhānui i ōna tirohanga, me ara ake ia i te mōhio ki ngā karakia, ki te tae kiri, ki te iwi, me te whakaponokore matapo, me te whakahaere i a ia anō, kia atawhai, kia hoa, kia taurite hoki .te kai, te inu, me ērā atu mea ahuaereka

Me mahi ia i ngā mea e whakaaetia ana e tōna hinengaro, e whakamarie ai i a ia, kia kōrero i te pono, kia kaua e tahae, kia kaua e tinihanga i ētahi atu, kia kaua e uru ki ngā ahuaereka e kino ai te hauora, e whakaiti ai i te ora, ā, kia matara atu i te wehi, i te riri, i te apo, i te hae, me ngā .hiahia whakararuraru

Ā, me whakangungu ia i a ia anō kia manawanui ki te wera, ki te makariri, me ērā atu uauatanga, me te kore e pōuri, ā, me whakakaha hoki i tōna whakawhirinaki ki te .Atua, te piringa nui rawa atu i ngā wehi me ngā kino katoa

* * *

He tino pai, he mīharo te whanaungatanga i waenganui i ahau me taku kaiako. Ko te whanaungatanga i waenganui i te kaiārahi wairua me te ākonga ko te aroha i tōna tikanga .teitei rawa atu

I wehe atu ahau i te ao mōneka me te whakaaro ka taea e au te rapu i te Atua i roto i ngā maunga o Himalaya, engari i hē ahau, ā, i pērā tonu taku whakaaro i taku wehenga atu

I taku hokinga atu i muri i ētahi rā, ka atawhai taku kaiako i ahau me te mea kāore au i whakarērea ia ia. Engari kāore ia i riri mai, engari i mihi mai ia ki ahau pērā i ngā wā katoa, ā, ka mea mārire mai, "Me titiro tāua he aha tā tāua e ".taea te taka mō tā tāua parakuihi i tēnei ata

Nā, ka mea atu ahau ki a ia, "Engari, kāore koe i riri ki

"?ahau, e te rangatira, mō taku haerenga atu

Ka whakahoki ia: "Kāore rawa, kāore au e tumanako ana ki tetahi mea mai i ētahi atu, nō reira, kāore e taea e ō rātou hiahia te taupatupatu ki aku. E kore au e whakamahi i a koe hei painga mōku ake, ā, kāore he mea e pai ake ana ki ahau ".i tō harikoa

Mō te wā tuatahi, i kite ahau he aroha pono tō tetahi ki

!ahau

Me i whakahaere ahau i ngā mahi pakihi a tōku pāpā, ā,
i whakarērea e au taku mahi, kua riri ia ki ahau. Hei tauira, i
taku whakahē i tētahi tuku mahi whai hua (i tētahi
kamupene he kaiwhakahaere matua tōku pāpā), kāore ia i
.kōrero mai ki ahau mō ngā rā e whitu

I aroha pono mai tōku pāpā ki ahau, engari he aroha
matapo, i tana whakaaro mā te moni ahau e hari, engari mā
.te moni ahau e whakangaro

I muri i tētahi wā, i taku whakatūnga i taku kura mō te
mātauranga whakauru, ka huri te whakaaro o tōku pāpā, ka
"mea, "E koa ana ahau kāore koe i whakaae ki taua mahi
He rerekē rawa te waiaro o taku kaiako, ahakoa taku
wehenga atu i te whare mōneka, kāore tōna aroha ki ahau i
.rerekē, ā, kāore ia i riri mai ki ahau

* * *

Kua roa rawa taku noho i roto i te moenga o mua, o
nāianeī, me te heke mai o tāu hanganga, e te Ariki, ā, ko
.ahau – te tamaiti o te ao tūroa – kua manukanuka
I tohe tonu ahau, engari kāore i angitu. Heoi, i angitu
ahau mā te peke atu i te moenga i karapotia e ngā arai o te
whanaungatanga tinihanga, ā, i awhi koe i ahau ki ō
ringaringa, ka ruia ahau ki ngā rangi o te rangimārie
.mutungakore

He tamaiti ahau nō te mutunga kore – tōu mutunga
kore, e te Ariki

Ka okioki tōku mahunga ki te uma o tō oranga katoa

* * *

He manu nō te pararaiha ahau: he manu nō te rangi i
hangaia e ō ringaringa manaaki
I whakapaipai ia i ahau ki te ataahua me ngā tae
ataahua: ki te heke o te ngawari me ngā huruhuru koura o te
puawaitanga wairua

I rere ahau ki runga i te āhuarangi pōuri, pōuriuri o te
ao, e rapu ana i te pararaiha o te harikoa, ā, kua poke ōku
.huru huru kanapa i ngā ira pouri o te ngakaukore
Haere mai, e tōku Atua, horoia te manu o tō pararaiha ki
ngā hihi o te whakaaro nui me ngā wai parakore, reka o te
.rangimārie

* * *

Tērā tētahi momo huakita ka whānau mai, ka
.whakanuia, ka mate i roto i ngā haora e rua noa iho
Ka taea te mahi i tēnei momo whakamātautau i roto i te
haurua o te rā, i raro iho rānei i te mea e hiahiatia ana e te
tangata hei whakamātautau mō te wā roa, tae atu ki te waru
.tekau tau
He wā poto noa iho ngā tau e whitu tekau, e waru tekau
rānei e ora nei tātou i te ao mutunga kore. Mai i te tirohanga
whanaunga, ko ngā mea katoa e pā ana ki a tātou ka puta i
te tere rite tonu ki te tere e pā ana ki ngā huakita kua
whakahuatia ake nei. I ia wā poto o te ao mutunga kore, he
maha ngā tau e pahemo ana e ai ki te tatau a te tangata. Nō
.reira, he tino utu nui te wā hei moumou

* * *

Kaua te tangata e mahi i ngā mea kāore e whakaaetia e
tōna hinengaro, ā, me noho ko ia hei rangatira mōna ake.
Kia mōhio rā anō ia he rangatira ia mō ōna whakaaro, kare ā-
roto, me āna mahi, kāore he mea e taea te whakahaere, te
.awe rānei i a ia

* * *

Ahakoia he nui te awe o te hinengaro ki te tinana, he
mea whakaarokore te wareware i te tinana
Me kai te tangata i ngā kai hauora e tika ana, me te pai
ake ki ngā kai kino
Ki te mea kei te hiahia ō āhuatanga kia noho tahi koe
me te hunga e whakararururu ana i a koe, he mea tika kia
whakarerekētia tō taiao i ētahi wā. Engari he pai ake i tēnā
ko te whakarerekē i tō āhua hinengaro kia kore ai koe e

māharahara ki ngā mahi a ētahi atu. Hurihia koe anō, ā, ka
taea e koe te noho i runga i te rangimārie me te harikoa i
.ngā wāhi katoa

* * *

He rite te ao whānui ki tētahi whare tiaki hinengaro. Ko
ētahi tāngata e pāngia ana e te hae me te hae, ko ētahi e te
riri, te mauahara, me te hiahia. He patunga rātou nā ō rātou
whanonga me ō rātou kare ā-roto. Engari ka taea e koe te
.waihanga i te rangimārie i roto i tō taiao

* * *

He pānga tino nui tō ngā kare ā-roto ki te hinengaro me
te tinana. Mā te hae me te wehi ka mā te mata, mā te aroha
.ia ka tiaho

* * *

Ina taea e koe te marino, ka harikoa tonu koe
Ina whakatau koe ki te huri hei pai ake, kia mahara he
mea tino nui te kamupene pai me ngā awe rangatira, ā, he
.mea nui hoki hei whakatutuki i tāu whāinga
He kaha ake te awe o te taiao – ahakoa pai, ahakoa kino
– i te hiahia, nō reira whakaarohia tēnā i roto i ō mahi tahi
.me ētahi atu
He mea tika hoki te tātari i a koe anō hei whakapai ake i
a koe anō

Ki te taea e koe te tātari i a koe anō me te maia, me te
kore wehi, ka taea e koe te tu atu ki ngā tātari a ētahi atu, ā,
.e kore ā rātou whakahe e pā ki a koe

* * *

Tērā pea ka mea tetahi: "Kāore au e aro ki te ahuaareka,
ki te harikoa rānei, e ora ana ahau ki te whakatutuki i tetahi
"mea kia angitu ai, hei tauira
Tērā pea ka mea tētahi atu: "E hiahia ana ahau ki te
mahī i te pai i tēnei ao, ahakoa kei waenganui ahau i te
".mamae me te pōuri
Engari ina tirohia ō rāua whakaaro, ka kitea e rāua e
whai ana kia harikoa. Kei te hiahia te tuatahi ki te angitu

engari kāore he harikoa? Kei te hiahia tetahi ki te pai o te ao
.engari kāore ia e kite i te harikoa? Kāore rawa
Kāore pea rātou e aro ki te mamae tinana me te mamae
hinengaro i pā ki a rātou e ētahi atu, e puta mai ana rānei i
ngā āhuatanga e pā ana ki te angitu, ki te āwhina rānei i
ētahi atu, nā te mea ka kitea e te tuatahi te harikoa nui i te
angitu, ā, ka tino koa te tetahi ki te āwhina i ētahi atu
.ahakoa ngā āhuatanga kino katoa
Ahakoa te nuinga o ngā hihiri kore whakaaro whaiaro
me ngā whanonga tangata pono, i ahu mai i te hiahia
.whaiaro kia tata atu ki te harikoa
Engari ehara taua hari i te mea mō te hunga whai
wāhitanga me te hunga whaiti whakaaro, engari ko te hari o
te tangata atawhai, rangatira, he whānui te hinengaro, he
.ngākau atawhai, he nui hoki
Nō reira, kāore te tangata atawhai e tuku i te hiahia
whaiaro kia whakahau i a ia anō, nā te mea e kore e taea te
kimi i taua harikoa parakore ki te kore te tangata e whai
whakaaro whānui, e ngākau atawhai, kia rapu ai, kia hiahia
.ai hoki i te harikoa mō ētahi atu, mōna ake anō hoki
He mātāpono whānui tēnā e kore e rerekē, e
whakarerekē rānei

* * *

Kāore e hiahiatia kia mōhio koe ki ngā tāngata katoa,
kia aroha hoki ki a rātou, hei whakaatu i tō hiahia ki a rātou,
.hei mahi hoki i tētahi mea hei āwhina i a rātou
Ko te mea e hiahiatia ana kia noho rite tonu ki te tuku
ratonga atawhai ki te hunga katoa e tūtaki ana ki a koe, ā, e
.tino hiahia ana ki taua ratonga
E hiahiatia ana te kaha o te hinengaro me te ngākau
pono ki te mahi i tēnei me te kore amuamu. Ara, e hiahiatia
.ana he patunga tapu

He ōrite te whiti o te rā ki runga i te taimana me te
waro, engari kua whanake, kua whakatupu hoki te taimana i
ētahi āhuatanga e āhei ai ia ki te whiwhi i te hihi o te rā, me

te whakaata mai me te kanapa me te kanapa, engari kāore e
.taea e te waro te whakaatu i te mārama ōrite
Kia rite tātou ki te taimana i roto i ā tātou mahi ki te
tangata, kia whakaata hoki i te māramatanga o te aroha
.atua me te kororia me te parakore

* * *

I roto i tētahi whaikōrero ki āna ākonga, i mea a
:Kaiwhakaako Paramahansa
Kāore e taea e au te whakapuaki i te hohonu o tōku
maioha ki āu kupu e whakaatu ana i ō kare ā-roto ki ahau
He nui tōku mihi ki a koe mō tō pono, mō tō kaha o te
wairua, me ngā kupu e puta mai ana i ō ngākau
He honore nui ki ahau te noho i waenganui i a koutou, ā,
he mea whakahariko te maumahara tonu ki taku kawenga
.nui ki ōku teina me ōku tuāhine i tēnei ao

* * *

Te tangata i patu i ōna rangatira i mua
Ki te hiahia koe ki te whakatū i tētahi tikanga hou, me te
whakakore i tētahi mea kino, arotahihia tō hinengaro, marie,
me te kore e taumaha, ki te pokapū o te kaha o te hiahia me
te mōhiotanga wairua kei te rae i waenganui i ngā tukemata,
me te whakaū pūmau i te tikanga pai e hiahia ana koe ki te
whakatū. Waihoki, ki te hiahia koe ki te whakakore i tētahi
tikanga kino, arotahi ki taua wāhi anō, me te whakaū pūmau
kua mukua katoatia ngā ara io o te roro kei reira te tikanga
.kino e arotahi ana

Ka kōrerotia e au tētahi kōrero pono mō tētahi tangata i
tino pūkenga ki te papaki i ōna rangatira i te mahi i a ia e riri
ana. Nō reira, i ngaro atu i a ia ngā mahi maha nā te mea i
ngaro katoa i a ia te mana whakahaere i a ia anō i te wā e
riri ana ia, ā, ka patua e ia te hunga katoa e whakahē ana i a
.ia ki ngā mea katoa e taea e ia te hopu
I haere mai ia ki ahau ki te rapu āwhina, nō reira ka mea
atu ahau ki a ia: "A te wā e riri ai koe, tatauhia mai i te
"kotahi ki te kotahi rau i mua i te mahi i tetahi mea

I whakamātau ia i te tikanga engari i hoki mai ki ahau ka
mea: "Ka piki ake taku riri ina mahi ahau i tēnā, ā, ka
matapōhia ahau e te mauahara i a au e tatau ana nā te roa o
.taku tatari." Te āhua nei kāore he tumanako mō tōna āhua
Kātahi ka tono ia ki a ia kia whakaaroaro, kia rongu hoki

kei te waipuke te māramatanga o te Atua i tōna roro, e
whakamarie ana i tōna riri, e whakamarie ana i ōna io, e
whakangawari ana i ōna kare ā-roto, e tango ana i ngā tohu
katoa o te riri i a ia anō, ā, nō reira, ka kore e puta i a ia āna
.riri i tētahi rā

Kāore i roa ka hoki mai anō ia ki ahau, ā, i tēnei wā ka
mea mai ia ki ahau: "Kua wetekina e ahau te riri, ā, e
"whakawhetai ana ahau mō tēnā

I whakatau ahau ki te whakamātautau i a ia, nō reira i
tono atu ahau ki ētahi tama kia whakamātau ki te whakato i
a ia, ā, i huna ahau ki tētahi wāhi e kite ai ahau i a ia engari
kāore ia i kite i ahau. I ngana tonu ngā tama ki te
whakapataritari i a ia, engari i noho marino ia, ā, kāore i
.whakautu mai

* * *

Kia whakakīia ō tātou ngākau me ō tātou hinengaro e te
kupu whakaari o te mutunga kore
Ā, kia whakamahara mai ngā upoko me ngā kaupapa o
te ao ki a tātou kāore te atarangi o te mate e whakamataku i
ngā tamariki o te māramatanga e mōhio ana ki te pumau o
.te wairua me tōna hononga tata ki tōna Kaihanga
Kia mārama tātou ko te ora me te mate he ngaru e rua i
roto i te moana o te Atua, ā, ko te wairua, he pata wai mai i
te moana nui, ka mau i ēnei ngaru e rua me te kore e rerekē
tōna āhua taketake, me te kore hoki e wehe i tōna pūtake
.mutunga kore

Kia mahi tātou ki te whakaputa i tō tātou āhua tūturu i
roto i ngā whare herehere o te kuware ki ngā tihi o te
.māramatanga me te mātauranga

Ina wetekina e tātou ō tātou hinengaro i ngā here o te
tinana, ngā whakaaro kino, me ngā awe kino, ka pā tātou ki
tō tātou wairua, ā, ka mōhio tātou he hihi mutunga kore
.tātou o te rā atua e kore e torengi

* * *

Ko te hunga e tae atu ana ki te āhua o te samadha, te
harikoa nui rānei o te ao, ka kitea ka huri ngā mea totoka hei
.wai

Ka huri ngā wai ki ngā hau, ngā hau ki te pūngao, me te
pūngao ki te hinengaro ao, ā, ka rongo ia i te harikoa nui e
kore e taea te whakaahua, ka wheako i ngā momo āhua o te
hinengaro mai i te harikoa hou, i te whakaaro nui mutunga
kore, i te rangimārie tino nui, i te kare o te aroaro katoa, i te
.rewa rānei o te tangata i waenganui i te wairua ao

* * *

Te whakaora i te io

I roto i te whakaaroaro hōhonu, mārire, ka rere te mauri
ora mai i te roro ki ngā whekau katoa, ka puta mai ngā mura
o te māramatanga mai i ngā kiko, ā, ka rere te ia ora i roto i
te tuaiwi, ka tohatohahia ki te horomi i ngā pūtau katoa o te
tinana, ka whakakīia ki te rere o te pūngao whakaora, ā, ka
.whakahoutia ngā io

* * *

:Ngā momo aukume

Mai i ngā aukume noa, ka kite tātou ko te kaha o te
kukume o te aukume e whakawhirinaki ana ki te kounga o te
.aukume tonu

Ka kukume te aukume iti i ngā mea ririki, ā, ka kukume
te aukume kaha i ngā mea nunui
Nō reira, ka kukume te aukume tangata i runga i tōna
kaha kukume

He maha anō ngā momo aukume tangata; ko ētahi e
kukume ana i ngā mea ā-tinana, ko ētahi e kukume ana i
ngā kaha hinengaro, ā, ko ētahi e kukume ana i ngā painga
.wairua—he painga e huna ana, e warewaretia ana rānei

Keria ngā kohatu utu nui i roto i ngā maina o te wairua,
ā, ko koe te toa. Whaia te whāinga e hiahiatia ana e koe, ā,
kia māia koe ka kukume mai te aukume tapu i te Atua ki a
koe—te pūtake o te mana me te pai katoa, me te taonga nui
.rawa atu o te ao

Whakaū: Ka whakamahia e au te aukume wairua tapu
hei kukume mai i ngā mea pai katoa me ngā hihi o ngā
.mātauranga katoa ki ahau

* * *

Ko te Atua tōku ora Ko ia tōku aroha Ko ia te temepara e
karangahia ai tōku ngākau ki te karakia
Ko te Atua taku whāinga, e kore hoki e taea e au te
whakatutuki i aku mahi me te kore tana awhina
Koia ahau i rapu ai i a ia i roto i tōku ngākau me tōku
wairua tae noa ki te kitenga i a ia
Ki te kore he aroha atua, he aroha mura, me te
whakapau kaha, he uaua ki te kimi i te tangata e arohaina
.ana e te ao tūroa

* * *

Tērā te rā e wehe atu ai te tangata i tēnei ao. Ka
mahara ētahi ki a ia me te aroha, ka tangi hoki mōna, ko
ētahi ka mahara kino ki a ia, engari ka haere tahi mai ōna
.whakaaro kino me ōna whakaaro pai katoa

Nō reira, ko te mahi a te tangata he aroturuki i ōna
whakaaro, he tiro tiro i āna mahi, he whakatika i āna hapa,
he aromatawai i a ia anō, ā, he whakapau kaha ki te mahi i
.tana mea pai rawa atu

Kaua e aro ki ngā kōrero a te tangata mōu, mena kei te
ngana koe ki te mahi i te mea tika

Ka whakapau kaha ahau kia kaua e riri ki tetahi, ā, e
mōhio ana ahau kua whakapau kaha ahau kia atawhai, kia
.pono ki te katoa

Engari kāore au e māharahara ki ngā whakaaro o te
tangata mōku, ahakoa he whakamoemiti, he whakahē rānei,

nā te mea kei ahau te Atua, kei a la hoki ahau, ā, koinā te
.mea nui rawa atu

* * *

Ina puta he whakahoahoa i waenganui i te tokorua, i te
rōpū rānei i runga i ngā kaupapa wairua anake, kāore he
kaupapa whaiaro, he whāinga rānei, ka purea e taua
.whakahoahoa parakore te wairua o ia hoa
Ko te ngākau kua purea e te whakahoahoa ka waiho hei
.tatau tuwhera ki te kotahitanga me te piriponotanga
Mā roto i tēnei ngākau, ka taea te kukume mai i ētahi
atu wairua pai ki te tomo ki te hanganga o te aroha o te
.tuakana, me te pārekareka ki te marino me te rangimārie

* * *

He nui ake taku aro ki ngā mahi a ētahi atu i aku ake
mahi, nā te mea ka mahia e au ngā mea katoa mō te Atua,
ā, he nui ake taku hiahia me taku hihiri i taku mahi mēnā
.nāku ake aua mahi
Ki te mea he rerekē, he kore rānei e pai ngā hua, kāore
au e māharahara, kāore hoki au e pouri, nā te mea e
whakaaro ana ahau kua oti i ahau taku mahi ki te Atua, ko ia
taku kaupapa, ko ia hoki te tangata kei muri i te whakaaro,
ā, nā te mea kua whakapau kaha ahau, ā, ka mahi anō ahau
i te ngana me te harikoa nui me te whakatau, engari me te
.kore e piri ki te kaha, ki te putanga rānei
Me i mahi ahau māku anake, kua noho tonu ahau hei
taonga mā te manukanuka me te manawa pāwera. Engari
mēnā ko taku whāinga he whakamanawareka i te Atua,
māna ngā hua, ehara i te mea māku. Koinei taku huarahi ki
te ora, ā, i roto i tēnā ka kitea e au tōku whakamarie me
.tōku herekoretanga

:Ngā hikoinga i runga i te arawhata o te angitu

Mahi uaua -

Te pūkenga auaha -

Te whakatau tika

Te penapena me te karo i te para

Te whakapau kaha me te ngana anō i muri i te korenga -
e angitu
Te whakahaere i a koe anō me te whakapai ake i a koe
anō

Te whakahohe i ngā pūngao auaha -
Te āwhina i ētahi atu
Heoi anō, me whakaaroaro tātou ki te Atua, te pūtake -
o ngā pai katoa, me te pūtake o ngā angitu me ngā
manaakitanga katoa
* * *

Ka waiata atu ahau ki a koe i tētahi waiata kāore anō kia
whakapuakina i mua, ā, ki a koe ka whakatapua atu e ahau
taku rangi pono e whakatangihia ana e tōku ngākau i roto
.rawa, i runga hoki i ōna aho
Kua titoa e au tēnei himene tuatahi nāku, ā, anei ka
tukuna atu e au ki a koe hei whakahere parakore
Kāore au e whakaatu atu ki a koe i ngā rangi waiata
maroke, hinengaro rānei, i ngā rangi waiata whakapaipai
.rānei nā ētahi atu i tito
Kāore he mea e hoatu e ahau ki a koe engari ko ngā
rangi waiata ngawari, ngāwari o tōku ngākau
E kore ahau e hoatu ki a koe he rōhi kua whakatōkia ki
roto i ngā whare kati kōtuhi, kua kī tonu i ngā kare ā-roto me
ngā hihiri, engari ka hoatu e ahau ki a koe he putiputi
mohoao kua pihi ake nei i ngā mara o aku hiahia me ngā
.mania o tōku ao
* * *

He māmā noa iho ki te tangata te tātari me te
whakarōpū i ētahi atu kia rite ki ngā āhuatanga motuhake
He uaua ki te tangata te whakaatu pono i a ia anō. Heoi,
koinei tonu te mea me mahi e rātou kia mārāma ai rātou ki
.ngā whakapainga me ngā huringa e tika ana
Ko te kaupapa o te mōhio ki ō tātou āhuatanga whaiaro
ko te mārāma ki te āhua o tā tātou awe i ētahi atu

Ka whakawhanakehia e te tangata ngā whakaaro mō te
āhua o te tangata, i te mōhio, i te kore mōhio rānei, ā, ko tā
rātou urupare ki ngā wiri e puta mai ana i a ia he tohu
ngawari ki te hunga e whai pānga ana, ā, ka mārama te
.hunga whakaaro nui ki te tohu

* * *

Ko ngā āhuatanga e ārai ana i te whanaketanga

:hinengaro ko

Te aroha ki a ia anō (te hiahia whaiaro), te
whakapehapeha, te apo, te riri, te mauahara, te hae, me ērā
atu āhuatanga pōuri e ārahi ana, e akiaki ana rānei i te
tangata ki te kuware hohonu atu i tōna āhua tūturu

Ko te mea e hiahiatia ana ko te whai i te ara e ahu atu
ana ki te herekoretanga, nā te mea ko ngā hiahia o te
tangata e akiakihia ana e ngā tikanga e whakahoutia tonutia
.ana, ā, kāore e mutu, e mutu rānei i tētahi rohe

Ka herea te wairua e ēnei whanonga, ka pupuri
herehere i a ia, ka kore e taea e tōna rangatira te hikoi i te
.ara o te whakaoranga me te whakaoranga

* * *

:Ko te ara o te ora koia tēnei

Kei tetahi taha te awaawa pōuri o te kuware, ā, kei
tetahi taha te māramatanga o te whakaaro nui
Ina mahi tātou me te whakaaro nui, ka hikoi haumaruru
tātou i te ara o te whakaoranga, ā, ka whiwhi tātou i ngā
.mea e hiahiatia ana e tātou

* * *

Nā te hiahia o te Atua te ao katoa i hanga, ā, ina hono
tātou i a tātou ki taua hiahia tapu, ka tae mai ngā mea e
.hiahiatia ana e tātou me te kore e uaua

* * *

Ina ngana te tangata ki te whakatau i ngā mīhini uaua o
ngā kare ā-roto o te tangata, me te kore whakangungu i
.mua, he maha ngā wā ka mamae te hua

He iti noa te hunga e mōhio ana ko te harikoa kei roto i
te māramatanga ki te ture o te whanonga tangata
Koia te take e tautohetohe ai ētahi tāngata ki ō rātou
hoa me ō rātou whānau; kāore rātou e mārāma ki ētahi atu,
.kāore hoki e kite i ō rātou ake hapa
He mea nui kia kaua e tautoko i ngā mahi hē a ō tātou
whanaunga, engari kia ātete puku i aua mahi mā te
.whakamahi i ngā mahi wairua whai hua
He mea nui anō hoki kia kaua tātou e whakamahi i ngā
tikanga nanakia hei whakatau i ngā whanonga rerekē a ō
.tātou whanaunga

* * *

I tinihangatia tātou e te kaiwhai mātanga. Ka mānu
tātou i ngā wai pāpaku mō te whakaaro teka mō te haumarū,
i te mea e kapi mai ana te kupenga whakamate o te kuware
.ki a tātou

I te makanga kupenga hī ika o ia rā, he tokomaha ka
.mau, ā, he tokoiti noa iho ka ora
E te aroha mutunga kore, whakaorangia mātou i ngā
mahanga whakamate o ngā hiahia, o ngā wawata kore here,
!me ngā herenga whakamomori o te ao
Kia ruku tātou ki te hohonutanga o te moana marino o
te wairua, te wāhi e noho ana te kotahitanga atua, kia
wetekina hoki tātou i ngā here o te herehere me ngā
!mekameka o te pononga

* * *

I mea atu a Kaiwhakaako Paramahansa, i a ia e
:whakatenatena ana i tētahi o āna ākonga
Ki te taea e koe, mā tō pono, tō ngākau pono, me tō
aroha ki te Atua, te tuku i ō inoi ki a Ia, kāti, ahakoa he
hohonu ake ō hapa i te moana, he teitei ake i ngā maunga o
.Himalaya

Mā te Atua aua arai i tō ara, ka whakawātea i a koe i
ngā taumahatanga o mua, ā, ka memeha haere tō hiahia ki
.te whakahoki anō i ngā hapa o mua

Tērā pea ka kitea koe i ētahi wā kei raro koe i tētahi
paparanga matotoru o te pōuri, engari kei te noho tonu koe
.hei mura o te mura mutunga kore
Ka taea e koe te huna i te mura, engari kāore e taea te
whakakore

* * *

He mea whakamiharo te whakahari i ētahi atu mā roto i
ngā kupu atawhai e hihirihia ana e ngā whakaaro pai, me
ngā tohutohu pono, ā, he tohu rangatira e tohu ana i ngā
.wairua nui

Mō te whara i tētahi atu tangata mā te ngau, ngā kupu
mamae, ngā titiro whakatoi, ngā whakaaro kawa rānei, he
tikanga whakaiti, he tikanga whakarihariha ēnei e kore e
.whakamahia e te hunga ngākau atawhai

Mā te whakatoi ka kitea te wairua tutu me te riri i roto i
te tangata hara, ko ngā kupu atawhai ka puta te pouri i roto i
a ia, arā, ka mōhio te tangata ki āna hapa, ā, kāore e mahi
.anō

* * *

Ka mea tētahi o ngā ākonga, "E te Kaiako, kāore anō kia
taea e au te whakapono kei te rangi. Kei te tino noho taua
"?wāhi

:Ka whakahoki te kaiako a Paramahansa
Āe, ko te hunga e aroha ana, e whakawhirinaki ana ki"
te Atua ka haere ki taua pararaiha ina tae mai te mate ki a
rātou. I taua ao wairua, ka taea e te tangata te whakatinana
i tetahi mea e hiahiatia ana e rātou i taua wā tonu, mā te
".mana o te whakaaro

He mea tito te tinana ethereal i te māramatanga
kanapa. I roto i aua ao whakamiharo he oro me he
māramatanga kāore e mōhiotia ana e ngā tāngata o
.Papatūānuku

* * *

Me rapu te harikoa i roto i a koe anō, me te whakaiti i
.ngā taonga ā-tinana

Kia harikoa tō hinengaro, kia kore ai ngā mea o waho e
.whakararuraru i tō rangimārie, e whakararuraru hoki i a koe
Ko te harikoa o roto anake te wawata e tika ana kia
whaia i tēnei ao, ā, e ranea ana te manawanui me te
.whakatau kia tutuki ai

Ko te harikoa te torona o te Atua i roto i te tangata

* * *

He tokomaha e whakaaro ana kei te ara rātou, engari
kāore

Ko te nuinga o rātou kāore i te mōhio. Kua rongo pea
koe i ētahi tāngata e hiko ana i roto i te moe, e karanga ana
."Ahi! Ahi!", e kōrero ana rānei, e kauwhau ana rānei
He pērā te nuinga o te tangata. Ae, ehara i te mea ko te
hunga e hiahia pono ana ki te whakaara i ō rātou hinengaro
.mai i te moe o te kuware wairua

Me mahi tātou ki te whakaara i te hunga kua tanumia ki
.raro i ngā ururua o ngā whanonga hē me te noho hē
Hei whakatutuki i tēnā, me whakaora tuatahi tātou i ō
tātou hinengaro mai i ngā ana o te kuware ki te
.māramatanga o te mātauranga atua

* * *

Ko te whakahoahoa he aroha o te Atua e tiaho mai ana i
ngā kanohi o ō tātou hoa aroha, ā, ko tāna karanga kia hoki
tātou ki te kāinga i te rangi ki te reka o te hononga mutunga
.kore me te aroha whānui

He reo tapu te whakahoahoa e karanga ana i ngā wairua
kia wetekina i te hinengaro o te whakapehapeha me te
.hiahia whaiaro e wehe ana i a tātou i te Atua me te tangata
Ko te whakahoahoa pono he hononga manaakitanga i
waenganui i ngā wairua hinengaro, e whakaatu ana i te
aroha parakore o te Atua me ngā āhuatanga tapu o te
.wairua o te ao whānui, mā roto i tā rātou whakahoahoa
He whānui, he whānui hoki te whakahoahoa pono
Ko te aroha whaiaro ki tētahi tangata motuhake, me te
waiho i ētahi atu hei arai nui ki te whakahoahoa

Me whakawhānui ake ngā rohe o te aroha kia uru atu ai
te whānau, ngā hoa noho, me te ao katoa
He whānui te hinengaro o te hoa o te ao, e aroha ana ki
ngā mea hanga a te Atua, ā, e horahia ana e ia tōna aroha ki
ngā wāhi katoa e haere ana ia, ki ngā wāhi katoa e tahuri
.ana ia

I orahia, i tautokona hoki ēnei mātāpono rangatira e te
hunga nunui katoa
Ko te aroha whānau te whakangungu tuatahi mō te
whakatakoto i ngā turanga o te whakahoahoa wairua
He toto kotahi e rere ana i roto i ngā uaua o ngā tāngata
katoa o ngā iwi katoa
Ahakoa he rerekē ō tātou iwi me ō tātou iwi taketake, e
honoa ana tātou e ngā hononga ā-ao nā te mea nō te pūtake
.atua kotahi tātou

* * *

Kāore e taea te mauhere i te wairua ki roto i ngā ārai i
hangaia e te tangata nā te mea he ao whānui tōna takenga
.mai, he ao whānui hoki tōna noho tahi

* * *

Ki te hiahia tātou kia koa ki te ora, ko te wā tēnei, ehara
i te āpōpō, i te tau rānei e tū mai nei
Ko te whakarite pai mō te oranga pai ake i te tau e tū
mai nei ko te oranga rangimarie, taurite, me te harikoa i
.tēnei tau

Ko te oranga ā muri ake nei (i te ao kē) e ki ana i te
harikoa me te koa, e whakawhirinaki ana ki tō tātou āhua
noho, ki tō tātou whakaaro, me te āhua o ā tātou mahi me ā
.tātou whanonga i tēnei ao

Ko tēnei rā te rā tino nui, tino whai tikanga hoki o ō
tātou oranga

* * *

Ko te whakaaroaro te taputapu e tangohia ai ngā
paparanga e hipoki ana, e huna ana i te mata o te

hinengaro, ā, mā te whakamahi i tēnei ka pakaru mai te
.puna o te hari atua e rere tonu ana
Ko te whakaaroaro me te whakangā tino, te tango
whakaaro rānei i roto i te hinengaro pōhēhē, te huarahi
tūturu me te huarahi whai hua ki te mōhio ki te Atua. Mēnā
ka taea e tātou te mahi i ngā mea katoa engari ko te
whakaaroaro, e kore e kitea he hari e rite ana ki te hari e
puta mai ana i te wā e marino ana ngā whakaaro (kei roto ko
te marino mai i tō Ariki) me te noho tahi me te rangimārie
.atua (Ka waiho e ahau he rangimārie māu)
Ka taea te wheako i tēnei harikoa atua mā te
.whakamahi i te tikanga tika o te arotahi me te whakaaroaro

* * *

Ki te rapu koe i te tatau i te tuanui o tō rūma, e kore
rawa e kitea ahakoa he maha ngā tau e rapu ana koe, ki te
kore koe e whakamahi i te tikanga rapu tika, me te titiro ki
.te pakitara

* * *

Ka tae mai te rā e poroporoaki ai ahau ki tēnei ao,
engari i a au e noho tonu ana i tēnei ao, ko taku hari nui ko
te kōrero i ngā mahi whakamiharo a te Atua ki te hunga e
whakawhirinaki ana ki ahau, ā, ko taku hiahia ko te
whakanui ake i tō rātou hiahia mō taua māramatanga atua
kua homai nei ki ahau te whakamarie, te herekore, me te
.haumaru e kore e taea te kōrero

* * *

Ko te hītori o te ao whānui, me ōna taipitopito iti katoa,
e tiakina ana i roto i ngā rūma o te mutunga kore—arā, he
atu āhuatanga anō tēnei. I konei i tēnei ao iti, ka kite tātou i
te roa, te whānui, te matotoru, me te teitei, engari he
taumata anō kāore ēnei āhuatanga e noho ana. He mārama
ngā mea katoa i roto i taua papa ethereal; he māramatanga
me te mōhiotanga ngā mea katoa. He kare ā-roto te reka,
pērā i te hongī. He māramatanga katoa ō tātou kare ā-roto, ō
tātou whakaaro, me ō tātou tinana. Pērā i tā tātou e kite ai, e

rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
ka taea hoki e tātou te wheako i ēnei kare ā-roto katoa me te
māramatanga, te kare ā-roto parakore, mārama hoki i ngā
.ao teitei

Koinei tonu taku e kite nei i tēnei wā tonu i ahau e
kōrero nei, kāore ahau i roto i tēnei tinana, engari he
wāhanga ahau nō ngā mea katoa e ora nei, ā, ko ngā mea e
.kite nei ahau he mea tūturu ki ahau, pērā i a koe ki ahau
Me ara ake te tangata kia kite ai i te Atua i ngā wāhi
katoa, kia mōhio ai hoki ki te rerekētanga i waenga i te
.moemoeā me te ao tūturu

He maha ngā wā ka kite ahau i te mutunga kore i te
wāhi e noho nei ahau, ā, ka kite ahau i taua wāhi i te
mutunga kore. Ko te ora e tangohia ana e ngā mea katoa
.mai i taua pūtake mutunga kore

I ahau e tamariki ana, i noho ahau, i inoi i te ao, i te pō,
engari kāore he whakautu, he kaiwhakautu rānei
I tetahi taha i kite ahau i te tangata, ā, i tetahi taha ko
.te mutunga kore kāore i kōrero mai ki ahau

Ahakoia i whakaaro ahau ko au anake, ā, kua
whakarērea ahau e te katoa, kāore te Atua i whakarērea
ahau nā te mea i noho puku tonu ia i ahau, i muri i ōku
.whakaaro me ōku kare ā-roto

Ā, i taku tīmatanga ki te kite i te māramatanga i roto i
.ahau, ka kī tonu tōku wairua i te kakara tapu tapu

I kite ahau i ngā pakiaka o ngā rākau me te wai e rere
ana i roto i a rātou, ā, i tata ahau ki te Atua nāna ahau i
.whakamarie, i whakamarie hoki i tōku ngākau

I inoi ahau, i karanga atu i ngā wā katoa, i te ao, i te pō,
ā, i te ngaronga o te kanapa me te tikanga o ngā mea ki
ahau, ka whakarērea e ahau te ao me ngā mea katoa o roto,
tae atu ki te harikoa, i te wehi kei waiho hei harikoa ā-tinana,
ā, ka kitea e ahau te Atua kei te taha tonu mai i ahau
.ināianei

Ahakoā ka whakarērea ahau e te ao, e kore rawa ia e
whakarērea ahau e te Atua mō tētahi wā poto
Ko te Atua te mea katoa. Ko tēnei whare me te ao e
karapoti ana e rere ana me te mea he whakaahua nekeneke
.i runga i te arai o tōku hinengaro
Ka titiro atu ahau, ā, kāore he mea e kitea ana e au
engari ko te wairua parakore, ko te māramatanga mārama,
me te hinengaro ngawari
Ko tōku tinana, ko ō koutou tinana, me ngā mea katoa o
te ao, he putanga mai i taua māramatanga atua kotahi. Ina
kite ahau i taua māramatanga, kāore he mea ke atu e kitea
.ana e au

Ina titiro koe ki te mata, ka kite koe i ngā whakaahua
nekeneke, engari ina titiro whakamuri koe (i roto i te whare
pikitia tuku iho), ka kite noa koe i te hihī mārama e whiti ana
.ki te mata. He ahua kore e whakaponohia, engari he pono
I kōrero ahau mō ēnei mea i mua, engari ināianei kāore
ahau e kōrero ki te hunga kāore e aro, e kore rānei e aro.
Engari kua tukua ahau e te Atua kia kōrero ki a koutou i
tēnei wā. He mea memeha noa iho ngā mea katoa. Inoi mō
.te mea pumau

* * *

I te mea i haere mai tātou ki tēnei ao kāore tātou i te
mōhio nō hea mai, he mea maori kia whakaaroaro tātou mō
.te pūtake me te kaupapa o te ora
Ka rongo tātou mō te kaihanganga o tēnei ao, ka pānui
tātou mōna, ā, ka kauwhau te ao katoa i te noho o tōna
.hinengaro atua
Pērā i ngā wāhanga me ngā taputapu iti, tino tika o
.tētahi wati iti e miharo ai tātou ki te kaihanganga wati
Pērā i ngā mīhini wheketere nunui, matatini hoki e
miharo ana tātou, e whakaoho ana i te whakamoemiti mō tā
rātou kaihanganga, waihoki ina kite tātou i ngā mea
whakamiharo o te taiao, ka miharo tātou ki te mohio e huna
:ana i muri i a rātou, ā, ka miharo tātou

Nā wai i hoatu tōna āhua kanapa, e anga atu ana ki te"

"?rā ki te putiputi

Nō hea tōna kakara me tōna ataahua? Ā, me pēhea te

hanga o ōna rau me te tino tika, me te tae ki ngā tae

?whakamiharo, harikoa hoki

* * *

Kei te rongo ahau i a koe i roto i te hohonutanga o ōku

whakaaro, kei te rongo ahau i tō aroaro i roto i ōku kare ā-
roto hohonu, ā, kei te kite ahau i a koe e puāwai ana i roto i
.te māra o tōku aroha

Whakakīia ahau ki te kakara o tō aroaro, kia koa ai ahau

ki tō kakara tapu

Haere mai ki ahau i tua atu o ngā rangi, o ngā whetū, o
ngā whakaaro, me ngā kare ā-roto. Whakaaturia mai tō mata
tapu rawa atu, kia kite ahau i tō aroaro i roto i tōku wairua, i
.te taha o ahau, me ngā wāhi katoa

Kua rapua koe e au i ngā tau me ngā wā katoa, i runga i

ngā ara o ngā hiahia me ngā wawata, ā, inaianei kua mōhio
ahau kei roto koe i tōku wairua e noho ana, e whakaaweawe
.ana hoki i ōku kare ā-roto tapu rawa atu

Kaua e huna i ahau i muri i ngā putiputi o ngā kare ā-

roto, o ngā whakaaro, me te pū o te wairua

Whakapaipaihia tōku wairua ki ngā taonga o tō

whakaaro nui, kia pupuhi mai hoki ngā hau o tō harikoa ki
roto i ahau, kia tangohia atu hoki i ahau te pōuri e arai ana i
.a Koe i taku tirohanga me taku māramatanga

E Koe kei tua atu i ngā whetū me te rangi kikorangi, kei

tua atu hoki i ngā paparanga o te āhuarangi me ngā mea ora
katoa, manakohia ngā kōrero hāhā o tōku aroha, rukuhia
hoki tōku wairua ki tōu aroha, ki tōu māramatanga me tōu
.rangimārie

* * *

Mehemea i rongo koe i tētahi wahi iti o te aroha atua, ka

pā ki a koe tētahi hari e kore e taea te kōrero, e kore e taea

.te ātete

Kia uaua ai ki a koe te pupuri i taua mea
Ina noho tahi tātou me te Atua, ka mutu te mutunga o
tā tātou tirohanga, ā, ka hanumi ki roto i ngā hohonutanga o
.te moana o te oranga katoa
Ka pā mai ki a tātou te hari nui me te aroha nui o te
Atua

* * *

Ko ētahi tāngata e hiahia ana ki te pānui i ngā pukapuka
pōuri, ā, e whakaaro ana rātou koinei tā rātou pukapuka tino
pai, ā, e whakaaro ana ka pārekareka tonu rātou ki ēnei
.pukapuka tae noa ki te mutunga o ō rātou oranga
Engari ki te tātarihia e rātou a rātou anō, ka kitea e
rātou he maha ngā wā ka pouri rātou, ka riri hoki i te pānui
.tonu i aua momo tuhinga

Nā te pouri nei, ka hiahia pea rātou ki te whakamutu i
taua whanonga, engari ki te whakatipu i te whanonga o te
pānui pukapuka me ngā rauemi wairua e whakahihiko ana i
ō rātou whakaaro, e whāngai ana hoki i ō rātou kare ā-roto ki
.ngā whakaaro pai, whakahīhī

Ki te hanga e rātou taua huringa, ka kitea e rātou kua
huri haere ō rātou ao i tētahi huringa hou whakamiharo nā te
.māramatanga me te whakapau kaha

He pono ka taea e tātou te whakarerekē wawe i a tātou
anō mēnā e hiahia ana tātou, engari ko te whakarerekē i ngā
tauirā me ngā tikanga o ngā tau e hiahia ana ki te whakapau
.kaha me te hiahia kaha

Hei whakakore i tētahi whanonga tawhito kua tino
pūmau, me whakaoho ngā kaha katoa o te whakatau ki te
taha kē kia whakakorea rā anō te whanonga kino, kia kore rā
.anō tōna mana

Kāore i te nuinga o te iwi te manawanui me te
manawanui e hiahiatia ana mō tēnei. Engari me mārama te
tangata ka taea te muku, te whakakore rānei i ngā mea i
.hangaia, i mahia rānei e te tangata

* * *

Kia whakarērea ngā rohe o te ego, kia kopikopiko tātou i
roto i ngā mania whānui, whānui o te ahunga whakamua
.wairua

Ā, pērā i te tira o te wā, e haere tonu ana i ngā ara o te
ora, me haere anō hoki te tira o te wairua i ngā ara o te
.whānui nui rawa atu ki ngā taha o te wairua atua

Ko te wairua o te whakaaro nui ki te whakatutuki i ngā
mahi tino nui o te ao e huna tonu ana i raro i ngā ururua me
.ngā para o ngā tikanga tangata

Me whakawātea te tangata i a ia anō i te mana
whakapōrearea o aua whanonga, ā, me tīmata ki te rui i ngā
purapura o te angitu e hiahiatia ana e ia ki te oneone o tōna
.ao

Ka whiwhi uara me te hiranga o te ora ina oti i a tātou te
mahi tino nui me te tino tere: te kimi i te tikanga me te uara
.tuturu o tō tātou oranga

Me mārama te tangata kāore ēnei whakaahua ao
.nekeneke o te ora e whakaaturia ana me te kore take
la rā ka kite tātou i ngā tirohanga hou, ā, ia rā ka kawea
mai he akoranga hou mā tātou mā te arotahi ki te kaupapa
teitei ake o te oranga tangata: kia mōhio ki te atua nui e
.huna ana i muri i te ārai o te ora

* * *

I roto i te Atua ka kitea e koe te aroha o ngā ngākau
katoa, te whakatutukitanga o te hiahia, me te
whakatutukitanga o ngā wawata. Ko ngā mea katoa e homai
ana e te ao ki a koe, kātahi ka tangohia atu, e waiho ana koe
i roto i te pouri, te mamae, te pōuri rānei, ka kitea e koe i
roto i te Atua he nui ake te aroha, me te kore he pouri me te
.pouri e haere tahi ana

* * *

E mea ana ētahi me whakawhirinaki tātou ki te
whakaaro nui anake. E whakapono ana ētahi me
whakamātau tātou i ō tātou kare ā-roto. He tino kino rawa
.ngā tirohanga e rua

E ai ki tētahi ariā, he mea tika kia tirotirohia te tinana i
ia wā, i ia wā, kia ora ai, kia rite ki te tirotiro i tō waka i ia wā.
He tika tēnei. Engari ehara te tangata i te mīhini. Mena kei tō
āhua tinana tō hauora hinengaro, ā tōna wā ka noho hei
pononga te hinengaro i raro i ngā hiahia o te tinana, ā, ka
kore e whai hua ngā momo rongoā me ngā maimoatanga
tinana katoa. Koinei te take e pāngia ai tātou e ngā mate
kore e taea te rongoā. Kua mau te ngoikore o te tinana nā te
mea kua kore te hinengaro e noho hei rangatira mō te
.tinana

He pai ake te tīmata me te whakaōrite. Ki te pāngia koe
e te iti o te whara, tāpirihia he iti o te iodine, engari kaua e
whakawhirinaki noa ki te rongoā. Me mahi ngā mahi ārai kia
taea rā anō e koe te whakawhirinaki haere ki te whakaaro
.noa

I whakamahia e ngā kaiako nui ngā rongoā i hangaia
mai i ngā otaota me ngā matū i hangaia e te Atua
Kāore e hiahiatia ngā rongoā me ngā rongoā mō te
kaiako wairua, engari hei whakaatu i te mana o te Atua kei
te mahi i roto i ngā huarahi maha, ka whiriwhiri pea ia i ētahi
.wā ki te whakamahi i ētahi whakaritenga hauora
Ahakoa pēhea, kei te kaha o te hinengaro te wikitoria.
Ina tae koe ki te whakapono pakari ka taea e koe te ora me
te kore rongoā katoa, me te kore he pānga kino, ka wikitoria
.koe, ka whiwhi i te mana whakahaere i tō tinana

* * *

Me ahu mai te whakahoahoa e hoatu ana e tātou ki
ētahi atu i te ngākau, kaua hoki te aroha me te mahi tahi e
whakaaturia noa iho i te mea kei roto e tohu ana i tētahi atu
.mea

He tino tika, he tino kaha te ture wairua, ā, kaua e
.whakahēngia ngā mātāpono wairua
Nō reira, he mea nui kia kaua e tinihanga, e tuku i ō
.hoa, kia kaua hoki e takahi i ngā rohe o te whakahoahoa

Me mōhio hoki te hoa ki te wā me mahi tahi ia me tana
hoa, me te wā me whakamahi i tana hiahia, me te kore e
.mahi tahi me ia

* * *

Kāore te mata o te kiri e rongō i ngā kare o te pā; ka
pāngia aua kare i roto i te roro, ā, kāore e taea e te tangata
te reka, te pā, te hongī, te whakarongo, te kite rānei engari
.mā te hinengaro anake

Tērā pea ka rongō tātou i te reka i runga i te mata o ō
tātou arero, engari ko te mea pono, ko te roro te mea e hopu
ana i taua reka. Waihoki, ina whara tetahi wāhanga o te
tinana, ka kitea te mamae i roto i te hinengaro, ehara i te
.okana e pāngia ana

E rua ā tātou tikanga mō te rongō i te mamae: ko te io
me te take roro. Ka puta te rongō ina whakaaetia e te roro te
whakawhitiwhiti kōrero i waenga i te io me te take roro. Ki te
.kore te roro e mōhio ki te mamae, kāore te mamae e puta
Ina kei raro te tangata i te mana o te chloroform, te
rongōā whakamoe rānei, kāore rātou e rongō i te mamae nā
te mea kāore ngā kare e tae ki te roro. Kei ngā pito io, he
huru hūru angiangi e tukuna ai ngā tohu mamae ki te roro.
Ka ārai te rongōā whakamoe i te tukunga o ēnei tohu
.mamae

Ko te roro te okana pānga o te hinengaro, ā, ka tukuna
ngā kare ā-tinana katoa ki te hinengaro mā roto i ngā io me
te roro tonu. Nā te mea e hono ana te hinengaro ki te roro,
.ka whiwhi, ka whakamārama hoki i ēnei kare ā-tinana
Ko te hinengaro e whakapakaritia ana e te whakaaro
pai, kāore e nui te pānga o ngā kare o te harikoa me te
mamae. E mōhio ana ia ki ēnei kare engari kāore e herea e
.aua kare

* * *

:Ngā Pūranga - Mai i te Pouri ki te Tihi
He kōrero angitu nā te tohunga a Paramhansa
Yogananda i kōrero

He kōrero pono tēnei mō tētahi tangata e hinga tonu)
ana, engari nā te whakaaro auaha me te whakaū i te pai, i
taea e ia te wikitoria i ngā take o tana hinganga, ā, i taea e
ia te whakamahi i te angitu hei whakatutuki i tana i hiahia
(.ai

Pērā i te hunga e angitu ana i roto i te taiao, kei reira
anō hoki te hunga e hinga ana i runga i te āhua o te noho
He tamaiti rahua taku hoa, taku tauira (S) mai anō i tōna
whānautanga. He pono he tamaiti mohio, he tamaiti
pukumahi, he tamaiti hihiri ki te whiwhi moni, engari i tana
whakaaro tonu ki tētahi mahi, ka karapotia ia e ngā
.āhuatanga o te rahua mai anō i te tīmatanga
I tētahi rā ka haere mai ia ki ahau me te kore kau, ka
whaia e ngā kaituku moni, ka whakarērea e ngā hoa, ka tono
.tohutohu mai ki ahau
I pātai atu ahau ki a ia mō te take o ōna raruraru, ā, ka
:mea ia

E te Ariki, he tangata rahua ahau. Kāore au i te mōhio,"
ina tīmata taku mahi, ka ngaro, ā, ka pāngia hoki te wāhi e
mahi ana ahau. Ka ngaro te pakihi a te kaitukumahi i muri
tata mai i taku whakamahinga. Nō reira, kua maku ahau ki
te rapu mahi i te wehi kei whakararuraru i ngā hiahia o ngā
kaitukumahi e whakamahi ana i ahau. Nā te ngoikore o taku
kore pumau, e tino mōhio ana ahau ka ngaro taku mahi nā
te mea ka kī te kamupene e whakamahi ana i ahau ka
pēkerapu, ka kati i ōna tatau, ka panaia ahau. Nō reira,
kāore he tika i ahau ki te whakangaro i ngā pakihi a ētahi atu
".nā te mea he hononga noa iho tōku ki a rātou
I kitea e au he mahi māna i tētahi kamupene iti, ā, i tono
atu ahau kia whakahuatia e ia tēnei kupu whakaū i ia ahiahi,
:i mua i te moe, me te oho ake anō hoki
I ia rā, i ia rā, kei te piki haere taku angitu i roto i taku"
"mara mahi

Kotahi te marama i pahemo, ā, ka whakatūpato mai a
(S) ki ahau: "E te Ariki, kei te pōturi haere te kamupene i

mahi ai koe, ā, kāore tōna āhua i te pai. Kei te inoi atu ahau
kia tangohia ahau i mua i tōna hinganga rawa, nā te mea ka
ngaro taku mahi ina hinga te kamupene. Engari mā taku
wehenga atu i tēnei wā, tera pea ka ora te kamupene i te
".aituā kino me te pōuri nā aku whakarerekētanga kino
I kata ahau, kāore i aro ki ngā kōrero a (S), engari i tono
atu ahau kia mau tonu tana kōrero, kia mau tonu tana mahi.
He wiki i muri mai, ka haere mai ia ki ahau i tētahi ahiahi, ā,
:ka mea mai me te aue

"Kua tupu tonu te mea i wehi ai ahau"

"?Ka pātai atu ia ki a ia, "I aha te mea i tupu
I mea ia, "I hinga te kamupene, pērā i taku i kōrero ai ki
"a koe, me taku i matapae ai
I mea atu ahau ki a ia, me te whakahē: "Kāore ianei i te
pono i a koe e whakamana ana i a koe anō, 'I ia rā, i ia rā, kei
te piki haere taku angitu i roto i taku mara mahi', i te mea
kei te whakahua anō koe i aua kupu pērā i te kākā? Ā, ko te
wheke ruarua kei te pupuri tonu i ngā kopa o tō roro, kia
mea ai koe ki a koe anō: 'E te kuware, kei te kino haere tō
āhuatanga ahakoa te nui o tō ngana ki te whakatenatena i a
"!koe anō kia angitu

"Ka whakahoki ia: "Āe, koinā tonu te mea e tupu ana

I tohutohu a (S) kia whakakorea ngā wiri me ngā
whakaaro kino taumaha i te wā tonu e puta mai ana i roto i
tōna hinengaro, inā koa i te wā e whakahokia ana te whakaū
pai, nā te mea ka taea e te hinengaro mōhio me te
whakaponopaki te awe i te hinengaro huna, te hinengaro
kore mōhio rānei, ā, mā te ture o te aukume aukume ka pā
.ki te hinengaro mōhio mā te mana o te tikanga
I tāpiri atu ahau: "Ko te whakaū pinepine i ngā whakaaro
me ngā whanonga pai kia uru rā anō ki roto i te hinengaro
papaku, he rawaka hei tango i ngā arai hinengaro papaku i
tukuna iho, i riro rānei. Kāore he huarahi ki te angitu i te mea
kei roto tonu ngā whakaaro me ngā kare ā-roto o te ngākau
pouri me te pouri i roto i te hinengaro mōhio, i te hinengaro

papaku rānei. Ko ētahi o ngā āhuatanga mō te angitu ko te whai pūkenga auaha, ngā āhuatanga pai, me ngā au o roto.

Mena ka taea e koe te pā atu ki te hinengaro teitei me ōna āheinga mutunga kore, ka taea e koe te waihanga i ngā whai wāhitanga hou mō taua angitu e ngaro tonu ana i a koe, ā,

".kāore e taea e koe te hopu

Ā, i taea e au te āwhina i a (S) kia whiwhi mahi anō, he nui ake i te tuatahi. Engari i muri i ngā marama e ono (koinei te wā roa rawa atu i mahi ai tō mātou hoa), ka mea mai ia ki ahau i tētahi ahiahi: "Kei te tere haere te kino o te āhua o te

"kamupene, nō reira tēnā me tere te whakakore i ahau

Kāore au i aro ki ana āwangawanga, engari i tono atu

ahau kia haere tonu tana mahi. I muri i ētahi wiki, ka mea

mai a (S) ki ahau me te ataata: "Kua riro te mahi tuarua i

"!whakaritea e koe māku, e te rangatira

I mea māriri atu ahau, "Kaua e manukanuka, ka kimihia

"e au tētahi atu mahi māu

Ka whakahoki ia: "Āe, e te rangatira, i te mea kei a koe

te kawenga ki te hinga i tētahi atu kamupene nā te mea he

".hononga tōku ki ōna rangatira, kāore aku whakahē

Nā te whakapau kaha tonu, i kitea e au tētahi mahi tino

pai mā (S) i tētahi kamupene nui. I pahemo te tau, ā, kāore

he mea i puta, ahakoa i ngana a (S) i ia wiki ki te wehe atu i

te kamupene i te wehi kei whakangaromia pērā i ngā mea o

.mua

Hei whakamutunga, ka tono atu ahau ki a ia kia

whakangao i tana moni ki tana ake pakihi, ā, ka matakū ia,

ka titiro matatau mai ki ahau me te miharo, ka mea: "Koinei

te mea e tohutohu mai ana koe kia mahia e au? Kāore koe i

te whakaaro ka ngaro i ahau te moni kua kohia e au me te

"?uaua ki te whakangao e au

I whakamanawa atu ia ki a ia: "Me haumi e koe tō moni

me tō kaha ki tētahi kaupapa pai, pērā i tētahi pokapū kai ā-

rohe kāore e hiahiatia he haumitanga nui, ā, e whakapono

"ana ahau ki tō angitu

I roto i ētahi tau, ka riro i a (S) te rangatira o ngā
.whenua maha me ngā whare putunga nunui
I tōna whakapono ki tana angitu, ka kitea e ia kua angitu
ia i ngā mea katoa i mahia e ia. I tētahi rā ka mea mai ia ki
ahau, me te kata: "Ngā mihi ki te Atua me tō āwhina, kua
huri ahau i te kore angitu hei tangata angitu. I hinga ahau i
te kore angitu, ā, ka kite ahau ko taku kore angitu tonu nā te
kore mārama ki taku mahi. Engari kāore au i te mōhio me
pēhea taku angitu i muri i taku whakangaro i te mahi a ētahi
".atu nā aku koretake

Nō reira i whakamārama atu ahau ki a ia: "Kāore koe i
whakangaro i ngā hiahia i mahi ai koe. Ko te ture kukume e
whakahaere ana i te tangata, i runga i ngā wiri rite, ka mahi
kino, ka mahi pai rānei (ka kukume te mea rite ki te mea
rite)

Nā tō āhua hē i kukume koe ki ngā kamupene kua tata
hinga, ā, nā reira, he hinga koe, ā, kua tata hinga hoki ngā
kamupene. E ai ki te ture o te kukume tahi, i hinga koe me
aua kamupene i te puke o te hinga, ā, i tukinga ki ngā toka i
.te wā kotahi

Ko te ako a tēnei pūrākau, ko te angitu tūturu kei roto i
te waihanga i ngā mea e hiahiatia ana e te tangata mā te
kaha o te ngākau mā te whakaoho i te mana mutunga kore o
te hinengaro teitei. Ka taea te whakaoho i tēnei mana mā te
ako i te huarahi tika ki te whakaaroaro me te whakaaro pai
me te auaha kia whiwhi ai i te hauora, te angitu, te
.whakaaro nui, me te harikoa

* * *

Matapihi mārama

I ngā rā o mua, he rama huna tāku, ā, i hikoi mārire
.ahau i roto i te wā pōuri o roto
Ā, i taku tukunga atu i tētahi hihi huna i roto i te pōuri,
ka kite ahau i ngā ika ririki o ngā whakaaro whakaaweawe e
.whakakitea ana e te māramatanga kanapa

I whakamahia e au aua ika hei mōunu hei hopu i ngā ika
o tōku hinengaro nui, engari he tokomaha i mawhiti, ā, ngaro
.atu ana i muri i te porowhita iti o te māramatanga
Ā, mai i ō akonga pono, whai rawa i ngā waiata hiriwa
me ngā moemoeā koura, i hokona e au ki te moni o te aroha
he kupenga kanapa o ngā kare ā-roto o te wairua, ā, i honoa
ngātahitia e au. I tahia e au te moana o tō whakaaro nui, ā, i
hopukina e au ngā ika ririki me ngā kahui o ngā kare ā-roto
harikoa me ngā taonga utu nui o ngā maharatanga tapu kua
roa e ngaro ana, kua ngaro hoki i ahau, ā, i whiwhi anō hoki
.ahau i ngā taonga o te ao kāore e taea te rite

* * *

I tēnei ao, te āhua nei kua rumakina tātou e te moana o
ngā uauatanga
He maha ngā huarahi e whakamatautauria ai tātou e te
Atua, e whakakitea mai ana e ia ō tātou ngoikoretanga kia
.mōhio ai tātou ki aua ngoikoretanga, kia hurihia ai hei kaha
I ētahi wā ka tukuna mai e ia ngā whakamātautau nui
rawa atu e ahua nei kāore e taea e tātou te
:whakamanawanui, engari e mea ana te ākonga mātau
E hiahia ana ahau ki a koe, e te Ariki, ā, kāore he mea"
:hei arai i taku rapunga i a koe. Ko ngā inoi a tōku ngākau
Kaua e whakamatautauria ahau mā te mea kia"
wareware ahau ki tō aroaro, kia kore ai hoki ahau e
"whakahua i a koe
Kātahi ka haere mai te Atua ka whakaara i a tātou i
tēnei moemoeā whakararuraru, ā, ka roa, ka whiwhi rānei te
.hunga rapu katoa i taua whakamātautau whakamiharo

* * *

Ka taea e te tangata te tuku whakaaro pai ki a ia anō, ka
pā pai ki te hinengaro papaku, ka pā hoki ki te hinengaro
.mōhio
He kino ngā whakaaro kino, ahakoa nāu anō i
.whakaputa, nā tētahi atu rānei, ki te roro, ā, me karo

Kei reira ngā wairua pōuri (kehua) e kopikopiko ana i te
rangi e rapu ana i ngā hinengaro me ngā tinana hei
whakamahi mā rātou hei whakatutuki i ō rātou hiahia me ā
.rātou whāinga

Nō reira, me tūpato te tangata ki te mana o ēnei wairua
mā te pupuri i te hinengaro ki ngā whakaaro pai me ngā
.whakaaro pai

Kaua te hinengaro e waiho kau noa iho. He rerekē tēnei
i te whakarite i te hinengaro ki te whiwhi i ngā
.whakaaweawe me ngā wiri teitei ake i te wā whakaaroaro

* * *

Ina whakaarohia te moni hei mehua o te harikoa, ka
puta te pouri, nā te mea ka puta te hae, te apo, me te
.ngangau i waenga i ngā mema o te whānau kotahi
He pai ake te oranga mō te katoa mēnā he māmā ake.
Koia te take e akiaki ana ngā kaiako i te oranga kia māmā
.ake

Ki te taea, he mea tika kia matara atu i ngā tāone nui,
nā te mea he maha ngā wā ka karapotia ngā tāngata o te
tāone e te haruru, engari he nui ake te wātea me te hihiko o
.te tangata i roto i ngā haporī iti

Heoi, he tokomaha ngā tāngata o te tāone nui kāore e
kaha ki te whakatipu me te poipoi i ō rātou hiahia wairua, ā,
ka noho ētahi ki te whaiti o rātou hinengaro, ā, ka noho ki te
āhua mīhini. Heoi anō, kei reira ētahi e taea ai te
whakataurite i te oranga tāone nui me te wairuatanga mēnā
.e pai ana rātou

Ki te kore te tangata e whakauru i te Atua ki roto i tōna
ao, ā, ki te kore hoki e waihanga i tētahi taurite whai hua, ka
pā mai ngā raruraru ki a ia ahakoa te āhua o tōna āhua
.noho

* * *

Ka taea e te tangata te harikoa i roto i tētahi whare iti,
ā, ka taka pea ki te manukanuka me te pouri ahakoa i roto i
.tētahi whare rangatira

Ko te nui rawa o te whakapaipai me te whai rawa i ngā
.taonga ka peia atu te harikoa i te wairua, kaua e kawea mai
Ko te tangata e whakawhirinaki ana ki te whakatutuki i
ana hiahia mō tōna harikoa, e kore e taea e ia te
whakatutuki i taua harikoa, nā te mea ko te harikoa i tēnei
wā e whakawhirinaki ana ki tētahi mea e tumanakohia ana e
.ia ā muri ake nei

Ka takaro ia ki te harikoa, ka ngana ki te riro mai i a ia,
engari kāore i tutuki, pērā i te tangata e whai ana i te wai
.matakite i te koraha

* * *

Mā te moe nui ka āwhina i te tinana ki te whakarato i te
kaha, engari mā te moe nui ka ngenge te tinana, ā, ka kore
te tangata e hiahia ki te mahi i te rā katoa, engari ka noho
.pōturi noa iho

Ko tētahi huarahi hei whakakore i te ngenge ko te
.whakakī i te tinana ki te hāora, arā, mā te tuku hāora ki roto
Ki te ngenge koe, kaua e haere ki te kīhini ki te kai kai,
engari me haere ki waho mō te tekau, tekau mā rima meneti
rānei, ka manawa hōhonu, ka whakapūha, ka manawa hoki
.ki roto

Whakahokia tēnei kia maha ngā wā. Kaua e manawa
tere, kaua hoki e manawa kaha, engari me manawa mārie,
puhoi, me te hohonu. I muri i tēnei wā e noho ana i te rangi
.tuwhera, ka rongo koe i te hihiko, ā, kua ngaro te ngenge

* * *

Te Māra o te Ora

Ka whakamahia e au ngā mana katoa i homai e te Atua
ki ahau i runga i te huarahi tika, whai hua hoki
Mā te Atua ahau e āwhina mēnā ka āwhina ahau i ahau
.anō, me te inoi ki a Ia kia karaunatia aku mahi ki te angitu

Kua huna e au te korenga i roto i te urupā o inanahi. I
tēnei rā ka ngaki au i te māra o tōku ao me taku mahi auaha
hou, ā, ka ruia e au ki tōna oneone ngā purapura o te
.whakaaro nui, te hauora, te whai rawa, me te harikoa
Ka whakamakuku ahau i ngā purapura ki ngā wai o te
whakapono ki te Atua me te whakawhirinaki ki a au anō, ā,
ka tatari ahau ki te Atua Atawhai kia homai he kotinga nui ki
.ahau

Ahakoā kāore au e hauhake i te hua, ka whakawhetai
tonu ahau mō te ngākau māhaki i whiwhi ahau i te
.whakapau kaha

Ka whakawhetai ahau ki te Atua mō taku kaha ki te
whakamātau anō, anō, kia angitū rā anō ahau me tana
āwhina, ā, ka whakawhetai ahau ki a Ia mō te whakatutuki i
.aku wawata nui me aku wawata rangatira

* * *

Ki te kore ngā tāne me ngā wāhine e mārāma ki te āhua
o tētahi ki tētahi, ka whakamamae rātou tetahi i tētahi ki te
mamae hinengaro nui rawa

Me whakapau kaha rātou katoa ki te waihanga i te
taurite i waenga i te whakaaro nui me te kare ā-roto kia
.noho ai rātou hei tangata whai whakaaro nui

* * *

I hoatu he kare ā-roto ki te tangata hei tiaki i te tinana.

Ki te kore he kare ā-roto, ka pāngia te tangata e te whara
.kino, e te wera rānei, me te kore e mōhio

Kāore anō kia whanakehia e ngā kararehe tēnei kaha e
mau ana i te tangata, nō reira ka iti ake te mamae; ki te
kore, kāore e taea te whakamanawanui i te tukino i pā ki a
rātou mā roto i ētahi tikanga whakamate me te patu. Ka
!makaia te pāpaka ki te wai kohua, e ora ana

Nā te mea he mea hanga te mamae me te koa e te
hinengaro, ka taea te whakamama i te mamae tinana mā te
whakahaere i te hinengaro. Kātahi ka taea e te tangata te

wheako i tētahi kare ā-roto hei tohu mō tētahi āhuatanga
.rerekē, me te kore e rongō i te mamae
Mā te tairongo nui ki te ahua eka, ki te mamae rānei ka
kaha ake te pānga o ēnei āhuatanga, engari mā te iti o te
tairongo ka iti ake te pānga o te mamae ki te tangata, ka iti
ake hoki te ngāwari me te herekore o ngā ahua eka o te
.pūngāwerewere
I whakangungu ahau i tōku tinana me tōku hinengaro
kia iti ake te aro ki ngā whakaohoho, ā, i kitea ahau kua
wātea mai i ngā mea e whakararuraru ana i ngā kare ā-roto.
Ko tēnei whakangungu te ara ki te whakaoranga mai i te
.pupuri a ngā kare ā-roto me ā rātou tono mutunga kore
Nui atu te kaha o te hinengaro o tētahi o ngā tākuta, ā,
!ka taea e ia te mahi i tētahi pokanga morearea ki a ia anō
Ae, kāore e taea tēnei e te hinengaro e herea ana e ngā
herenga tinana. Engari mā te whakangungu, ka taea e te
hinengaro te kaha me te whakamataku. Mā te whakangungu
me te whakapai ake i te hinengaro o te tangata, ka nui ake
.tōna kaha ki te whakahaere
Ahakoa te iti noa o te whara, ka tino pāngia te tamaiti e
te atawhai, e te tamariki rānei kua whakangawaritia, ā, ka
tino pouri ia, engari ko te tamaiti kua whakangungua ki te
manawanui me te manawaroa, kāore i te maha ngā wā ka
hoki whakamuri, ka hoki whakamuri rānei i te mamae i te
.aroaro o ngā whara kino

Ngā pāorooro mai i te hohonutanga o te wairua

Kaiako: Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

E te marino mutunga kore

Tiakina ahau i ngā riri nui e wiri ai ōku io, e mura ai hoki
ōku pūtau roro

Tukua ahau kia whakarērea te riri, e kawē mai ana i te pouri ki ahau me ōku hoā.

E te Ariki, kaua ahau e tukua kia uru ki te whakapataritari whaiaro e wehe atu ai ahau i te aroha o te hunga e arohaina ana e au.

Kaua e whakanuia e au tōku riri me tōku mauahara mā te tuku ā-āta ki a rātou i ngā mea katoa e whakanui ana i tō rātou kaha.

E te Ariki o te rangimārie tapu, ina pau ahau i te riri me te pukuriri, whakatakotoria mai ki mua i ahau te whakaata o te whakatūpato, kia kite ai ahau i tōku kino, i whānau mai i te kare ā-roto whakamomori, riri nui!

Kāore au e hiahia kia āhua kino ki te aroaro o ētahi atu, me te mata kua pōhēhē i te riri nui.

Ka whakatauhia e au ngā uauatanga o te ao mā roto i ngā whakaaro me ngā mahi o te aroha, kaua mā te mauahara me te riri

Manaakitia ahau kia taea ai e au te whakaora i ngā patunga o te riri i roto i ahau ki te hinu o te whakaute i ahau anō, me te whakaora i ngā mate o te riri i roto i ētahi atu ki te hinu o te ngawari, te atawhai, me te marino.

Te Whakaora i te Māramatanga

Kia whiti ngā hihi o tōu aroha, e te Ariki, ki runga i ngā mema katoa o tō whānau o te ao whānui, kāore he rerekētanga.

Kua ngaro te māramatanga o te tangata, kua puhoi ki te mārama, kāore e taea te whiwhi i tō māramatanga, ā, nā tōna ake he. Āwhina mai kia horoia atu te kohu o te hē i te whakaata o tō mātou māramatanga pono.

He ngoikore, he ngoikore hoki tō mātou ātete wairua, nō reira, e te Ariki, tukua mai tō kaha ki roto i ō mātou wāhanga kia taea ai e mātou te whakakore i ngā kohu matotoru, pōuri kua taupokina nei tō mātou māramatanga, kua aukati hoki i te rere noa mai o tō māramatanga whakaora.

Āe, me i taea e tātou te mārama, te kanapa, hei whakaata i tō ahua parakore, kanapa!

Kia kitea ahau e au i roto i te katoa

Kia mōhio ahau, me i kore tō atawhai me tō whakaaro nui, kua hauā ahau, kua repera, kua matapo rānei. Ahakoa koinā te mea e tika ana māku, kua hiahia ahau ki te rongoā, ā, kua rapua e au me te ngākau nui.

E te Whaea Tapu, ina kite ahau i te hunga kua hē ō rātou waewae, kua taimaha rānei i te pouri, tukua ahau kia rongo ko tōu wairua ora tonu tēnei e mamae ana i roto i ō rātou tinana me ō rātou wairua.

Manaakitia ahau kia rongo ai ahau i ngā kare ā-roto o ōku teina katoa, kia kaha ai hoki ahau ki te whakaora i a rātou i tō rātou pōuri, pērā i taku e whakaora nei i a au anō.

I a au e hiahia ana, e tohe ana, e tangi ana, e menemene ana mō ētahi atu, me kimi e au ahau i roto i te katoa

Hei tohu mō tōku whakaaro nui

Ki te whakatata te poti o tōku hinengaro ki ngā toka kino o ngā hiahia apo, e peia ana e ngā tupuhi o te kuware, whakatūpato mai i ahau, e koe te tohu o te whakaaro nui atua.

Kei te rapu tonu ahau i ngā takutai o tō tika, me te piringa haumaruru o tō haumaruru!

ngā rangi waiata ā-āngera

I pā te tokotoko makutu o te whakaaroaro ki ngā oro katoa, ā, i hurihia hei oro taketake o Om e oma ana i ngā ara o ngā whetū, puta noa i te whenua, me waenganui i ngā wai.

E te Wairua, whakakitea mai koe ki ahau me te reo o Om: te karanga a te ao ki te karakia me te whakaaroaro

Ka waiatatia ngātahitia e ngā kiko katoa o tōku tinana me ngā waea katoa o ōku io ngā rangi āngera o Om.

Inoi i ia rā mō te arataki tapu

E te Ariki, ka whakamahia e au taku hiahia, ka mahi pono, ka mahi pono, engari me arahi e koe taku matauranga, taku hiahia, me aku mahi ki te huarahi tika, kia taea ai e au te mahi i nga mea katoa e tika ana kia mahia e au.

Te kakara o te whakaute

Ka whakatata atu ahau ki a koe me ngā ringa e pupuri ana, me te mahunga piko, me te ngākau kī tonu i te kakara o te whakaute

I roto i ngā ngākau o ō hunga karakia i tangohia e au te mauri o te hiahia kakara, ā, i konatunatua ki ngā pata tomairangi o ōku kanohi.

Ka horoia e au ō waewae māwhero ki taua wai tapu

Ko koe tōku pāpā me tōku māmā, ā, ko au tō tamaiti

Ko koe te kaiārahi e whakarongo ana ahau ki āu kupu, e whakarongo ana hoki ahau ki āu whakahau.

Haere mai, e te hari atua

E te Whaea o te Ao, kia waiho koe hei mura anake i roto i ō mātou ngākau, kia whakakorea hoki te pōuri o ō mātou wairua

Ā, i roto i ngā roimata o tō mātou aroha ki a koe, horoia atu tō mātou aroha ki ngā mea o te ao

Ā, i roto i te hari o tā mātou whakaaetanga ki a koe, whakakorea atu ō mātou pouri me ō mātou mamae mō ake tonu atu

Meinga ō mātou ngākau iti hei ngākau nui e taea ai te manaaki i tō aroaro katoa

Ā, i roto i te whakaata o tō āhua tapu, kia kite mātou i a mātou anō he tino tika, he parakore

Kia ara ake ngā mura o tō mātou aroha ki a koe i runga ake i te mura o ngā hiahia o te ao

E miriona ngā whakamatautauranga e huna ana i a rātou anō hei koe, e tinihanga tonu ana i a mātou

Haere mai, e te hari pono! Tukua mai aku hiahia nui katoa ki a koe

Kia noho koe hei ao marino i roto i aku pō pōuri o te kuware, kia mau hoki tōku ringa, kia hoki ora mai ai ahau ki tō piringa haumaru!

Te oati a te ākonga

Ka hinga i ahau te whakapehapeha me te ngākau mahaki

Me te mauahara me te aroha

Te harikoa mā te marino

Ka whakakapia te hiahia whaiaro e te ngākau atawhai

Me te kino ki te pai

Te kore mōhio ki te mātauranga,

Ā, mā te manukanuka, i roto i te rangimārie o te
whakaaroaro, ki runga i a koe, e tōku Atua

Puritia ahau kia matara atu i te kino

Tiakina ahau, e te Ariki, kei rongo ahau i te kino, kei kite
i te kino, kei kōrero i te kino, kei manawa i te kino, kei pā ki
te kino, kei rongo i te kino.

Kāore au e whakaaro kino, kāore hoki au e moemoeā
kino

Inoi mō te Kanapa Nui

E te Ariki o te Nui, e te Mau o te Ao me te Wairua o te
Ao, e te Hoa o ngā Hoa! Whakakitea mai ki ahau ngā mea
ngaro o tōku ao. Whakaakona ahau ki te karakia ki a Koe i
roto i te ata noho, te marino, me te mataara.

Whakatōkia ahau ki te marino o tōku wairua, kia kite ai
ahau i tō aroaro mutunga kore i roto i ahau, i te taha hoki o
ahau.

Nui atu tōku hiahia kia mōhio ki a koe, e te mea kāore
he rite mōu, e te mea kāore he rite mōu, e te mea ahurei,
korōria e tika ana kia whakanuia, kia mihia hoki!

Ngā puku o te maharatanga

I te ata o tō taenga mai, ka puāwai ngā puku o tōku
hiahia hei putiputi hou

E te Ariki, kia hohoro te rā e whatu ai ahau i tētahi
putiputi matomato o aua putiputi, ka whakatakoto ai ki ō
waewae.

Te inoi i mua i te kai

E te Ariki, manakohia tēnei kai, whakatapua, kaua hoki e tukua kia poke i te kai kino

Nāu te kai i ahu mai ki a mātou, ā, ko tōna tikanga he oranga mō tō tinana. Manaakitia ki tō wairua kia noho hei wairua hei tautoko, hei whakakaha i a mātou.

Ko koe te rōhi atua tino tika, ki tonu i te ora, i te ataahua, ā, ko mātou ōna rau. Whakakīia ō mātou wairua ki te kakara reka o tō aroaro atawhai.

Tō tātou hau e hiahia ana

Whakatuwheratia ngā puku o ō mātou ngākau, tukua te kakara e mauheretia ana i muri i ngā pae o ngā rau māwhero, kia taea ai e ngā hau o ō mātou tirohanga wairua te kawē i ngā kakara kakara ki tōu temepara tapu.

E te Ariki, e tika ana kia whakamoemititia, kia whakanuia hoki koe!

E hiahia ana mātou kia pupuhi mai te hau e hiahia ana koe ki runga i ō waewae tapu

Ngā hāhā mai i te ao mutunga kore

I kōrero mai te reo mutunga kore ki ahau i roto i te reo mārie, iti, e mea ana:

"Kua kōrerotia e au ki tō taringa i ō tau katoa o te moe: 'E ara!' Nā, kua mutu tō moe; ko taku kupu tēnei ki a koe: Whakaarahia ō tuakana, me mahi tahi māua, kia rongō ai te katoa i taku kupu"

Nō reira i oati ai ahau, me te mea:

"Ka whakapau kaha ahau ki te hora i tāu karanga, ki te hora hoki i tāu karere, ā, ina wehe atu ahau i tōku āhua whenua ka tangohia e ahau tō reo e noho nei i ngā wā katoa hei hāhā ki ngā ngākau marino: Whakarongo ki āna himene

tapu o te whakamarie wairua, kei te karanga tonu hoki ia ki a koe."

Ka tatari ahau mō aku teina me aku tuahine tini i a rātou e hikoi mārire ana i roto i tētahi tira roa, roa ki te whāinga manaaki o te mōhio ki a ia anō, ā, mā roto i ngā 'Whispers from Eternity' ka whisper ahau ki a rātou: 'E ara, e aku teina me aku tuahine, kia whai tātou i Tōna reo e karanga mai ana ki a tātou, kia hoki tahi tātou ki te kāinga i te rangi'

Ko koe te puna o te aroha

Ko koe te pūtake o te aroha o te rangi me te whenua

Ko koe te matua e tiaki ana i ana tamariki, ko koe te whaea e atawhai ana i a rātou me te ngākau aroha mutunga kore.

Ko koe te tamaiti nohinohi e whakangūngū ana i te wā e whakapuaki ana i ngā kupu aroha ki ōna mātua

Ko koe te tino rangimarie me te pono i waenganui i te hunga aroha

Ka purea e koe te pononga mā te whakaute i tōna rangatira, ā, ka whakakaha i ngā here o te aroha i waenganui i ngā hoa.

Kua horoia ahau e koe ki ngā wai o te aroha i ōna āhua katoa, nō reira kua tae mai ahau ki te aroha ki a koe me ngā kare ā-roto katoa o tōku wairua, me te aroha me te hiahia katoa o tōku ngākau, e koe e tika ana kia whiwhi ki te aroha, ki te karakia me te whakaute katoa!

Te Waiata o te Aroha Mutunga Kore

Ka whakarārangihia e au ngā aho o te hapa o tōku ngākau hei purei anō i tētahi waiata tawhito: Te Kōrero mō tōku Aroha Tuatahi

E te Wairua Tapu, ka tukuna atu e au ki a koe ngā rangi hou mai i te Wairua Wahine: ngā waiata pono ki ngā rangi o tōku aroha mutunga kore ki a koe

Ka kanikani ngā ngaru o aku himene ki te manawataki o tō moana mutunga kore, ā, ka panaia ahau i runga i ngā ngaru o te hari nui ki ō takutai tawhiti.

E te rangi waiata o ngā moana, he marino, he marino, waiatatia mai ki ahau me te reo iti te waiata o te hiahia ki te whaea atua mutunga kore.

E te waiata o te aroha mutunga kore! Ruia ahau i runga i te moenga o te rangimārie, kia whakapaipai te moe i ōku kanohi i a au e pārekareka ana ki te rangimārie i runga i te uma o tōku whaea aroha atua.

Mai i te pū o te mahara, i tangohia mai e au te taonga tapu, tae atu ki ngā tuhinga me ngā kupu whakaari i homai e koe ki ahau, ā, i whakawhitia e au mō te koura o te aroha. Nāna, i hanga e au, i runga i te whānuitanga o tōku wairua, he whare rangatira e tika ana mō tō torona kororia. Ā, kei te tatari atu ahau ki tō taenga mai.

E te manuhiri atua rangatira, whakahīhī, inaianei kua rongo ahau i tō whakatatanga mai ki te torona o tōku ngākau, kua kī tonu i te hari nui.

Ko ngā kongakonga o aku moemoeā taimana pakaru, i tanumia ki raro i ngā puke o te pōuri onamata, e kanapa ana i te kanapa o tō haerenga mai

Mai i roto i tōku ngākau harikoa, ka rere tonu ngā himene whakawhetai i roto i te awa

Tēnā koa, tangohia mai ngā parenga manaaki kua whatua e ahau māu mai i ngā putiputi me ngā rōhi o taku aroha mutunga kore!

I roto i te māra o tōku ngākau

Ka rere te pī o tōku hinengaro ki te māra mokemoke o tōku ngākau, e rere ana i te hau o tōku aroha, e whakapaipaihia ana ki ngā pērara o tō tomairangi reka.

Kua whakatipuria e au māu ngā rengarenga whakamiharo o te māramatanga wairua, me ngā tāpara kōwhai hei pupuri i aku roimata o te ripeneta, ngā waiioleta ngawari e moemoeā ana mō te ngākau mahaki, me ngā tāpara whānui hei tirohanga mā te wairua.

Ki a koe, ko ngā rākau o ōku whakaaro e tuku ana i ngā hua reka o ngā inoi kakara, me ngā ringa ngawari o ngā manga ngawari, tomairangi.

Ā, i roto i te māra o tōku ngākau, e rere ana te pī o ōku whakaaro, e haurangi ana, i waenganui i ngā whakahere o te nekita parakore ki a koe.

Tuwhera ngā tatau

E te Ariki, i ahau e matapo ana, kāore i kitea e au tētahi tatau e anga atu ana ki a koe

Kua whakaorangia e koe ōku kanohi, ā, inaianei kua kitea e au ngā tatau tuwhera i ngā wāhi katoa:

I roto i te ngākau o ngā putiputi, i waenganui i ngā oro o te whakahoahoa, me te maharatanga o ngā whakamātautau rangatira, e arohaina ana, e ia hāmama o aku inoi ka whakatuwhera i tētahi ara hou ki te temepara o tō aroaro mutunga kore!

Waiata o tōku wairua

I roto i te tangi a te vaiorine, te haruru o te hapa, me te hāhā o ōku whakaaro e pihi ake ana, i rongo ahau i te haruru o ō rangi waiata. Nō reira i hutia ake e ahau te arai o ngā oro

whenua matotoru, ā, i whakarongo ahau, haurangi, ki tō reo rangimārie, e te kaiwaiata atua.

Āe, te rangi waiata o tōku wairua makutu, kua rongo ahau i a koe i te mutunga

Kua whakaarahia ahau e koe i taku moe tawhito

Ā, anei ahau e whakatakoto ana i runga i tō aata tapu i ngā putiputi o aku rangi waiata me aku rangi e hiahia ana ki a koe

Kia tau te rangimārie ki a koe

Angitu wairua tino pai

"Kei te wareware koe ki ngā akoranga rapunga whakaaro i roto i ō pukapuka ako. Te āhua nei kei te whakawhirinaki koe ki te 'māramatanga' hei āwhina i a koe ki te whakaoti i ngā whakamātautau me te kore e whakapau kaha. Engari ki te kore koe e ako i roto i te huarahi whai hua, ā, ki te kore koe e ako i roto i te huarahi whai hua, māku ake e whakarite kia hinga koe i tēnei kaupapa."

I kōrero mai a Ahorangi Joshal, he ahorangi i te Kāreti o Serampur (Īnia), ki ahau me ēnei kupu pakari. Nā te korenga o taku whakamātautau tuhituhi whakamutunga i kore ai ahau e tae atu ki ngā whakamātautau whakamutunga i Te Whare Wānanga o Calcutta, nāna nei i whakauru te Kāreti o Serampur hei tētahi o ōna peka. Ko te ture kua whakatūria i roto i ngā whare wānanga o Īnia ko te tauira e kore e eke ki tētahi kaupapa i roto i ngā whakamātautau whakamutunga mō ngā kaupapa tangata me whakahoki anō i te tau e whai ake nei i ngā kaupapa katoa.

I atawhai mai aku ahorangi i Serampur ki ahau, me te paku whakakatakata, me te kī mai, "He nui rawa te wairua o Mukanda (Paramhansa)." Nā tēnei i kore ai ahau e whakama

ki te whakautu i ngā pātai i roto i te akomanga, nā te mea i whakapono rātou ka nui ngā whakamātautau tuhituhi whakamutunga hei tango i tōku ingoa i te rārangi o ngā kaitono paetahi. I tētahi atu taha, i tapaina noa ahau e aku hoa taura ko "te mokemoke harikoa".

I tangohia e au tētahi mahi mohio hei ārai i te riri a Ahorangi Joshail Lee ki te whakararu i ahau i roto i te rapunga whakaaro. I mua tata tonu i te panuitanga o ngā hua whakamutunga, i tono atu ahau ki tētahi o aku hoa mahi kia haere tahi māua ki te tari o te ahorangi, me te kī atu:

"Haere mai tāua, e hiahia ana hoki ahau ki tētahi kaiwhakaatu, ā, ka pouri ahau mēnā kāore anō kia hinga i ahau te ahorangi."

I ruru te māhunga o te ahorangi i muri i taku pātai atu ki a ia he aha te māka i hoatu e ia ki aku whakautu, ā, ka mea mai ia me te reo maia, wikitoria i a ia e rapu ana i roto i te puranga nui o ngā pepa i runga i tana tēpu: "Kāore koe i roto i te hunga angitu, pērā i te kore o tō pepa i roto i ngā pepa. Ahakoa pēhea, i hinga koe nā te mea kāore koe i tae atu ki ngā whakamātautau."

I ataata ahau, ā, ka mea atu:

"E te Ariki, kua oti i ahau ngā whakamātautau, ka taea e koe te kimi i taku pepa?"

I te ohorere o te ahorangi, ka whakaaetia ahau, ā, ka hohoro taku whakaputa i taku pepa, ā, i mukua marietia e au ngā mea katoa e whakaatu ana i tōku tuakiri engari ko te kupuhipa. Nā te mea kāore te ahorangi i kite i tōku ingoa, i hoatu e ia he māka teitei ki aku whakautu, ahakoa kāore he tuhinga pukapuka!

I tōna kitenga i taku mahi tinihanga, ka karanga ia, "Aue, te pōuri o tēnei waimarie!" Kātahi ka tāpiri atu me te

tumanako, "Tērā pea ka hinga koe i ō whakamātautau whakamutunga"

Mō ngā whakamātautau i ngā kaupapa kē atu, i āwhinahia ahau, inā koa mai i taku whanaunga me taku hoa aroha a Prabhas. Ahakoa te mamae, i uaua ahau i ngā whakamātautau whakamutunga e toe ana, ā, i eke ahau ki te māka paahi iti rawa.

I muri i ngā tau e whā o te whare wānanga, kua āhei ahau ki te noho mō aku whakamātautau tohu paetahi, he mana nui kāore i tino whakaarohia e au. He tino ngāwari ngā whakamātautau whakamutunga i te Kāreti o Serampur ki te whakataurite ki ngā whakamātautau whakauru uaua o Te Whare Wānanga o Calcutta e hiahiatia ana mō te tohu. Inaa, nā aku haerenga o ia rā ki taku kaiako, ki a Sri Yuktiswar, kāore i roa te wā i mahue i ahau ki te puta ki ngā whare o te whare wānanga. He nui ake te miharo o ōku hoa akomanga ki tōku aroaro i tōku ngaro!

Ko taku mahi o ia rā, tata tonu ki te eke pahikara i te 9:30 i te ata ki te whare karakia o taku kaiako, me te kawe i tētahi whakahere mā Sri Yuktiswar: he torutoru putiputi mai i te māra o te whare tira. Ka mihi mai taku kaiako me te manaaki, ka karanga mai ki ahau ki te tina, ā, ka koa ahau ki te whakaae, me te hiahia ki te mawhiti atu i ngā whakaaro o te whare wānanga me aku mahi akoranga. I muri i ētahi haora me Sri Yuktiswar, te whakarongo ki ana whakaaro nui, te mahi rānei i ngā mahi o te whare karakia, ka haere atu ahau me te kore e pai i te waenganui pō, ka hoki ki taku wāhi noho. I ētahi wā ka noho ahau me taku kaiako i te pō katoa, me te harikoa ki ana kōrero whakamārama, kāore i te tino kite i te huringa mai i te pōuri ki te ata.

I te tekau mā tahi karaka pea i tētahi pō, i ahau e tata ana ki te wehe atu i te whare herehere, ka pātai mai te kaiako ki ahau me te tino pono:

"Āhea ka tīmata ngā whakamātautau paetahi?"

Ka whakahoki ahau: "E rima ngā rā mai i nāianeī, e te rangatira"

I mea ia, "Ko taku tumanako kua rite koe mō tēnā"

I tino pā mai te manukanuka me te matakū ki ahau, nō reira i whakahē ahau:

"E te Ariki, e mōhio pai ana koe i noho tahi māua i ōku rā, ehara i te taha o ngā ahorangi o te whare wānanga, nō reira, me pēhea e taea ai e au te tuku i a au ki te mahi whakakatakata o te haere ki ngā whakamātautau whakamutunga uaua?"

I titiro matatau mai a Sri Yuktiswar ki ahau, ā, ka mea mātao engari māia: "Me haere koe ki ngā whakamātautau kia kore ai e hoatu he wā ki tō pāpā me ētahi atu ki te whakahē i a koe mō te pai ake ki te noho hei mōneka i te whare wānanga. Whakaae mai ki ahau ka haere koe ki ngā whakamātautau, ā, ka whakapau kaha koe ki te whakautu i ngā pātai."

I rere ngā roimata i tōku mata, ā, i whakaaro ahau he koretake te tono a te kaiako, ā, kua roa rawa tana āwangawanga. I waenganui i ngā aue me ngā tangi, ka mea ahau:

"Ka haere atu ahau mēnā koinā tāu e hiahia ana, engari kāore i te nui te wā e toe ana mō te whakarite tika." Ā, ka tāpiri atu ahau ki a au anō: "Ka whakakīia e au ngā whārangi ki āu whakaakoranga hei whakautu i ngā pātai!"

I taku taenga atu ki te wāhi tapu i te aonga ake, pērā i ngā tikanga, ka tukuna atu e au te putiputi rōhi me te ngākau nui me te pouri, ā, ka kata a Sri Yuktiswar ki tōku āhua pōuri, ka mea:

"Kua whakapōreareatia koe e te Atua i roto i tētahi whakamātautau, i tētahi atu mea rānei?"

I whakahoki atu ahau me te hihiri, i te mea ka puta ake ngā maharatanga pai o te āwhina a te Atua i roto i tōku hinengaro: "Kāo, mā te Atua, e te rangatira"

I haere tonu te kaiako: "Ehara i te mea nā te mangere, engari nā te hiahia nui o te Atua i aukati i a koe ki te rapu tohu mō te whare wānanga"

I muri i te wā poto o te wā puku, ka kī ia: "Ko te tangata e whakawhirinaki ana ki te Atua, ka ranea e ia." "Rapua te rangatiratanga o te Atua me tana e pai ai, a ka whakanuia e te Atua ana manaakitanga ki a koe, ka homai hoki ki a koe nga mea katoa e matea ana e koe."

I rongo ahau i te taumaha o te manukanuka e marere ana i ōku pakihwi i te aroaro o te kaiako. I te mutunga o tā mātou tina wawe, ka kī mai te kaiako kia hoki mātou ki te whare tira, me te mea:

"Kei te noho tonu tō hoa a Romesh ki te hōtēra?"

Ka mea atu ahau, "Āe, e te rangatira"

I mea ia, "Whakapā atu ki a ia, ā, mā te Atua ia e whakaaweawe ki te āwhina i a koe i roto i ngā whakamātautau"

I whakahoki atu ahau, "Ka pena ahau, e te rangatira, engari he tino pukumahi a Romesh. Ko ia te tauira honore i roto i tā mātou rōpū, ā, he taumaha ake tana kawenga mātauranga i ērā atu tauira."

Kāore te kaiako i aro ki taku whakahē, ā, ka mea ia, "Ka kitea e Romesh he wā māu. Haere, me te manaakitanga a te Atua."

I eke ahau ki taku pahikara ka hoki whakamuri. Ko te tangata tuatahi i tūtaki ahau ki te marae o te whare tira ko te tumuaki tauira, a Romesh. Me te mea he wā tōna ki te āwhina i ahau, ka whakaae wawe ia ki taku tono, me te mea:

"Kia māia koe, e Mukanda, kei te mahi ahau māu"

He maha ngā hāora i pau i a ia i taua ahiahi, ā, i ngā rā i muri mai ka whakangungu ia i ahau mō ngā kaupapa maha, kātahi ka tohutohu mai ki ahau, me te mea:

"Ki taku whakaaro he maha ngā pātai i roto i ngā tuhinga Ingarihi i tēnei tau e pā ana ki a Childe Harold, ā, me tiki tonu tātou i tētahi mapi pukapuka."

I hohoro ahau ki te whare o tōku matua kēkē, ā, i tono mai i tētahi mapi i tuhia ai e Romesh ki te mapi o Ūropi ngā wāhi i torohia e te kaihaerere aroha a Byron.

I huihui mai tētahi rōpū o ngā hoa mahi ki a mātou ki te whakarongo ki te akoranga, ā, i te mutunga ka kōrero tētahi o rātou:

"Kei te hē te tohutohu a Romesh ki a koe, nā te mea e 50% noa iho o ngā pātai e pā ana ki ngā pukapuka, ā, ko te haurua e pā ana ki te oranga o ngā kaituhi"

Engari i taku nohoanga i te rā i muri mai mō te whakamātautau tuhinga Ingarihi, ā, i taku tiro tiro tuatahi ki te pepa pātai, ka pupū ake ngā roimata whakawhetai i roto i ōku kanohi, ā, ka mākū te pepa. Ka whakatata mai te kaitiro tiro ki ahau, ka pātai aroha mai mō te take, nō reira ka whakamārama atu ahau:

"I matapaetia e taku kaiako nui ka taea e Romesh te āwhina i ahau. Titiro, ko ngā pātai i tukuna mai e Romesh ki ahau he rite tonu ki ngā mea kei runga i te pepa whakamātautau. He waimarie mōku, he torutoru noa ngā

pātai i tēnei tau mō ngā kaituhi Ingarihi he mea ngaro ā rātou oranga ki ahau!"

I taku hokinga atu, i haruru te whare noho i te ngangau, ā, ko ngā taitama i tawai i ngā tikanga a Romesh, kua tata te tangi o te taringa e mihi ana ki ahau. I te wiki o ngā whakamātautau, he maha ngā hāora i pau i ahau ki a Romesh, nāna i tuhi ngā pātai ka whakaurua pea e ngā ahorangi. I ia rā, i ia rā, ka puta ngā pātai a Romesh ki ngā pepa whakamātautau, me te whakamahi i ngā kupu ōrite tonu.

I horapa te rongo puta noa i te whare wānanga mō tētahi mea e rite ana ki tētahi merekara kei te tupu, ā, ko te angitu o te "heremita harikoa" ngaro kua tino taea inaianei. Kāore au i ngana ki te huna i te pono, ā, kāore he mana o ngā ahorangi o te rohe ki te whakarerekē i ngā pātai i whakatakotoria e te Whare Wānanga o Calcutta.

I taku whakaaroaro hohonu ki taku whakamātautau tuhituhi reo Pākehā, i tētahi ata ka mōhio ahau kua hē nui ahau. E rua ngā wāhanga o tētahi o ngā pātai: (a) (b) rānei, me (c) (d) rānei. Engari i te whakautu i tētahi pātai mai i ia wāhanga, i whakautua e au ngā pātai e rua i te wāhanga tuatahi, ā, kāore i arohia te tuarua. Nā te mea ko te māka teitei rawa atu i taea e au te whiwhi i runga i taua pepa he 33, e toru ngā māka i raro iho i te māka paahitanga iti rawa o te 36, ka oma atu ahau ki te kaiako, me te tangi mō taku pōuri, me te kī atu:

"E te Ariki, kua hara ahau, kāore e taea te muru, ā, kāore ahau e tika mō ngā manaakitanga atua i tae mai ki ahau mā roto i a Romesh."

Ka whakahoki mai te kaiako ki ahau: "Okioki, e Mukanda, kia marino hoki"

He harikoa, he māhorahora te reo o Sri Yuktiswar.
Kātahi ka ara ake tōna ringa ki te rangi, ka mea, "Ko te rā
me te marama e whakawhitiwhiti ana i ō rāua ara i te wāhi,
he nui ake te tūponotanga i a koe kāore e whiwhi i tō tohu
whare wānanga."

I wehe atu ahau i te whare mōneka me te mārie ake,
ahakoa te āhua kāore e taea te angitū i roto i te pāngarau.
Neke atu i te kotahi taku tirotiro matakū ki te rangi, ka kite
ahau i te Wahine o te Rā e tū pakari ana i tana porowhita o
ia rā!

I taku taenga atu ki te whare tira, ka rongo ahau i tētahi
hoa mahi e kī ana, "I whakamōhiotia tonutia mai ki ahau kua
whakahekehia te māka paahitanga i roto i te Reo Pākehā mō
te wā tuatahi i tēnei tau"

I oma atu ahau ki te rūma o te taitama me te ohorere,
me te tono kia mōhio ki te pono o te take me te nui o te kare
ā-roto. I tirotiro mai ia ki ahau, ā, ka kata mai:

"Āe, e te makawe roa, he aha koe i hiahia nui ai ki ngā
kaupapa mātauranga? Ā, he aha koe i harikoa ai i te meneti
whakamutunga? Heoi kua heke kē te māka paahi ki te 33
anake"

Nā te kaha mutunga kore o Sarah ahau i kawē ki tōku
rūma, i reira ahau i tuturi ai, i whakawhetai ai ki te Atua mō
tana arotake tino tika me tana aroha noa mutunga kore. I
rongo ahau i te kaha wairua e ārahi mārama ana i ahau i
roto i a Romesh. I puta he tūponotanga nui mō taku
whakamātautau Bengali. I tetahi ata, i tono mai a Romesh,
kāore i āwhina i ahau ki taua kaupapa, kia hoki ahau i a ia e
tata ana ki te wehe atu i te whare tira ki te whare
whakamātautau.

I karanga mai tētahi o ōku hoa mahi ki ahau: "Kei te karanga mai a Romesh ki a koe, kua e hoki mai, kei tomuri mātou."

I whakahāweatia e au te tohutohu a taua hoa mahi, ā, hohoro tonu taku hoki ki te wāhi i noho ai a Romesh, nāna i kī mai ki ahau:

"Ko te tikanga he māmā noa te whakaoti i te whakamātautau Bengali e ngā ākonga Bengali, engari i puta ake ki ahau i tēnei tau kei te whakaaro ngā ahorangi ki te 'patu' i ngā ākonga me ngā pātai mai i ngā pukapuka kua whakaritea." Kātahi ka whakamārama poto mai taku hoa ki ahau i ētahi āhuatanga e rua mai i te oranga o Bahrul Uloom Vidya Sagar, te tangata rongonui o te rautau tekau mā iwa.

I mihi ahau ki a Romesh, ā, i eke pahikara ahau ki te marae o te kāreti. Ko te pepa whakamātautau Bengali i rite tonu ki tāna i whakaahua ai, e rua ngā wāhanga. Ko te wāhanga tuatahi i pātaihia: "Tuhia kia rua ngā mahi atawhai i whakawhiwhia ki a Bahrul Uloom Vidya Sagar." I muri i taku whakawhiti i tēnei mātauranga hou (mai i a Romesh) ki runga i te pepa, i mihi ahau ki te Atua mō tana whakarongo ki a ia i te wā whakamutunga. Me i noho kuware ahau ki te atawhai o Bahrul Uloom ki te tangata (ā, kei roto ahau i a rātou inaianei!), kua kore ahau e taea te paahi i te whakamātautau Bengali.

Ko te pātai tuarua i runga i te pepa ko: "Tuhia he tuhinga roa i te reo Bengali mō te oranga o te tangata nāna koe i tino whakaaweawe" Kāore au e hiahia ki te kōrero atu ki a koe, e te kaipānui, ko wai taku i whiriwhiri ai mō taku kaupapa. I a au e whakakī ana i ngā whārangi ki ngā whakamoemiti mō taku kaiako, ka menemene ahau, ka kite i te pono o aku ake kupu: "Ka whakakīia e au ngā whārangi ki āu whakaakoranga!"

Kāore au i kite i te take ki te tono āwhina ki a Romesh mō te rapunga whakaaro. I te whakapono ki taku whakangungu whānui i raro i a Sri Yuktiswar, i whakahawea ahau ki ngā whakamārama o te pukapuka ako, ā, ko te rapunga whakaaro te māka teitei rawa i whiwhi ahau. I rawaka aku kaute katoa i roto i ngā kaupapa kē atu hei paahi.

He mea whakaharikoa ki te kōrero i konei i paahitia e taku hoa aroha a Romesh te whakamātautau me te hiranga.

I ataata te mata o tōku pāpā i taku whakawhiwhinga tohu, ā, ka whakaae ia, "Kāore rawa i taea e au te whakaaro i tō angitu, e taku tama. He nui te wā e noho tahi ana koe me tō kaiako." Ina hoki, i mōhio taku kaiako ki ngā whakahē a tōku pāpā.

Mō ngā tau maha, i ruarua ahau mō te rā ka tāpirihia e au te taitara Paetahi ki tōku ingoa. Kāore au i te whakamahi i taua taitara me te kore e whakaaro he taonga tapu i tukuna mai ki ahau mō ngā take ngaro. I ētahi wā ka rongo ahau i ngā tauira o te whare wānanga e kī ana he iti noa iho te wāhanga o te mātauranga i riro i a rātou i muri i te whakawhiwhinga tohu. Ko tēnei mihi mai i a rātou he whakamarie i ahau mō aku ngoikoretanga mātauranga e kore e taea te whakakore.

I taua rā o Hune 1914, i taku whiwhinga i taku tohu paetahi mai i Te Whare Wānanga o Calcutta, ka piko ahau ki mua i taku kaiako hei whakawhetai ki a ia mō ngā manaakitanga i rere mai i tōna ao, ā, i taupokina ai tōku wairua. I whakaarahia ahau e ia me te takaro, ā, ka mea mai:

"E ara, e Mukanda, i kitea e te Atua he māmā ake te hanga i a koe hei tauira o te whare wānanga i te whakarite anō i te huarahi o te rā me te marama!"

a te Tangata : He Kōrero Whaiaro
Ngā whakataukī, ngā rotarota me ngā pūrākau mō te
kaiako
Paramhansa Yogananda



Ko taua mana atua
Ka tautoko, ka whakakaha hoki i a koe
Pērā i tana tautoko i ahau i ngā wā katoa, i homai hoki
he kaha ki ahau
E kōrero ana ahau i ēnei kōrero mai i aku wheako ake
Me i kore ahau i pā ki ēnei mea i roto i tōku ao
I te wā i taea ai e au te kōrero mō taua mea
Kei te ora ahau i runga i te whakapono ki te Atua
Ko te Atua tōku kaha

Kāore au e whakapono ki tētahi mana ke atu i te mana o
te Atua

Ā, ina arotahi ahau ki taua mana manaakitanga
Ka tūtaki koe ki ahau, ka mahi mā roto i ahau
Te Pōuri o te Rangi
atua

Ko au tō manu pōuri, e piki ana ki ngā rangi o tō aroaro
ao tūroa

I te rapu tonu i ngā pata o tō pono
Kua inoi ahau ki a koe me te whakawhirinaki nui
Kia tukua mai ai e koe ngā ua o tō aroha i ngā kapua
pōuri o te wā puku

Ā, nā te mea i tino matewai ahau
I awhi nui ahau i ngā wāhi tapu katoa o tōku mōhio ki a
koe

Āe, i hiahia ahau kia rongō i tō aroaro i roto i ahau, ā, i
!te taha hoki o ahau
I tineia taku matewai mau tonu i te wā i whakamatao ai
tō pā

Tōku wairua korekore me tōku ngākau hihiko
Kua pahemo te wā o te ngakaukore me te kore
tumanako

I memeha haere te maroke o ngā raruraru i te ua o tō
rangimārie

Ā, inaianei kei te rere mārire ahau, kei te rere, e waiata
ana i ngā waiata o te ngākau māhaki me te ngākau māhaki
Ko au tō pōuriuri e inu ana i ngā wai o tō whakamarie
anake

Te hekenga tonu mai i ngā tihi o tōu ao
* * *

Ko te kupu matua mō te nuinga o te tangata i tēnei ao
"ko "au

Ko te tangata whai wairua me ōna kare ā-roto, e
whakaaro ana ia ki ētahi atu pērā i tana whakaaro ki a ia anō

Ko te hunga e whakaaro ana ki a rātou anō anake ka
kawea mai ki a rātou anō te mauahara me te riri o ētahi atu
Engari ko te hunga e whai whakaaro ana ki ngā kare ā-
roto me ngā hiahia o ētahi atu, ka kitea e rātou
E whakaaro ana ētahi ki a rātou, e whai whakaaro ana
hoki ki ō rātou kare ā-roto

Mena he kotahi rau tāngata i roto i tētahi tāone, ā, e
hiahia ana ia tangata ki te tango i tētahi mea mai i
E iwa tekau mā iwa ngā hoa whawhai o tētahi ki tētahi.

Engari ki te mea ko ia
Ki te ngana tetahi ki te āwhina i tetahi atu, ka iwa tekau
mā iwa ngā hoa o ia tangata
Pērā taku noho, ā, kāore au i ngaro i tetahi mea i te
.tohatoha i aku mea ki ētahi atu

He pono, ko ngā mea katoa i hoatu e au kua hoki rua
mai ki ahau, nā te aroha noa o te Atua. Ā, kua kore he hiahia
.mōku inaianei

Kāore he aha, nā te mea he nui ake, he utu nui ake hoki
ngā mea kei roto i ahau i ngā mea katoa e taea e au te
whakaaro

Ka homai e te ao ki ahau Ko tā te tangata e whai nei kia
tutuki te harikoa
Kia tutuki te harikoa, ka ngaro te hiahia mō ngā
āhuatanga i arahi i a ia

Ko te tino taurangi mōku i tēnei ao ko ngā kare ā-roto
pai o te tangata ki ahau. Ko te taonga pono kei roto i te noho
i roto i ngā ngākau o te hunga e arohaina ana, o ngā hoa
.hoki

Me ngana tātou ki te hono atu ki te Atua i tēnei ao Kua
homai ki a tātou te oranga tangata, te hinengaro, me te
hiahia noa, nō reira me whakamahi tātou i ēnei taonga hei
.kimi i te Atua

Ina atawhai tātou, ka harikoa tātou. Ā, ki te whai tātou i
.tēnei ara, ka pāngia ētahi atu

He rite tonu te whanonga a ētahi atu i tō tātou taha ki a
tātou, ā, e ngana ana ki te whai i a tātou. Me whakakore atu
.tēnei

Ko te hiahia whaiaro te pūtake o ngā kino katoa o te
tangata takitahi me te hapori

?Me pēhea, ā, he aha hoki ka tīmata ai ngā raruraru

E whai ana ia tangata – i runga i te mōhio, i te kore
mōhio rānei – kia tutuki ai te whakapono whaiaro he mea
kore e taea te hinga, he mea ora tonu. I roto i ō rātou
wawata katoa, ahakoa mā te pūtaiao, mā te hokohoko, mā
te rongoā, mā tētahi atu āhuatanga rānei o te ao, e whai ana
rātou kia tutuki ai te rangimārie me te haumarū, te herekore
.i te mamae, me te harikoa pumau

He pai tēnā, ko tōna tika, ko tōna taonga tuku iho hoki e
hiahia ana e tōna Kaihanga mōna, engari me hiahia anō
hoki ia ki aua manaakitanga mō ētahi atu pērā i tana hiahia
.mōna ake

I tētahi taha, ko te nuinga o te iwi e ngana ana ki te
whiwhi i taua taonga tuku iho mutunga kore, mutunga kore
.mā roto i ngā huarahi iti, mutunga kore hoki

Ka whakarei ake, ka nui ake hoki te pai o ngā
whakatutukitanga a te tangata mēnā, i tua atu i te tūhura i
te ao, ka whakapau kaha hoki te tangata ki te tūhura i te
!pūmanawa wairua me ngā mana i roto i a ia anō
Kāore e kore he mea whakamiharo te ahunga
whakamua ā-tinana, engari kāore e taea e te angitu o waho
anake te hoatu ki te tangata te ngākau māhorahora me te
.haumarū e tino rapua ana e ia

Kua āwhina te pūtaiao ki te whakakore i ngā mate urutā
maha i whakawehi i ngā whakatupuranga o mua, ā, kua
āwhina hoki ki te whakawhanake i ngā tikanga whakaputa
matatau e taea ai te whakakore i te hiakai me te rawakore.
Heoi, he uaua te pupuri i te taurite hauora i tēnei ao e ahu
.mai ana i ngā whakatutukitanga rauemi anake

Ka ahu whakamua te tangata i tētahi mara, ā, ka
ohorere ia i te putanga mai o ngā raruraru ohorere e
.whakararu ana i ana whakatutukitanga
Ehara tēnei i te kī kāore te tangata e rapu huarahi mō
ōna raruraru mā roto i ngā tikanga o waho, engari ko te
tikanga he taurite, kaua e anga atu ki tētahi taha hei utu mō
.tētahi atu

Kua whakawhiwhia te tangata e te Atua ki te whakaaro
nui me te kaha o te wairua, ā, me whakamahi ēnei hei
whakapai ake i ōna āhuatanga i te ao. Ahakoa e whakapau
kaha ana, me mōhio te pūtake o roto o te mana me te
mātauranga, me te whakataurite ki taua pūtake, nā te mea
ko te kore e whakataurite te take o ngā raruraru me ngā
.hapa a te tangata

Kāore e taea e koe te noho noa me te tumanako ka taka
te angitu ki roto i ōu uma. Kia oti i a koe te whakatakoto i tō
ara me te whakahohe i tō hiahia, me whakapau kaha koe, ā,
ka kitea e koe ka tae māriri mai ngā mea katoa e hiahiatia
ana e koe mō te angitu ki a koe, ā, ka ārahihia koe e ngā
mea katoa ki te huarahi tika. Mā tō hiahia, e whakakīia ana e
te hiahia atua, e whakautu i ō inoi, nā te mea ka
whakamahia e koe taua hiahia, ka whakatuwherahia e koe te
.tatau e whakaaetia ai ō inoi

Kua whiwhi te tangata i te mātauranga i roto i te
pūtaiao, te hangarau, te rongoā, me ētahi atu mara, ā, ka
taea e ia te whakarato i ngā whakamarie me ngā whai
wāhitanga. Heoi, ehara tēnei i te kī ka taea e ia te whakarere
i tōna Kaihanga. Ki te kore, ka ngaro te uara o ēnei
whakatutukitanga, ā, ka tīmata te puta me te horapa o ngā
raruraru pāpori, whānau, tōrangapū, me te taiao. Nā te mea,
mā te whakawhirinaki katoa ki ngā āhuatanga o waho, ka
ngaro te mātauranga o te tangata ki te whakahaere i te
pūmanawa nui kua tukuna e ia mā roto i ngā tikanga me ngā
tikanga pūtaiao. Nō reira, ka tino uaua te ao, ka uaua ki te

aro atu, ā, ka waiho hei pūtake o te manukanuka me te
.koretake

* * *

Me noho te tangata me ōna whakaaro katoa, ōna kare ā-
roto, me ōna māramatanga katoa, ā, me mataara, me aro
hoki ki ngā mea katoa e karapoti ana i a ia, pērā i te
kaiwhakaahua mohio e hopu ana i ngā whai wāhitanga tino
tika hei hopu i ngā whakaahua tino ataahua o ngā tirohanga
.tino ataahua

Ko te harikoa tūturu o te tangata kei roto i te rite tonu o
te tangata ki te ako me te mahi i runga i te tika me te
whakaute. Mā te whakapai ake i a ia anō, ka nui ake tana
takoha ki te whanaketanga me te harikoa o te hunga e
.karapoti ana i a ia

He tokoiti te hunga e tātari ana i tō rātou āhua, e
whakatau ana mēnā kei te anga whakamua, kei te
.whakamuri rānei rātou

I te mea he tangata whai māramatanga, he whakaaro
nui, he māramatanga hoki tātou, ko tā tātou mahi nui ko te
whakamahi tika i ēnei āhuetanga kia mōhio ai tātou kei te
anga whakamua, kei te whakamuri rānei tātou Ahakoa ka
tūpono tonu tātou ki te hinga, kaua e ngakaukore, kaua hoki
e ngaro te tumanako. Me noho te hinga hei whakakorikori,
.kaua hei arai, ki tō tātou tipu tinana me te tipu wairua

* * *

Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāiane i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, kua
pūmau ki te oneone o ō rātou hinengaro, kua pihi ake hei
tipu, ā, e hua ana i ngā hua o te momo kotahi ki aua
.whakaaro me ngā mahi

* * *

Te whakarite pai rawa atu mō te oranga pai ake

Ki te hiahia tātou kia tino pārekareka ki te ora, ko te wā
tēnei—ehara i te āpōpō, ehara i te tau e tū mai nei, ahakoa i
tētahi atu ao. Ko te whakarite pai mō tētahi oranga pai ake i
te tau e tū mai nei ko te noho i tētahi oranga whai hua,
rangimarie, me te whai tikanga i tēnei tau. Kāore he painga
o tō tātou whakaponono ki tētahi oranga ā muri ake nei e nui
ake ai te whakatutukitanga me te harikoa ki te kore e
whakatinanahia e tātou ināianei. Ko tēnei rā te rā tino nui
.me te whai tikanga o ō tātou oranga

* * *

Ko te hunga e hiahia ana ki te marena me ako ki te
whakahaere i ō rātou kare ā-roto me ō rātou hihiri, ā, me
whakaako e ngā kura tēnei pūkenga, me te whakatipu i te
marino me te arotahi. He maha ngā kāinga pōuri me ngā
whānau pakaru e noho ana nā te mea kāore tēnei āhuatanga
nui e arohia ana, i te kāinga me ngā kura. Me pēhea e taea
ai e te tokorua he hihiri me he hiahia kāore e taea te
whakahaere te noho tahi i roto i te rangimārie me te ata
?noho

I te tīmatanga o te marena, ka haria te tokorua hou e te
ngaru o ngā kare ā-roto me te harikoa. Engari i muri i tētahi
wā, i te mea ka tīmata te memeha haere o ēnei kare ā-roto,
ka tīmata te puta ake o te āhua tūturu o te tokorua, me ngā
tautohetohē, ngā whakahē, ngā totohe, me te pouri. Me
hiahia te ngākau ki te aroha pono me te whakahoahoa, ā, i
runga ake i ngā mea katoa, me hiahia te marino me te
rangimārie. Ina pakaru te rangimārie i ngā kare ā-roto kaha,
.ka ngoikore tetahi pou nui o te marena

* * *

Me whai pūnaha io hauora ngā whekau me ngā kare ā-
roto o te tinana kia mau tonu ai te hauora, te ora, me te aro.
Hei pupuri i te pūnaha io kia pai te āhua, he mea nui kia
wetekina koe i ngā kare ā-roto whakangaro pērā i te wehi, te
.riri, te apo, me te hae

* * *

Ko tō harikoa ko tō angitu, nō reira kaua e tukua kia
tangohia tō harikoa e tetahi
Tiakina koe i te hunga e ngana ana ki te whakararuraru i
a koe I ahau e tamariki ana, i tino riri ahau ki te hunga e
hora ana i ngā kōrero teka mōku, engari i muri mai ka mōhio
ahau he mea nui ake tōku ake hinengaro i te whakaae mai o
.te tangata ki ahau
Ko te hinengaro he mōhiotanga ā-ringa e tuhi pono ana i
ngā whakaaro me ngā hihiri o te tangata. Ina mārama te
hinengaro, ā, e mōhio ana te tangata kei te tika tā rātou
mahi, kāore he mea hei whakawehi i a rātou. Ko te
hinengaro mārama he tohu i te manakohanga a te Atua. Ko
te hunga he hinengaro mārama ō rātou ka kitea te harikoa i
roto i ō rātou oranga, ā, ka whiwhi i ngā manaakitanga me
.ngā manaakitanga a te Atua

* * *

He pānga pumau tō ia kupu e kōrerotia ana e te tangata
ki tōna roro me tōna hinengaro. Ina wehe atu te wairua o te
tangata i tōna tinana i te matenga, ko tōna urunga ki tētahi
atu ao ka whakawhirinaki ki te whakatau a tōna karma (ngā
.hua o āna mahi) i puta mai i ngā kupu pai, kino rānei
Ko ngā kupu pai e puta mai ana i te hinengaro rangatira
ka puta he hua pai mō te wairua, ko ngā kupu kino ia e ahu
mai ana i ngā tikanga kino ka kohia he karma kino , he hua
.kino rānei mō te wairua

E toru ngā wiri o te kupu: he wiri pūtake, he wiri
hinengaro rānei, he wiri nekeneke, he wiri aorangi rānei, me
.te wiri ā-tinana, ā-ahua rānei

:"E toru ngā wiri motuhake o te kupu "rangimārie

He pōrearea o te whakaaro, o te hiahia rānei ina 1

"whakahuatia te kupu "rangimārie

Te wiri o te pūngao i roto i te roro, i ngā taura reo, me 2

te arero, e peia ana e te hiahia, ina whakahuatia te kupu

""rangimārie

Te wiri o ngā taura reo me te pānga ā-tinana o te 3

"whakahua i te kupu "peace

Nō reira, ko ia kupu, ahakoa pai, ahakoa kino, ka waiho i

ōna wiri - arā, ōna pānga - ki te tinana, ki te roro rānei, ā, ki te kaha ora me te hinengaro i roto i te ahua o ngā hiahia me ngā wawata. I runga i tēnei, ka waiho e ngā wiri o ngā kōrero

.katoa ngā au pai, ngā au kino rānei i roto i te hinengaro

Ko te tangata e whakarērea ana ngā take e whakapēke

ai i te pono, ka whakatūria e ia he kaha nui ki roto i a ia anō,

.kia kore ai ia e whakapae teka, ā, kia pono ana kupu katoa

E te Ariki, homai he kaha ki ahau kia whakamahia tōku

reo hei mahi i te pono mā te kōrero i ngā kupu reka, whai hua, whakahauora. Whakatangihia ō rangi waiata ora tonu ki

runga i te putorino o tōku ao, kia manaakitia ai ahau e ngā

.wiri o āu rangi tapu

* * *

paraikete e mānu ana

I tētahi wā, e rua ngā hoa e hikoi ana i te taha o te awa,

ka kite rāua i tētahi mea e āhua ana he paraikete e mānu ana. Ka ruku tētahi o rāua ki te awa, ka kaukau tae noa ki te

.""paraikete

Engari i tomuri ia ki te hoki ki te peeke, ā, i kite tōna hoa

kei te uaua ia ki te whakahaere i te "paraikete" me te take i tomuri ai ia ki te hoki, nō reira ka karanga atu ia ki a ia, me

:te mea

?He aha koe te whakarērea ai i a ia, ka hoki atu ai

Ka whakahoki tana hoa: Koinā taku e ngana nei ki te mahi, engari kei te piri mai te paraikete ki ahau, ā, e kore e

.tukua ahau kia haere, kia hoki mai

I tino ohorere ia, i tōna mōhio kua roa rawa, ko te mea i

.mahara ia he paraikete he pea anake e kaukau ana

Ki ahau nei, he kōrero whai tikanga tēnei, ā, e tika ana

mō ngā āhuatanga maha o te oranga tangata. Ki taku whakaaro, ko te karere o roto he kōrero mō te tupato me te

tūpato kia kaua e hohoro te mahi i ngā mahi ka pā mai he
.hua kino

He ariā noa iho pea tēnei paraikete e mānu ana i roto i
te awa o te whakaaro, ā, ina oti, ka huri hei āwangawanga
.nui e uaua ana ki te whakahaere

He whanonga kino rānei, ina pūmau ki te roro, ka pā ki
ōna pūtake, ka toro atu ōna pakiaka, ka noho hei wāhanga
.nui o te tangata, ā, ka noho hei herehere i roto i tōna mana

He momo whakamātautau rerekē rānei, he haumitanga
kāore i te wā tika, kāore hoki i te tika, ā, ka arahi atu ki ngā
.mate nui, arā, ngā mate rauemi me ngā mate hinengaro

He whakaaro rānei tērā pea e āhua arorau ana, e whai
hua ana hoki, nō reira ka tangohia e te tangata, ā, ka mōhio,
i muri i te urunga ki roto i a ia, he tino rerekē tōna ao tūturu i
.tōna āhua

He ia au, he rerekētanga rānei, me ngā hua kāore i kitea
i mua

He peke rānei ki te pōuri

Nō reira, i kīia ai: Whakaarohia te tūnga o tō waewae i
.mua i tō hikoi

* * *

Te Mutunga o te Haerenga

Mō te wā roa i tūtaki ahau ki ngā ara piko o te ruarua
I whiti ahau i ngā awaawa pohewa i wehe i ahau i a koe
mō ngā tau maha

I whiti ahau i ngā koraha tini

He maha ngā wawata i whaia e au

Hei whakamutunga, i whakawātea ahau i ahau anō

Mai i ngā awhiowhio o te pouri me te harikoa

Nō reira i oti ai taku haerenga, ā, i tae atu ahau ki te
pito o taku ara

Ā, inaianei ka titiro harikoa ahau ki ōku mamae o mua

Mai i ngā toka katoa o ōku mamae tawhito

Ka pakaru mai te kanohi i ngā roimata o te harikoa

Ā, i roto i aua wai tapu

Mā roto i ngā roimata o tōku aroha ki a koe, ka purea e
au ahau i ia rā, i ia rā

* * *

I mua he rama huna tāku
Ā, i te ngākau nui ka tukuna atu e au he hihi tere huri
noa i ahau

I roto i te marino o te pouri o roto
He maha ngā wā i kite ahau i ngā ika ririki hei whakaaro
auaha

I mau i roto i te kanapa ohorere
I whakamahia e au tēnei hei mōunu
Hei hopu i ngā mea nunui i roto i te hohonutanga o tōku
hinengaro

Engari he tokomaha o rātou i mawhiti
I muri i te porowhita iti o te māramatanga
Nā ō akonga pono
He nui ngā waiata hiriwa me ngā moemoeā koura
Nā te moni o te aroha i hokona mai ai e au he kupenga
.kanapa, hei tiro tiro i te wairua
Ā, mai i reira i hangaia e ia he whatunga nui o te
papanga kanapa

I whiti ahau i te moana o tō whakaaro nui ki te rapu i a
koe

!He nui te ika i hopukina, ā, he utu nui hoki
I whiwhi ahau i ngā kahui o ngā kare pai me te harikoa
Me ngā taonga o ngā maharatanga tapu kua ngaro
,Heoi anō

I kitea koe e au
!Ā, kua hopukina koe e ahau, e te taonga o ngā taonga
* * *

I ngā rā raumati o te oranga
Ka kohia e au te wai o te kare ā-roto
Mai i ngā putiputi o ngā tikanga reka
E tupu ana i roto i ngā māra o ngā wairua pai
Ā, i rongoatia e au ki roto i tōku ngākau

wai whakapūkara
Mai i ngā puawai teitei o te manawanui
Me ngā puku o te ngākau mahaki me tō rātou kakara
ngawari

Me ngā pua onge o ngā whakaaro rōhi ngawari
Ā, ina ringihia ki runga i ahau
Ngā wheako hukarere, te makariri o te takurua
Me te wehenga mamae o te ao
E rapu ana ahau i te mahana me te whakamarie
I roto i te nekita kua rongoatia i roto i te pūtau o tōku
ngākau

I roto i taua pūtau manaakitanga, i tō aroaro
He maha ngā wā ka kitea e au te pī atua
Inuhia te reka o aku wawata tawhito
He mārie, he harikoa, he whakamarie hoki tōku ngākau
* * *

E whakapono ana ahau ki te whanaungatanga o te
tangata, ki te aroha whānui, ki te māramatanga, me te mahi
tahi i waenganui i te tangata hei whakamama i ngā
.taumahatanga o te ao tetahi ki tetahi
Me whakauru ngā whāinga rangatira o te ao ki tēnei ao,
ā, me whakatinana ngā wawata hei whakaara ake i te
tangata ki ngā taumata teitei, hei whakapai ake i ōna
whakaaro, hei pehi i ōna hiahia, hei whakakoi hoki i ōna
.pūkenga rangatira

Ka taea tēnei mā te tauira wairua me ngā mātāpono
tika, kua mā te kaha nanakia me ngā pakanga whakangaro.
He morearea te mana tōrangapū ki te kore he mātāpono
.wairua hei ārahi me hei whakahaere
Ina kōrero ahau mō ngā mātāpono wairua, ehara i te
mea ko ngā whakaakoranga motuhake, ngā rōpū
whakapono, ngā hononga whakapono rānei, engari ko ngā
ture whānui: ko ngā ture o te tika me te ngākau pono e pā
ana ki te katoa, ā, e kawe mai ana i te pai, te orange, me te
.rangimārie ki a rātou

He aha te tangata ka whakapau i tōna wā ki te rapu i
 ngā kongakonga o te aroha tangata, i te ringa moni, i tēnei
 mea, i tēnā mea rānei, ina kitea e ia ngā mea katoa i roto i
 ?te Atua, te pūtake o te aroha me te kaha katoa
 Kaua tātou e rapu i te Atua i runga i te apo mana, engari
 i runga i te hiahia ki te aroha. Ko reira ka kitea ai e tātou te
 taonga nui. Ina aroha tātou ki te Atua me te aroha hohonu,
 me te ngākau pono, ka whakahoki mai ia i a tātou, ā, ka
 .rongo tātou i tōna aroha e pā ana i roto i ō tātou ngākau
 He reka ake te ora ina whakaaroaro te tangata ki te
 Atua. Ko te nui ake o te whakaaroaro me te aro tonu ki te
 āhua wairua i te wā e mahi ana, ka nui ake te kaha o te
 tangata ki te menemene. Kei roto ahau i taua ao ināianei, ā,
 ake tonu atu—i roto i te hinengaro atua harikoa. Kāore he
 mea e pā ana ki ahau. Ahakoa ko au anake, ko au rānei me
 .ētahi atu, kei te noho tonu te hari o te Atua i roto i ahau
 I taea e au te pupuri i taku ataata, ā, kei roto anō i a koe
 aua ataata, kei roto anō hoki i a koe te harikoa me te harikoa
 o te wairua. Kāore koe e hiahia ki te whiwhi i aua ataata,
 engari me whakahoki mai anō. I ngaro atu i a koe ēnei
 ataata mō tētahi wā poto nā te mōhio ki a koe anō me ngā
 .kare ā-roto, ā, ka taea e koe te whakahoki mai anō
 Ko te tangata e whakaponono ana ko ngā mea ā-tinana, e
 taea ai te pārekareka mā te tirohanga, te whakarongo, te
 reka, te hongī, me te pā, ka kawea mai he hari parakore, he
 hē nui. Kāore ngā kare ā-roto e homai te hari; engari, ka
 tangohia e rātou i a tātou. Ki te whakatakoto koe i ngā
 tikanga mō tō hari, pēnei i te kī, "Kāore e taea e au te hari ki
 te kore au e kite i taua kanohi," e kore rawa koe e kite i te
 hari parakore, kāore he mea whakaranu, nā te mea he mea
 .memeha noa ngā ahua e kore e kitea o ngā kare ā-roto
 Ka pāngia te ataahua o te tinana e ngā rā me ngā tau.
 Kei raro katoa ngā mea o te ao kikokiko i te ture o te
 huringa. Nō reira, ahakoa ka taea e te tangata te kite i ngā

kanohi ataahua katoa o te ao, te whakarongo ki ngā oro
katoa, me te pā atu ki ngā mea katoa i hiahiatia e rātou, e
kore tonu e kitea e rātou te harikoa pono. Heoi anō, tera pea
.ka mamingatia rātou e te whakaaro kei te harikoa rātou
I ētahi wā, i muri i te whakapau kaha nui ki te whiwhi i
tētahi mea, kāore te tangata e kite i te harikoa i roto i taua
mea tonu. Heoi anō, ka whiwhi te tangata i ētahi ngākau
harikoa mai i te ngākau harikoa i whakapaua, nō reira ka
whakapono ia kei te harikoa ia. Engari he wā poto noa iho
.tēnei momo ngākau harikoa, ā, he poto noa iho
Nō reira, he maumau te rapu i te harikoa i roto i ngā
kare ā-roto. Me kimi te harikoa wairua, me whakapuaki hoki i
roto i ngā kupu me ngā āhua o te kanohi. Ina mahi te
tangata i tēnei, ahakoa he ataata iti noa iho, ka kapi te
hunga katoa i tōna taha i tōna aukume manaaki, ā, ka
.harikoa ētahi atu

Engari ko te Atua anake ka taea te huri i ngā ngākau.
Kaua tātou e kī ko tātou anake te kaha ki te mahi i te pai. Ko
te Atua anake te kaimahi pono o te pai. Nāna tēnei ao. Ki te
rongo koe i Tōna aroaro, ā, ki te mōhio koe kei a ia te mana
whakahaere o ngā mea katoa, ā, ki te tukua e koe ngā mea
katoa ki a ia—ngā mahi pai me ngā mahi kino—ka miharo
.koe ki te kite ka hurihia ō mahi katoa hei mahi pai

* *

Ina whakaaro atawhai tātou ki tētahi atu tangata, ka
whānui ake tō tātou mōhiotanga, ka whānui ake hoki ō tātou
tirohanga. Ina whakaaro tātou ki tō tātou hoa tata, ka
whakaatu hoki i te aroha ki a rātou, ka puta atu tētahi
wāhanga o tō tātou wairua ki a rātou me taua whakaaro, ā,
ehara i te mea ko te whakaaro anake e hiahiatia ana, engari
.ko te rite hoki ki te whakatinana i taua whakaaro
Kaua e ārai i tētahi i roto i tō tātou porowhita aroha {ā,
ko tō hoa tata rite tonu ki a koe} {tō hoa tata, kātahi ka tō
hoa tata, kātahi ka tō hoa tata}

He akoranga te marena mō te atawhai. Tokorua ngā
tāngata e noho tahi ana, kātahi ka puta mai ā rātou tamariki,
ā, ka noho tahi ngā mātua me rātou. Engari he mahi whaiaro
te whakaaro ki te whānau tata anake, nā te mea ka wehe
atu ngā whanaunga i a tātou i tētahi rā, ā, he
whakamaumaharatanga tēnei ko te kaupapa o ngā
whanaungatanga tangata he whakawhānui ake i te
mōhiotanga ki te patunga tapu mō ētahi atu, me te tohatoha
.ki a rātou ngā taonga ā-tinana me ngā kare ā-roto hoahoa

* * *

Ina moe koe, ka whakamarie koe i ngā whakaaro me
ngā kare ā-roto, engari ina whakamarie koe i ngā whakaaro
me ngā kare ā-roto mā te whakaaroaro, ko te mea tuatahi ka
pā ki a koe ko te rangimārie, ā, ko ngā uaua o te mata ka
hanga he ataata e whakaata ana i te rangimārie o te
.ngākau

Engari me titiro koe ki tua atu i te āhua o te rangimārie
.kia kite ai koe i te parakore o tō wairua

Ko taua parakore, kāore he koha, kāore hoki i
whakapohehetia e ngā whakaohoho a-ringa, e ngā
tauohenga aunoa rānei

Ko te mutunga iho he whakaaro e pā ana ki ngā kare ā-
roto, ā, ko te āhua e pā ana ki a koe i taua wā he harikoa
.hou tonu

Kei roto i ngā ngākau o ngā poropiti me ngā hunga tapu
tēnei hari. E mau tonu ana te manaakitanga me te
rangimarie, kāore e wiri, kāore hoki e hinga i ngā tupuhi o te
riri, ā, kāore ngā āwangawanga me ngā matakū e pā ki a
rātou. Mā te whakamahi i te maripi o te whakaaro nui, i te
māramatanga rānei, ka taea e rātou te wetewete i ō rātou
ake whakaaro, i ngā whakaaro rānei o ētahi atu i runga i te
tēpu mahi o te hinengaro, me te pupuri tonu i tō rātou
.marino me te marino

I roto i te harikoa o te wairua, ka ngaro katoa te pouri, ā,
ka puta te māramatanga wairua i roto i te akonga harikoa,
.ka whakanui ake i tōna pakari i roto i te tangata teitei ake

* * *

Ko te ataata pono he ataata o te harikoa wairua e puta
mai ana i te whakaaroaro me te whakaaro ki te Atua me te
.rongo i Tōna aroaro

E pupū ake ana taku ataata i te harikoa nui i roto i ahau
—he harikoa e wātea ana ki te katoa He rite ki te kakara e
pupū ake ana i te ngākau o te rōhi e puāwai ana He karanga
tēnei harikoa nui ki ētahi atu kia rumakina rātou ki roto i ngā
.wai tapu o te harikoa

:E whā ngā āhukatanga e mōhiotia ana e te tangata noa
Ka harikoa ia ina tutuki tetahi o ana hiahia
Ka pōuri ia mēnā ka āraia ia i te whakatutuki i tēnā
Engari ina kore ia e harikoa, e pouri rānei, ka hoha ia
Mā te wikitoria i ēnei kare ā-roto, i ēnei āhua hinengaro
rānei o te harikoa, te mamae, me te hoha, ka rongo te
.tangata i te rangimārie

He āhua tino hiahiatia te rangimārie, e puta mai ana i te
korenga o te pōuri, te harikoa, me te hoha. Ka hurihuri tonu
.ēnei āhua i roto i te wairua

I muri i te eke i tētahi ngaru nui, haruru o te mamae me
te ahuaareka, tae atu ki te ruku tonu ki roto i te hōhonutanga
o te hoha

He harikoa te rere i runga i te uma o te moana marino o
te rangimārie

Engari nui atu i te rangimārie te harikoa wairua, te hari
o te wairua, te harikoa mutunga kore, he hari hou e kore e
memeha, engari e haere tahi ana me te wairua mō ake tonu
.atu

Ka taea anake te whakatutuki i te hari nui rawa atu mā
te mohio ki te aroaro o te Atua

* * *

He pūmanawa tō ia tangata, kāore anō kia whakamahia.

Kei a rātou ngā kaha katoa e tika ana. Ko te hinengaro tonu
te mana nui, ā, me wetekina i ngā tikanga me ngā ariā
.tawhito, whakawhāiti hoki

Ko te awe o ngā aorangi me ngā whetū ki te oranga o te
tangata, nā ngā kaha kukume me te pana i waenganui i ngā
.aorangi me ngā tinana tangata

Ka arahina e ngā whakaaro kino te hunga nona ki tētahi
taiao kino e taea ai e rātou te whakapuaki i a rātou anō e ai
ki tā rātou e hiahia ana. Engari ka taea e te tangata te
whakarerekē i ō rātou whakaaro me ō rātou hinengaro mā te
kaha o te hiahia, ā, nō reira ka taea e ia te whakarerekē i tō
.rātou taiao

Ki te noho te tangata i roto i tētahi taiao kino mō te wā
roa, ka tīmata taua taiao ki te awe i a rātou i roto i te
hinengaro kore. I roto i te wā, ka ngaro katoa tō rātou mana
ki te whiriwhiri i tētahi taiao hauora, whai kiko hoki, ā, ka
.pāngia rātou e ngā awe kino o taua taiao kino

Ko te tangata he kaha tōna ngākau, e noho tahi ana ia
me te Atua, ā, kāore e tatari kia menemene mai ngā aorangi
me ngā whetū ki a ia. Engari, ka haere tonu tana haerenga
pērā i te whetu e wero ana, kāore e pāngia engari ko te
whetū ārahi a te Atua, ko ia te rā o ngā rā, te Ariki o te ture
.me ngā wairua

Tetahi o ngā kōwhiringa e rua

I mua, i te taha o te awa tapu, i noho tētahi tangata
karakia ki te whakaaroaro hohonu. He maha ngā tau i pau i a
ia e whakaaroaro hohonu ana, engari kāore i hua āna mahi,
ā, kāore ia i koa ki te hauhake i te nui o te rangimārie,
ahakoa āna mahi ki te rapu me te tiro tiro i ngā mea ngaro o
.te ora me ngā pūtaka o te harikoa

Ahakoa i karapotia tō mātou hoa i ngā wā katoa e te
āhuarangi rangi e pā ana ki ngā tirohanga ataahua, ngā
wairua atawhai, ngā pukapuka utu nui, me ngā porowhita
maumahara manaaki, i mau tonu tōna hinengaro ki te

whakaaro ki ngā huarahi tino tika hei pahua i te tangata, hei
.whara hoki i a rātou

Kāore taua whakaaro i taea e ia te whakahaere, ā, i te
āhua nei i ahu mai i ngā take karma tawhito. I a ia e ngana
ana ki te peia atu i aua whakaaro kino, ka nui haere te
urunga mai ki roto i tōna hinengaro, ka whakararuraru i tōna
.rangimārie, ka pahua i tōna marino

Hei whakamutunga, ka oati ia ki a ia anō, me te kī: "Ka
inoi tonu ahau, ka inoi, ā, e kore ahau e mutu kia watea rā
anō ahau i ēnei whakaaro whakararuraru e wero ana i te
"taha o tōku rangimārie i a au e whakaaroaro ana
Kotahi te hāora i pahemo, kātahi ka rua, ā, ka puta ake
ngā whakaaro kino ki tōna hinengaro, pērā i te awhiowhio, e
pā ana ki te hanganga o tana whakaaroaro, e whakangaueue
.ana i taua hāora

Hei whakamutunga, i muri i ngā haora e toru o te
whakapau kaha, ka ngaro whakarere atu ngā whakaaro
whakararuraru i tōna hinengaro, ā, i tō rātou wāhi, ka kite ia
i roto i tētahi moemoeā ataahua i tētahi tangata tapu a te
.Atua e tū ana i tōna aroaro i roto i te kikokiko me te toto
Kāore i te puta noa mai te tangata tapu kanapa i te ora,
:engari i kōrero anō hoki me te ngākau aroha nui, me te mea
E taku tama, i tō āhua o mua he tahae ngaio koe, kāore"

he mea kē atu i te hopu i ētahi atu me te pahua i ā rātou
taonga. Engari i mua tata o tō matenga ka ara ake tō
hinengaro, ā, ka whakatau koe ki te whakatika i a koe anō,
ka oati ki a koe anō ka huri koe i tō whanonga whakama, ka
whai i te ara o te pai. Nā konei koe i whānau mai ai ki tēnei
ao me te kaha o te wairua kia noho hei tangata pai, engari
ahakoa rā, i mauria mai e koe ngā whakaaro kino koia te
".kaupapa matua o tō orange i tō āhua o mua

He mea pōuri, e taku tama, kei te noho koe i ēnei wā"
manaakitanga, e karapotia ana e ngā hoa pai, e ngā
porowhita o te maumahara me te whakaaroaro, ahakoa ēnā
mea katoa, kei te noho koe i roto i te reinga o te

manukanuka hinengaro me ngā whakaaro whakangaro,
".pōrearea

I muri i te wā poto o te wā, ka haere tonu te kaitiaki ki
:tana kōrero

Nō reira, e ai ki te ture whānui, ā, nā te mea kāore koe i"

whakapau kaha ki te whakamahi i ngā whai wāhitanga
wairua e wātea ana ki a koe i tēnei whakakitenga mai, ki te
kore koe e whakaneke ake i ō mahi whakaaroaro ināianei, i
te wā o te matenga me whiriwhiri koe i waenga i ngā mea e
:rua

Me noho tahi koe i te rangi me ngā wairangi tekau, me"

noho tahi rānei koe i te reinga me te tangata whakaaro nui
"?kotahi, ko tēhea tāu e pai ai

:Ka whakahoki te akonga, kāore i whakaroa

E te hoa o te Atua, e pai ake ana ahau ki te noho ki te"

reinga me te tangata whakaaro nui kotahi, nā te mea e
mōhio ana ahau mai i aku ake wheako, tekau ngā wairangi e
hanga ana i te reinga i roto i te pararaiha, engari e
whakapono ana ahau i roto i tōku ngākau, e tino mōhio ana
ahau mēnā kei te taha ahau o te tangata whakaaro nui
kotahi, ahakoa kei raro rawa i te reinga ka āwhina ia i ahau
".ki te huri i te reinga hei pararaiha

* * *

He rite te tini o te tangata ki ngā pūrerehua, e rere ana,

e nekeneke ana i konei, i reira, kāore e tutuki i tētahi
whāinga, kāore hoki e tutuki i tētahi whāinga. Ki te mutu
rātou, he wā poto noa iho, ā, muri iho ka kukumea rātou ki
tētahi atu mahi whakangahau hei rapu whakangahau, hei
whakangāwari i te wā. Ko te pī ia, ka mahi kaha, ka
whakarite mō ngā wā uaua, ko te pūrerehua ia e ora ana mō
.tōna rā anake

Ka tae mai te hotoke, ka mate te pūrerehua, ko te pī ia e

koa ana ki ngā hua i kohia e ia i te kōanga me te raumati.
Waihoki, me ako tātou ki te whakatipu i te rangimārie o roto
.me te kaha ki te aro atu ki ngā wero o te ao

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i ngā
ngaru o te harikoa, e totohu ana i raro i ngā wai pōrearea o
.te pouri, e toremi rānei i roto i te hōhonutanga o te hoha
I tēnei ao e whakaatuhia ana e ngā takirua taupatupatu,
ka pāngia te tangata noa e ngā pikinga me ngā hekenga e
piki haere ana i runga i ngā ngaru o te harikoa, e totohu ana
ki roto i te hōhonutanga o te kore aro, e akiakihia ana e ngā
ngaru riri o te pouri, ā, he onge te kite i tētahi atu āhua o te
.hinengaro

Ko te tuku i ngā āhuatanga kia ārahi i ngā whakaaro o te
tangata i tēnei ara, ko te tikanga he tuku i tōna hiahia ki
tētahi ao hurihuri, e huri haere tonu ana. Ko te mea e
hiahiatia ana e te tangata kia angitu ai, kia whai hua ai te
oranga, ko te taurite hinengaro, ā, ka taea anake tēnei mā te
whakaaro arotahi me te whakahaere i ngā kaha kare ā-roto o
.te tangata

Ahakoia ngā pouri hohonu rawa ka ora i te roanga o te
wā, nō reira kāore he take o te noho tonu ki te pouri i ia rā o
ō tātou oranga. Ko te pouri tonu mō tētahi e arohaina ana
kua wehe atu, kāore e āwhina i a rātou, i a tātou rānei, ā,
.kāore e rerekē i tetahi mea

Kāore he painga o te whakawhanake i te whakaaro
whakaiti, te whiu rānei i a koe anō mō ngā hapa me ngā
hinganga o mua; engari, ka whakapōuri i te ao, ka
.whakararu hoki i ngā pūkenga hinengaro

Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā pūkenga huna i roto i te oumu o te kore aro

* * *

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e
tātou i te ao kia taea ai e tātou te ako mai i aua akoranga,
kia whiwhi ai i te māramatanga me te wheako. Ko te hunga e

karo ana i ēnei akoranga ka akiakihia kia ako i aua akoranga,
.ahakoa te roa o te wā
He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria te
whai wāhitanga, ka whakamahia kinotia me te amuamu, te
.riri, me te whakaaro kino
Ina he māramatanga pakari tā tātou, ā, he waiaro tika
.hoki ki te ao, ka ataahua, ka kore he raruraru

* * *

Kāore e taea e tetahi te whakahaere i ahau, te tango
rānei i taku hiahia ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau
E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga ki ahau ki te tūhura i ōku pūkenga me te kite i
tōku pūmanawa wairua. Ka whakakapia e ahau ngā herenga
ā-tinana ki ngā wawata teitei ake, ā, ka mōhio ahau kei a au
.tonu te Wairua pono
I tēnei rā ka whakakīia e au ōku whakaaro ki te hihiri, ka
wehe i ahau i ngā wheako kino, ā, ka mahi i ngā mea hei
whakawhanake i te tinana, te hinengaro, me te wairua i
.runga i te taurite me te pumau
Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakawātea ahau i a au ake ake mā te whakahoki mai i
tōku tuakiri wairua, ā, ina tūtaki ahau ki ngā tupuhi o ngā
whakamātautau me ngā raruraru, ka rere ahau i runga i taku
.poti wairua i te moana o te ora ki ngā takutai haumarua, atua
Ina mahi ahau, ina auaha hoki, ka mahara ahau kei te
mahī te Atua mā roto i ahau. Ko ia te Ariki o te ao whānui, ā,
.ka taea e au te hono atu ki a ia mā te whakaaroaro hōhonu
E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro i te hinganga, i te angitu rānei, i runga i te
whakaaro kaha rawa atu i roto i tōku ao. Nō reira, ka ngana
ahau ki te mahara kei te totoro mai tō ringa āwhina, kei te
whakatakoto i te ara mō tōku angitu. Ina pā mai ngā aituā

me ngā pōuri ki ahau, ka karanga ahau i tōku kaha, ka
.whakapakari i taku whakatau kia hinga i aua mea
Ka whakamahia e au te ngākau pono me te pono i roto i
aku mahi tahi me te katoa, ā, ka horahia e au ngā whakaaro
aroa me ngā wawata pai. Kātahi ka tautokona ahau e te
.Atua ki tōna kaha me tōna whakaaro nui
E te Ariki, ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ahau ki ngā whakatutukitanga nunui ake
Ahakoa ka tutuki ngā wawata katoa o te ao, ka kawea
mai e rātou he harikoa mutunga kore
Mā te kimi i te Atua, ka kitea e au ngā puna mutunga
kore o te harikoa e kore e mutu te rere, e rere ana i roto i
.ngā māra matomato me ngā mania o te wairua

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Ko te Atua te mea tino utu nui i roto i tōku ao; e noho
ana ia i runga i te torona o tōku hinengaro, e whakaaweawe
.ana i ahau ki ngā kupu whakaaro nui
Ārahi ana ia i ahau ki te ara e tika ana kia haere ahau
He oranga taurite
E whai whakaaro ana ki ngā ture atua me ngā ture taiao
katoa

Ka whakakotahi i te mahi me te marino
Ka kawea mai te harikoa, ā, ka tutuki i a ia te mutunga o
te tangata

Kāore e kitea i te pōuri te whare kī tonu i ngā taonga
whakapaipai, nō reira, e kore e taea te rongō i te aroaro o te
.Atua i te mea e mau tonu ana te pō o te kuware
Ki te kore tō tātou mōhio ki te Atua e tino pono, e kore
ai e taea e tātou te whakatutuki i ā tātou mahi o ia rā me te
kore ia, kāti, he mārama kāore tātou i te rongō i tētahi
.hononga i waenganui i te Atua me te ora
Ina he wawata tō tātou, ā, ka karaunatia ki te whakaaro
ki te mahi ki ētahi atu, ka āwhina tātou i a tātou anō mā te
āwhina i ētahi atu

Āe, e te Ariki

Me te horapa o te hihi o te rā

Ka horahia e au ngā hihi o te tumanako ki roto i ngā

ngākau o te hunga rawakore me te hunga kua peia atu

Whakakāhia ngā rama o te whakatau me te whakapono

ki a koe anō

I roto i ngā ngākau o te hunga e whakaaro ana he rahua

rātou

Ina mōhio tātou he kura te ao mō te ako me te

whakatutuki i ngā mahi, ā, i te wā kotahi he moemoeā poto

noa iho

Ko reira tātou ka mōhio ai kei a tātou te Atua

Me ahu te ora ki te mahi, nā te mea ki te kore taua

whāinga rangatira, e kore te hinengaro i homai e te Atua ki

.te tangata e tutuki i te kaupapa i hangaia ai ia

Mā te ngohengohe ki te Atua ka taea e te tangata te

whakatutuki i ā rātou mahi katoa me te harikoa me te

whakawhetai ki te Atua, nā te mea mā te ngohengohe anake

.ka rongo tātou i te rangimārie

Ka tahuna e au ōku ngoikore hinengaro me ōku

ngoikoretanga matatika katoa ki te ahi o te whakatau, nā te

mea ki te kore au e whakakore i aua ngoikore, e kore ahau e

.kite i te mura atua

Āe, e te Ariki

I tēnei rā ka whakatau ahau ki te whakatutuki i ngā mea

motuhake, kātahi ka mahi i taku i whakamahere ai. Ka

whakarite tuatahi ahau i te tika o taku kaupapa, kātahi ka

rongo ahau i tō kaha, ā, mā tō āwhina me tō manaakitanga,

.ka tutuki i ahau taku e whakaaro nei ki te mahi

* * *

Ētahi atu whakaū i a koe anō i roto i te hangarau

E tino mōhio ana ahau he mutunga kore te mana o te

Atua, ā, nā te mea kua whakanohoia e ia he mura o Tōna

māramatanga ki roto i ahau, kei a au anō te mana ki te

.wikitoria i ngā arai me ngā aukati katoa e arai ana i ahau

He huarahi ahau hei whakaatu i te mohio me te
ataahua, nō reira ka whakatapua e au aku whakaaro me aku
.hihiri ki te mahi pai me te mahi ki te tangata
I tēnei rā ka aro turuki ahau i aku whakaaro me aku
kupu

Kia kukume mai ai i ngā mea ataahua, rangatira anake
Ka waiho e au te pai hei mua i aku mahi
Ka whakamahia e au aku whakaaro auaha hei angitu
I roto i ngā mahi pai katoa me ngā mahi whai hua katoa
e mahia ana e au
Te mōhio ka āwhina te Atua i ahau mēnā ka āwhina
ahau i ahau anō

I tēnei rā ka ngaki ahau i te mārā o te ora
Ā, whakatōkia ki roto ngā purapura o te whakaaro nui,
te hauora me te harikoa
Ka whakawhetai ahau ki te Atua ina karaunatia aku
mahī ki te angitu

Ā, ka riro i ahau te mea e hiahiatia ana e tōku ngākau
I tēnei rā ka āwhina ahau i ngā kaiwhakararuraru e
karapoti nei i ahau me ōku kare pai, ā, ka whakakorea e
ahau te pōuri o te taumahatanga me te ngangau me te
māramatanga o aku hiahia pai, mā te puku me te haere tonu
ka whakapau kaha ahau, ka whakamahi i ngā mana kua
homai e te Atua ki ahau i roto i te huarahi e whai hua ai ahau
.me ētahi atu

Ka haere atu ahau me te whakapono katoa ki te mana o
te Pai Nui rawa atu kia whiwhi ai ahau i taku e hiahia ana,
me te tino mohio ka totoro mai te ringa āwhina a te Atua, ka
.homai hoki i tana atawhai ki ahau

Ina huihui mai ngā ope o te pōuri ki te whakaeke i tōku
rangimārie o roto, ka whakaarahia e au i roto i ahau ngā ope
o te māramatanga, o te pono, me te mana whakahaere hei
tū atu ki ngā ope o te pōuri, hei whakamarara rawa atu i a
.rātou

* * *

Ina arotahi koe i te hihi o te rā mā roto i tētahi karāhe
whakanui ki tētahi pito iti, ka puta he wera, ā, ka taea e taua
wera te mura i te rakau, i te kakahu, i te pepa, me ētahi atu
rauemi. Waihoki, ina arotahi tika koe i te hinengaro, ka taea
e tōna kaha kua kaha te tahu i ngā kino me ngā pūtake o te
ruarua i muri i ia hapa, ā, ka tiaho te mārama o te whakaaro
.nui kia mārama, kia kanapa

Ina hono te hinengaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana tapu katoa, ka mōhio ia ki
te aroaro o te Atua, ā, kei a ia ngā āhuatanga katoa o te
angitu. He hononga tata ēnei āhuatanga ki te mana nui o te
Atua, e āhei ana ki te waihanga i ngā whai wāhitanga hou
.mō te angitu i roto i ngā mara katoa

Kai aukume

Ina kōrero te tangata mō te kai, te matūkai rānei, ko te
tikanga ko te kai tinana e kainga ana hei oranga mō te
tinana. Heoi anō, tera atu anō ngā momo kai e kore e iti iho
te hiranga i te kai tinana, ā, he maha atu anō hoki ngā wā ka
nui ake te hiranga. Ko ētahi o ēnei ko te kai hinengaro, te kai
.wairua rānei

Te mahi hinengaro, te arotahi rānei o te hinengaro, te
whakaaro nui me te māramatanga wairua
Mā te whāngai tinana ka tautoko i ngā pūtau o te tinana,
ko te whāngai hinengaro ka whakakī i te hinengaro ki ngā
whakaaro hauora, ā, mā te whāngai o te whakaaro nui ka
whakaora i te wairua, ka whakawhanake i ōna āheinga. Ko te
whāngai hinengaro he mea hanga i ngā whakaaro e
whakaarohia ana e te tangata me ērā e riro mai ana i a rātou
.i ētahi atu mā te whakapā atu me te taunekeneke

Mā te hunga ngākau mārie, rangatira hoki ō rātou
wairua ka āwhina i a rātou ki te hanga i ō tātou whakaaro kia
.hihiri, kia ora hoki

Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te

manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te hononga ki te momo tangata hē, ahakoa he hoa, he
whanaunga rānei, ka puta ai ngā whakaaro manukanuka me
te wairua pōuri. Ka whiwhi te tinana i te kaha me te ora mai i
te kai tinana, ko ngā kai aukume ia e whakarato ana i te
tinana me te hinengaro ki ngā utu kaha e ngāwari ake te
nakunaku i ngā kai totoka me ngā kai wai, e kore e taea te
.huri hei kaha ora

* * *

Ina taea e koe te huri i te kuware hei whakaaro nui
Mai i te ngoikore me te ngoikore ki te hauora me te ora
Haere māia, māia hoki – ahakoa ko koe anake – i ngā
ara o te ora
Me te hari o roto o te whai hinengaro ora, mataara hoki
Me te whakapono pumau ki te tika o te Atua, me te
wikitoria o te pono ki te teka, me te mooni ki te mānukanuka
Ā, ina ngana koe i ia rā ki te tuku i ō whakaaro ki ngā
taumata teitei ake, ki ngā taumata kua whakapaia ake
He ngākau aroha, he ngākau whakawhetai tōna
Me ngā whakaaro pai ki ētahi atu
He mea aukume tō whāngai hinengaro
Ā, ka kukume mai i ngā mea ataahua katoa, ngā mea
whai hua hoki ki a koe
Mai i ngā mea, i ngā tāngata, me ngā āhuatanga
E hiahia nui ana ia kia haere tonu tana haerenga ki te
.takutai o te haumarua me te haumarua
Ā, ko te mea whakamutunga engari ehara i te mea iti
rawa

Ina whakapau kaha koe ki te tiki i tāu e hiahia ana
Kia makona koe i ngā mea e ngāwari ana i te Atua, ā, ka
.nui ake tō wairua, ka nui ake hoki tō ngākau māhaki
Ko te hunga e hiahia ana ki tēnei ao, e apo ana ki ōna
taonga
* * *

Ina rapu te tangata i te Atua, ko ia anake te hoa i tua
atu i ngā hoa katoa, ka taea te whakatū i te
whanaungatanga pono i roto i ngā whanaungatanga tangata
katoa: whānau, te whanaungatanga teina, te
.whanaungatanga mārena, me te whanaungatanga wairua
He mea nui te whakahoahoa i roto i ngā hononga
marena, ā, me aro nui ki te hototahitanga hinengaro me te
kare ā-roto, te āhua o te kukume matatika, me te aroha
pono me te whakahoahoa. Ko te hunga kāore e taea te
wehewehe i waenga i te aroha pono me te kukume tinana ka
.pouri tonu

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, e
mahi tahi ana, e whakamama ana i ngā taumahatanga o te
ao, e whakakore ana i ngā āwangawanga o te noho tahi me
.te aroha tetahi ki tetahi me te māramatanga hoahoa

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Ki te hanga e koe tētahi wahi uku kia rite ki te āhua o
tētahi oko, ka tunua kia mārō rawa, kātahi ka hiahia ki te
hanga anō i te uku kia rite ki tētahi paepae, kāore e taea e
koe. Heoi, ka taea e koe te huri i te oko, ka tāpiri i te paura
.ki te uku hou, kātahi ka whakamahi hei hanga i te paepae
Waihoki, ki te mea he whanonga kino kua mau ki roto i
te roro, ā, e hiahia ana tātou ki te whakarerekē, me
whakamahi tuatahi tātou i te kaha o te ngākau ki te huri i
taua whanonga hei mahi ngawari, pai hoki ka taea te hanga
.anō kia rite ki te hiahia

Ko te kaha o te ngākau he whakapono pūmau. I te wā
tonu ka mea te tangata ki a ia anō, "Kāore au e herea e taua
tikanga," ā, ka whai i tāna e kī nei, ka hinga taua tikanga, ka
.memeha atu me te mea kāore i te tupu

* * *

Kāore au e akiaki i tētahi ki te akiaki i ō rātou whakaaro
ki ahau, kāore hoki au e tuku i tētahi ki te akiaki i ō rātou

whakaaro ki ahau, e mea rānei i ahau kia mahi i tētahi mea e
.mōhio ana ahau kāore e tika kia mahia e au
Ka āta whakaaroaro ahau ki taku e whakaaro nei ki te
mahi, ka ārahihia ahau e te whakaaro nui i roto i aku mahi,
ka whakaae ahau ki te kawenga mō aku mahi, ā, kāore au e
whakapae i tētahi atu mō ngā hua o aku mahi. I ako ahau i
tēnei mana whakahaere i ahau anō i taku kaiako, he mea nui
.tonu ki ahau, ā, e kore rawa ahau e whakarērea

Te kaha aukume tino nui

I mea a Ihu: "Rapua te rangatiratanga o te Atua i te
"tuatahi, a ka hoatu e ia nga mea katoa ki a koutou
Ko te Atua te mana aukume nui rawa atu i muri i ngā
mana o te ao katoa. Ko ia te aroha i muri i ngā aroha katoa.
Ko ia te kaihanga o te ao me te kaitoi atua i muri i ngā toi
.me ngā hanganga katoa

Ina arotahi koe i ō whakaaro ki te Atua: te mana
aukume tino nui o te ao, ka whakakīia koe e koe ki te
aukume manaakitanga, ā, ka taea e koe te kukume mai i
.ngā mea katoa e hiahiatia ana e koe
Ki te whakaaroaro hohonu koe ki te Atua, ki te aroha ki a
Ia me tō ngākau katoa, ā, ki te rongo koe i te rangimārie i
roto i Tōna aroaro, me te kore e hiahia ki tētahi atu mea, ka
kawea mai e te aukume manaakitanga a te Atua ngā mea
.katoa i moemoeāhia e koe, me te nui atu anō

"Ki te Atua i te Rangi"

Angitu, he oranga whakamarie, he whakaora i ngā mate
kore e taea te rongoā, me ngā tikanga whakahaere—ka taea
ēnei katoa te whakatutuki. Mena kua pau katoa ngā tikanga
me ngā mahi ā-tinana, ā, kua kitea kāore i te whai hua,
whakatuwheratia tō tatau o roto, ā, ka rere mai te mana
wairua, ka peia atu ngā ngoikore katoa, te korenga, me te
.pōuri

Ki te rapu koe i te āwhina a te Atua mā te whakaaroaro
hōhonu, mārire me te arotahi, ka kitea e koe he puna kaha
wairua e kore e mutu. Kāore te Atua e whakaaro noa, ā, e

whakautu ana ia ki te hunga katoa e rapu pono ana i tāna
.āwhina

I taku kitenga i te Atua i roto i ahau, ka kitea ia e ahau i
ngā wāhi katoa

Mai anō i tōku tamarikitanga, he nui tōku hiahia ki a ia,
ā, i tētahi wā i ahau e tamariki ana, i tuhituhi reta ahau ki a
ia. Ae, i tuhituhi reta ahau ki te Atua, ā, ko te taitara o taua
:reta koia tēnei

Ki te Atua i te Rangi" ā, ka tukuna e au ki roto i te"
pouaka mēra

Ina tuhituhi tātou ki tētahi, e tumanako ana tātou kia
whakautua mai. I te korenga o taku whakautu, ka maringi
ōku roimata. Engari i tae mai te whakautu ki ahau, ehara i te
mea nā ngā kupu i tāia ki te pepa, engari nā te tirohanga
.whakamiharo, kanapa

Ka taea e te katoa te whiwhi whakautu mai i te Atua
.mēnā he kaha te ngana, ā, he tonu te mahi
Ki te tuku atu ō pātai ki te Atua, ka takai ki roto i te kare
ā-roto hohonu, ka tukuna atu mā te mēra whakaaroaro,
kātahī ka whiwhi koe i te whakautu me te pono, me te pono
.hoki

* * *

He āhuatanga wairua kei raro i te pūnaha io e āhei ai te
tangata ki te eke ki ngā taumata teitei o te whanaketanga
hinengaro. He nui ake te roro o te tangata i te roro o te
nuinga o ngā kararehe engari ko ngā tohorā me ngā
arewhana, ā, he nui ake tōna kaha ki te whakaaro. Nā tēnei
ka pai te roro o te tangata hei taputapu mā te tangata, he
matatau ake tōna hinengaro i ērā atu mea hanga. Mā ngā
hononga uaua me te uaua o te roro ka taea e te tangata te
whai whakaaro hohonu, ā, ka taea hoki e ia te eke ki ngā
taumata matatau o te māramatanga, ā, nō reira, te mōhio ki
tōna Kaihanga. Ko te tangata whakaaro nui te tangata e
whakamahi ana i ōna pūkenga hinengaro hei mahi me te

whai hua ki te tangata i runga i ngā taumata rauemi,
.hinengaro, me te wairua

* * *

I waiatatia e au tētahi waiata māu
Kāore anō kia kōrerotia e tetahi tangata i mua
Ā, ki a koe ka whakatapua e au taku waiata pono
Ko te mea e takarohia ana e tōku ngākau i roto rawa
Ā, i runga i ōna aho
Nāku i hanga tēnei waiata tuatahi
Ā, tēnei ahau ka tuku atu nei ki a koe hei whakahere
parakore
Kāore au e tuku atu i ngā waiata hinengaro maroke ki a
koe

He rangi waiata whakapaipai rānei nā ētahi atu i tito
Ā, kāore he mea e hoatu e ahau ki a koe engari ko
Ngā waiata māmā, ngāwari o tōku ngākau
Kāore au e whakatakoto i ngā rōhi whakatipu ki tō
aroaro

I roto i ngā whare karaihe
Ā, ki tonu i ngā kare ā-roto me ngā hihiri
Engari, ka tukuna atu e au ki a koe ngā putiputi mohoao
kua pihi ake nei
I ngā mara o taku hiahia
Ā, ko te kaiwhakatairanga o tōku ao
* * *

Kia taea ai e au te whakarongo ki a koe
Anahera Kaitiaki
Kua whakatauritea taku tirohanga ā-roto ki te reo
irirangi

Me ngā pā ngawari, aroha
He maha aku whakarongo i roto i te whakaaroaro
Ki ngā waiata reka rawa atu a ōu hunga tapu e tata ana
:ki a koe

Mō ngā waiata wairua whakamiharo
Ā, mō ngā wahi i hangaia e tōku ngākau

Me te rangi waiata reka mai i taku hiahia tawhito ki a

koe

Me te manawanui me te marino, i whakatikatika ahau i

te tohu o ōku kare ā-roto hohonu

Ā, i te taumahatanga o te moe ki ōku kamo

I tata hinga ahau ki te moe

I rere tō himene pono i roto i ahau

Inaianeī kei te whakapaoho au i ngā reo harikoa

Mai i ngā waiata o tō harikoa

Ā, ka tāpirihia e au tōku reo ki te rōpū waiata a ō hunga

karakia

Ka nui haere te haruru o ngā himene

Ka kaha ake te hiahia me te wawata

* * *

Ko te tangata e whai ana i te ara o te hiahia kino, ka
ngana ētahi ki te tango i ana mea katoa; engari ki te kore ia,

.ka whakaatu ētahi i te atawhai me te aroha ki a ia

Ko tā te tangata e tuku atu ana, e tuku atu ana rānei ki

ētahi atu—mā te kupu, mā te mahi, mā te whakaaro—ka

hoki mai ki a rātou i roto i te momo kotahi, i te nui kotahi. Ka

whakakitea tō rātou āhua tūturu mā roto i ō rātou āhua

kanohi me ā rātou mahi. Ka rongohia ētahi atu i ō rātou wiri

hinengaro, i ō rātou ngaru rānei, ā, ka rite ā rātou

.tauhohenga ki te āhua o aua wiri—kino, pai rānei

Kāore e taea e tātou te pupuri i ngā mea katoa. Kua

homai e te Atua ki a tātou ngā mea katoa hei whakamahi mā

tātou i a tātou e noho ana i tēnei ao, ā, i tētahi wā, i tētahi

wā rānei, me whakarērea e tātou ā tātou taonga, nā te aituā,

.te tahae, te pakaru, te mate rānei

Nō reira, ina ngana tātou ki te pupuri, ki te pupuri rānei i

tētahi mea hei pupuri noa iho i taua mea, kei te tinihanga

.tātou i a tātou anō

Ahakoā ēnei tinana i noho ai tātou mō ngā tau maha, ka

tukua noatia atu i tētahi rā. Nō reira, he hē te akiaki i a tātou

anō kia whakaponono kei a tātou ngā mea, e kore nei e taea te
.pupuri

Ki te homai he mea ki a tātou, me mōhio tātou nō tātou
anake taua mea mō tētahi wā, ā, me ngākau hihiko tātou ki
.te tohatoha atu ki ētahi atu

Ina hiahia te tangata ki te nui atu i tā rātou e hiahia ana,
ka raru nui rātou. Kāore e kore, me whai tātou i ngā matea
taketake pēnei i te kai, te whare, te kakahu, me ētahi
āhuatanga pūtea, engari i a tātou e whai ana i ēnei mea, me
whakakore e tātou ngā matea koretake, arā, ko ngā hiahia
kore here me te hiahia nui ki te whiwhi i te nui atu i tā rātou
.e tika ana

* * *

Kāore e taea e tātou te noho takitahi i tēnei ao, me
whakawhirinaki tātou ki ō tātou hoa tangata kia ora ai, kia
.koa ai hoki tātou i te ao

He pono tēnei i te taha wairua me te taha tinana. Kāore
e taea e tātou te pupuri i tētahi paerewa oranga pai me te
.kore he whakawhitiwhiti taonga me ngā ratonga

Ka taea e tātou te whakateretere i tō tātou ahunga
whakamua hinengaro me te ahunga whakamua wairua mā
te whakapuaki i ō tātou wheako me ngā kitenga
Ina whakakotahi tātou i ō tātou whakaaro ki te Rawhiti,
ki te Hauāuru, ki te Raki, me te Tonga, ka taea e tātou te
whakatipu i ō tātou taranata me te whakawhanake i ō tātou
.pūkenga hei whānau tangata kotahi

* * *

I te mārā o aku moemoeā o te pō
:He maha ngā putiputi e puāwai ana
Ngā putiputi pohewa onge
Kei reira te māramatanga mahana o te aorangi e tiaho
ana

Kei te puāwai ngā puku o ngā tumanako o te ao
Te hora i ngā rau kanapa
Mai i te rangahau me te makona

I roto i te kanapa o aua moemoeā
Ka kite ahau i ngā wairua o ngā mata o tētahi i arohaina
kua warewaretia
Me ngā kare ā-roto e arohaina ana, e tanumia ana
Kua roa ahau e moe ana
Te oneone o te kore mohio
Ka ara ake rātou katoa i roto i ngā kākahu kanapa
Hei whakautu i te karanga a ngā anahera o ngā
moemoeā
I kite ia i te aranga mai o ngā whakamātautau katoa o
mua
E te Ariki, kua homai e koe te herekoretanga ki a mātou
Hei wareware i ō tātou raruraru o ia rā
Mā te haerenga pō ki te whenua o ngā moemoeā
Āwhina mai kia ara ake mātou me koe
Ā, ka mawhiti tonu tātou i ngā mamae me ngā pōuri o te
tangata

* * *

!E te piringa atua
Kei te kaukau ahau i te moana o te ora
E akina ana ahau e ngā tupuhi nanakia o te raruraru
Ahakoa kei te rere koe i runga i ngā ngaru o te ahuaireka
I ētahi wā rānei, ka toremi i roto i te hōhonutanga o te
mamae
E hiahia ana ahau ki te mawhiti i te takirua
Mā te tae atu ki ō takutai ataahua, tino ataahua
Me ia ngaru o aku inoi
Ka whakatata atu ahau ki a koe, tōku piringa kotahi
Kāore au e mutu te whakamātau
Nā te mea e mōhio ana ahau kei te hiahia koe ki taku
taenga mai
!Kei te tatari mai ia ki tōku hokinga atu
He manu nō te pararaiha ahau: he manu nō te rangi
Nā ōu ringa tapu i hanga
Nāu ahau i whakapaipai ki tōu ataahua

Me ngā tae ataahua
Me te hekenga o te ngawari me ngā huruhuru koura o te
puāwaitanga wairua
I rere ahau ki runga
I roto i te āhuarangi pōuri, pōuri o te ao
I te rapu i te pararaiha
I poke ōku huruhuru kanapa
Me ngā tohu pouri o te ngakaukore
Haere mai, e tōku Atua
Horoia tō manu pararaiha
Me ngā hihi o te whakaaro nui
Me ngā wai parakore, reka o te rangimārie
Te pou o tōku rangimārie me te puna o tōku harikoa
Ahakoa taku mahi nui me taku whakapau kaha ki te
mōhio ki a koe mā te whai i ō ture me ō tikanga, me mārama
ahau, e te Ariki, kei runga ake koe i ngā ture me ngā tikanga
.katoa

E te Whaea o te Ao, e noho ana koe i roto i te ngākau o
ngā whaea tangata katoa. Whakakīia ngā whaea katoa ki tō
whakaaro nui me tō ngākau aroha, kia nui ake ai tō aroha
.mutunga kore
E te Atua aroha, e mōhio ana ahau kei ngā wāhi katoa tō
aroaro tapu, pērā i te hinu parakore e huna ana i roto i ngā
oriwa kāore anō kia pēhia, waihoki kei te kitea tō aroaro
whakahīhi i te ao whānui. Ka hari te hunga e whakamahi ana
i te pēhi o te whakaaro ki a Koe me te whakaaroaro ki a Koe
.hei tango i te hinu tapu o tō aroaro atua
Mā roto i ngā mahi pai me ngā whakaaro auaha pai, ka
atawhai ahau i te purapura o te mōhio ki a au anō, ka
whakamakuku hoki ki ngā wai o te whakaaroaro me te hiahia
kia puāwai rā anō te puawai o te aroha atua i roto i te māra
.o tōku ao

Kei te ngana te ao ki te here i tōku hinengaro ki ngā
taura kaha o ngā hiahia nui, engari ka mahi ahau ki te tapahi
i aua taura ki te maripi o te māramatanga me te mōhio kia

wātea ai tōku hinengaro, kia anga atu ai ki ngā
.manaakitanga atua

Ko te mana o te whakaaro, te kōrero, me te mahi, nōu, e
tōku Kaihanga. Āwhina mai kia whakamahia e au tēnei mana
mō ngā whakaaro pai anake, mō ngā kupu atawhai, me ngā
mahi whai hua. Mā te whakaaroaro, ka tipu tōku aroha ki a
Koe kia kī tonu i tōku tinana katoa, kia tangohia atu hoki ngā
arai me ngā aukati katoa i te ara o tōku ao. Nā te mea ko
Koe te Kaihanga o tēnei ao moemoeā, ko tōku mahi tuatahi
.ki a Koe, ehara i te mea ki tēnei ao tinihanga
E ngana ana ngā pakanga me ngā raruraru ki te
whakatārewa i ahau, ki te aukati i ahau kei kite i tō aroaro
tapu, engari ka noho tonu koe, e te Ariki, hei pokapū o tōku
.rangimārie, hei punga hoki o tōku harikoa

* * *

Kei roto i te tangata ngā maina o te mātauranga me ngā
taonga o te whakaaro nui, e tatari ana kia kitea, kia
whakakitea hoki mā te whakaaroaro hōhonu me te
.tūhuratanga nui

Ka whakamahia e te tangata ō rātou pūngao huna i roto
i ngā mea katoa e mahia ana e rātou, ā, ka puta he hua,
engari ki te mōhio rātou ki te haumi i aua pūngao me te
whakahaere i aua pūngao me te mohio, ka tutuki i a rātou he
.maha ngā mea nunui

Ina kī te wairua i te whakaaro nui, i te ora tūturu, i te
aroha ki te pai, me te ngākau aroha, pērā i te pī e rapu ana i
ngā putiputi, ka rapua koe e te angitu, e te taonga, e te
mātauranga, me ngā manaakitanga katoa o te ao, i runga i
.te aroha noa o te Atua

* * *

I runga i tēnei ao, ka mahi te Atua ki te whakawhanake i
te toi o te oranga harikoa mā te whakatō i ngā kare ā-roto o
te tuakana me te teina ki roto i ngā ngākau o te tangata, me
te whakatipu i te whakaute me te maioha ki ētahi atu i roto i
.ngā wairua o tētahi ki tētahi

Nō reira, kāore ia – kia whakakororiatia ia – i tuku i
tētahi iwi kia tino tika i roto i a ia anō. Engari, i
whakawhiwhia e ia ngā tāngata takitahi o ia iwi ki ō rātou
ake pūkenga me ō rātou ake taranata, ā, i wehewehe i a
rātou ki tētahi pūkenga ahurei kia taea ai e rātou te whai
.wāhi nui ki te ahunga whakamua o te ao tūroa
Ka puāwai te rangimārie ki te whenua, ka hua hoki ngā
hua i waenga i ngā iwi mā roto i tā rātou whakawhitiwhiti
whakaaro whai hua mō ngā āhuatanga me ngā painga pai o
.tētahi ki tētahi

Ahakoia e kore e arohia e tātou ngā ngoikoretanga o
ētahi atu iwi, me māmā tātou ki ō rātou āhuatanga pai, me
te whai i a rātou. He mea nui kia mōhio kua whakatinanahia
ēnei whakaaro nui e ngā poropiti, ngā apotoro, me te hunga
tapu puta noa i te hītori, ko rātou—ā, kei te noho tonu—he
.tauirā ora o ngā whakaakoranga tapu teitei rawa atu

"Te whakamāramatanga o te kupu "whaiaro
Ko ngā kare ā-roto, e ahu mai ana i te hinengaro me te
kaha e puta mai ana i te Atua, e whakaatu ana i te ao ki a
tātou, e whakaatu ana hoki i te wairua hei mea motuhake
.mai i tōna pūtake me te toenga o te ao i hangaia
Kua mauheretia te wairua e te whare herehere tinana,
he whakaata tēnei o te wairua o te ao whānui, ā, kua hinga i
te warewaretanga, nō reira kāore e mahara ana ki tōna
mauri atua, engari e whakaaro ana ko tōna whare herehere
tinana tōna ake āhua tūturu. Nō reira, e tango ana, e kī ana
.ki a ia anō ngā poke me ngā herenga katoa o te tinana

I roto i tēnei āhuatanga, ka kiia te wairua ko te "ego,"
engari ina mōhio tēnei ego, tēnei tangata iti, herea rānei, he
rangitahi noa iho tōna hononga ki te tinana, ā, he mauri ora
tonu tōna, kātahi ka taea te kī ko te wairua. Ā, ka nui ake te
whakapūmāutanga o tōna mōhiotanga ki tōna āhua
taketake, ā, ka nui ake te pikinga me te whānui o tōna
hinengaro, ka nui ake te whakaaro kei te hono tata ia ki te

hinengaro ao whānui, ā, ko te tangata katoa ko tōna whānau
.ao

* * *

Kia waiho e tātou ngā taonga e kore e memeha
Kāore e pāngia e te pirau
Mai i ngā whakaaro pai
ngā ratonga atawhai
Aroha mutunga kore
I raro i te rākau o te tangata
Me ngā manga roa
me ngā manga maha
Ko ēhea e tohu ana i ngā iwi
Ngā iwi tangata
Ahakoa ō rātou rerekētanga me te kanorau
Kia manakohia e te Atua āu mahi pai
E ārahihia ana e ngā whakaaro pai
Te oho tuarua

I a koe, e ahua ana ahau kei roto ahau i tētahi oho
tuarua i tētahi ao kē. I ētahi wā, ka moemoeā ahau mō tēnei
whenua, me tōku tinana kei roto, engari kei te oho ahau i
roto i te harikoa mutunga kore, ā, ko taku moemoeā awatea
mō tēnei ao whenua e kakara ana i te kakara o ngā
.maharatanga kua marara pērā i ngā rau rōhi
E kite ana ahau i ahau e rere ana i roto i te tirohanga
whānui o te ao, kua whakapaipaihia ki ngā moemoeā me ngā
tirohanga maha mai i ngā wheako tirohanga rerekē, e kawea
ana i ngā maharatanga wiri o aku moemoeā whenua ki te
.ara ake tonu atu o ngā rangi
Kua hutia ake e au ngā tataramoa o ngā moemoeā kino
i te mārā o tōku ao, ā, kua whakatōkia ngā rōhi o te
whakaaweawe ki roto, ki te wāhi e whakaae ai taku hoa
aroha o te rangi ki taku pōwhiri, kua whakakāhia ki te kakara
o te hiahia, ā, ka haria ahau e ia ki te kāinga o te rangi e kī
.ana i ngā harikoa hou me ngā manaakitanga mutunga kore

* * *

He mea ora, he ngawari te aroha o te Atua, ā, e tino
whakautu ana ia ki te hunga katoa e whakaatu ana i tō rātou
.hiahia nui me te ngākau pono ki a la

He hē te whakapono o te tangata mā te kai rātou e ora
ai, ehara i te mana o te Atua. He tokomaha e karanga ana ki
a la me ngā whakaaro poto, pērā i te huruhuru manu i te
hau, e whakapono hē ana kāore la e whakautu i ā rātou inoi.

Heoi, e āwhina ana la i te hunga e whakapono ana ki a la,
ahakoa kāore rātou e mōhio. Heoi, he tokomaha e noho
kuware ana ki a la, e whakaaro ana kei tawhiti la i a rātou.

Ina kore te whakatau e ngoikore, e kore te whakatau e
ngoikore, ā, ka haere tonu te inoi ngākau mārie me te maia,
ā, ka rapua te āwhina atua me te pono me te tumanako,
ahakoa ka tūtaki ki ngā arai o te ngoikore, te manukanuka,
ngā tikanga kino, ngā whakaaro pōhēhē rānei, ka tae mai te
.āwhina, ā, me te whakamarie

Ka whakautu te Atua i roto i te huarahi hohonu, puku
hoki ki ngā inoi pono katoa e puta mai ana i te hohonutanga
.o te ngākau

Te uara pono o te tangata

He mea nui te kaha o te ngākau me te whakamahere
tika mō tāu e whakaaro ana ki te mahi. Ki te whakatau koe,
ā, ka haere tonu i tō ara, pērā i te pere mura, i te rama mura
rānei, ka mura katoa ngā arai i tō ara, ā, ka huri hei
.pungarehu

Kōwhiria tētahi mahi kāore koe e whakaaro ka taea e
koe, kātahi ka whakapau kaha ki te whakatutuki. Kia angitu
koe, neke atu ki tētahi mea nui ake, nui ake hoki. Me
whakangungu tonu tō kaha hinengaro pēnei, ā, ka kite koe i
ngā hua māu ake. Ki te nui rawa te uauatanga, inoi kaha me
te whakapono ki te Atua kia homai he kaha ki a koe ki te
.wikitoria

Me whakamahi te kaha o te ngākau mēnā e hiahia ana
koe ki te whakakore i te korenga, ā, me rite te kaha o te

whakatau ki te awhiowhio nui – he awhiowhio pai – kāore he
.arai i tōna ara, ā, ko te kino anake ka whakangaromia
Ahakoa ko wai te tangata, ahakoa tōna tūnga pāpori. Ko
tōna uara tūturu e whakawhirinaki ana ki te ngākau pai kei a
ia, me te āhua o tana whakamahi i taua ngākau ki te mahi i
.ngā mahi pai, ki te āwhina hoki i te hunga e matea ana
Kei roto i a koe te kaha o te ngākau, ā, ki te
whakamahia tika e koe, ka taea e koe te whakatutuki i tetahi
mea

Ko te hiahia te mea e ārahi ana i te tangata mai i te
hiahia ki te hiahia tae noa ki te wā e whakapau kaha ai ia ki
te whakatutuki i te hiahia nui rawa atu: kia mōhio ki a ia anō
.me te Atua

Ka tipu haere te kaha o te ngākau i roto i te tangata i
runga i te āhua noa, āta haere, engari ka taea te whakaterere
.ake i tōna tipu mā te whakaaro tika me te mahi tika
Ko te pupuri i tētahi whakaaro me te ngākau māia ko te
whakatutuki i taua whakaaro i te wā e taea ai, i muri mai
rānei, nā te whakapau kaha me te whakatau e kore e mōhio
.ki te ngoikore, ki te ngakau pouri rānei

Ko te kuware te kaiwhakahaere me te arataki i te hiahia
o te tangata, ā, he maha ngā wā ka arahi ki te hē me te
pouri. Engari ki te arahina te hiahia e te whakaaro nui me te
mahi tika, ā, ki te hono ki te hiahia o te Atua, ka mahi hei
.painga me te harikoa mō te tangata

He mea nui te whakangungu i te hiahia kia rite ai ki te
hiahia o te Atua. Ina huri tonu te hiahia ki tētahi whāinga
motuhake, ka noho hei hiahia hihiri, whai hua hoki. Koinei te
hiahia o ngā poropiti, o ngā tino tangata, me te hunga kua
.tutuki i a rātou ngā whakatutukitanga nunui o tēnei ao
I mua i te tīmatanga o tētahi mahi, whakaarohia
marietia tāu e mea ai. Kia tino whakamahia tō kaha hiahia ki
te whakatutuki i ngā mea e whai hua ana ki a koe anō me
ētahi atu. Ki te hē te whakamahi i tō kaha hiahia, ka kino ngā
.hua ki a koe

Kaua e whakaaro kino; kua homai e te Atua ki a koe te hiahia ki te whakamahi i taua hiahia, ki te wikitoria hoki i te pakanga o te ao. Kia mahara kei muri i a koe te hiahia o te .Atua

Ka taea e te kaha o te ngākau te whakaputa i ngā huringa ā-tinana i roto i te tinana. Kāore koe e hiahia ki te wā ki te whakakore i tētahi āhuetanga kua mau tonu ki roto i .a koe, mena kei a koe te kaha o te ngākau
I te wā i rapu ai a Buddha i te māramatanga wairua, i noho ia i raro i tētahi rākau paniana (piki Īnia) ā, ka mea ia i :tētahi mea pēnei

I konei ahau e noho ana i raro i te rākau paniana
Ā, ka whakahua anō ahau i tēnei oati me te pono
Ki te kore au e mārama ki te mea ngaro o te oranga
Ā, ka riro mai i ahau i aku rangahau te taonga utu nui
E kore ahau e whakarērea i taku tūranga ahakoa te aha
Ahakoa ka rewa ōku wheua me tōku tinana
!Ka noho tonu ahau ake ake
Hei whakamutunga, i tutuki i te Buddha Gautama te .tono atua

I whiwhi ia i tāna i hiahia ai
He pono, he hiahia taua momo hiahia
Kotahi ki te hiahia whānui
Kei roto i a koe te ia o te kaha o te ao tūroa e tautoko ana i tō tinana mō ake tonu atu. Heoi, ina pā he mea ki te tinana, ka wareware koe ki taua kaha. Ko te whakamahi i tō hiahia mō ngā kaupapa hē ko te ngaro o tō hononga ki tēnei kaha o te ao tūroa. Ko te whakangungu i taua kaha o te .hiahia ko te hono atu ki taua kaha ora nui
Me pupuri tonu te kaha o te ngākau kia ora, kia kaha hoki ki ngā mahi pai me ngā whakatutukitanga whai hua, .rangatira hoki o te ao

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Ko ngā tikanga he taputapu hinengaro aunoa me ngā
tikanga e āwhina ana ki te whakatutuki i ngā mahi e tika ana
.me te ngāwari me te kore e uaua

He tokomaha e tuku ana i ngā tikanga ngoikore me te
kore angitu hei herehere i a rātou, ā, ka taea e te tangata te
tiaki i a ia anō mēnā he rerekē tana noho, mēnā kei te tino
hiahia ia ki te whawhai ki ngā tikanga kino kia tae rā anō ia
.ki te haumaruru me te takutai o te wikitoria

Ka whakatenatenahia ngā whanonga kino e ngā hiahia
kore here mā te whakakī me te whakatika i aua whanonga ki
ngā tumanako teka me ngā kupu whakaari mō te harikoa me
te makona poto noa iho. I aua wā o te ngoikore me te
pōhēhē, me whakamahi te hunga e hiahia ana ki te wikitoria
i ēnei whanonga kore here i ō rātou whakaaro mohio kia
mārama ai ki tō rātou āhua tūturu, kia ako ai hoki me pēhea
.te whakahaere pai i aua whanonga

He kino ngā hua o ngā whanonga kino, ā, he kawa hoki
ngā hua. Mēnā kāore e āraihia, ka kaha ake ēnei whanonga
whakangaro, ka mau tonu te tangata i roto i tōna mana nui
me tōna awe nui. Engari ina mōhio te hinengaro ki te
koretake me te kino o ēnei whanonga, ka heke te pānga, ā,
.ka ngaro atu i te oranga o te tangata

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E whakaū ana ngā karaipiture he nui atu te Atua i te
kaha o te whakaaro nui me te hinengaro. Ahakoa tōna kaha,
kāore tonu i te rawaka tōna āheinga ki te mārama, ki te
karapoti rānei i a ia. Nō reira, kāore e taea e te hinengaro
tangata te hanga i tētahi ariā pono mō te Atua, kāore hoki e
taea te mārama ki te mea kāore he tīmatanga, kāore he
.mutunga

Ina titiro koe ki te Rā mai i ngā miriona maero te tawhiti
i te wāhi, he iti ake te āhua o taua whetū nui i tō tātou Ao.
Heoi, ko te whānui o te Ao he tata ki te 7,900 maero, ko te
whānui o te Rā he rau ngā wā nui ake. Mena ka taea e koe te
whakanoho i tō tātou aorangi, a Papatūānuku, ki mua tonu i

te Rā, ka āhua iti noa iho. Ā, ki te whakaaro tātou kei te whānui haere te whānuitanga o te Rā tae noa ki te horomia e tōna papatipu nui te rangi kikorangi katoa, ko te rangi e kitea ana e tātou he iti noa iho, he iti noa iho, o te whānui mutunga kore o te wāhi e horapa ana i te ao whānui. Ahakoa ka haere tonu te whānui mutunga kore o te Rā, kāore tonu e .taea te hipoki i te mutunga kore

Ko te mānukanuka o te iti me te mutunga kore e whakawhāiti ana, e aukati ana hoki i te hinengaro kia hopu i te whānui o te ao tūroa. Nō hea te pūtake mai o tēnei ?koretake, ā, kei hea ōna rohe

Ko te Atua, kāore e pāngia e ngā rahinga, e ngā inenga rānei, kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho ana i ngā wāhi katoa, e noho ana i ngā pito tawhiti rawa o te wāhi. Kei roto ia i ngā whetū tawhiti, tawhiti, ā, e mōhio ana ia ki ngā wāhi katoa e nohoia ana e ia, ahakoa te .iti, te rahi rānei

Ehara te Atua i te hinengaro nā te mea ko ia te kaihanga o te hinengaro, ā, e hipa ana i ōna mana; ki te kore, ka taea e tātou te mārama ki a ia mā te hinengaro. Heoi, ka taea e tātou te kī tika me te tika i a ia he hinengaro atua, he harikoa atua, he aroaro atua rānei; engari ehara i te .hinengaro

Ahakoa kāore e taea e te hinengaro te mārama ki te katoa o te ao, ka taea tonu e ia te rongo i te aroaro o te Atua. Ko te rongo i Tōna aroaro me te ine i tēnā he wheako .tino rerekē

Kāore e taea e te ngaru te ine i ōna taiao, engari he pūwāhi e pā ana ki waenganui i a rāua. Waihoki, ko tēnei pūwāhi ko te hinengaro teitei. Ka taea e tēnei hinengaro te rongo i te Atua, arā, te wheako i Tōna aroaro. Ina whakawhānuihia e tātou te ao o te whakaaro noa kia hono tata atu ki te hinengaro teitei, ka taea e tātou te rongo i te .aroaro atua

Kua heke iho tātou i te mutunga kore o te ao tūturu ki te mutunga kore, mutunga kore hoki. Ko te Yoga te kukume i te hinengaro kia matara atu i ngā mea o waho kia arotahi ai ki te pūtake o roto o te pono. Mā tēnei anake ka kitea ai e tātou te tikanga i whakamahia e te Atua hei whakakotahi i te hinengaro whānui ki ngā whakaahua mutunga kore o tāna .hanganga me ngā ao e noho ana i roto

Ko te tinana tangata te mea tino uaua, tino uaua hoki o ngā hanganga a te Atua. Ka wehea he pūtau taketake kotahi, i hangaia mai i te hanumitanga o te parāoa me te hua manu, ā, mā te whakarea o tēnei tukanga wehenga, ka hangaia he piriona pūtau huri noa i a ia hei hanga i te .hanganga ā-tinana e pupuri ana i tō tātou hinengaro wairua Kāore e taea e koe te mōhio ki te nui o te pūngao e rongoa ana i roto i te kotahi karamu mīti. Mēnā ka tukuna taua pūngao, ka horapa ngā irahiko maha ki te wāhi mutunga kore. Ko te mana me te mara o te hinengaro e noho ana i roto i te tinana e hira ake ana i te māramatanga o te tangata. Ahakoa he kikokiko, he toto, he wheua tō tātou hanganga e kitea ana, kei muri i ōna pūtau matotoru kei reira ngā iahiko hiko me ngā iahiko ora. Ā, kei muri i ēnei pūngao ngawari, uaua kei reira ngā whakaaro me ngā .tirohanga

Kāore e mutu te whakaaro, ā, kāore e mōhiotia he mutunga. Mai anō i te tīmatanga o te ao, kua rere ngā whakaaro i tua atu i te whakaaro noa. He maha ngā whakaaro e kore e taea te tatau, engari ki te whakaarohia e koe te maha o ngā whakaaro me ngā kare ā-roto kua puta mai i roto i tō hinengaro, ā, kua whakapuakina puta noa i tō oranga, ka whiwhi koe i tētahi whakaaro mō ngā miriona .whakaaro e wātea ana

Ngāna, ki te taea e koe, kia maumahara ki ngā whakaaro katoa i roto i te tau kotahi, i te rā kotahi rānei, kātahi ka whakaarohia te tini o ngā whakaaro i kohia e te

tangata katoa i roto i te hītori, tae noa ki tēnei rā e mōhiotia
.ana e te Atua

Kāore e taea e te hinengaro te mārama ki ngā
āhuatanga taiao tino ngaro. Whakaarohia te maha o ngā
irahiko e hurihuri ana i roto i te hiko e rere ana i roto i ngā
pūahi rama! E kanikani tahi ana ngā tiriona o aua irahiko, e
hanga ana i te mārama e kitea ana e tātou. Ko ēnei matūriki,
e kore e kitea ahakoa e te karu hiko, e haere ana mai i tētahi
wāhi ki tētahi wāhi o te ao i roto i ngā hēkona noa iho. E
.whakaū ana ngā whakamātautau pūtaiao i tēnei
Me i ngana koe ki te tatau i te maha o ngā porotona me
ngā irahiko kua tākaihia ki roto i tō tātou aorangi, arā, ko
Papatūānuku, ka haere tonu te tatau a te hinengaro mō
tētahi wā poto, kātahi ka mutu. Ko ngā mea e kitea ana e te
.hinengaro o te kairangahau he mutunga kore
Engari ka tae ki te wā ka tino mārō rawa ngā whakaaro,
kāore e taea te hopu. Mai i taua taumata, e kore e taea te
uru atu e te hinengaro, ka ringihia e te Atua tōna
māramatanga matua: te wiri ao mārama e hanga ana, e
.tautoko ana i te hanganga mutunga kore
te whakahoahoa

He kākahu manaakitanga te whakahoahoa i whatuhia
?mai i ngā miro o te ngākau
He whakakotahitanga rānei o ngā hinengaro e rua hei
?hinengaro nui, whānui
He whaea rāua ko te tamāhine, e rua ngā puna aroha e
pupū ake ana i te pūtake kotahi
Hei whakarei ake i te rere o te aroha, hei whakamāmā
?hoki i te matewai o ngā wairua maroke
He rōhi takitahi rānei i waenganui i ngā manga e rua e
?tupu ana i te ngahere o te māramatanga hoa
?He whakaaro kotahi rānei i roto i ngā tinana e rua
Ka taea te whakarite i te whakahoahoa ki ngā hōiho e
?rua

Ahakoā ō rātou tae rerekē, ka whakakotahi rātou i te
waka o te ora
Te anga atu ki tētahi whāinga teitei me te tirohanga
?kotahi
He take o te whakahoahoa te kore taurite, te ōritetanga
?rānei
He kōhatu rerekē, he kōhatu rerekē rānei te mea i
?hangaia ai ōna pakitara
?E whakaae matapo ana rānei ia ki te pai me te kino
Ā, kia haere me te ngākau nui me te harikoa i ngā ara o
te mangere me te wairangi
Ki te poka o te pouri me te whakakorenga o ngā
?mānukanuka
He tipu rangatira, he tipu hua, he tipu tapu te
!whakahoahoa
Ina oati te tokorua i te pono pumau
Ahakoā ngā rerekētanga o ō rātou whakaaro, ka hikoi
rātou i ngā ara o te ora
Ina whakahē rātou, ina whakaae, me te aroha me te
whakaute
Ka tautoko tetahi i tetahi, ka hiahia tetahi ki tetahi kia
ora, pērā i tā rātou e hiahia ana mō rātou anō
E harikoa ana ia ki te angitu o tana hoa, pērā i tana
harikoa ki tana ake angitu
Ina kore te tangata e aroha ana e rapu ana i te
ahuareka, i te whakamarie rānei, i te utu mō te tangata e
arohaina ana
Kātahi ka i roto i taua māra o te atawhai
Ka puāwai te whakahoahoa, ka puāwai, ā, ka ki tonu i te
kakara o te aroha me te pono
Nā te mea he tipu ranu te whakahoahoa, i whānau mai i
ngā wairua e rua
E rua ngā rōhi rerekē e puta mai ana tōna kakara
Ā, ka haria tonutia ngā hau o te aroha pumau

Ko ia te tangata e kore e whakangaueuetia e te
raruraru, ā, kāore he koha
Ka whānau mai te whakahoahoa i te ngākau aroha kore
e taea te whakamārama
Ā, ka rere mai te nui o ngā kare ā-roto parakore
Ka tupu i roto i te oneone o te rangimarie me te
ngangau
Engari ka moe, ka tio, ka pau tōna wā i roto i te tino
.mōhio me te kore whakaute tetahi ki tetahi
Ka whakamomori, ka hemo ōna manawa whakamutunga
i raro i ngā puranga matotoru o ngā hiahia whaiaro
Engari ko tōna ngākau ngawari ka taea anake te hinga e
.ngā tumanakohanga me ngā tono
Te tinihanga me te tinihanga
Āe, kei te mahi ēnei pepeke i tā rātou mahi ki te tipu o
.te whakahoahoa, me te ngau i tōna ngākau māwhero
E te hoahoa, e te tipu puāwai, e te tomairangi o te rangi,
ko tō taiao tino pai ko te oneone momona i te aroha, kāhore
he take, he hiahia rānei, te wāhi e whai ana ngā hoa ki te
hanga me te tautoko tetahi i tetahi, me te whakatakoto i te
.ara mo tetahi i tetahi i te ara
Kāore he mea hei tinei i tō matewai, e te hoa
Te whakahawea ki ngā kare ā-roto, me te whakaute i te
hunga kei a rātou aua kare ā-roto
Kāore he mea e whakamakuku ana i ō rau pērā i te rehu
mārama, e maringi ana o te reka
Mai i ngā rangi o ngā ngākau pono, aroha
Āe, te whanaungatanga pono
Ko ngā wāhi katoa e marara ana ō rau rōhi
He tapu taua wāhi
Ka riro hei temepara manaakitanga
Ka toro atu ngā tāngata katoa e whakapono ana ki te
.Atua, ki te tapu hoki o te ora

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Ka whakamāramahia e au ngā menemene, ka memeha
te pōuri o tōku mamae, ā, ka kite ahau i tōku wairua i roto i
te māramatanga o aku menemene e huna ana i muri i te
.pōuri matotoru o ngā tau kua kohia

Ina kitea ahau e au, ka rere ahau ki roto i ngā ngākau
katoa, me te mau i te rama o te ataata o tōku wairua
Ka menemene tōku ngākau i te tuatahi, kātahi ko ōku
kanohi me tōku mata. Ka tiaho ia ngota o tōku wairua i te
.māramatanga o ngā menemene

Ka uru atu ahau ki roto i ngā hōhonutanga o ngā ngākau
.pōuri, ā, ka tahuna he ahi nui e pau ai ngā mamae katoa
Ko au te mura o te ataata e kore e taea te ārai. Ka
whakahauora ahau i a au anō ki te hau o te hari atua, ā, ka
mura ahau i roto i te pōuri o ngā hinengaro. Ā, ko te hunga
katoa e tūtaki ana ki ahau ka whiwhi i te pahūtanga o tōku
.harikoa tapu

Ka haria e au ngā rama whakaora o aku ataata ki ngā
ngākau katoa. Ka ataata tuatahi ahau, ahakoa he uaua, ā, ka
whakaohokia e au te hunga pouri me te hunga e tangi ana
.kia ataata

I roto i te hari o ngā ngākau katoa, ka rongohia ahau i te
haruru o tōu harikoa, e te Atua. I roto i te whakahoahoa o te
hunga pono katoa, ka kitea e ahau tōu aroha. Ka hari ahau,
ā, ka koa tōku ngākau ki te angitu me te oranga o ōku teina
me ōku tuāhine, pērā i ahau e hari ana, e koa ana ki tōku
ake oranga ngākau. I a au e whakaoho ana i te whakaaro nui
me te māramatanga ki roto i ētahi atu, ka whakanuia e ahau
ngā taonga o tōku ake whakaaro nui me te mātauranga. I
.roto i te hari o te katoa, ka kitea e ahau tōku ake harikoa
Kāore he mea hei muru i aku ataata. Kāore e taea e te
korenga, te mate, me te mate te whakawehi i ahau, te
.whakaiti rānei i tōku wairua

Ko te pono, e kore e taea e ngā aituā me ngā aituā te
whara i ahau nā te mea kei roto i tōku wairua te hari

mutunga kore, te hari hou o te Atua e kore e rerekē, e kore
.hoki e taea te hinga

E te ataata tapu, ata noho, karaunatia tōku mata,
ataatatia hoki tōku wairua

Ka ngana ahau kia noho hei pirionaire o te hari, nā te
mea kei roto i ngā putea o tō aroaro tapu, e te Ariki, taku
taonga pono, ā, mā reira ka ea ai taku hiahia mō te angitu
.wairua me te oranga tinana i te wā kotahi

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Ka rere te rangimārie i roto i tōku ngākau
Ka pupuhi mai i roto i ahau me te mea he hau mārie
He rangimārie te hau e karapoti ana i ahau, pērā i te
hinu kakara

E rere ana te rangimārie i roto i ahau, pērā i ngā ngaru o
te māramatanga

Ka rongoatia e te rangimārie te ngākau o te
manukanuka me te manawa pāwera, ka tahuna hoki ngā
.tataramoa o te wehi me te moe kore

Ka horapa whānuitia te rangimārie - pērā i te puranga
mura - ā, ka whakakīia tōku ao katoa

He rite te rangimārie ki te moana, e whakakī ana i te
wāhi me te āhuarangi

He rite te rangimārie ki te toto whero; e whakaora ana i
ngā uaua o ōku whakaaro

He rangimārie, pērā i te ahiahi pōuriuri e karapoti ana i
te tinana o tōku mutunga kore

E puea ake ana te mura o te rangimārie i roto i ngā
pūwero o tōku tinana, me te ao whānui hoki

Ka horapa te kakara o te rangimārie i roto i ngā māra
rōhi

Kei te maturuturu tonu te waina o te rangimārie i ngā
pēhi o ngā ngākau katoa

Ko te rangimārie te oranga o ngā kōhatu me ngā
marama, o te hunga tapu me ngā poropiti

Ko te rangimārie te puna wai o te wairua

Ko te wai e puta mai ana i te ipu o te wahangu
Ka tātarihia e au i roto i ngā pūwero maha o aku ngota

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Ka inoi ahau me te ngākau nui kia mura rā anō te pōuri
o te whakaaroaro e tō aroaro kanapa, e te Ariki. I tēnei rā ka
whakapaohotia e ahau te waiata a tōku wairua ki te rangi me
te arotahi hohonu, me te tumanako ka whakautu mai koe mā
.te kaiwhiwhi o tōku marino

!E te Atua ora tonu, e te hari hou tonu
Whakawāteatia tōku hinengaro i ngā taumahatanga o te
mangere me te warewaretanga

Tukua ahau kia reka ki te wai reka o tō aroaro
I te whānui haere o te marino o roto, o waho hoki, ka tae
mai tō rangimārie ki ahau

Ka ngana tonu ahau ki te whakarongo ki te haruru o ō
hikoinga tino ataahua

Me i riro koe i ahau hei hari nui o te whakaaroaro
hohonu

Kātahi ahau ka mōhio ko ngā mea katoa
Ka homai ki ahau te rawa, te hauora, me te whakaaro
nui

Āwhina mai kia kitea koe e au
I roto i ngā hohonutanga o ngā wai o tōku wairua, e
hiainu ana ki a koe
aroha

Ko te aroha te kakara o ngā rengarenga e puāwai ana
Me te waiata o ngā rōhi wahangu

Te whakanui i te ataahua o te taiao
He waiata te aroha e waiatatia ana e te wairua mō te

ora

Me te kanikani taurite o ngā aorangi
I tana haerenga tonu ki te wāhi hohonu
He hiahia nō ngā putiputi ki te mitimiti i te rā
Ā, ka tupu, ka whāngaihia e te waiora o te ora
Ko te hiahia o te whenua

Hei whāngai i ngā pakiaka matewai ki tōna waiū
Ā, te poipoi i ngā momo ora katoa ki te mauri o te ora
Ko te mana nui o te rā
Hei pupuri i ngā mea ora katoa kia ora, kia hihiko hoki
Koia te kaha ārahi o te ora
Hei tiaki me te manaaki i ngā tamariki
Ko te ataata o te harakore e whakaoho ana i te aroha o
te matua
i runga i te pēpi
Me te tukunga aunoa i roto i ngā ngākau o te hunga
aroha
Hei tuku ratonga me te mihi aroha, kore utu
Ko te pū o te whakahoahoa
Ko te tangata e whakaora ana i ngā ngākau maru, e
whakaora ana i ngā patunga
He karanga ki te ngākau e kore e taea te whakaahua
He kaitito ia e pupū ana i te aroha ki te tangata
Ko te tangata e mamae ana i tōna mamae
Ko te porowhita whanaungatanga tēnei i waenganui i
ngā mema o te whānau kotahi
Te whānui haere tonu, te whānui haere ki ngā wāhi
whānui ake
Me ngā mara whānui ake
Ko te whiowhio o te ora
I ngā pae tawhiti o ngā hinengaro tuwhera
Ā, ko te rangi o ngā ngākau kua whakakīia ki ngā whetū
o ngā kare ā-roto rangatira
Ko te aroha te harikoa o te wairua
Ko tā ngā wairua aroha e hiahia ana
Ā, e hiahia ana ia ki te toro atu ki a ia me te kōrero ki a
ia
Mai i ngā pūranga: Ngā kōrero mō te angitu me te
hunga angitu
Tērā pea ka kite te tamaiti i te angitu i runga i te whai
taonga tākaro me ngā tāre maha, tae atu ki tētahi motuka iti

hei ekenga. Tērā pea ka kite te tamaiti rawakore i te angitu i
runga i te whai moni hei hoko i tā rātou e pai ai, engari ko te
tamaiti whai rawa kāore pea e makona ki ā rātou taonga
tākaro, ā, kāore hoki e makona. Tērā pea ka uaua ki te
whakamanawareka i tētahi tamaiti pēnei, e taumaha ana ki
.te maha o ngā taonga kei a rātou
I a tātou e pakeke haere ana, ka kata tātou ki ngā hiahia
o te tamarikitanga. Ahakoa he maha ngā mea e whaia ana e
ngā pakeke i tēnei rā ka ngaro te ataahua āpōpō, āpōpō
.rānei, ka whakakapia ki ngā hiahia hou
He mea tika kia whakamahia e te tangata te wehewehe
i waenga i ngā mea e tika ana me ngā mea kāore e tika ana
He mea nui te angitu kia whiwhi ai te tangata i ngā mea
e tika ana mō te oranga: te kai, te whare, te hauora, me te
kākahu. Mēnā kāore i a rātou tētahi wāhanga iti o ēnei mea,
.kei roto rātou i tētahi āhuatanga pōuri
Me taea e te tangata te whiwhi i tētahi taumata iti o te
whakamarie me te harikoa. Ahakoa he wairua, he taonga
rānei te āhua, kāore e kore he take e kīia ana he hiahia
taketake me tutuki kia mau tonu ai te hauora tinana me te
oranga tinana. Ki te kore e ora pai, e ora pai (i te iti rawa te
.hinengaro), e kore e taea e te tangata te angitu
Engari he aha te angitu tūturu? Ahakoa ka riro i te
tangata ngā mea katoa e hiahia ana e ia i te ao, ka noho
tonu tōna ngākau korekore nā te mea he wairua ia, ā, kāore
e taea e ngā taonga te hoatu i te harikoa ki a ia, ko te mea
.tuatahi, he āhua hinengaro
Kei a tātou te mana ki te whakahari i a tātou anō, pērā i
a tātou te mana ki te whakapōuri i a tātou anō Kei roto i a
koe te mea ngaro ki te angitu me te harikoa. Tērā pea he nui
ake tō harikoa i roto i tōu kāinga iti i te kīngi i roto i tōna
whare rangatira. Ko te hunga e kitea ana te angitu me te
taonga i waho i a rātou anō, ehara i te tino angitu, i te
harikoa rānei. Ehara tēnei i te kī kāore ngā mirionaere i te
harikoa; engari, ko te tikanga mēnā ka taea e koe te tango i

te harikoa mai i te ao, ahakoa he rawakore koe, he whai
.rawa rānei, kua angitu koe i tētahi huarahi

Ko te harikoa poto noa iho, engari ko te pouri me te
whakapouri anake, ehara i te harikoa tuturu. I roto i te angitu
tuturu, ka ora tonu te mahara ki te whakatutukitanga ahakoa
kua memeha haere te harikoa tuatahi o te
whakatutukitanga. Ko ngā mea pai katoa i mahia e te
tangata, ā, e mahia tonutia ana i roto i tōna ao, ka ora tonu i
roto i tōna maharatanga hei harikoa pumau. Koinei te angitu
.tuturu e tutukihia ana e te tangata i roto i te ao
Ehara te angitu i te mea ngāwari; kāore e taea te ine mā
te taonga, mā ngā taonga rānei o te tangata. He hohonu ake
te tikanga o te angitu i tērā. Ka taea te ine i te angitu tūturu
mā te kaha o te tangata ki te harikoa i raro i ngā āhuatanga
.katoa

Ina mārama, ina marino tō hinengaro, kāore koe e
whakaaro kino ki tētahi, kāore hoki e whakahē i tētahi, ā, ina
pūmau, ina ngāwari hoki tō hiahia i te wā kotahi, ā, kei a koe
te kare ā-roto ngawari me te mārama tika, ā, ina taea e koe
te whiwhi i tāu e hiahia ana i roto i ngā huarahi honore me te
.tika, ko reira koe tētahi o te hunga angitu

He maha ngā wā ka makona te tamaiti i ētahi mea iti
noa iho, engari ina pakeke ia, ka hiahia ia ki te whiwhi i ngā
mea maha, pērā i ngā whare me ngā motuka, ahakoa e
.mōhio ana ia kāore te hunga nona aua mea e harikoa ana
Kei roto i te oranga māmā me ngā whakaaro rangatira

te ngākau māhaki. Ko te hunga e pupuri ana i ō rātou
hinengaro ki te ao o ngā wawata—te ao o ngā whakaaro
rangatira—ka nui ake te harikoa i te hunga e whakawhāiti
ana i ō rātou whakaaro ki ngā mea o te ao anake. Ko te
hunga e aro nui ana ki ngā taonga o te ao, kāore he mea kē
atu, ko te hunga e aro nui ana ki te kohikohi taonga papai
(.hei whakapau moni me te whakaatu), kāore i te tino pai
He nui ake te painga mō te tangata ki te pānui i ngā
pukapuka me ngā tuhinga whai hua, kaua ki te moumou

taima ki ngā mahi kore hua. He nui ake i te pānui pukapuka
te whakaaroaro ki te Atua, te whakaaroaro ki Tōna nui, me
te ngana ki te mārama ki ngā mea ngaro mutunga kore o te
.ao

Ko te kaupapa o te ao kia mōhio te tangata ki a ia anō,
kia rongu i te taiao o te ao e pupuhi ana i roto i tōna ngākau,
e rere ana i roto i ōna uaua, e whakakī ana i tōna wairua ki
te rangimārie, ki te aroha, ki te harikoa, me te ata noho, ā,
!koinei te wikitoria nui rawa atu
Ataahua

Ko te hunga kite kāore e maioha ki te ataahua i ngā
wāhi katoa. Ko ētahi e mahi ana me te mea kāore he kanohi;
kāore e kite, kāore hoki e mārama nā te mea kāore e taea e
.rātou te kite i tetahi mea, ahakoa i ngā wāhi ataahua
He ahua kino, he matotoru hoki ngā tae tino ataahua o
te whenua, ki te whakaritea ki ngā tae whakahīhī o te ao
.aorangi, o te ao ethereal rānei

I te taumata ā-tinana, kua kitea e te tangata ngā
huarahi maha hei whakarei ake i tā rātou tirohanga
tirohanga. He iti noa ngā tae e puta mai ana i te kanohi
tahanga; heoi, ko ētahi toka parauri mārama e whakaatu
ana i ngā tae kanapa i raro i te mārama ultraviolet. Ina āraia
tēnei mārama, ka hoki ngā toka ki tō rātou tae pouri
.takeake

He maha ngā tae o te ao tūroa, pērā i te kikorangi o te
rangi, he mānumanu whatu i hangaia e te whakaata o te
mārama ki runga i ngā momo matūriki rerekē. Nā te mea he
iti noa te whānuitanga o ngā wiri e kitea ana e te kanohi e
hanga ana i ngā mea katoa o te ao tūroa, kāore e taea e te
tangata te kite i ngā hihi ngawari, ethereal e huna ana i roto
i ngā mea katoa e karapoti ana i a rātou. Ki te kite koe i a
rātou, ka miharo koe ki tō rātou ataahua me tō rātou
.ataahua

Nō reira, e kore e taea e te kanohi, e te taringa rānei te
kite i ngā mea katoa e kitea ana. Kāore e taea e te tangata

te hongī i ngā kakara ethereal, kakara, te kite rānei i ngā
āhua ngawari, ngā whakaahua, me ngā kare ā-roto e rere
.ana i roto i te whānuitanga o te ethereal
He maha ngā wā kāore e taea e te tangata te kite i ngā
mea kei roto i tā rātou mara tirohanga ā-pūmanawa
I taku haerenga ki Mexico, ka kite ahau i ngā "māra
mānu" o te roto o Zuquemilco, ka whakakīia tōku ngākau e
tōna ataahua, ā, ka rongo ahau i te ataahua me te nui o te
.kaitoi atua

Tērā tētahi atu tangata i te āhua nei kua aro nui ki aua
ataahua o te taiao, engari i puta mai he kare ā-roto ki ahau
kāore ia e kite ana i taku e kite nei. I pātai atu ahau ki a ia
mō tana whakaaro mō aua tirohanga ataahua, ā, ka
whakahoki mai ia: "Kei te whakaaro ahau ki tētahi huarahi
whai hua hei tango i te wai kia nui ake ai te whenua hei
".ngaki

I titiro ia ki te roto mai i tana ake tirohanga, nō reira, e
titiro ana tātou katoa ki ngā mea i runga i ō tātou ake
.whakaaro me ō tātou ake whakaaro

Kei roto i ia wairua ngā wiri, ngā nekehanga rānei o ngā
kare ā-roto, ngā whakaaro, me ngā kare ā-roto, arā, ngā
āhuatanga katoa e āwhina ana ki te hanga i te tuakiri, i te
.hinengaro rānei o te tangata

He rerekē te āhua o ia tangata, he rerekē te wiri. Ko ngā
mea katoa i mahia e te tangata mai i te tamarikitanga kei te
rongoa tonu i roto i te roro hei pūkahukahu kua pēhia o ngā
au me ngā hiahia. Ā, nā te mea kāore e taea e tātou te kite i
ēnei pūkahukahu kāore e kitea, ka miharo tātou ki ngā mahi
.a te tangata, ia tangata e ai ki ō rātou ake hiahia

Ka ngāwari te huri o te harikoa ki ētahi tāngata, kāore
he take e kitea ana, ka pōuri rānei ō rātou kare ā-roto e kore
e taea te whakamārama, tae atu ki a rātou anō. Ko ētahi e
aro nui ana ki te whakahē, ki te hora i ngā kōrero
pakiwaitara, me te whakaatu i ētahi atu, ko ō rātou ake āhua
.o roto e hiahia ana kia arohia, kia horoia hoki

Ka tanumia e ēnei au hinengaro te wairua, ā, ka ārai i te tangata ki te whakaatu i ngā painga o tōna ake wairua teitei .ake

He tino uaua, he tino whakawhāiti hoki te tangata i a ia anō! He kōrero maha-upoko ia tangata, he maha ngā .kaupapa e hono tahi ana, me ngā wāhanga kanorau

* * *

Me whakakore ngā whakaaro o te korenga angitu ki ngā whakaaro pai mō te angitu me te hihiri. Me whakaiti ngā wehi mā te kore e whakanui rawa. Me whakakore ngā pouri ki te māramatanga o te harikoa. Me whakakore te whanoke ki te atawhai me te whakaaro nui. Me whakakore te wairangi ki te aroha me te atawhai. Me tango ngā whakaaro mate i te torona o te hauora mā ngā whakaaro tika me ngā kare ā-roto tika. Me whakakore te raruraru me te manukanuka mā te whakapono me te whakahohe i ngā mana o te hinengaro. Me whakatū he rangatiratanga o te rangimārie ki roto i te wairua kia pā atu ai ki te aroaro tapu, kia rongo ai hoki i te tiaki a te .Atua

Hoatu he wairua atawhai

E te Ariki, kia mōhio ahau he papaku noa iho, he poto .noa iho hoki ngā ahua eka o ngā kare ā-roto Ahakoa he pono te hari o te wairua, ā, e whakahoutia tonutia ana

Kei konei te Atua. Ehara ia i te kupu noa iho e kōrerotia ana e tātou, engari ko ia te mauri o te ora me te mea ngaro o te oranga. Ahakoa kāore pea tātou e mōhio ki te whānuitanga katoa o Tōna toronga mutunga kore, ka taea e .tātou te rongo i Tōna aroaro me te rongo i Tōna noho Ko te Atua te marino o te ao whānui e whakaatahia ana ngā mea katoa, e puta mai ana hoki ngā whakaaro mārama katoa. Nō reira, ka ngana ahau ki te mahi i te marino kia .rongo ai ahau i Tōna aroaro harikoa

I tēnei rā ka whakapaipai ahau i te wāhi tapu o te
rangimārie ki ngā putiputi o te hiahia atua, ā, ka karanga atu
.ki te Atua o te aroha me te hari
Kei te inoi ahau ki te Atua kia whakakitea mai ia ki ahau
mā roto i ōku kanohi wairua kia kite ai ahau i tōna
māramatanga e horapa ana puta noa i ngā wāhi katoa o te
.ao

E mōhio ana ahau e whakarongo ana te Atua ki ngā
kōrero katoa o taku hiahia. Ko ia te aroha whānui, ā, mā te
aroha atua ka kitea e au ia, nā te mea mā te aroha ka
whakatata te kai rapu ki te Atua, ka inu i ngā puna o te
.harikoa tapu

E te Ariki, āwhina mai kia whakakīia tōku tinana ki tō
kaha o te rangi, kia whakaorangia tōku hinengaro ki te
arotahi me te tumanako, kia whakaorangia hoki tōku wairua
.ki ngā tirohanga wairua i whānau mai i te whakaaroaro
I roto i te ora, i roto i te mate, i roto i ngā pōuri me ngā
aituā, e mau tonu ana tōku whakapono ki a koe, e te Ariki, e
.kaha tonu ana, e kore e whakangaeuetia
Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā
tatau me ngā matapihi i roto i tōku wairua e haere atu ai
.ahau ki te hari o te Atua

Ka rite ki te whiti o te rā i runga i ngā rori pukumahi
rawa, ka kite ahau i ngā hihi o te aroha atua
I ngā wāhi pukumahi katoa o aku mahi o ia rā,
manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te
.ata, kia kawea ai ki tōu paepae tapu
E te Ariki, homai he wairua atawhai ki ahau kia taea ai e
au te tohatoha ki ētahi atu i aku mea, ā, āwhina mai kia kite
ahau i roto i te roto marino o tōku hinengaro i te whakaata o
te marama o tōku wairua e whiti ana i te māramatanga o tōu
.aroaro

I tēnei rā ka ruku hohonu ahau ki te moana o te
whakaaroaro me te whakaaroaro ki te Atua kia kitea rā anō e
.au ngā peara o te whakaaro nui me te hari atua

Ka aroha ahau ki a koe, e te Ariki, nui atu i ngā mea
katoa, nā te mea ki te kore koe, e kore e taea e au te aroha
.ki tētahi atu tangata, ki tētahi atu mea rānei
I roto i ngā hohonutanga o ngā maunga me ngā rangi
marino, me roto i ngā hohonutanga o tōku wairua me te ana
o te wahangu, ka rongohia ahau i te aroaro o te Atua, ka rongohia
hoki i Tōna hari tonu, ka inu ahau i Ana puna parakore e kore
.e mutu, e maroke rānei mō ake tonu atu
Ka koropiko ahau ki a koe, e te Ariki
E te aroha ōrite
I runga i te torona o ngā ngākau aroha me ngā ngākau
atawhai katoa

* * *

Ehara te moni i te tohu mō te reka. He maha ngā
tāngata whai rawa e hoko ana i ngā mea kāore e hiahia
ana e rātou, ā, ka kohia ēnei ki roto i ō rātou kāinga hei
puranga kino, koretake hoki. Kāore e hiahia he moni nui
hei whakapaipai i tētahi whare; ko te reka te mea matua.
Heoi, ko te whakaaro ki te whakapaipai i te kāinga ka
pōrearea ētahi tāngata, ka ārahi i a rātou ki te aro nui ki ngā
taonga ā-iwi, ka whakawhāiti i tō rātou whakapono ki a rātou
.anō

Ko te tangata e taumaha ana ki ngā pire e piki haere
ana, e hiahia ana ki tētahi oranga māmā ake, me te
herekore i ngā pēhanga pūtea. Engari, e kore taua herekore
e puta mai i te tukunga ki te mangere me te kore mahi, te
whakarērea rānei i ngā mea katoa me te kore he
.whakamārama, he whakaaro rānei
I tetahi wā ka pāngia tetahi tangata e te mate nui, ā, ka
:mea ia

Āe, te mate mōku! Kua ngaro taku taonga, kua"
whakarērea hoki ahau e taku wahine, nō reira kua whakatau
".ahau kia whakarērea ngā mea katoa, kia noho hei moke

Kāore tēnei tangata, e hoa mā, i whakarērea e ia ngā
mea katoa ki muri, engari i whakarērea e ia ngā mea katoa
!ki muri

Ko te oranga hinengaro me te ngākau māhorahora he
mea nui e rua mō te whakatutuki i te harikoa. I muri i te
tiro tiro me te wehewehe i ngā hiahia katoa, ka taea te kī:
"Kāore he uaua ki te whiwhi i ngā matea rauemi e tika ana,
".ā, kāore he take mō te kore e taea te pupuri i aua hiahia

* * *

Kei roto i ngā whetū, i te whenua pai, i ngā ngākau o te
ngakau, me te pā o ngā kare ā-roto te aroaro o te Atua. Ko
te tangata e haere tonu ana i te ara ki te whāinga tapu, e
whakaaro ana ki te Atua me āna mahi whakamiharo, ka
kite ia i a ia i roto i te kākahu koura o te ao whānui—he
kākahu mārama e horapa ana puta noa i te ao mutunga kore
—ā, ka rongō i tōna aroaro oraora i roto i ngā whakaaro
rangatira me ngā whakaaro whakahirahira katoa, i roto hoki i
.ngā ngākau o te ngakau katoa

He tokomaha kua kōrero mō te Atua, he tokomaha kua
rapu i a ia, ā, he tokomaha kua pānui mōna, engari he tokoiti
noa iho kua pā ki tōna aroaro. Ko te hunga kua pā ki tōna
.harikoa ko rātou te hunga e mōhio ana ki a ia
Te tunu" i ngā purapura o ngā pakihi e peia ana e te"
kuware

Ka hangaia e te tangata tō rātou ake mutunga mā roto i
ō rātou hiahia, ka whakatauhia tō rātou mutunga mā roto i ō
rātou whakaaro me ā rātou mahi Ka taea e koe te whakaora i
a koe anō i te mamae mēnā ka whiriwhiri koe ki te mahi
pēnā Kāore te Atua, ko tōna mauri ko te aroha, e hiahia kia
mamae tana hunga e arohaina ana i ngā mamae o ngā mahi
hē me ngā whakaaro hē Kua whakawhiwhia e ia ki te
tangata te mana o te mārama me te herekore ki te whiriwhiri
Heoi, nā ngā whakatau hē me ngā whiringa kuware, ka
kawea mai e te tangata te mamae me te mamae ki a rātou
.anō me ētahi atu

Me noho rangatira koe, kaua hoki e tukua tetahi ki te whakahau i ō whakatau, ki te whakahaere rānei i a koe. Kaua e tukua ō taiao, ō tikanga, ō tikanga kino rānei kia aukati i a koe, kia whakahaere rānei i tō āhua noho. Mahi me te whakaaro nui, whakarongo ki tō hinengaro, me te whakaaro ki ngā hua o ō mahi i mua i te tīmatanga o tētahi mahi. Kaua e whara i ētahi atu mā ō whanonga hē, me rapu i te āwhina .me te arataki a te Atua

I te mea kei roto tonu te tangata i te riri, te hae, me te hae, kāore rātou e herekore. Me noho rātou hei rangatira mō ō rātou kare ā-roto me ā rātou mahi, me te whakawātea i a rātou anō i ngā kare ā-roto whakangaro, i ngā hiahia kore .here, me ngā hiahia hē

Ki te tino pono koe ki a koe anō, mā te whakaaro nui tō whakaaro e tautoko, mā te tika tō whakatau e ārahi, ā, mā te .māramatanga tō hinengaro e whakamārama

Me "tunua" ngā purapura o ngā mahi o mua i akiakihia e te kuware ki te ahi o te whakaaroaro me te whakaaro nui kia kore ai e taea te pihi ake, te tupu anō. Koinei te huarahi hei .pehi me te ārai i ngā whakaekenga nanakia o te tinihanga

Ko te maminga o te ao whānui - arā, ko Hātana - e tinihanga ana i te tangata ki ngā kupu whakaari teka me ngā whakamātautau whakawai kia whaia te moemoeā o ngā ahua reka ā-tinana, ā, e whakahaere ana i ōna pūkenga nā te mea e oati ana ia ki a ia ki te harikoa o te ao kāore he pono, ā, nō reira ka kaha tana mahi ki te aukati i a ia kei reka i ngā hua o te harikoa pono e nui ana i roto i ngā māra o te .wairua

E mōhio ana te hunga whakaaro nui ki te rerekētanga i waenga i te pono me te mānukanuka, ā, he pūkenga ki te mārama. I a rātou e ruku hohonu ana ki te whakaaroaro, ka mōhio pū rātou ki te hiranga o te hiahia noa me te hiahia ki te whakamahi i te herekoretanga o te whiriwhiri hei mahi i te mea tika, hei karo hoki i ngā mahi he hua kino, he hua kino .hoki

Ngā whakaaroaro o ia rā

I tēnei rā ka pakaruhia e au te ahua o te kuware e
whakapoke ana i te wāhi tapu o te wairua i roto i ahau, ā, ka
mahara ahau ko te māramatanga tapu rawa o te Atua e
tiaho tonu ana ki runga i ahau, e whakakore ana i te pōuri o
te mānukanuka i roto i tōku hinengaro me tōku wairua, ā, ko
.ia, nāna ahau i hanga, e kore rawa e whakarere i ahau
Kei raro i ia ngaru o te ora te moana nui o te aroaro o te
Atua, ā, kei muri i ia pā o te ngākau te moana mutunga kore
.o ngā kare ā-ao

I ia pō ka whakamanawa ahau i a au anō ehara ahau i te
tinana

Engari, ko te wairua e noho ana i roto i te tinana
Ā, ko tōku wairua he mea ora tonu, ake tonu atu
Kia ara ake ahau, ka mahara ahau ki te whakaū anō
I roto i te hanganga o te moe ka ora ake ahau, ka
whakahou i tōku kaha, engari kāore i te rawaka, me whai
wāhi ahau ki tētahi wāhi tapu mō te ata noho me te
whakaaroaro, hei wāhi e taea ai e au te hoki whakamuri i ia
rā ki te tūhura i ngā pae tawhiti o tōku hinengaro me te hura
.i ngā mea ngaro o tōku wairua

E tino mōhio ana ahau kāore te Atua e whakarērea ana i
ahau mō tētahi wā poto, ā, ahakoa te āhua o taku orange, e
whai rawa tonu ana ahau i roto i te Atua nā te mea e rere
.tonu ana te nui o Tōna aroha noa i roto i ahau
Ko te aroha te karanga puku a te Atua ki ngā mea ora
katoa, me ngā mea kore ora katoa, kia hoki ki te whare o
.tōna kotahitanga

Ka whānau mai te aroha i roto i ngā māra o te ahunga
whakamua me te whakahoutanga, nō reira ka mahi tonu
ahau ki te whakahou i ahau anō me te akiaki i tōku wairua
.kia anga whakamua i te ara o te whakatutukitanga
I tēnei rā ka karohia e au ngā āhuatanga tino rerekē e
rua: te whakapehapeha me te whakaaro kino, ā, ka mahara

ahau kei te mahi te Atua mā roto i ahau, ā, ki te pā atu ahau
.ki Tōna aroaro ka ora ahau i ngā kino katoa
E mōhio ana ahau ko te whāinga o te ao ko te harikoa,
ehara i te harikoa whaiaro e ārai ana i ētahi atu, engari ko te
harikoa e whakauru ana i a rātou, ā, e kaha ake ana mā te
.mea kia harikoa rātou

Kei muri i te marama ko te marama katoa nui rawa atu,
kei muri i te rā ko te mana me te ora o te Atua, ā, kei muri i
te hinengaro tangata ko te hinengaro whānui. Nō reira, e
"kore ahau e whakawhāiti i ahau ki te tangata iti: "te ego
E te Ariki, ki te rapu mātou i a Koe me ō mātou ngākau
katoa, ka whakatuwherahia e Koe ngā tatau mō mātou, ka
tukuna mai hoki e Koe ngā mea katoa e hiahiatia ana e
mātou kia tata atu ai mātou ki a Koe, kia mōhio ai hoki ki a
.Koe

Ka tuwhera tonu tōku hinengaro, ka aro atu, kātahi ka
kite ahau i te Atua i roto i ngā mea rangatira me ngā mea
whakahīhī katoa, ā, ka mōhio ahau kei roto ahau i te
.hononga nui ki Tōna aroaro tapu
Ina whakatuwherahia ōku kanohi ki te hari o te
whakaaroaro, ka memeha haere te pōuri, ā, mā te
māramatanga o te whakapono ahau e kawe ki te
rangatiratanga o ngā māramatanga, kei reira te Atua e tatari
.mai ana

Ka maumahara ahau ko te kuware te pūtake o ngā mate
tinana, hinengaro, me te wairua. Nō reira, ka whakakorea e
ahau te pōuri o te kuware mā te titiro ki te māramatanga o
.te Atua

I tēnei rā ka hono atu ahau ki ngā hoa o te whakaaro nui
mā roto i ā rātou pukapuka me ā rātou whakaakoranga. Ka
.tomo ahau mā ngā tatau o te ako hohonu, whakaaroaro hoki
Ki ngā ao whakamiharo o te whakaaro, ka pānuitia e au
ngā pukapuka me ngā rauemi whakahihiko mō te Atua, te
.pūtake o ngā whakahihiko katoa me ngā whakaaro nui

Kua homai e te Atua ki ia tangata, ki ia tangata tētahi
mana motuhake hei waihanga i tētahi mea whakamiharo
kāore i tētahi atu. Koia tēnei te mana o te auahatanga, nō
.reira ka whakapau kaha ahau ki te whakatipu i taua mana
E tōku Atua aroha, e mōhio ana ahau kei roto i ahau te
mura o te atuata, nō reira ka mahi tonu ahau i aku mahi
me te kore e ngenge, ā, ka haere tonu te haerenga o te tira
o tōku ao, me te mōhio kei te āwhina mai ōu mana auaha
mutunga kore i ahau, kei te whakaara ake i tōku wawata, kei
.te whakahau i tōku whakatau

I tēnei rā ka whakaaroaro au i mua i te mahi. Ko te
tikanga he hua nō ngā mahi maha, ā, ka taea te aromatawai
i ngā mahi mā te pānga ki te hinengaro, nō reira ka
whakapau kaha ahau ki te whakaara i ahau i ngā tikanga
.kino

E te Ariki, āwhina mai kia whakakaha i tōku hiahia, kia
kaua hoki e tukua kia herea ahau e ngā tikanga. Ārahi mai
kia taea ai e au te whakawhanake i ahau anō i te taha
.wairua mā roto i te ako ā-roto, ā-waho hoki
Kāore he haumarua ki te kore te Atua Kāore he harikoa ki
te kore la Kāore he aroha ki te kore la Kāore he rangimārie ki
te kore la Kāore he ora ki te kore te Atua
Ngā mihi nui ki a koe

I tangohia e au ngā rangi waiata mai i ngā waiata
Ā, i puta mai ngā kare ā-roto aroha i roto i ngā rotarota
me ngā whiti

I tangohia te wai whakapūkara mai i te nekita
Ā, ka kohia e ia te kakara o ngā putiputi me ngā rōhi
I tangohia e au ngā whakaaro mai i ngā hinengaro katoa
Ā, i kawea mai e au te wairua i roto i taku aroha
Ā, i riro mai te waiata o ngā tinana o te rangi
Ā, i ahu mai te kaha i roto i te ao katoa
Kua ringihia e ahau tōu aroha i roto i aku inoi katoa
Ā, i whakatōkia e au tō aroha ki roto i tōku ngākau
Ā, i hopukina e au te mauri o te marino

Ā, i tangohia e ahau te hiahia me te hiahia nui i roto i te
kohua o taku aroha

Ā, i kawea mai e ahau katoa ki a koe
?He aha koe te puta mai ai i tō piringa
?Ā, i manakohia e koe aku whakahere iti i ahau
Kaiwhakaako Paramhansa Yogananda
Te kōrero mō te karepe pango
E ai ki te kōrero a te kaiako a Paramhansa
I ētahi wā ka puta mai ngā taunakitanga nui i ngā
wawata iti

I tētahi wā, i a au e noho ana i Boston me tētahi hoa, ka
kite ahau i tētahi paihere nui o ngā karepe pango, ā, ka
hiahia ahau ki te hoko, engari e \$3 te utu [neke atu i te
whitu tekau tau ki muri], ā, ka rongo ahau i tētahi e kī ana,
"!?"Kāore ianei ia i te moumou moni

I whakatau ahau kia kaua e hoko i ngā karepe, ā, i te
whiwhinga o te whakaū ā-roto, ka mea ahau ki a au anō: "E
mōhio ana te Atua e hiahia ana ahau ki aua karepe, ā, ka
"homai anō e ia he karepe ki ahau

E ono marama i muri mai, i tētahi ahiahi ka haere ahau
ki tētahi toa hua, ka hoko mai i ētahi karepe e rite ana ki ērā
i kite ahau i mua, kua wareware ahau ki taku kupu whakaari
ki ahau anō, arā, ka tatari ahau kia homai rā anō e te Atua
he karepe ki ahau. I taua wā tonu ka rongo ahau i te reo
".atua i roto i ahau e mea ana, "Whakahokia mai aua karepe
I tahuri ahau, ka mea atu ki te kaihoko, "Homai he
merengi honi hei utu mō ngā karepe." I pōhēhē te tangata,
engari i meatia e ia taku i tono ai, ā, i haere atu ahau me te
.merengi

I taku taenga ki te kāinga, i ohorere ahau i te kitenga i
tētahi pouaka kei roto e rua ngā tautau karepe pango, kāore
he tapanga i piri mai, ā, i whakaoho ake i taku hiahia ki te
mōhio ko wai i homai ki ahau. Mō te marama kotahi, i ngana
ahau ki te kimi ko wai ia, ā, i tētahi rā ka rongo anō ahau i te
reo o te Atua, e kī ana ka kīia mai ki ahau. I tētahi ahiahi, i a

au e tuku kauhau ana, ka aro atu tētahi o ngā ākonga i te
hunga whakarongo, ā, ka mea atu ahau ki a ia, "E kī mai ana
".te Atua ko koe te tangata nāna i homai ngā karepe ki ahau
I whakahoki ia kāore, engari i muri mai ka whaki mai ia
ki ahau i te mea i tupu, i a ia e whakaaroaro ana ka kite ia i
tētahi māramatanga nui me tētahi ringa e pupuri ana i ētahi
karepe pango, ā, ko te whakaaro kaha rawa atu i roto i tōna
hinengaro ko te haere ki te hoko i aua karepe mā
.Yogananda

I mea ia i hokona e ia tētahi paihere, kātahi ka tētahi
atu, ahakoa i whakapono tonu ia he moemoeā noa iho te
kitenga. Kātahi ia ka inoi [kia mōhio ki te pono] ā, ka
mārama ki a ia he pono te kitenga, ā, nō te Atua i hiahia kia
.hokona e ia aua karepe, kia homai ki ahau
He āputa e uaua ana ki te whakakī

Kua tae ki te wā kia whakahohehia e te tangata ngā
mana e whakaatu ana i ngā pono i roto i a ia, nā te mea e
hono ana te harikoa ki taua whakakitenga. Ko te hunga e
hiahia ana ki te toro atu ki aua pae tawhiti whaiaro me
whakapau kaha me te whāngai i te hinengaro ki ngā
whakaaro auaha kia pā atu ai ki ngā pono kua whakanohoia
e te Atua ki roto i a rātou, kia whai hua ai hoki i ngā mana
.manaaki e nui ana i roto i a rātou

Ko te tangata e hiahia ana ki te whakamātau i ngā kare
ā-tinana, me te kore e whakamātau i te wai o te harikoa
wairua mai i te puna atua, te pūtake o te ngākau māhaki me
te harikoa katoa, ka ngaro tana haumi, ā, ka iti noa iho tana
.hua hinengaro

Ko te hunga e hiahia ana ki te mōhio ki te Atua, ka
whakamanahia e te Atua tā rātou hiahia nā te mea he
atawhai, he atawhai hoki ia. Heoi, ko te nuinga o te tangata
e whai ana i ngā hiahia o te ao, e whakamarie ana i a rātou
anō ki te hari o te ao kāore e mau tonu, ā, ka mamae rātou
!nā te mea kāore i tutuki, nā te mea rānei i tutuki

Ahakoia te hunga e angitu ana i te taha pūtea, ka pāngia
rātou e te koretake o ō rātou oranga, he uaua ki te whakakī,
ko te hunga ia e hono ana i ō rātou oranga ki te Atua, he
whai rawa, he whai mana, ā, e koa ana ki te ngākau māhaki
.me te angitu

Ko te kore aro ki ngā tohutohu a te whakaaro nui, me te
kore aro ki te reo o te hinengaro ka arahi ki ngā ara piko,
pahekeheke, mōrearea, me te pōuri, ko te whai i te ara o te
tika ka arahi ki te whakaoranga mai i ngā here me te whiwhi
i te mana ki te mahi i te mea tika, ehara i te mea e
whakahaua ana e ngā kare ā-roto he me ngā tikanga
.whakapohehe

Ka taea e te hunga e rapu ana i te harikoa te whai hua
mai i ngā wheako o te hunga whakaaro nui kua aro atu ki
ngā raruraru o te ao, ā, kua kitea he otinga mō aua raruraru
He pono, ko te tangata e hono ana ki ngā kaupapa atua
ka kauhoe i roto i te moana o te ngākau mārie me te
.rangimarie, ā, he tino waimarie ia

Ko te tangata e whakaaro ana ki te Atua, e whakaaro
ana te Atua ki a ia, e whakakī ana i tōna ao ki ngā
manaakitanga, e homai ana ki a ia te reka o te wai reka o te
.harikoa

Kia inoi tātou ki te Atua kia tomo mai ia ki roto i ō tātou
wairua

Ka whakaoho i ngā hiahia wairua i roto i ō tātou ngākau
He pono, ko te kotahitanga atua he mea ahuareka e hira
ake ana i ngā ahuareka katoa

Ka manaakitia te tangata e kaha ana ki te pā ki te
ngākau o te ao

Ina hinga te akonga i te hiahia ki te whakakotahi i tōna

ao

Me te mōhiotanga tino nui

E mōhio ana ia ki te hiranga o te mawhiti atu i ngā here

o te rauemi

Te hono atu ki ngā wiri mārama me te whakaora

Ā, ina kaha ake te hiahia o tōna hiahia
Ka whakatuwhera te Atua i tētahi ara i roto i tōna wairua
Ka hongī ia i te kakara o te rangi
Ā, mā roto i tēnā, ka kite ia i te māramatanga atua
Ka ngaro te ataahua o ngā whakamatautauranga iti te
utu
Ka kai tōna wairua i ngā kitenga o te reka
whakaharahara
Ā, i a ia e anga atu ana i ōna māramatanga ki te pūtake
o ngā hua reka rawa o te māramatanga
Me te māramatanga ora o te aroaro tino kororia
E ora ana ia i tēnei ao, kāore e herea e taua ao
Nui atu tōna hari i tō te tangata kua kitea he taonga nui
o ngā kohatu utu nui
?Nā, ko wai rā kua whakatau ki te rapu i tana hononga
Ko taua puna ora
He tino ōrite ki te kaupapa o te ora
Ko ana mahi katoa e whakatutukihia ana e ia, e whiwhi
ana ia i ngā manaakitanga me te tautoko maha mai i te
.Atua
Ko ia e kore e mutu te whakaaro me te rapu i te mea
ngaro o ngā mea ngaro
Kāore ia e wareware ki te whāinga e hiahiatia ana
Kia utua e te Atua āna mahi
Ka utua ia e ia mō āna mahi
Ā, ka whakawhiwhia ia ki te wikitoria mārama
Te Aukumetanga: Tōna whanaketanga, ngā arai, me ngā
painga
Ka taea e te tangata te whakawhanake i te aukume e
pai ana ki a ia, ahakoa hei kukume i te mana nui o te Atua,
hei whiwhi i ngā mana hinengaro, hei kukume rānei i ngā
.mea e tika ana mō te oranga o ia rā
Kua homai e te Atua he tinana ki te tangata, ā, me tiaki
e tātou. Ko te hunga e whakatipu ana, e whakamahi ana hoki
i tō rātou aukumetanga tinana mō ngā taonga me te kaha

hinengaro anake, ka mamingatia i te mutunga. Heoi, ko te
hunga e whakatipu ana i tō rātou aukumetanga wairua ka
kite i taua mana manaaki e tiaki ana i ō rātou hiahia me te
.whakatutuki i ō rātou hiahia katoa

He ture whānui tēnei e whai hua ana, ā, kua wheakohia
e au i roto i tōku ao, ā, kua whakaūtia e au tōna whai
.huatanga

He mea nui kia kaha, kia ora te tinana o te tangata, kia
aro atu ki ngā whakahau a te hinengaro. Whakaarohia he
tangata puhoi, kore hihiri e haere ana ki te mahi me te kore
he wawata, he kaha rānei, kātahi ka whakaarohia he hōiho e
rite ana ki te oma i runga i te ara reihi ina whiwhi ia i te tohu
.hei tīmata. Koinei te āhua o te tinana

I ētahi wā ka kite tātou i ētahi kaumātua he hauora pai,
he kaha hoki ō rātou taitamarikitanga. He āhua taitamariki,
he āhua aukume hoki ō rātou tinana, ā, ahakoa tō rātou
.pakeketanga, he ātaahua ō rātou āhua

Ka pau te kaha i te piko me te piko Mātakitaki i te noho
o te tangata i ō rātou tūru; ko ētahi he āhua piko, he hiamoe,
ā, i te kitenga atu i a rātou, ka ngenge koe. Ko ētahi e noho
tika ana, ā, e mōhio ana koe he oraora tō rātou aroaro; i te
.kitenga atu i a rātou, ka hono atu koe ki a rātou

Ko te hunga e tuku ana i a rātou anō kia noho piko, ā,
kāore e aro ki te tū tika, ka whai wāhi atu ki te piko me te
piko o te tuaiwi nā te tū kino. Ka pāngia hoki te āhua
hinengaro e tēnei momo noho, ā, ka whakatairanga i ngā
whakaaro kino. Ko te hunga e noho tika ana, e tū pai ana, he
.pai ake te ngākau me te hihiri

Ko te hunga kāore e taea te noho tika – nā ngā
āhuatanga motuhake – ka taea e rātou te whakakapi i tēnei
mā te harikoa, te tirohanga pai, me te kaha o te noho
.hinengaro

Kia arotahi tonu tō hinengaro ki ngā mea katoa e mahia
ana e koe, ahakoa te iti, te koretake rānei o te āhua, me te
pupuri tonu i tō hinengaro kia ngāwari kia taea ai e koe te

neke ki tētahi atu hiahia mēnā e tika ana. Engari i runga ake
i ngā mea katoa, me mahi i ngā mea katoa me te tino
.arotahi, nā te mea ka tino whakarei ake i tō karisma
Ko te nuinga o ngā kaipakihi angitu i roto i ngā mara
katoa e mōhio ana ki te whakamahi i te mana aukume. Mā te
whakahaere i a ia anō ka puta he mana aukume, pērā i te
whai hinengaro taurite kāore e pāngia e ngā kare ā-roto me
ngā hihiri. Me huri ngā hihiri kare ā-roto hei kaha—hei mahi
hinengaro—ā, me whakahaere e te whakaaro nui ngā kare ā-
.roto kia puta ai tēnei mana aukume
Ka honoa te mātauranga me te kare ā-roto ki te aukume
Ka kōrero māia te tangata whai aukume Ka kōrero whakaaro
nui rātou, engari ka whakakīia ki roto i ā rātou kupu te kare
ā-roto Me pono tātou i ngā mea katoa e kōrerohia ana e
tātou, e mahia ana hoki e tātou, engari kāore te pono e kī
.ana he whakapataritari, he whakama rānei i ētahi atu
He āhuetanga aukume kei ngā huawhenua me ngā hua,
inā koa ngā hua rākau, kāore e aukati, e whakararu rānei i te
nakunaku. He rerekē, ko te kai nui i ngā pūmua me ngā
māngaro ka whai wāhi ki te kohikohinga o ngā paitini i roto i
te tinana. Ka puta he kore taurite i roto i te tinana i tētahi
okana mate. Me pupuri te puku kia ora, kia tika hoki te mahi;
hei tauira, ka puta te mamae i roto i te puku, ā, ka pā kino ki
.ōna āhuetanga aukume
He hua kino te kai nui, engari ka taea e te nohopuku te
whakarei ake i te karisma o te tangata, pērā i te kore kai i
ētahi wā. Heoi, ehara i te mea me hiakai koe kia pā kino ki te
hauora. Ko te hunga e kai mīti ana i ngā wā e toru i te rā he
ngoikore te tirohanga, ā, he iti iho te karisma. Heoi, kāore e
ranea te kai tika anake; he mea nui anō hoki te whakaaro
.tika, te whanonga rangatira, me te whanonga tika i te ao
Ko te tumanako ka kōrero ki a koe ā muri ake nei mō te
pānga o te aukume ki ētahi atu, me ētahi atu o ōna mea
.ngaro

Ā, ka kite ahau i a koe e puāwai ana i te māra o taku
aroha

Kei te rongo ahau i a koe i roto i ōku whakaaro
Kei te rongo ahau i tō aroaro i roto i ōku kare ā-roto
hohonu

Ā, ka kite ahau i a koe e puāwai ana i te māra o taku
aroha

Whakakīia ahau ki te kakara o tō aroaro
Kia koa ahau ki tō kakara tapu
Haere mai ki ahau i tua atu o te rangi me ngā whetu
Me ngā whakaaro me ngā kare ā-roto
Whakaaturia mai tō mata tapu rawa
Kia mōhio ahau ki tō aroaro i roto i tōku wairua
Ā, ko te hunga e karapoti ana i ahau
Ngā wāhi katoa

Kua rapua koe e au i ngā tau me ngā wā katoa
I ngā ara o ngā wawata me ngā wawata
Katahi ahau ka mohio kei roto koe i ahau e noho ana
Ā, e whakaaweawe ana i ōku kare ā-tapu rawa atu
Kaua e huna i ahau anō
I muri i ngā puawai o ngā kare ā-roto
Ngā whakaaro me te pū o te wairua
Whakapaipaihia tōku wairua ki ngā taonga o tōu
whakaaro nui

Ā, homai ki ahau ngā hau o tōu harikoa
Tangohia atu i ahau te pōuri e taupoki nei i a koe
Mō taku tirohanga me taku māramatanga
E koe kei tua atu i ngā whetū me te rangi kikorangi
Ā, kei tua atu i ngā paparanga o te āhuarangi me ngā
mea hanga me ngā mea ora katoa
Whakaaetia aku kupu aroha
Rukuhia ahau ki roto i tō aroha, i tō māramatanga, me
tō rangimārie
Taua māramatanga me ngā taonga o te mutunga kore

Ka tae mai te rā e poroporoaki ai ahau ki tēnei ao,
engari i a au e noho tonu ana i tēnei ao, ko taku hari nui ko
te kōrero i ngā mahi whakamiharo a te Atua ki te hunga e
whakawhirinaki ana ki ahau, ā, ko taku hiahia ko te
whakanui ake i tō rātou hiahia mō taua māramatanga atua
kua homai nei ki ahau te whakamarie, te herekore, me te
.haumarua e kore e taea te kōrero

Ko te hītori o te ao whānui, me ōna taipitopito iti katoa,
e tiakina ana i roto i ngā rūma o te mutunga kore. He atu
āhuetanga tēnā. I konei i tēnei ao iti, ka kite tātou i te roa, te
whānui, te matotoru, me te teitei, engari he taumata anō
kāore ēnei āhuetanga e noho ana. He mārama ngā mea
katoa i roto i taua papa ethereal—he hinengaro me te
mōhiotanga ngā mea katoa. He kare ā-roto te kare ā-roto o
te reka, pērā i te kakara. He hinengaro katoa ō tātou kare ā-
roto, ō tātou whakaaro, me ō tātou tinana. Pērā i tā tātou e
kite ai, e rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā
moemoeā, ka taea hoki e tātou te wheako i ēnei kare ā-roto
katoa me te hinengaro parakore, te kare ā-roto rānei i ngā
ao teitei. Koinei tonu taku e kite nei i tēnei wā tonu i a au e
kōrero ana i tēnei wā. Kāore ahau i roto i tēnei tinana;
engari, he wāhanga ahau o ngā mea katoa e ora ana. Ā, he
.pono ki ahau ngā mea e kite nei ahau, pērā i a koe ki ahau

Me ara ake te tangata kia kite i te Atua i ngā wāhi katoa,
kia mōhio ai ki te rerekētanga i waenga i te moemoeā me te
moonī. He maha ngā wā ka kite ahau i te mutunga kore i te
wāhi e noho nei ahau, ā, ka kite ahau i taua wāhi i te
mutunga kore. Ko ngā mea katoa e tango ana i te ora mai i
.taua pūtake mutunga kore

I ahau e tamariki ana, i noho ahau, i inoi i te ao, i te pō,
engari kāore he whakautu. I tetahi taha, i kite ahau i te
tangata, i tetahi taha, i te mutunga kore, kāore i kōrero mai
ki ahau. Ahakoa i whakaaro ahau ko ahau anake, ā, kua
whakarērea ahau e te katoa, kāore te Atua i whakarērea
ahau, nā te mea i noho tonu ia ki ahau i te mea ngaro—i

muri i ōku whakaaro me ōku kare ā-roto. Ā, i taku tīmatanga
ki te kite i te māramatanga i roto i ahau, kua kī tonu tōku
.wairua i te kakara tapu tapu

I kite ahau i ngā pakiaka o ngā rākau me te wai e rere

ana i roto i a rātou, ā, i tata ahau ki te Atua, nāna ahau i
whakamarie, i whakamarie hoki i tōku ngākau. I inoi ahau, i

karanga atu ki a Ia i ngā wā katoa, i te ao, i te pō, ā, i te
ngaronga o te kanapa me te tikanga o ngā mea ki ahau, ka
whakarērea e ahau te ao me ngā mea katoa o roto, tae atu
ki te harikoa, i te wehi kei waiho noa iho hei taonga. Kātahi

.ka kitea e ahau te Atua, kei ahau inaianei, i ngā wā katoa

Ahako ka whakarērea ahau e te ao, e kore rawa te

Atua e whakarērea ahau mō tētahi wā poto Ko te Atua te
mea katoa Ko tēnei whare me te ao e karapoti ana e rere

ana me te mea he whakaahua nekeneke i runga i te mata o
tōku hinengaro Ka titiro ahau, ā, kāore he mea e kitea ana e

au engari ko te wairua parakore, te māramatanga mārama,
me te mōhiotanga ngawari Ko te āhua o tōku tinana, ko ngā

āhua o ō koutou tinana, me ngā mea katoa o te ao he

putanga mai i taua māramatanga atua kotahi Ā, ina kite
.ahau i taua māramatanga, kāore he mea kē atu e kitea e au

Ina titiro koe ki te mata, ka kite koe i ngā whakaahua
nekeneke, engari ina titiro whakamuri koe (i roto i te whare
pikitia tuku iho), ka kite noa koe i te hihi mārama e whiti ana

.ki te mata. He ahua kore e whakaponohia, engari he pono

I kōrero ahau mō ēnei mea i mua, engari ināianei kāore

ahau e kōrero ki te hunga kāore e aro, e kore rānei e aro.

Engari kua tukua ahau e te Atua kia kōrero ki a koutou i
tēnei wā kia mōhio ai koutou kāore he mea e tika ana kia ora

.ai koutou engari ko te Atua anake

He mea memeha noa iho ngā mea katoa Inoi mō ngā

mea e toe ana, ā, e kore e memeha

Anei tētahi putiputi aroha

E taea te whakatutuki i tō tātou aroha ki ētahi atu

Ngā mihi ki tō ringa atawhai

I runga i te kaha o te kare o te aroha
Whakaaweawe mai mātou, kia whakaatu atu ki a koe
!Tō mātou aroha nui me tō mātou hiahia nui
Kua homai e koe ki a mātou ngā matua me ngā whaea

Ngā tuakana, ngā teina

ngā whanaunga

hoa mahi

Ngā tamariki me ngā hoa

Tērā pea ka ako tātou ki te aroha ki a koe

Me ngā momo whakapuakitanga me ngā rerekētanga

taiao ngawari

Mō ngā momo whanaungatanga tangata katoa

,E te tangata aroha mutunga kore

!E te Hoa Noho Tino Runga Rawa

Whakaakona ahau ki te whiri i tētahi putiputi

Mai i ngā putiputi katoa o te aroha tangata

Ā, ka whakatakotoria e ahau hei whakahere ki roto i tōu

temepara tapu

Engari ki te kore e taea e au

Mai i te whakaatu i te kete katoa ki a koe

Nā te maha me te taupatupatu o ngā pono

Ka kōwhiria e au tētahi putiputi

Ko tētahi o ngā putiputi tino ataahua me te hou

Ā, ka whakatakotoria e ahau ki tō paepae manaakitanga

!Ko tāku tumanako ka whakaaetia mai e koe

Ngā mamae o te ao me ngā whiu ohorere

E te Ariki o te ture o te ao whānui

Āwhina mai ki te waha i ōku patunga me ōku koha

I whānau mai i ngā aituā me ngā uauatanga

Ngā whakapaipai me ngā mētara o te whakahaere

I homai ki ahau e te ringa o tō tika atua

Ko ia te tangata kāore e mōhio ki te manakohanga

Tukua aku pakanga o ia rā hei rongoā mō te

mānukanuka me te tinihanga

Ā, hei whakakore i ngā tumanako teka mō te harikoa o
te ao teka
Āe, me i maringi noa ngā roimata nā te whanoke o ētahi
atu

Horoia ngā paru me ngā koha huna o tōku hinengaro
Ā, kia puare ngā whiu koi katoa o te toki whakararuraru
He hohonutanga hou o te whakaaro nui me te
māramatanga i roto i ahau
Āe, me i whakamataku ahau i te pōuri o tēnei oranga
matotoru

Kia tere ai taku rapu i ngā pae tawhiti o tō parakore me
tō māramatanga whakaora
Ka akiakihia ahau e ngā wero o te ao me ngā whiu
ohorere

Kia taea ai e au te karanga, te tono mō tō awhina
Ā, kia hurahia ngā āhuatanga mamae kua whakairohia
ki te oneone o tōku ao
Mō ngā puna wai e rere tonu ana, e nui ana o tō
whakamarie

Me i roto i ētahi atu te kino o te taratara
E akiaki ana i ahau kia whakapaipai i ahau ki te ngawari
me te atawhai

Ā, kia maumahara mai ngā kupu mamae a ōku hoa ki
.ahau kia whakamahia ngā kupu reka anake
Ahakoa ka whiua mai e ngā hinengaro kino ngā kōhatu
ki ahau

Nō reira, tukua ahau kia whakautu atu me ngā pere hoa
o ngā whakaaro pai
Pērā i te rākau hīmene e whakamārara ana i ōna puawai
kakara

I te ringa e tō ana te toki ki tōna pūtake
Nō reira, tukua ahau kia ruia ngā rau rōhi o te
manawanui

Ki te hunga katoa e atawhai ana i ahau me te makariri
me te mauahara

Me pēhea te noho i roto i te rangimārie me te ata noho i
tēnei ao

Kāore tēnei ao i te rite ki tōna āhua. Kaua e
whakawhirinaki ki tēnei ao, he mea hurihuri hoki, he
tinihanga, he kī tonu i ngā pouri me ngā tumanako pakaru.
Kāore e kitea te tino pai i konei. Kāore au e hiahia ki te hoatu
ki a koe he pikitia tūturu o te ao. Ehara tēnei ao i te
pararaiha. He taiwhanga atua tēnei e whakamātautau ai te
Atua i ngā wairua kia kite ai mēnā ka hinga i a rātou ngā
hiahia kino ki te pai, ā, ka meinga la—arā, kia meinga te
Atua—ko tā rātou hiahia nui rawa atu, kia hoki ai rātou ki
.Tōna rangatiratanga

Kī tonu te ao i ngā momo aituā me ngā katakata, ngā
aituā me ngā mahi whakakatakata. He whakaaturanga
whānui, e huri tonu ana, he maha ngā taha, he maha ngā
āhua. Kāore he mea e rua e tino ōrite ana. He ahurei te ao o
ia tangata, o ia tangata, he rerekē ngā āhuatanga, he rerekē
.ngā whakaaro, he rerekē ngā hiahia

Me i rite tonu ngā whakamātautau ki a tātou i ia rā, i ia
rā, ka hoha tātou, ka ngenge hoki ki te ao Ahakoa ko
Pararaiha, me i rite tonu, kāore tātou e hiahia ki tēnā. E
aroha ana tātou ki te kanorau me te rerekētanga. Me i hoha
te Pararaiha, kua inoi ngā tāngata tapu me ngā tāngata tapu
a te Atua kia hoki mai ki te Ao ki te whakangahau i a rātou
anō! Ka whakahoutia tonutia te Pararaiha i roto i te huarahi
tino ataahua, ko te Ao ia ka whakahoutia tonutia, engari i
.roto i te huarahi hoha, kāore hoki i te pai

Ahakoa te hoha me te uaua o te ao, ka taunga te nuinga
o te tangata ki tēnei mea, me te whakapono kāore he ara kē
atu hei oranga. Nā te kore e taea te whakarite i tēnei ao ki te
ao wairua, kāore rātou e kite i te nui o te mamae me te
.ngenge e huna ana i roto i ngā ao o tēnei ao

Ko te ao tūturu, ehara te ora i te mea tūturu. Pērā i ngā
kiriata tawhito e tukuna anōtia ana, e tukuna anōtia ana,
.waihoki ka puta anō ngā mahi o mua i ngā āhua rerekē

Ahakoia te haere tonu o te ora mō ake tonu atu, ka
tirohia anō ngā kaupapa ōrite i whakaaturia i roto i ngā
kiriata o mua. Ina hoki, ka tāruarua te hītori, ā, he taonga
.noa iho ngā tāngata i roto i ngā whare taonga o te wā
Hei awhi i ngā ohorere o te ao, me whakaae ki aua mea
me te kore whakaaro motuhake. Me mau tonu te taurite i
waenga i ngā harikoa me ngā pōuri, ngā painga me ngā
mate, ngā wikitoria me ngā hinganga, kia taea ai te aro atu
.ki ngā wero o te ao me te maia me te whakapono ki a ia anō
Ko te pupuri i te rangimārie o roto ahakoia ngā
āhuatanga katoa te huarahi pai rawa atu ki te wikitoria i ngā
hiahia tinihanga. Koinei taku i ako ai i ngā tino tangata i
noho tonu kāore i pāngia e ngā huringa o te wā, he u tonu,
kāore i rerekē tae noa ki te mutunga. Ahakoia ngā poropiti, i
te wā e whakatoia ana, kāore i ngaro tō rātou hinengaro
tapu, kāore hoki i tukua tetahi kia tahae i te aroha o te Atua i
.a rātou

He parenga manaakitanga te hari wairua, ā, ko te pā
kaha rawa atu. I waenganui i ngā whakamātautau me ngā
raruraru, kia mahara ki ngā manaakitanga kua homai e te
.Atua ki a koe

He temepara tapu tō wairua nā te Atua. Kaua te pōuri o
te kuware e tukua kia whakapokea taua wāhi parakore. He
mea whakamiharo te noho i roto i te hinengaro o te wairua,
he honore, he rangatira, he haumarū, he rangimārie! Kaua e
.wehi i tetahi mea, kaua hoki e kino ki tetahi

Hoatu tō aroha ki te katoa. Kia rongō i te aroha o te
Atua, kia kite hoki i tōna aroaro i roto i ngā tāngata katoa, ā,
kia waiho tō hiahia nui hei aroaro pumau i roto i tō ngākau.
Koinei te huarahi ki te noho i roto i te rangimārie me te ata
noho i tēnei ao. Engari he uaua ki te reka i tēnei ngākau
māhorahora i roto i te ngākau, i te mea e pupuhi ana ngā
hau kaha o te hiahia i roto i te puna o te ngākau, e
.whakangaeue ana i ōna rākau

Ka hangaia ngā hiahia e te taiao o te tangata. Ka whānau mai i roto i ō tātou tirohanga ā-pāpāho, ā, ka herea e ngā herenga o aua tirohanga. Mā te haere ki tētahi whakaaturanga taiwhenua ka ea te hiahia mō te whakahihiri, engari i muri i te toro atu ki tētahi whakaaturanga o te ao me te mātakitaki i ngā whakaaturanga rerekē katoa, ka ngaro te ataahua me te ātaahua o te whakaaturanga iti. Nō reira, me wheako tuatahi tātou i te hari o te hononga ki te Atua kia taea ai e tātou te whakarite i taua hari ki ngā ahuareka iti o te ao. Kātahi ka teitei ake te āhua o ngā hiahia. He mutunga kore te hiahia; ina oti tetahi, ka puta tetahi atu. Engari ina kitea e koe te Atua, ka ea katoa ō hiahia. Nō reira, he aha e kore ai e rapu tuatahi i te ea o taua hiahia nui rawa atu, me te whiwhi mai i te ringa atawhai o te

?Atua i te utu pai rawa atu, pumau tonu
Ina whakautua e te Atua te inoi a te tangata e rapu ana .kia mōhio ki a Ia, ka tutuki tonu ana hiahia katoa ake ake
Ko te koura o te whakaaro nui, ko te maitai o te kaha
Kāore tēnei ao i te tino tika. He kura whakamātautau me ngā raruraru, ā, mā roto i ēnei whakamātautau ka ako tātou i ngā akoranga o te ao. Ko te kaupapa o ngā whakamātautau ehara i te mea hei kuru i a tātou, engari hei whakawhanake i ō tātou kaha. He hua ēnei o te ture taiao o te whanaketanga me te ahunga whakamua; he mea nui kia ahu whakamua tātou, kia piki ake i ngā taumata iti rawa ki ngā taumata .teitei

E whakamātautau ana te Atua i a tātou i ngā huarahi katoa hei whakapakari i tō tātou whakatau, ehara i te mea hei wawahi i a tātou. Ka whakangaromia tātou e te kuware mēnā ka whakawhirinaki katoa tātou ki te kikokiko. Ko te .hunga e u ana ki te rapu i te pono ka kitea te ora tonu
He aha te take o te mamae? Kia kore ai tātou e mamae
anō He oumu mura tēnei ao e rewa ai ō tātou wairua kia puta rā anō te koura o te whakaaro nui me te maitai o te .kaha me te pumau

He rite tonu te ao ki tētahi kēmu uaua, ā, ko te take
.anake mō tēnā he moemoeā noa iho, kāore he pumau
Koia te take e kī ana te ao i ngā rerekētanga me ngā
.tauritekore. He rawakore ētahi tāngata, he whai rawa ētahi
Ko ētahi o rātou he hauora, ko ētahi he mate, me ērā
atu mea anō hoki

He nui ngā wheako kua pā ki te tangata i ngā wā o mua,
ā, ka nui atu anō ngā wheako ka pā ki a ia i ngā wā kei te
.heke mai, engari kua tēnei e matakū i a ia
He takaro ā-ao te ao, ā, kua whakaritea mai e te Atua he
tūranga hei mahi mā tātou, me te tino mōhio, mēnā ka mahi
tātou me te ngākau māhaki, ka whakaaro mārama, ka noho
tahi tātou me tō tātou Kaihanga, ā, kāore he mea e wehi ai
tātou. Koinei te whakamarie nui e tukuna mai ana e te
.whakaaro nui ki a tātou

He māmā noa iho te kī he moemoeā tēnei ao, engari ina
tūtaki ki ngā āhuatanga pōuri, ka uaua te whakaaro he
moemoeā tēnei ao. He mea nui kia whakatipuhia te mana o
ō tātou whakaaro kia mōhio ai tātou i ahu mai tēnei ao i te
.hinengaro me te hiahia o te Atua

He mārama rawa te whanaungatanga i waenga i te
hinengaro me te tinana, ā, kia angitu ai te whakaterere i ngā
whakamātautau o te ao, me whakahou ake tātou i a tātou
anō i te taha tinana me te taha hinengaro Me
whakawhanake tātou i te manawanui hinengaro me te
whakawhānui ake i tō tātou kaha ki te whakaae. Ko te hunga
e kore e kaha ki te tu atu i ngā wero o te ao ka kore e taea
te āwhina ina kaha ngā awha o te raruraru me ngā awha o te
.aituā

Kei roto i a tātou te kī ki te harikoa, te kaha, me te
hauora. Engari ko te mea e tupu pinepine ana ko tēnei: ko te
tangata kua roa e ora ana, kātahi ka pāngia e te mate mō
ngā marama e ono, tera pea ka whakaponohia ia kāore ia e ora.
Kua te tinana e whakaae ki te hinengaro. Me whakaae te
hinengaro ki te tinana. Kua te hinengaro e whakakorikoria e

te āhua o te tinana, me mārama hoki tātou ko te tinana te
.nohoanga o te wairua, ā, kaua te wairua e pāngia e ia
Kua homai e te Atua ki a tātou te mana ki te
whakahaere i ō tātou whakaaro me ō tātou tinana, kia watea
ai i te mamae me te pōuri. Ko te hinengaro te pūtake o ngā
raruraru katoa, me te puna o te harikoa. Ko te pono, he kaha
ake te tangata i ōna wheako katoa, ahakoa kāore tātou e
.mōhio i nāianeī, ka mōhio tātou ā muri ake nei
Kaua rawa e kī "Kua mutu taku mahi," nā te mea he
whakaaro kino tēnei e whakapōrearea ana i te hinengaro. E
whakaaro ana ētahi tāngata mēnā ka hikoi paku noa rātou
ka ngenge, mēnā rānei kāore e taea e rātou te kai i ētahi kai
.ka mamae rātou, me ērā atu mea anō hoki
Kaua e tukua ō tātou hinengaro kia noho tonu ki te
mate, ki ngā herenga rānei, ā, ka kitea e tātou ka huri ō
tātou tinana hei pai ake. Kia mahara ko te hinengaro te kaha
e akiaki ana i te tinana. Ki te ngoikore te hinengaro, ka
ngoikore anō hoki te tinana. Kaua e ngakaukore, e pouri
.rānei, he pai te ao, ā, kei a tātou tonu te Atua
Taku kōrero mō ngā mea reka me te whakamahi i te
kaha o te hiahia
Ka kōrero atu ahau mō tētahi wheako i pā mai ki ahau i
ahau e tamariki ana
Hei tīmatanga, ko te hiahia o te tamaiti he mea ā-
tinana, ā-tinana rānei; ina tangi te tamaiti, he tohu tēnā e
hiahia ana rātou ki tētahi mea. Ka tangi rātou nā te āhua o
te tinana, nō reira ko te momo tuatahi o te hiahia he mea ā-
.tinana
Kātahi, ina pakeke te tamaiti, ā, ka ngohengohe ki te
hiahia o tōna whaea, ka kiia he "hiahia aunoa" tō te tamaiti
nā te mea ko te hiahia o te whaea te kaiārahi o te tamaiti i
.tēnei wā
E maumahara ana ahau i taku wā i te wā o te hiahia
aunoa, i mahia e au ngā mea katoa i tonoa mai e tōku
whaea, ā, ko tōku īngoa karanga i taua wā ko "te anahera".

Engari i tētahi rā ka haria ahau e taku kuia i roto i te kāreti ki te toa, ā, i reira ka kite ahau i ngā poro monamona karaka, ā, ka hopukina tōku aro e rātou, ka kukume mai i ahau i .tētahi ara rerekē

I tono atu ahau ki taku kuia kia hoko mai i ētahi māku, engari i whakakahore ia, nō reira kāore au i kōrero, ā, hoki .ana māua ki te kāinga

I kai ahau i taku tina, kātahi ka whakaaro anō ahau mō te kai reka, nō reira i kī atu ahau ki tōku whaea e hiahia ana ahau ki ētahi mea reka karaka, ā, ka mea ia, "Kāo, haere ki "tō moenga

I muri i tētahi wā, ka tono anō ahau, me te kī, "E Māmā, e hiahia ana ahau ki ngā monamona karaka." Ka whakahoki mai tōku māmā me te reo pakari, "Kāore ēnei e riro i a koe, ".me haere koe ki te moe

Kātahi ka karanga ahau me te reo nui, "E hiahia ana ahau ki aku monamona karaka!" ā, ka tohe tonu ahau ki taku tono, ā, ka tohe tonu ahau tae noa ki te haerenga o tōku whaea ki te whakaara i te kaihoko ki te kawe mai i ngā .monamona ki ahau

Ā, i tino harikoa ahau. He aha? Nā te mea i whakamahia e au taku hiahia, ā, i angitu ahau! Ae, i tino mīharo ahau nā te mea i whakamahia e au taku ake hiahia mō te wā tuatahi.

Engari i te rā i muri mai, ka huri taku ingoa ingoa mai i te "āngera" ki te "kino" nā te mea i whakamahia e au taku herekoretanga, ā, i whiriwhiria e au taku ake ara mō te wā .kotahi

I ngā wā katoa e hiahia ana ahau ki tētahi mea kāore he kino, ka whakaae mai tōku whānau, engari i whakarongo tonu ahau ki te whakaaro tika, ā, i ngā wā katoa i hē ai ahau, i rite tonu ahau ki te whakatika i ahau anō. Engari i ngā wā katoa i tika ai ahau, kāore ahau e nekeneke, ahakoa te .whakahē a te toenga o te whānau

Me whakangungu ngā whaea i te kaha o ā rātou tamariki, kaua e pehi mā te whakakore i ō rātou hiahia nā te

mea he tamariki rātou. Mēnā e hiahia ana ngā tamariki ki te whakamahi i ō rātou kaha i roto i te huarahi hauora me te tika, kua rātou e kiia he whanoke. Kua tō rātou herekoretanga e herea, ā, me whiwhi rātou i ngā tohutohu aroha me te mārama mai i ō rātou mātua mō ō rātou hiahia iti. Mēnā e whakaaro ana ngā mātua ka taea e rātou te penapena wā mā te patu i ā rātou tamariki, ka mōmōu taima noa iho rātou. Me kōrero ki te tamaiti, kātahi ka mutu te mahi i tetahi atu mea. Me pāngia ngā tamariki e ētahi papaki iti, pakari; mā tēnei ka āwhina i a rātou ki te ako tere .ake

He maha ngā mātua e akiaki ana i ā rātou tamariki kia whai i ō rātou hiahia. Me atawhai te kaha o te tamaiti, me atawhai hoki i a rātou me te aroha, te mārama, me te .manawanui

Whai muri i te kaha o te hiahia o te tamaiti ka puta te "hiahia matapo" o te taiohitanga. He rite tēnei hiahia ki te pū e pupuhi ana i ngā matā ki te rangi, kāore he mea e puta engari ko ngā pahūtanga whakarihariha. Ka maumauria e .ngā rangatahi te dynamite o ō rātou hiahia, ā, kāore he hua Kātahi ka tae mai te "hiahia pahū," ina tae te tamaiti ki te taiohitanga, ka tukuna e rātou tōna hiahia mā roto i ngā hiahia ohorere me ngā whanonga whanoke. He maha ngā wā ka ako rātou i tā rātou akoranga i muri i te pāngia e ētahi .ohorere me ngā whiu mamae

E kīia ana, nā te nui o tōna aroha ki te kakara o te rōti, ka noho tonu ia i roto i te ngākau o te putiputi mō te wā roa, e ngote ana i te waihonga. I a ia e mahi ana i tēnā, ka kati .ngā rau rōti ki a ia, ā, ka mate ia i roto i te rōti Kātahi anō ka tae mai ngā tia o ngā rohe raki, e haurangi ana i ngā rangi o te putorino. Ina whakatangihia e te kaiwhai te putorino, ka haere mai te tia ki a ia, ā, ka tūtaki .ki tōna aituā whakamate

Tērā anō ētahi arewhana kua whakangawaritia (ngā
arewhana uwha) e whakamahia ana hei kukume me te hopu
.i ētahi atu arewhana
I roto i tēnei horopaki, i kī tētahi tohunga whakaaro nui i
:tētahi mea e whai ake nei

Ka miharo te pī ki te kakara
Ā, ka tangi te tia i te whiowhio
Ka hinga te arewhana i te herehere
Nā te pā whakaohoho
Engari, me pēhea rā te tangata kei a ia aua mātanga
:katoa? Ko te tohutohu a te tohunga whakaaro ki a ia
Kaua e noho hei pononga mā ōu whakaaro, kaua hoki e"
tukua tetahi mea, tetahi tangata rānei, kia whakahaere i a
"koe

:Mōku ake nei, ka mea atu ahau
Kia mahara kua tukua ōu māia katoa hei mahi māu, ā,
me whakarongo koe ki ō whakahau, me whai hoki i tāu e
.hiahia ai

Te riri me te maharatanga ki te arewhana
Me mārama te hunga e rapu ana i te rangimārie o roto
ki te putanga mai o te riri, me pēhea hoki e arahi ai ki ngā
hua kino. Nā te kore taurite o roto i puta mai i te riri, he
.tokomaha kua huri hei hunga hara, hei kaikōhuru
Ka whakamatapo te hinengaro i te aukati i ngā hiahia.
Ina mau te kohu o ngā hiahia ki te hinengaro o te tangata,
ka ngaro ōna māramatanga, ā, ka whanonga ia i roto i te
.āhua kāore e tika mō te tangata rangatira
Mā te ngaronga o te whakaaro nui ka whakapoauau i te
māramatanga ā-roto, arā, te kaha e akiaki ana i ngā mahi
.tika me ngā whakaaro pai katoa
Ina whati te urungi o te waka hinengaro o te oranga
tangata, ka pāngia ia e te aituā, ā, ka kitea pea ia i roto i te
.rua o te mamae me te pōuri
Hei tauira: Kei te harikoa te taraiwa a te tāne, ā, i a ia e
haere ana ki te pāka, ka tono tana wahine kia huri te huarahi

ki te haere ki te whare o ōna mātua, kua ki te pāka, ā, i
.konei ka huri tōna harikoa hei riri

I whiriwhiria e au tēnei tauira nā te mea he mea noa
tēnei. I ngā wā noa, ko te mutunga iho ko te whakahē a te
tāne i te tono a tana wahine, te whakaae rānei me te riri me
te kore harikoa, ā, koinei te mea e tupu whānuitia ana. I ngā
wā e rua, ka kaha te riri, ka taupatupatu te āhuarangi, ā, ka
.pōrearea te rangimārie
I ētahi wā, ka huri te riri hei aituā mō te hunga pukuriri.

Tērā pea ka pā te riri ki te mahara, ka wareware rānei te
taraiwa ki te taraiwa āta me te aro nui, ka wareware rānei ki
te whai i ngā tohu huarahi, ā, ka hua ake he tukinga, he
.mate rānei, kua rawa e mutu
Hei whakamutunga, ka mau te riri i te urungi o te hiahia
i roto i te hariata o te ora, ā, ka aukati i a ia kia tutuki i ana
.whāinga ā-tinana me ā-wairua
mahara arewhana

Ko te hinengaro e kīia nei ko te "mahara" he taonga nā
te Atua ki te tangata, ā, he manaakitanga nui tēnei! Ka
tukuna hoki te mahara ki ngā kararehe; ki te kore, e kore e
taea e rātou te kite i ā rātou tamariki. He maharatanga pai
tō ētahi kararehe, e ai ki te kōrero e whai ake nei mō te
.arewhana

I a tētahi arewhana nui e kawe ana i ngā rakau, pērā i te
mahi a te nuinga o ngā arewhana kua whakangungua i te
Rawhiti, ka whakatata atu tētahi tamaiti ki a ia, ka werohia ki
.te ngira ki tōna tinana, ā, ka oma atu
Kotahi tau i pahemo mai i taua aituā, ā, ka tūtaki taua
arewhana ki te tamaiti. Nā tēnei i hoatu ki te arewhana he
wā pai hei rapu utu. I takai noa ia i tōna ngākau ki te tamaiti,
ā, ka whiua kinotia ki tērā taha o te rori. Nō reira, he
.maharatanga anō ō ngā kararehe

* * *

He maha ngā moemoeā kua moemoeāhia e au, ā, kua
ara ake nei ahau. I runga i te aata o tōku wairua, ka tahuna e

au te ahi o taku mahara tonu ki a Koe, e tōku Atua. Me ngā
kanohi kua whakarērea te moe, ka titiro atu ahau ki tō mata
.ataahua, ā, ka koa ki te titiro atu ki tōna māramatanga tapu
Nā tōu aroha noa i mōhio ai ahau he momo moemoeā

katoa te hauora, te mate, te ora, me te mate
Kua oti i ahau te pukapuka moemoeā i peitahia ki ngā
tae kanapa i runga i te arai kanapa o ngā mānukanuka
Nā, inaianeī ka kite ahau i a koe ko te pono anake kei
roto i te ao

I whakakitea mai e te Atua ki ahau i roto i taua kitenga
He mea whakamiharo te taiao katoa Ko te mea kei tua
atu i te taiao ko te mauri tuturu

I tētahi rā, e hikoi ana ahau i runga i te whenua o te
wāhi tapu, e mātakitaki ana i te hihi o te rā e karapoti ana i
ahau. I ahau e heke ana i ngā arawhata e anga atu ana ki te
takutai, ka tū ahau, ka titiro atu ki ngā rama hiko o ngā
arawhata, e kā tonu ana, engari kāore i taea e au te
wehewehe i a rātou nā te mea i tae mai te mārama o te Atua
ki ahau, ā, i taupokina ahau, ā, kāore i taea e au te
wehewehe i waenganui i a ia me ētahi atu rama kāore i te
.tino kanapa

{Ko Allah te Māramatanga o ngā rangi me te whenua}
I roto i te pōuri te mārama e whiti ana, heoi kihai i mau}
{i te pōuri

Kāore rawa i taea e au te kite i te rā, kātahi ka mōhio
ahau ehara te hihi o te rā me ngā rama hiko i te mea tūturu,
.ko te māramatanga pono ia ko te māramatanga o te Atua
I roto i taua kitenga nui, i whakakitea mai e te Atua ki
ahau ngā ao maha—ngā whakaaturanga mutunga kore o
Tōna māramatanga atua—ā, ka mōhio ahau ko ngā mea i
kitea e au he whakaaturanga noa iho o Tōna hinengaro ao.

Ki te whakarite tātou i a tātou anō ki a Ia, ka haere tātou i
roto i Tōna māramatanga ki ngā wāhi katoa e haere ai tātou,
ka rongo hoki i Tōna aroaro ki ngā wāhi katoa e tahuri ai
.tātou

Ina mōhio tātou ki te wairua o te ao whānui, ā, ka mōhio
tātou he wairua tātou, ko reira ka rewa te whenua, te puehu,
ngā maunga, te moana me te rangi, ā, kāore he mea e toe
.ana ko te Atua anake

Ā, ka kite koe i ngā maunga, e whakaaro ana koe kāore
e nekeneke, e haere atu ana me te mea he kapua e whiti
ana

Ko te hanumitanga o ngā mea katoa ki roto i te ao atua
he āhua e kore e taea te whakapuaki ki ngā kupu, he harikoa
nui e rekahia ana me te tino makona o te aroha, te harikoa
me te mātauranga (te harikoa o te tangata whakaponohia i te
.tūtakitanga ki tōna Ariki)

Ka taea te whakatutuki i taua harikoa wairua mā te
waihanga i te taurite tika i waenga i te oranga mahi me te
.whakaaroaro ki te Atua

Te horoi i te whare putunga hinengaro
He mea nui te tātari i a koe anō i te huarahi. Tērā pea
he tangata mauahara, he pukuriri, he tere rānei te riri. Mena
koinā, ko ēnei āhuatanga kua rongoatia i roto i te hinengaro
.he hua nō ngā mahi o mua

Hei whakawātea i ngā taonga tawhito, raruraru hoki o te
hinengaro, me tīmata tātou ki ngā mahi pai, whai hua, me te
whakatipu i te aroha ki ētahi atu. Ko te nui ake o tō tātou
aroha ki te tangata, ko te nui ake hoki o tō rātou aroha ki a
tātou, ā, ka rongo tātou i tō rātou aroha. Engari, ki te
whakahē tātou i a rātou, ahakoa ki a tātou anō, ka rongo
!rātou i taua whakahē, ā, ka whakahokia mai ki a tātou
Mehemea kua mate tō hoariri tawhito, engari kei te
pupuri tonu koe i te riri me te mauahara ki a ia. Ka mamae
koe i tēnei kawa, ā, ka puta ōna pānga kino ki roto i tō tinana
me tō hinengaro. He pai ake te muru i a ia mō te Atua, nā te
mea mā te mahi pera ka wātea koe i ngā hiahia kino o te
rapu utu e whakangaro ana i tō rangimārie o te hinengaro, e
pakaru ana hoki i tō marino. Ko te whakanui i te mauahara ki
runga i te mauahara, te whakautu rānei ki te mauahara ki te

mauahara, ehara i te mea ka kaha ake te mauahara o tō
hoariri ki a koe, engari ka paitini hoki tō tinana me ō kare ā-
roto. [Nō reira, murua he murunga hara ataahua]
(I taku murunga hara, ā, kāore i mauahara ki tētahi)

I whakamama ahau i te manukanuka o te mauahara
I ētahi wā, me whakarērea e te tangata ngā mea katoa
kia noho ko ia anake, kia whakaaroaro ai ki te kaupapa o te
ao. Ko te nuinga o te tangata e rere ana i roto i te ia o ngā
tikanga me ngā āhua. Ko te mea pono, kāore rātou i ora i ō
rātou ake oranga, engari i ora i te ao whānui. He aha tā
?rātou i whakatutuki ai, ā, kei hea rātou i mutu ai

Nō reira, he mea whakaaro nui kia tangohia e te tangata
ngā mahi me ngā "mahi" o ia rā i ētahi wā, kia marino ai te
ngangau o tōna hinengaro, kia mārama ai hoki ki tōna mauri,
.kia whakatauhia ai te whāinga e hiahia ana ia kia tutuki
Kia maumahara ko te whakaaturanga nui rawa atu ka
taea e koe te whiwhi ko tō hinengaro: ko te reo mārama,
kore e taea te hē o tō wairua. Ko tā tō hinengaro e kī atu nei
.ko wai koe, me te kore whakapaipai, me te kore huna
Whakaarohia te mana o Ihu Karaiti i mea ai, "E Pa,
murua ō rātou hara, kāhore hoki rātou e mōhio ki te mahi i
".ngā mea kāhore rātou e mōhio

Mā te whakarongo ki te reo o tō hinengaro mārama ka
mārama ai tō ara, ka manaaki hoki i tō ao. Ina rongu koe i te
hiahia nui i roto i tō ngākau kia tutuki ai tētahi hiahia,
whakamahia tō māramatanga, ka pātai ki a koe anō: "He
hiahia pai, he hiahia kino rānei tēnei e whaia ana e au kia
"?tutuki

He maha ngā āhuatanga e whakakaha ana i ngā hiahia
o te tangata Ina kite te tangata i tētahi tauira waka hou, ka
hiahia ia ki tētahi rite ki taua waka Ina kite ia i tētahi momo
whare hou, ka hiahia ia ki tētahi rite ki taua waka Ka
rongonui haere tētahi momo ahua hou, ā, ka hiahia te
!tangata ki te hoko me te mau i taua momo kāhua

Nō hea ngā hiahia? He maha ngā hāora i pau i ahau ki te whakaaroaro ki tēnei. Ka taea e koe te whakarōpū i ō hiahia katoa? I taea e au te wehewehe i aku hiahia katoa, ā, ko ngā mea pai anake i puritia e au. Ā, i taku taenga ki te kotahitanga atua, i kitea e au kua tutuki katoa aku hiahia pai i te wā kotahi. I tēnei rā, kotahi te mea e hiahiatia ana e te tangata, ā, āpōpō ka hiahia tōna wairua ki tētahi atu mea. Kāore e taea te whakamātau i te hinengaro i puta mai i te Atua Kaha Rawa i ngā taonga o tēnei ao. Ko te Atua te taonga tino utu nui o te wairua, ā, ko ia anake ka taea te whakamātau i te hiahia o te ngākau, me te whakatutuki i ngā hiahia o te wairua.

Te urunga atu ki te whare putunga o te ao e ki tonu ana i te pai.

Ko te Atua te pūtake me te puna o ngā pūkenga hinengaro katoa, te kaihanganga o te rangimārie, me te whare putunga o te whai rawa me te hua katoa. Kia rite ai ki te taonga atua e puhake tonu ana i te pai, me whakakore rawa atu i roto i ō tātou wairua ngā whakaaro o te hiahia me te matea.

He tino tika, he tino pai te hinengaro o te ao whānui, kāore he mea e hapa ana. Hei uru atu ki tēnei whare taonga o te ao e kī ana i ngā manaakitanga o ia momo, me whakatipu te tangata i roto i a ia anō i te mōhio ki te nui o te taonga, me te noho hihiri tonu, ahakoa kāore ia e mōhio ki te pūtake o te lira, te pauna, te dinar, te tāra rānei e whai ake! nei

Whakaarohia te atawhai o te Atua he ua whakahauora, he ua nui, ka taea e koe te whiwhi i roto i tētahi oko e pupuri ana koe! Ki te pupuri koe i tētahi kapu, ka whakakīia e koe; ki te nui ake te oko, ka whakakīia hoki e koe taua oko. He aha te momo oko e whakamahia ana e koe hei whiwhi i tēnei taonga o te rangi? Tērā pea he hapa tō oko—tērā pea kua kī tonu i ngā kōhao hinengaro me ngā kōhao hinengaro. I taua wā, me whakatika e koe mā te tango atu i te wehi, te

mauahara, te ruarua, me te hae, me te horoi me te horoi ki
ngā wai o te rangimārie, te marino, te pono, me te aroha
parakore, hei whakarite mō te whiwhi i te atawhai nui mai i
.te Kaihanga Atawhai

E mahi ana te nui o te Atua i runga i ngā ture o te mahi
ratonga me te hoatu. Hoatu i te tuatahi, kātahi ka whiwhi.
Hoatu tō mea pai ki te tangata, ā, ka whiwhi koe i te mea pai
hei utu. Kaua e tumanako kia angitu i ia nganatanga tuatahi.

.Tērā pea ka rahua ētahi, engari ka angitu anō hoki ētahi
He hononga kei waenganui i te angitu me te korenga.

Kāore e taea e tetahi te noho me te kore tetahi, ā, ko ngā
raruraru, ko ngā mahi tino nui rānei me aro atu ki ngā mahi
arotahi, me whakapau kaha hoki kia tutuki ai ngā mea e tika
.ana kia tutuki

Whakakahangia koe me te kaha me te hihiri kia tae rā
anō koe ki te taumata whakamutunga. Kāore he take e
.ngoikore ai, e hoki whakamuri ai rānei

Ki te kore e kitea te ara, ehara i te mea me mutu te
whakamātau. Ki te kore e tutuki te whāinga, pātai atu me
pēhea te tae atu ki reira, engari kaua e mutu te
whakamātau. He tokomaha te hunga e whakaae ana ki te
korenga i te wā tonu e pāngia ana e ngā uauatanga. Ko te
hunga e korenga e angitu me kōrero ki te hunga angitu,
kaua ki ētahi atu kua korenga pērā i a rātou. Kia kaha tātou
ki te angitu, ā, kia waiho tēnei mātāpono hei kaupapa mō tō
.tātou oranga

Himene o te Hari

Ina tae mai taku wā

Ka turi oku taringa e te mate

Ka whakarongo ahau ki te reo o taku atua e aroha nei

Ā, ina mutu taku manawa i te kaikaranga

whakamutunga

Ka hongī ahau i te kakara o Tōna aroaro tapu

Ā, ina whakamutua e te mate tōku arero

Ka whakamātau ahau i te wai o tōna aroha

Ā, ina matapo te mate i taku tirohanga
 Ka kite ahau i Tōna māramatanga ora tonu
 Karaunatia i ngā wāhi katoa
 Ā, i te wā i tio ai te mate i ōku toto me tōku pā
 Ka rapua e au te mahana i roto i te uma o taku ipo
 aroha o te rangi
 Ā, ka mutu te kite o ōku kanohi i ngā papa
 Ka uru taku hihi tirohanga
 Ka hurihia e ia ngā mea katoa ki raro, ka whakakitea
 ōna mea ngaro
 Ā, ina kore e taea e ōku taringa te whakarongo
Ka whakarongo ahau ki ngā kōrero a ngā mea o mua me
 ngā mea o nāianei
 Me ngā mea ka tupu i ngā rā e haere ake nei
 Ā, ina kore e taea e tōku ihu te pārekareka ki te kakara
 o te whenua
 Ka whaia e au ngā mea ngaro o te wairua i ngā taha
 katoa
 Ina kore e taea e te arero te reka
 Ka maumahara ahau ki ngā mea pai katoa, ki ngā mea
 manaakitanga kua whakamātauria e au
 Ā, ina memeha haere taku māramatanga ki tēnei tinana
 Ka rongo tōku tinana rangi
 Te pā ngaro, te pā makutu ki ngā mea katoa i konei, i
 reira
 Ka rongo ahau i ngā ngaru e kanikani ana i runga i te
 mata o te moana
 Me ngā mirumiru o te ao e tere haere ana ki te wāhi
 mutunga kore
 Ka mate ngā pūtau o te tinana
 Ka whakatauhia ōna here rangitahi
 Engari ka whakaarahia ora ia i roto i te mura o te
 mutunga kore
 Ka kite koe i te hari, ka rongo hoki i te hari

Ka reka koe i te hari, ka hongihoki i te kakara o te

harikoa

Ā, ka rongo koe i te harikoa pumau, hou

Ā, ka kanikani ia ki ngā waiata o te hari atua

Tukua ngā kare ā-roto kia whakarērea te kanikani a ngā

kehua mō te mamae me te mate

Ā, kia puta ke hei kare ā-roto o te harikoa mutunga kore

I roto i te rangatiratanga o te māramatanga, te harikoa,

me te koa

:Ko te ara o te ora koia tēnei

Ko ngā arai ki te tipu hinengaro ko te aroha ki a ia anō,

te whakapehapeha, te apo, te riri, te mauahara, te hae, me

ētahi atu āhuatanga pōuri e ārahi ana, e pana ana rānei i te

tangata ki roto i te āhua hohonu o te kuware. Ko te mea e

hiahiatia ana ko te whai i te ara e arahi ana ki te

herekoretanga, nā te mea ko ngā hiahia o te tangata e

whakahaerehia ana e ngā tikanga e whakahoutia tonutia

ana, ā, e ahua mutunga kore ana. Ka mauheretia te wairua e

ēnei tikanga, ka pupuri i a ia, ka kore e taea e tōna rangatira

.te haere i te ara o te herekoretanga me te whakaoranga

Ko te ara o te ora tēnei: kei tētahi taha te awaawa pōuri

o te kuware, ā, kei tētahi taha te māramatanga o te

whakaaro nui. Ina mahi tātou i runga i te whakaaro nui, ka

hikoi haumarutātou i te ara o te whakaoranga, ā, ka whiwhi

.tātou i ngā mea e hiahiatia ana e tātou

Nā te hiahia o te Atua te ao katoa i hanga, ā, ina hono

tātou i a tātou ki taua hiahia tapu, ka tae mai ngā mea e

.hiahiatia ana e tātou me te kore e uaua

Kāore au e hiahia ana ki tetahi mea māku ake, nā te

.mea e mōhio ana ahau ka tino tutuki aku whakaaro

Mā te pupuri i te whakaaro nui me te aroha atua ka ea

ai ngā hiahia katoa o te ngākau, ā, he āhua whakamiharo, he

āhua whakamiharo hoki e kore e taea te whakaahua. Ina

mōhio koe ko koe te rangatira mōu ake, mō tō mutunga

hoki, te kīngi o te rangimārie me te ata noho, kāore koe e

wehi i tetahi mea. Engari, ka mahi te ao katoa ki te whakatutuki i tāu e hiahia ana me te hiahia me te āwhina a .te Atua

Nā te mea i hangaia te tangata e te Atua i roto i tōna āhua, ko te hunga e kite ana i a ia ka kite rātou e homai ana e ia ki a rātou ngā tono katoa, ā, e homai ana hoki e ia ki a rātou tā rātou e hiahia ana. Engari i te mea kei te pupuri tonu te tangata i te hiahia iti rawa ki te whakahaere i ētahi atu, ki te whakaatu rānei i tōna mana, e kore e kitea e ia te .herekoretanga i roto i te Atua

Ka tīmata te mōhio ki te Atua i te ngākau mahaki, te aroha, me te hari wairua. Ka puta te mana pono i te mōhio ki .te Atua

Me i mōhio te ngaru iti kei te tautokona ia e te moana nui i muri i a ia, ka taea e ia te kī, "He kotahi ahau me te moana." Me tino mōhio tātou kei tua atu i tō tātou hinengaro te moana o te Atua, ā, e tata ana ki a tātou, nō reira kāore .he take e wehi ai, e manukanuka ai rānei

Ko te āhua atua ko te rangimārie, te ngākau mahaki, te aroha, te whānui o te hinengaro, me te mātauranga whānui.

Ko te tangata e noho tahi ana me te Atua, kāore e hiahiatia kia whakamatau ki a ia anō, ki ētahi atu rānei i ngā mana kei a ia, nā te mea e mōhio ana tōna wairua kei te tautoko te Atua i a ia, ā, kei te tiaki te Atua i a ia i ngā wāhi katoa, i ngā .wā katoa hoki

Ko te hunga e mōhio ana ki te Atua, e ara ana i roto i tō rātou wairua, e moe ana i roto i tō rātou kikokiko. E mōhio ana rātou ka taea e rātou te whiwhi i tetahi mea mai i Tōna .aroha noa

Nō reira, me pono tātou ki a tātou anō, me whai kia whai mana motuhake tātou, me te ngana ki te mawhiti i ngā mahanga o te ao me ōna whakamātautau tinihanga, me te whakapau i tō tātou wā ki te whakaaro pai me te whai hua, me te whakato i ngā purapura o te pai ki te oneone o tēnei .ao, kia pai ake ai te waiho i a ia i tō tātou kitenga

Ka tuwhera ngā tatau mō tātou, ā, ka whakatakotoria

ngā ara ki mua i a tātou

Me huri te ao ki te mahi atawhai, nā te mea ki te kore

tēnei kaupapa matua, e kore te hinengaro i homai e te Atua
ki te tangata e tutuki i tōna pūmanawa katoa. Ina mahi tātou

ki ētahi atu, ā, ka wareware i tō tātou whakapehapeha, ka
.kite tātou i te tangata nui ake—te wairua atua

He mea nui te mahi, ā, he mea whakatenatena kaha mō

te auahatanga me te auahatanga o te tangata. Heoi, ki te
mea ko te kōhi taonga anake te kaupapa o te mahi, ka ngaro
.tōna uara, ā, ka kore he tikanga

He mahi ratonga te mahi, ā, me kōunga te hua e tika

ana kia hokona, ā, me tino whai hua ki ētahi atu. Ina mahi

tātou ki ētahi atu, ka āwhina tātou i a tātou anō ki te
taumata kotahi, he toronga mai hoki rātou i a tātou, pērā i a
.tātou he toronga mai i a rātou

Kāore te tangata pakeke e mahi me te kore whakaaro

nui. Ina mahi tātou i tētahi ratonga, ka whiwhi hoki tātou i
.tētahi ratonga, ahakoa ehara i te mea nui

Nō reira, ko te mahi ki ētahi atu mā te hoatu ki a rātou

he āwhina pūtea, hinengaro, tikanga rānei, ko te tikanga kia
.whiwhi i te makona hinengaro hei utu

Ko ia ratonga e tukuna ana e tātou ki ō tātou hoa

tangata ka whakatata atu tātou ki te hinengaro whānui. Ina
whakaatu te tangata i te aroha pono ki ētahi atu, ka hanumi

tōna hinengaro ki tōna, ā, ko te aroha mutunga kore ka
whakawhānui i ngā rohe o te hinengaro ki te paepae o te
.mōhiotanga ao whānui

Ki te whakaaro tātou ki te harikoa o ō tātou teina, ka nui

haere te harikoa o tātou, ā, ki te hoatu e tātou tō tātou aroha
ki ētahi atu, ka rongo rātou i tōna kaha, ā, ka huri hei pai
.ake

He arai kino te piri matapo me te mauahara koretake ki

te whakatutuki i ngā taumata matatau o te māramatanga.

Me ako tātou ki te aroha ki te katoa nā te mea he tamariki
.tātou katoa nā te Atua

Me mahi ā-ngākau tātou i ngā mea katoa, ā, me whai
wawata nui tātou i roto i ā tātou mahi. Ina he hiahia pono, he
wairua hihiko tō te tangata ki te mahi i ngā mahi me te
aroha me te ngākau māhaki, me te kore e ngenge, e hoha
rānei, ka rere tonu te kaha o te ao ki roto i tōna tinana,
.hinengaro, me tōna hiahia

Ko te tangata e kore e tuku i te whakaaro o te ngoikore
me te ngenge kia uru ki roto i tōna hinengaro, ka hanga wāhi
mō ngā hiko ngawari me ngā ia o te mahi ora hei whakakī i
ōna io me te whakahou i ngā pūtau me ngā kiko o tōna
.tinana

Ina kore te tangata e hiahia ki te mahi i tetahi mea, ka
ngenge tonu ia i te tīmatanga, engari ina hiahia tonu ia, ka
puea ake tōna wairua i te kaha me te ora. Ko te hunga e
mahi ana i ā rātou mahi me te hihiri me te ngākau māhaki ka
kitea e rātou ko te kaha atua mutunga kore e tautoko ana i a
.rātou

Ko ētahi tāngata he tino pukumahi ki te mahi, kāore he
wā mō te whakaaroaro, mō te pārekareka rānei ki te ao. Ina
mahi tātou me te pupuri i ō tātou hinengaro ki ngā mea pai i
te wā kotahi, ka rongo tātou i te kaha huna e tautoko ana i a
.tātou, e homai ana hoki he kaha ake ki a tātou

Ki te pono, ki te pono te ngākau ki te mahi i ngā mahi,
ka tuwhera ngā tatau mō tātou, ā, ka whakatakotoria ngā
.ara ki mua i a tātou

Ka inoi mātou ki te Atua Kaha Rawa kia manaaki i a
mātou kia taea ai e mātou te whakaoti i tā mātou mahi me
te harikoa me te ngākau māhaki i roto i te wheketere o te
.ora

Ā, kia whakaaweawetia ō tātou whakaaro e tōna
whakaaro nui

Ā, ka kanikani ngā ngaru o tōna mana i runga i ngā awa
o ā tātou mahi o ia rā

!Kāore e taea te kite mārama, pērā i te tikaokao i patua
Kia mōhio ai tātou ki te whiriwhiri tika i roto i tētahi
āhuatanga, me ārahi tātou i tā tātou whakatau me te mana o
.te māramatanga

E whakawhiwhia ana tātou katoa ki tēnei tikanga
tuaono, engari kāore te nuinga o te iwi e whakamahi ana.
Engari, ka whakawhirinaki rātou ki ngā pūrongo mai i ngā
tikanga e rima o raro, kāore hoki i te tino pono, nā te mea
kāore aua tikanga e rima e whakarato i ngā mōhiotanga tino
.tika hei whakawhirinaki atu mā tātou ki te whakatau tika
Haunga te iti o te whānuitanga me te mana, ko ngā kare
ā-roto – me te hinengaro e herea ana e te ego – ka
whakamārama i ngā mea e ai ki tāna e pai ai, e kore ai e pai,
kaua e ai ki tāna e pono ai, ā, i te mutunga ka mahi hei
.painga mō te tangata

Nā te mea e hangai ana ngā whakatau a te tangata ki
ngā pūrongo a ōna māramatanga, me ngā whakatau hoki a
tōna hinengaro, e hono ana ki ngā māramatanga, he maha
.ngā wā ka uru ia ki ngā āhuatanga kino

Ko tāku tumanako ka tae mai te rā e mōhio ai te ao
katoa ki te hiranga o te tahuri ki roto i a ia rā, ki te rapu
arataki me te tono āwhina a te Atua. Ina mahi te tangata i
tēnei, ka taurite ake, ka marino ake, ka mārama ake, ka
mārama ake, ka tuwhera ake ō rātou māramatanga, ka taea
ai e rātou te kite mārama i ngā mea me te whakatau tika. Ka
wetekina hoki rātou i ngā tikanga herekore, i ngā hiahia tutu,
i ngā kare ā-roto mamae, me ngā here whaiaro e akiaki ana i
.a rātou ki te mahi ohorere me te kore whakaaroaro

He rite te māramatanga ki te māramatanga, he
āhuatanga o te wairua e āwhina ana i te tangata ki te mōhio
ki te mea hei mahi ina hiahiatia. Ka taea te whakatipu i ēnei
āhuatanga wairua mā te whakaaro tika me te whakaaroaro
.ki te Atua

Ina pōuri te whakaaro o te tangata i ngā hiahia me ngā
kare ā-roto, ka matapo te māramatanga, i te hinengaro me

te wairua. Ina kaha rawa ngā kare ā-roto i te tangata, ka
pōhēhē, ka pōhēhē, ka hēmanawa, ka kore e taea te kite

!mārama, pērā i te tikaokao i patua

Mā ngā kare ā-roto ka whai whakaaro me te tirohanga a

te tangata ki ētahi atu, ā, ka kore e taea e ia te whakaaro
mārama me te whakatau i te āhuatanga me te whakaaro nui
.me te whai whakaaro nui

Ina ako tātou ki te wehewehe i ngā meka mai i ō tātou

whakaaro ake, kāore e tino pāngia tō tātou whakatau e ō
tātou hiahia whaiaro. Mehemea i ako te katoa i tēnei, kua nui
ake te māramatanga me te rangimārie o te ao i tōna āhua o
.nāianei

I te nuinga o te wā ka puta te māramatanga i te ngākau.

Ina pōuri te ngākau, ka akiaki i te tangata kia whakaaro he
hē tetahi mea, kia tūpato hoki ki te mahi tahi me ētahi
tāngata me ngā āhuatanga. Mena kei te āwangawanga koe
mō tetahi mea, kei te hiahia rānei koe ki te mōhio ko tēhea
.te ara hei haere māu, arotahi ki tō ngākau

Ina pehia koe e ngā āwangawanga, ā, ina karapotia koe

e ngā raruraru, arotahihia ō whakaaro ki tō ngākau, kia
mōhio hoki ki ngā kare ā-roto e puta mai ana i a ia. Kia
marino, ā, ka horoia koe e te kare ā-roto hohonu, ā, mā te
Atua koe e whakaatu, mā roto i tō tirohanga ā-roto, te
.taahiraa e whai ake nei me mahi e koe i taua wā tonu

Te whakarerekē i te āhua rerekē o ngā pūtau roro

Kāore he mana o ngā kaiwhakaora wairua noa, o ngā

tohunga rānei, ki te muru hara, ki te tuku noa rānei i ngā
tāngata hara e haere mai ana ki a rātou ki te rapu tohutohu,
nā te mea ko tā rātou anake he hoatu tohutohu wairua ki a
rātou, kāore he mea atu. Engari ko te hunga e mōhio ana ki
te Atua kua tae ki ngā taumata wairua tino matatau, nō reira
kāore rātou e makona noa ki te hoatu tohutohu wairua ki te
hunga hara, engari ka taea - mā te aroha noa me te āwhina
a te Atua - te whakakī i a rātou ki te mana wairua e tuku ana
.i a rātou i ngā hua o ā rātou mahi hara

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai he whanonga pai, he whanonga kino
.rānei i roto i te whakaaro

Ko te tangata e pāngia ana e ngā whanonga kino nā te
mea kua whakakīia ōna pūtau roro ki te mana o aua
whanonga, ka taea e ia te whakawātea i a ia anō mā te kaha
o te ngākau, te whakaaroaro, te inoi pono, me te whakaū
tonu i ana whanonga pai tae noa ki te wā ka hurihia ana
whanonga kino katoa hei whanonga pai o te rangimārie me
.te ata noho

Ka puta tēnei ina mahi te kaha ora e tika ana te
whakahaere ki te whakarerekē i te āhua rerekē o ngā pūtau
roro kia kī ai aua pūtau i ngā mea pai katoa, i ngā mea tika, i
.ngā mea ataahua katoa

Ko te tikanga o tēnei, ka tahuna ngā pūtau roro e kī ana
i ngā whakaaro teka e ngā mahi nui ina kohia kahatia ki roto
i te roro, ā, ka whakamahia mō ngā kaupapa rangatira, whai
.hua hoki

Ko te tangata e piri pono ana ki tōna tinana, ka mau
tonu tana mahi ora ki ōna uaua me ōna kare ā-roto, ko te
tangata ia he tangata whakaaroaro, he tangata wairua, ka
pupuri i ōna uaua me tōna tinana kia noho wātea, kia wehea
hoki tōna hinengaro i ngā kare ā-roto, kia mutu ai te noho o
te mauri ora ki roto i te pūnaha io, kia noho ki roto i te roro.

Nā reira, ko te whakaaroaro te huarahi tino whai hua ki te
whakawairua i ngā pūtau roro me te whakakore i ngā pūtake
.o tētahi whanonga kino mai i te hinengaro

He mana te whanonga, ā, ka whakamahia kinotia taua
mana e te tangata mā te mahi i ngā mahi kino, kaua ki te
.whakamahi i roto i ngā mahi pai

Ko te kuware, te kore whakaaroaro, te kore whiriwhiri i
te hoa pai, me te kore mahi pai, he maha ngā wā ka ārahi i
te tangata ki roto i ngā mahanga me ngā mahanga o ngā
whanonga kino, he rite ki te onepū e horomia ana te tangata
.e hiko ana i runga i taua mea ahakoa kāore i pai

He kaha ake te awe o te hoa i te kaha o te ngākau me te
:whakaaro tika

Kaua e whakahoa ki te tangata kino, ka taea hoki e te
.tangata kino te whakakino i te wairua o te tangata kino

He rangatira te mahi a te hunga whakaaro nui, engari
kāore he uaua, ko te hunga ia e aroha ana ki te kino, te āhua
nei ka akiakihia rātou ki te mahi i ngā mahi kino,
whakarihariha hoki nā te kaha o te tikanga e akiaki ana i a
.rātou ki te mahi i te hara me te kino

Ka inoi mātou ki te Atua Kaha Rawa kia whakaaweawe
mai i a mātou ki ngā whakaaro pai

Kia kite ai tātou i te pai me te ataahua
Ka wehewehe tātou i waenga i te mea whai hua me te
mea kino

Ā, kia tahuri ai tātou ki a ia
Ā, ko tā mātou e tumanako atu nei
Te pūtake o ngā mea pai katoa
Ā, ko te pūtake o ngā pai katoa

E te maunga, e kore e taea e te hau te whakakorikori i"
"a koe

Ka noho marino, ka noho mārire te tangata taurite i a ia
e mahi ana i āna mahi, ahakoa ka angitu, ka hinga rānei. Ka
rerekē te wā ka puta te angitu me te hinga, e ai ki te takirua
o te tinana, te hinengaro, me te ao. Ko te tangata e
whakamahara tonu ana i a ia anō ki tōna ake āhua, kāore e
tino pāngia e ngā whakahē, ā, kāore hoki e tino pāngia e ngā
.mānukanuka o te ao

Ko te hunga e hiahia ana ki te whakatutuki i te taurite o
roto, kaua e tukua kia poke i te hinengaro takirua o roto i te
tinana. He tino uaua tēnei mahi nā te mea, ina aroha te
wairua ki te tinana tairongo, ka tangohia e ia ōna āhukatanga
pai me ōna āhukatanga kino. Kia wātea ai i te piri ki ngā āhua
hurihuri o te tinana, me neke atu i te hinengaro tinana,
.koinei te pūtake o ngā mamae katoa

Ko te hunga e noho ana i raro i te mana o ngā
āhuatanga ka koa ki ngā ahuareka me ngā mea whakahari,
ka pouri hoki mō te mamae me ngā uauatanga. Engari ko te
hunga e tipu haere ana te māramatanga ka noho marino, ka
noho marino, kāore e whakakorikoria e ngā raruraru me ngā
ngangau e hangai ana ki te oranga noa [pēnei i te maunga
kāore e nekehia e te hau]

Ahakoia te pouri me te mamae, ka mau tonu te
rangimārie o roto i te tangata taurite i roto i ngā āhuatanga
pai me ngā āhuatanga kino. Hei tāpiri, kei a ia te kaha ki te
aroha ki ētahi atu, ki te mārama ki ō rātou kare ā-roto, me te
āwhina i a rātou me te kore e pehia e ō rātou ake
manukanuka. Nō reira, mā roto i tō rātou kaha o roto, ka
taea e rātou te whakamarie i ētahi atu me te whakamama i
ō rātou pouri. Ā, mā roto i tō rātou marino me te taurite, ka
ako rātou i ētahi atu i tētahi akoranga nui kia kaua e taka ki
.ngā pahūtanga kare ā-roto whakangaro

Ka kite te tangata whakaaro nui i te wairua atua i roto i
te katoa, ā, i a ia e wetekina ana i ngā hiahia whaiaro, ka
whakaae ia me te whakapono me te ngākau māhaki ki ngā
mea katoa e puta mai ana i te Atua ki a ia hei whakatutuki i
ngā hiahia o te tinana, te hinengaro, me te wairua. Ka
wetekina ia i ngā here o te ego, ā, kāore ia e māharahara ki
ētahi atu, kāore hoki ia e whakararuraru i ana titiro me ana
kupu ki ngā wiri kino e whakararuraru ana i te rangimārie me
te ata noho o te tangata, nā te mea ka kite ia i te wairua
.atua e rapuhia ana e ia kei roto i te katoa

Ina tae atu ia ki te whāinga matua, ka rite tonu te angitu
me te hinganga ki a ia, i te mea ka memeha haere tōna
whakaaro mō te takiruatanga i a ia e kitea ana te mauri o te
.kotahitanga o te ao whānui

Ahakoia e mahi ana ia i tana mahi i runga i te aroha ki te
.Atua, me te mahi ki te tangata, ka noho pūmau tonu ia
Hei whakatutuki i te harikoa

Hei whakatutuki i te harikoa, me noho te tangata i roto i
te oranga e whakahaerehia ana e te whakahaere i a ia anō.

Ko te hunga e whakatau ana ki te whakahaere i ō rātou
āhuatanga i runga i ngā ture teitei o te ao ka kitea e rātou ka
urutau aunoa ō rātou āhuatanga. Ko ngā uauatanga e pā ana
ki a tātou i tēnei ao ka whakaoho i a tātou, ka akiaki hoki i a
tātou ki te whakapau kaha kia eke ai tātou ki ngā taumata
.teitei ake

Ki te mea koinā tāu e rapu nei, whāia ngā ara e anga
atu ana ki reira, ā, e kore tetahi e kaha ki te aukati i a koe, ki
.te tango atu rānei i a koe

Kua homai e te Atua te whakaaro nui ki a tātou, ā, me
whakakā e tātou i roto i taua whakaaro ngā rama o te
whakapono, te tumanako, me te hari, me te wetekina i te
whakaaro nui i ngā whakamātautau katoa. Me
whakawhanake hoki e tātou te kaha o te ngākau kia taea ai
e tātou te whakahaere i ō tātou āhuatanga, kaua e
.whakahaeretia e rātou

He mea nui kia whakawhanakehia he mahere arorau, he
mahere tika hoki mō ō tātou oranga kia taea ai e tātou te
whakatutuki i ngā mea pai katoa e hiahia ana tātou ki te
whakatutuki, me ngā mea hoki e mōhio ana tātou me mahi. I
a tātou e whakamahere ana, e tohe ana, e mahi ana, kia
mahara tātou ko te Atua, te Atawhai, te mea e āwhina ana i
a tātou, e ārahi ana i a tātou ki te mea tika. Mā te mahi pera,
ka whiwhi tātou i te whakatau, te manawanui, te pakari, me
.te mārama o te tirohanga

Kia angitu koe, kia harikoa hoki i ngā wāhi katoa e noho
ana koe i te ao whānui a te Atua

He wairua me he whakaahua katoa ēnei

Ngā māra rōhi

Ngā Awaawa o ngā Roimata

Me ngā pata tomairangi e piri ana ki ngā puku ngawari

Me ngā harikoa o te tamarikitanga

me ngā ngākau nui korekore

Me ngā harikoa nui i roto i ō rātou piki me te heke
Me ngā mamae nui i roto i ngā ngākau
Ā, ka mura ngā rama o te rangi, ka ngaro atu
Ā, ko te matakite o te aroha e kukume ana i a tātou
Mai i te mānukanuka ki ngā mānukanuka
Me ngā hiahia me te ngākau nui
Me te pupuri pakari pērā i te heke
Me te tangi a te pēpi hou
Te haruru o te mate
Me te harikoa o te hauora pupuhi
Me ngā wā poto noa iho
He ira me ngā whakaahua e whai ake nei ēnei katoa
I runga i te mata o te hinengaro
E te Ariki, āwhina mai
Hei whakatipu i ngā āhuatanga rangatira me ngā
ngākau pono i roto i ahau
Ā, hei whakangungu i ngā hōia o te ata noho me te
whakahaere i a au anō
Kia noho hei kaiārahi i raro i te arataki a te Atua
I te pakanga whakatau
Ki te kore mōhio me te whakakorekore
Ā, hei whakaara i tō haki manaakitanga me ngā tuhinga
Te kara o te pono me ngā mātāpono o te tika me te pai
E rere ana i runga ake i ngā whakamaharatanga o tōku
wairua
Me ngā rohe o tōku ao
* * *

Me tūpato te tangata i te wehi. Me mahi ngā mahi ārai
mate, me whakapau kaha hoki ki te whakakore i ngā pūtake
o te mate, me te weti i te wehi. He nui rawa ngā iroriki i ngā
wāhi katoa, ā, ki te maku te tangata i a rātou, e kore e
taea e rātou te pārekareka ki te ora. Ahakoa ngā mahi tiaki
hauora katoa e tika ana, ki te taea e te tangata te tiroiro i
tōna kāinga i raro i te karuārai, ka ngaro tōna hiahia ki te
.kai

Ahakoia he aha tāu e wehi ai, tahuri ke atu ō whakaaro i
aia mea. Waiho ki te Atua, kia whakakahangia tō
whakawhirinaki ki a ia. He maha ngā mamae e puta mai ana
i te manukanuka. He aha koe ka mamae ai i te mea kāore
anō kia pā mai te mate? Nā te mea ko te nuinga o ngā mate
o te tangata i ahu mai i te wehi, mā te tuku i te wehi ka
whakaora tonu i a rātou, ā, ka ora tonu. I ia pō, i mua i tō
moe, me kī atu ki a koe anō: "Kei ahau te Atua, ā, ko te
tangata kei a ia te Atua, kāore he mea e wehi ai ia." Katia tō
hinengaro ki te Wairua o te Atua me ōna kaha o te ao, me te
whakapono ka patua tetahi iroriki e whakaeke ana i a koe.
Mā te whakahua anō i "E te Atua, te Kaha Rawa" me "E te
Ariki, te Āwhina" me te tino māia ka tiaki i a koe, ka
whakakaha i a koe, ka whakamarie i a koe, ka hauora hoki
koe. Ina noho tahi koe me te Atua, ka rere mai tana pono ki
roto i a koe, ā, ka mōhio koe kei roto i tōu ngākau, he wairua
.koe kāore i pāngia e te uauatanga me te piraukore
Ina matakū koe, whakatakotoria tō ringaringa ki tō
ngākau, ka mirimiri mai i te mauī ki te matau, me te kī: "E te
Ariki, tangohia atu tēnei wehi i ahau, ā, whakawāteatia tōku
hinengaro me ōku whakaaro i ngā mea whakararuraru
katoa." Pērā i ngā huarahi hei whakakore i te pokanoa reo
irirangi, waihoki, ki te mirimiri tonu koe i tō ngākau mai i te
mauī ki te matau, ā, ki te arotahi tonu koe ki te whakaaro ki
te whakakore i te wehi i tō ngākau, ka ngaro te wehi i te
āwhina a te Atua, ā, ka rongo koe i te hari atua e whakakī
.ana i tō tinana katoa
Kei te tangata tonu te wehi, ā, ka taea te whakakore atu
.mā te whakaaro ki te Atua me te rongo i Tōna aroaro
Whakawhirinaki ki te Atua, kia pono hoki i ngā mea
katoa e mahia ana e koe He tokomaha ngā kaitārite; kaua e
tāpirihia tō ingoa ki tā rātou rārangi roa Whakaakona āu
mahi, ā, mahia i roto i te huarahi ahurei kāore anō kia mahia
e tetahi i mua He tuwhera te mara mō te auahatanga mena

he pono te hiahia, ā, kei reira te hiahia Ka whakautu te taiao
katoa ki a koe ina noho tahi koe me te Atua
He maha ngā wā ka aro nui te tangata ki a rātou anō,
engari me whakaaro tātou ki ētahi atu, me te āwhina i a
rātou ki te pai o tō tātou kaha, me te hiahia kia ora rātou
pērā i a tātou anō. Ina mahi tātou i tēnei me te ngākau nui
me te ngākau pono, ka whānui ake te porowhita aroha i
waenganui i a tātou me ētahi atu, ā, ka hohonu ake, ka kaha
ake hoki ngā here o te aroha i waenganui i a tātou me ētahi
.atu

I roto i tētahi taiao e 1,000 te taupori, mēnā ka noho
ngākau māhaki te katoa, ka 999 ngā hoa o ia tangata.
Engari, mēnā ka noho te katoa i roto i taua taiao hei hoariri
.ki ētahi atu, ka 999 ngā hoariri o ia tangata
Te māramatanga o te marama me ngā whenua tawhiti
harikoa

Ina taka te ahiahi, whakaranua ō whakaaro ki te
māramatanga o te marama
Horoia ōu mamae ki ōna hihi
E rongo ana ahau i te māramatanga whakamiharo e
horapa mārire ana i runga i tō tinana
A i runga ake i ngā rākau me ngā rohe tawhiti
Tū ki te whānuitanga nui, ka titiro atu me ngā kanohi
marino

Ki te hihi o te marama me ngā tirohanga whakamiharo e
whakakitea ana e ia
Tirohia ngā tapa huna o te pae kanapa
Tukua ō whakaaro whakaaroaro kia neke atu i ngā rohe
o te tirohanga whānui
Ki te whenua o ngā moemoeā koura
Nekehia tō arotahi mai i ngā āhua e whakaaturia ana e
ngā hihi o te marama
Ki ngā whetū tawhiti me te rangi tawhiti
Te marino mutunga kore i tua atu i te etere ora

Te wāhi e pupuhi ana ngā mea katoa i te aroha me te

ora

Mātakitaki i ngā hihi o te marama e toro atu ana

Ehara i te mea i runga i te whenua anake

Engari, i ngā kokonga katoa o ngā ao mutunga kore o tō

hinengaro rangatira

Whakaarohia hōhonu kia tae atu ai koe ki ngā whenua

tawhiti, ki ngā whenua harikoa

Ngā āhuatanga o te mōhiotanga wairua hohonu

Ā, e kitea ana te ao whānui he marama hiriwa

Kāore he rohe, kāore he mutunga

* * *

E herea ana te tangata e ngā whanonga kino, ā, e

poipoia tonutia ana ēnei whanonga, i te mea ka mate, ka

.ngaro haere ngā whanonga pai

Kua riro i ngā manuhiri kāore i manakohia te tūranga

tuatahi i roto i te oranga o te tangata, engari ko ngā

manuhiri honore anake i whiwhi i te kore aro me te

whakahawea mai i a ia, ā, ka tahuri ke atu rātou i tōna tatau

.me te whakama me te pouri

Me whakatipu ngā tikanga pai mā roto i ngā mahi pai, ā,

ka tutuki tēnei mā roto i ngā hoa pai me ngā tuhinga

whakahihiko, nā te mea he kaha ake te awe o te taiao i te

.hiahia

Ko te hiahia ki ngā taonga te mea e akiaki ana i te

tangata, ā, ko te māramatanga o te whakaaro nui e anga

tonu ana ki waho, kaua ki roto. E oma ana te tangata ki

konei, ki reira, engari kāore he wāhi i te ao hei tiaki i a rātou

i a rātou anō me ō rātou hinengaro; he mea nui te wā

.whakaaroaro ki a koe anō

Ki te inoi tetahi tangata mō te angitu, engari e kī ana

ōna whakaaro i ngā whakaaro o te kore angitu, te pōrearea,

me te kore aro, he rite rātou ki tetahi e tuku ana i tetahi ki

tētahi misioni, engari ka whakaekea rātou e ngā kaipahua i

te huarahi. Ko ngā kaipahua e tahae ana i te angitu o te

tangata ko ā rātou whanonga kino. Ka tukuna e te tangata ā rātou inoi ki te Atua kāore i tiakina, ā, ka whakaekea rātou e ngā kaipahua o te manukanuka me te manukanuka i mua i te taenga atu ki te Atua. Ae, ka whakarongo te Atua ki ngā inoi nā te mea kei ngā wāhi katoa ia, ā, e mōhio ana ki ngā mea katoa, engari i raro i ētahi āhuatanga, kāore ngā inoi e whakautua. He aha i ētahi wā kāore i whakautua? Kei roto i ngā purapura kino e piri ana te whakautu i te oneone o te hinengaro papaku. Ko aua whanonga kino, i hangaia i ngā wā o mua, he ārai i waenganui i te tangata me te Atua. Me whakatō ngā whakaaro pai ki te oneone o te wairua kia pihi ake ai, kia tupu ai i raro i ngā āhuatanga tika, kia hua ai ngā hua. Kāore e taea te whakawhirinaki ki te hauora, te oranga, me ngā āhuatanga pai anake, nā te mea he poto noa iho ēnei, he wā poto noa iho. He mea whakaaro nui te haumi ki .te ao o te wairua

Kei te mahi tonu ngā mana whakangaro i roto i te oranga me te wairua o te tangata, e ahu mai ana i ngā hapa o mua. Nō reira, me mataara tonu te tangata i te tū atu me .te aro atu ki ēnei mana kaha

Ko te tangata e inoi ana kia angitu, me te whakaaro anō ki a ia anō, "Kāore au i te whakaaro ka angitu ahau," e kore e angitu. Me tuku te inoi me te whakapono nui me te ngākau mahaki kia tiaho ai te māramatanga o te Atua, kia heke iho .ai ngā manaakitanga o te rangi

Pērā i te kore e taea te kōrero mā te waea pakaru, waihoki, e kore e taea te whakapāho tika i ngā inoi mā te hinengaro e taimaha ana i ngā āwangawanga, i ngā manukanuka, i te kore harikoa, me te piri ki ngā mea memeha noa. Mā te ata noho hohonu me te whakakotahitanga marino me ngā wiri kua whakatikatikaina, kua hangaia, ka taea te whakatika me te whakatikatika i te hinengaro, te whakanui ake i tōna aro wairua, ka taea ai te tuku karere pono ki te Atua me te whiwhi i tana whakautu .manaaki

E te Ariki, me ōku ringa e piri ana ki tōku uma, ka
tukuna atu e au tōku tinana katoa ki a Koe, ā, ka whakakāia
aku inoi ki te aroha nui. Homai ki ahau te aroha harakore o
ngā tamariki ki a Koe, ā, āwhina mai kia rongo ahau i tō tata
ki muri i ngā kupu o aku inoi. Tukua ahau kia rongo i tō
aroaro i roto i ōku kare ā-roto katoa, ā, kia mōhio ahau ko tō
whakaaro nui hei tautoko i tōku māramatanga, ā, ko tōku
ora he mura o tōu māramatanga, he whakaaturanga hoki o
.tōu ora whānui

Ko rātou te hunga tino harikoa i te nuinga o te wā
Ko te harikoa tūturu o te tangata kei roto i te rite tonu o
te tangata ki te ako me te mahi i runga i te tika me te
whakaute. Mā te whakapai ake i a ia anō, ka nui ake tana
takoha ki te whanaketanga me te harikoa o te hunga e
.karapoti ana i a ia

Ko te take matua o te mamae
Ko te hononga o te wairua ki te tinana me te hinengaro,
me tōna whakatutukitanga mā roto i a rātou, koinei te
pūtake o ō tātou mamae katoa, ngā here, ngā here, ngā
ngoikoretanga me ngā ngoikoretanga. Nā tēnei hononga, ka
pāngia tātou e te harikoa me te mamae me te koa, tae noa
ki te taumata kāore e taea e tātou te pā ki te harikoa atua, ki
.te māramatanga rānei

Ko te whakapono, i roto i tōna uho, ko te karo tuturu i te
mamae me te whakatutuki i te harikoa parakore, te Atua
rānei

Pērā i te āhua o te rā e kore e kitea mārama i runga i te
mata o te wai pōrearea, waihoki ko te āhua pono,
manaakitanga o te wairua wairua (te whakaata o te wairua
katoa) e kore e taea te mārama, me te hopu i tōna mauri e
ngā ngaru o te pōrearea me te manukanuka e puta mai ana i
te hononga o te wairua ki ngā āhua hurihuri me te hurihuri o
.te tinana me te hinengaro

Pērā i te wai e pōrearea ana e whakapohehe ana i te
āhua tūturu o te rā, waihoki ka whakapohehe te hinengaro

pōuri i te āhua o roto o te wairua e harikoa tonu ana mā roto
.i taua tautuhi, i taua hononga rānei

:E ai ki ngā pukapuka o te whakaaro nui o te Rawhiti
Me i taea e koe te ara ake i runga ake i te tinana, me te"
mōhio he wairua koe, ka whiwhi koe i te hari mutunga kore,
ā, ka watea koe i ngā mamae katoa" {Me te mea, "E te Ariki,
whakanuia mai tōku mātauranga"}
A ka matau koutou ki te pono, a ma te pono koutou e}
{rangatira

Ka puta te herekore i te whakahaere-ā-koe, ko te
tikanga pai te hoa pai rawa atu

Ko ngā kupu tino whai mana a taku kaiako, a Sri
Yuktswarji, ko ngā kupu e toru i whakahokia tonu mai e ia ki
ahau: " Akona te whanonga tika ." Kāore e taea e au te
whakapuaki i taku whakawhetai ki a ia mō tēnā, i te mōhio
.kāore i te ngāwari te whanonga tika i ngā wā katoa
Ina me wikitoria e koe tētahi mea, me mārāma koe he
aha me wikitoria ai. Kaua e whakarērea noa, me wehe atu
hoki i a ia, engari me whakakore hoki te whakaaro ki taua
mea, me peia atu hoki i ō whakaaro. He hoariri nui te
.whakaaro kino, me hinga

Ki te nekehia e koe tō arotahi mai i te mōhiotanga ki ngā
kare ā-roto ki te mōhiotanga wairua, ka tutuki i a koe te
wikitoria, ā, ka hari koe i a koe anō. Kei te hinengaro ngā
whakatutukitanga. Me pātai te tangata ki a ia anō: "He
pononga ahau ki ōku kare ā-roto, ki tō rātou rangatira rānei?
He whai rawa ahau i te rangimārie, he rawakore rānei i te
"?wairua

Kaua te tangata e waiho hei patunga o te nui rawa. Kia
pai ki ngā mea, engari kaua e tukua kia herea koe. Kia tū
rangatira. Kia atawhai, kia hoa, kia harikoa, kia harikoa, kia
noho hei rangatira mōu ake i ngā āhuatanga katoa. Kaua te
tangata e noho hei pononga mā ngā kare ā-roto anake,
engari me mahi i runga i ngā whakapono pakari. Ko te
tangata e hiahia ana ki te neke atu i ngā āhuatanga takirua

me te whiwhi i te hinengaro ao, me whai mana whakahaere
ia ia anō, me te whakangungu i a ia anō ki te
whakamanawanui i ngā mea katoa me ngā āhuatanga katoa
.me te kore he mamae hinengaro, he koretake rānei
Ko te mahi i tā te tangata e pai ai ehara i te herekore,
engari he tukino i te herekoretanga. Ka puta te
herekoretanga mai i te whai i te ture o te whakahaere i a ia
anō, arā, te whakahaere i a ia anō. Ko te tikanga o te
herekoretanga tūturu ko te mahi i ngā mea katoa e arahina
ana e te whakaaro nui. He iti, he papaku te herekoretanga
.me te kore e rite ki te Atua me āna ture
Ko te nuinga o ngā oranga o te tangata e
whakahaerehia ana e ngā hiahia, ngā kare ā-roto, ngā āhua,
.ngā tikanga, me ngā awe o te taiao me te pāpori
Ina tīmata ngā tikanga tinana ki te whakahaere i te
hinengaro, ka uaua ki te tinana te whakarongo ki ngā
whakahau a te hiahia. Koinei te take e uaua ai te hunga
momona ki te whakaiti i tō rātou taumaha, ahakoa kei te
whai i tētahi kai. Kua hangaia e ngā pūtau hinengaro ā rātou
ake tikanga, ā, kāore e tere te aro atu ki ngā whakahau a te
hinengaro. Heoi, ki te tika te whakangungu, ka ngākau nui
rātou ki te whakarongo ki ngā tohutohu a te hinengaro me te
kore e whakahē i ngā mana hinengaro teitei ake—ngā mana
ka taea te whakahaere i te tinana mēnā ka tika te
.whakangungu me te whakamahi
Ko te tikanga pai tō hoa nui, ko te tikanga kino ia he
hoariri huna. Nō reira, me tūpato te tangata kei mahi anō i
tētahi tikanga, i tētahi mahi rānei, nā te mea ka huri te mahi
hei tikanga i mua i te mōhio, ā, ka noho te tikanga hei āhua
noa iho. Heoi, ka taea te whakarerekē mā roto i ngā mahi pai
.tonu me te whakaaro auaha, pai hoki
Ngā tohu o te tikanga me te ōritetanga i ngā wāhi katoa
I runga i tā rātou kitenga, i whakaaro ngā kaipūtaiao o
mua he ranunga o te matū me te hinengaro te tangata, ā, nā

tēnei kitenga i whakapono rātou ki te noho o ngā mana
.motuhake e rua: te taiao me te hinengaro

Kātahi ka tīmata rātou ki te whakaaro: "He aha i
whakaritea ai ngā mea katoa o te taiao i tētahi ara
motuhake? He aha i kore ai tetahi o ngā ringa o te tangata e
roa ake i tetahi atu? Ā, he aha i kore ai e tukinga ngā whetū
me ngā aorangi i te wāhi? Ka kite tātou i ngā tohu o te
tikanga me te ōritetanga i roto i te ao tūroa i ngā wāhi katoa
"e titiro atu ai tātou

Mai i tēnei ariā, i whakatau rātou kāore e taea te wehe i
te hinengaro me te ao tūroa, ā, i te wā kotahi ka whai mana
motuhake rāua ki runga i a rāua, nā te mea me kotahi te
.hinengaro e whakahaere ana i ngā mea katoa

Ko tēnei whakatau ka arahi noa ki te whakaaro mō te
Atua kotahi, ko ia te takenga mai o te ao me te hinengaro, e
noho ana i roto i a rāua, ā, kei tua atu i a rāua. Ko ia e
whiwhi ana i te whakaaro nui tuturu, e mārama ana ko ngā
mea katoa, i tōna mauri, he wairua, ahakoa he mea huna
.taua wairua i te āhua, ā, kāore e kitea
Ko te hunga kei a rātou te mātauranga wairua e kite ana
i te māramatanga o te Atua e whakakitea ana i ngā wāhi
katoa

Ko te pātai tēnei: i pēhea te kitenga tuatahi a ngā
?kairangahau i tēnei mea

Hei taahiraa tuatahi, i katia ō rātou kanohi kia kore ai e
pā tika ki te ao me te matū, kia taea ai e rātou te aro katoa
ki te mōhio ki te hinengaro whānui kei muri i te ao me te
.matū

I mārama ā-roto rātou kāore e taea e rātou te kite i te
aroaro o te Atua i roto i te taiao mā roto i ngā tirohanga noa
o ngā māhara e rima. Nō reira, i rapua e rātou he huarahi hei
kite i tōna aroaro i roto i a rātou anō mā te arotahi hohonu
.me te tika ki runga

Hei whakamutunga, i taea e rātou te kati me te
whakaweto i ngā tataua me ngā huarahi katoa o ngā

māharahara e rima, ā, ka noho motuhake rātou i te hinengaro ā-tinana mō tētahi wā. Kātahi ka tīmata te ao o roto o te wairua ki te whakakite i a ia anō ki a rātou, ka tuwhera ki mua i a rātou. Mō aua tāngata nunui i whai tonu i .tā rātou rangahau ngaro, i whakakite te Atua i a ia anō Whakatakotoria te mana o te Atua ki muri i āu mahi Tukua tō kaha o roto mō ngā kaupapa whai hua, ā, ka nui ake āu hua. Haere tonu me te whakatau pumau, me te whakamahi i ngā āhuatanga katoa o te angitu. Whakahāngaihia koe ki te mana o tō wairua auaha, ā, ka hono atu koe ki te hinengaro mutunga kore e taea te whakahihiko i a koe me te whakaoti i ō raruraru katoa. Ka rere tonu te mana ki a koe mai i te puna nui o tō wairua, ka taea ai e koe te whakatutuki i ngā whakatutukitanga whakamiharo me ngā auahatanga i ngā wāhanga katoa o te .ao

I mua i te whakatau i tētahi whakatau nui, noho puku, rapua te āwhina me te manaakitanga a te Atua. Kātahi koe ka mōhio kei muri i tō kaha te kaha o te Atua, kei muri i tō hinengaro te hinengaro o te Atua, ā, kei muri i tō hiahia te hiahia o te Atua. I a te Atua e mahi tahi ana me koe, e kore ō mahi e maumau, e kore hoki koe e hinga; engari, ka whakanuia tō kaha, ka piki ake ō pūkenga. Ā, ina oti i a koe ō mahi i roto i te mahi ki te Atua, ka whiwhi koe i āna .manaakitanga

Ki te mea he mahi whakaiti tāu i te ao, kaua e whakapāha mō tēnā. Kia whakahīhī koe kei te whakatutuki koe i ngā mahi kua tukua mai e te Atua ki a koe. E hiahia ana ia kia mahi koe i tāu mahi ki te pai o tō kaha. Kāore e taea e te katoa te mahi i te tūranga kotahi e mahia ana e koe. I a koe e mahi ana ki te whakamanawareka i te Atua, ka mahi tahi ngā mana katoa o te ao whānui mō tō harikoa me .tō oranga

Ina whakaū koe ki te Atua ko la tōu hiahia nui ki runga ake i ngā mea katoa, ka hono koe i a koe ki Tōna hiahia. Ā,

ina rapu tonu koe i a Ia, ahakoa ngā arai e tū mai ana i tō ara, kei te whakamahi pai koe i tō hiahia tangata, ā, kei te whakamahi hoki koe i te ture o te angitu e mōhiotia ana e ngā tohunga o mua me te hunga katoa kua eke ki te angitu .pono

Kei te mahi te mana tapu o te ao ki a koe, mena ka whakapau kaha koe ki te whakamahi i taua mana tapu hei whakatutuki i te hauora, te harikoa, me te rangimārie. Mā te whakatutuki i ēnei whāinga rangatira, ka hiko koe i te ara o .te mōhio ki a koe anō ki tō kāinga pono i roto i te Atua
Ko te harikoa te mehua o te angitu

Tuatahi, me whakarite koe he mea tika kia whakapau kaha koe ki te whakatutuki i te whāinga e hiahia ana koe kia tutuki, ā, me kī ko te whakatutuki i taua whāinga he angitu .tūturu

He aha te angitu? Ki te mea kei a koe te hauora me te taonga engari he raruraru ki te katoa (me koe anō hoki), kāore tō ao e angitu. Ka pōuri te ao, ka kore he hua o te ao ki te kore koe e kite i te harikoa. Ina ngaro te moni, ka ngaro tetahi mea iti. Ina ngaro te hauora, ka ngaro tetahi mea nui ake. Engari ki te ngaro te rangimārie me te ata noho, ka .ngaro ngā taonga tino utu nui o te ao

Nō reira, me ine te angitu mā te paerewa o te harikoa, mā te kaha ki te whakarite me te whakataurite ki ngā ture o te ao. Kāore te angitu e inehia mā ngā paerewa o te ao pēnei i te hauora, te tūnga, me te mana. Kāore ēnei mea e kawe mai i te harikoa ki te kore e whakamahia tika. Kia tutuki ai tēnei, me whai whakaaro nui, me aroha hoki ki te .Atua me te tangata

Kua homai e te Atua ki a koe te mana ki te utu, ki te whiu rānei i a koe anō mā te whakamahi, mā te whakamahi hē rānei i tō hinengaro me tō hiahia. Ki te takahi koe i ngā ture o te hauora, te whai rawa, me te whakaaro nui, ka pāngia koe e te mate, te rawakore, me te kuware. Nō reira, me whakapakari koe i tō hinengaro, ā, me whakakahore ki te

pikau i ngā taumahatanga hinengaro me ngā taumahatanga
matatika kua kohia o ngā tau kua hipa. Tahuna aua puranga
kua tawhito ki te ahi o ō whakataunga manaakitanga o
nāianeī me ō mahi whai hua, ā, ka tae koe ki ngā pae tawhiti
.o te herekoretanga

Ko te harikoa – ki tētahi taumata – e whakawhirinaki ana
ki ngā āhuetanga o waho, engari ko te nuinga e
whakawhirinaki ana ki te āhua o te hinengaro. Hei oranga
harikoa, me whai hauora pai te tangata, me whai hinengaro
taurite, me whai oranga whai rawa, me whai mahi tika, me
whai ngākau whakawhetai, ā, ko te mea nui, ko te whakaaro
.nui me te mātauranga ki te Atua

Mā te whakapau kaha ki te harikoa koe e āwhina nui.

Kaua e tumanako ka rerekē ō āhuetanga, me te whakapono
hē kei hea atu ō raruraru. Kaua e tukua te pouri kia noho hei
tikanga kua mau ki roto, he uaua ki te wawahi, ka mamae ai
te hinengaro ki a koe anō me te hunga e karapoti ana i a
.koe

Ko tētahi o ngā manaakitanga nui rawa atu māu me
ētahi atu ko te harikoa me te hihiri. Ki te mea kei a koe te
harikoa, kua tutuki i a koe ngā mea katoa. Ko te harikoa ko
te noho tahi me te Atua, ā, mā te whakaaroaro ka taea te
.whakatutuki i te harikoa

Ngā whanonga hinengaro: Te whakateretere, te
whakaroa rānei i te angitu

He mana tō ngā whanonga o te tangata ki te whakaterere,
ki te whakaroa rānei i tōna angitu. Ehara i te mea ko ngā
whakaohoho poto, ko ngā whakaaro kanapa rānei, engari
ko ngā whanonga hinengaro o ia rā e whakatau ana i te
.huarahi o tōna oranga

He rite ngā whanonga hinengaro ki te aukume
hinengaro, e kukume ana i ētahi mea, i ētahi tāngata, me
ngā āhuetanga. Mā ngā whanonga hinengaro pai koe e
kukume mai i ngā whai wāhitanga pai me ngā whai hua, ko

ngā whanonga hinengaro kino ia e kukume ana i a koe ki te
.hunga he āhua ao me ngā āhuatanga kāore e hiahiatia
Ka taea e koe te whakakore i ngā whanonga kino me te
whakaiti i tō rātou mana mā te karo i ngā mea katoa ka
whakaoho, ka whakaora rānei i a rātou, me te kore e aro
tonu ki aua whanonga. Kātahi ka anga ō whakaaro ki tētahi
whanonga pai, ka mahi ki te whakawhanake tonu i taua
whanonga kia noho hei wāhanga nui o tō oranga ka taea e
.koe te whakawhirinaki me te whakawhirinaki atu
I roto i a tātou, e rua ngā mana e whawhai tonu ana: ko
tētahi e akiaki ana i a tātou ki te mahi i ngā mea kāore e tika
ana, me tētahi e whakatenatena ana i a tātou ki te mahi i
ngā mea e tika ana kia mahia, ahakoa he uaua ake te āhua.
Ko te reo tuatahi ko te reo o te kino, ko te reo tuarua ko te
.reo o te pai, ko te Atua rānei
Mā roto i ngā akoranga uaua o ia rā, ka kite mārama koe
ko ngā tikanga kino e whāngai ana i te rākau o ngā hiahia
mutunga kore o te ao, ko ngā tikanga pai ia e whāngai ana i
.te rākau o ngā tumanako me ngā wawata wairua teitei
Me arotahi tonu ō mahi ki te whanaketanga tika o te
rākau wairua manaakitia kia taea ai e koe te kokoti i ngā hua
.reka, pakari o te mōhio ki a koe anō i tētahi rā
Ki te taea e koe te whakawātea i a koe i ngā momo
whanonga kino katoa, ā, ki te taea e koe te mahi i ngā mea
pai me ngā mea rangatira katoa i runga i te aroha ki te
rangatira me te atawhai, kaua e mea nā te kino ka puta mai
te pouri me te pouri, ka tipu tō wairua, ka ahu whakamua i
.te ara
Ka herekore koe ina whakarērea e koe ō tikanga kino
me te ngākau hihiko. Ka herekore noa koe ina riro koe hei
rangatira, ka taea e koe te whakahau i ō kare ā-roto, ō
whakaaro, me tō hiahia ki te mahi i ngā mea e tika ana kia
mahia, ahakoa he rerekē ki ō hiahia. Kei roto i taua mana o
te whakahaere i a koe anō me te whakahaere i a koe anō
.ngā purapura o te herekoretanga mutunga kore

Kua whakahuatia e au ētahi āhuatanga nui o te angitu
tae noa mai ki tēnei wā: te whakaaro pai, te kaha o te hiahia,
te tātari hinengaro, te kaupapa matua, me te whakahaere i a
ia anō. He maha ngā pukapuka e whakanui ana i tētahi, i
ētahi rānei o ēnei āhuatanga engari kāore e whakaae ana ki
te mana atua kei raro i ēnei āhuatanga. Ko te whakataurite
.ki te hiahia atua te mea tino nui hei whakatutuki i te angitu
Ko te hiahia o te Atua te kaha e neke ai te whenua me
ngā mea katoa i runga, me te ao whānui me ngā mea katoa i
roto. Ko te hiahia o te Atua te mea e akiaki ana i ngā whetū i
te wāhi, ā, ko Tōna hiahia te mea e pupuri ana i ngā aorangi
i ō rātou porowhita, e whakahaere ana hoki i ngā huringa o
.te whānautanga, te tipu, me te pirau o ngā mea ora katoa

Ngā mura o te hiahia

Āe, e te Ariki

Kia mura tonu ngā mura o tōku hiahia i roto i tō aroaro

tapu

Hutia, e te Atua aroha, te putiputi rākau o taku aroha i

te paru o te warewaretanga o te ao, ā, whakapaipaihia ki

.reira te uma o tō mahara mataara tonu

I te wāhi tapu o ngā rangi, ka takoto ahau ki tōu aroaro,

e tōku Atua

I rongo ahau i tō reo i roto i te kakara o ngā rōhi

Ā, i kite ahau i tōu ngākau aroha i roto i te reka o ngā

rengarenga

Ā, i roto i te hāhā o ōku hiahia, ko tō aroha te whakautu

E mōhio ana ahau ka taea te mōhio ki te Atua mā te

whakaaroaro me te māramatanga, engari ehara i te mea mā

.te hinengaro pōhēhē, raruraru hoki

Ka whakatuwherahia ōku kanohi ki te harikoa o te

whakaaroaro, ā, ka kite kua ngaro te pōuri katoa. Ka

rumakina ahau e au ki roto i te puna o te rangimārie atua e

huna ana i muri i ngā pakitara o te whakaaroaro, ā, ka purea

e au tōku wairua o roto mā te whakaaroaro kia kore ai e

pirau i ngā awe o waho. Ā, ka mihi atu ahau ki ia rā me te
.whakaaroaro ki te Kaha Rawa
I te wāhi tapu o te wahangu, ka kitea e au te aata o tō
rangimārie

Ā, i runga i te aata o te rangimārie ka kitea e au tō hari
e whakahoutia tonutia ana
Tukua ahau kia rongo i tōu reo, e te Ariki, i roto i te ana
o te whakaaroaro, ā, ka kitea e ahau te hari mutunga kore o
te rangi i roto i ahau. Ka kī te rangimārie i tōku ngākau, ka
horapa ki roto i ahau, ahakoa i te ata noho, i te wā mahi
.rānei

Ko ia whetu kanapa, e kanapa ana i te kikorangi o te
,rangi, me ia whakaaro parakore, parakore
Ko ia mahi rangatira me ia mahi ataahua hei matapihi e
.titiro atu ai ahau ki a koe, e taku Atua aroha

Me te arotahi hinengaro katoa me te hiahia mutunga
kore, ka tukuna e au tōku hinengaro mā roto i te kanohi
wairua (i waenganui i ngā tukemata) ki te rangatiratanga o
.te mutunga kore

Ka wetekina e au tōku wairua i te herehere o te tinana,
ka whakaranua ki te moana nui o te wairua
Te hiahiatanga o te hinengaro

Ko tētahi atu mea ngaro ki te angitu ko te tātaritanga
hinengaro. Ko te whakaaroaro hohonu he whakaata e taea ai
e koe te kite i ngā hohonutanga huna o tō hinengaro e kore
.nei e huna i a koe

Tāutuhia ōu ngoikoretanga, ā, tātarihia ōu au me ōu
hiahia pai me ōu au kino

Whakamahia te tātaritanga whaiaro kia mārama ai koe
ki tō tūnga inaianei, ki tāu e hiahia ana kia tutuki, me ngā
arai e arai ana i a koe. Tautuhia tāu mahi tūturu, me te
.mārama ki tō kaupapa i te ao

Kia kaha ki te whakatipu i ngā āhuatanga katoa o te
wairua pono, rangatira hoki, kia kaua e pehia e ngā hiahia
me ngā kare ā-roto. Mā te pupuri i tō hinengaro kia rite, kia

ōrite ki te Atua, ka tere haere koe, kia haumarū, kia maia hoki i te ara e anga atu ana ki tō whāinga e hiahiatia ana. Ko tō whāinga matua ko te kimi i tō ara ki te Atua. Engari he mahi me ngā kawenga anō hoki hei whakatutuki i tēnei ao. I runga i tēnei ao ka puta tātou he manene, ā, mā te aroha anake ki te Atua ka noho tātou hei teina, hei tuakana. Mā te kaha o te ngākau me te kaupapa matua koe e āwhina ki te tautuhi i ō herenga me te whakatutuki i aua herenga ki te tino taumata. He aha te kaupapa matua? He pūkenga auaha i roto i a koe: he mura mai i te Kaihanga mutunga kore e taea te hoatu ki a koe te mana ki te waihanga i tētahi mea kāore anō kia hangaia e tētahi atu i mua. Ka akiaki i a koe ki te mahi i ngā mea i roto i ngā huarahi hou me te auaha. Ka taea e ngā whakatutukitanga a te tangata whai kaupapa matua te mea whakamiharo me te mea whakamiharo, pērā i te whetu pupuhi. Mā te waihanga i tētahi mea mai i te kore noa iho, ka whakaatu rātou ko te mea e ahua kore e taea he mea tino taea ina whakamahia e te tangata te mana o te wairua auaha tino nui. Mā te kaupapa matua me te auahatanga koe e tū ai i runga i ō waewae e rua, he herekore, he motuhake hoki, ā, kei roto i ngā tohu o te angitu.

Whakatūpato Whakaaro Angitu

Ki te mea kua hinga koe i tēnei wā, he mahi kuware te mutu te whawhai me te whakaaro ko te hinganga he aituā. He pai ake te mate i te whawhai i te mutu o te whakapau kaha, i te mea e taea tonu ana e te tangata te whakatutuki i ngā mea maha atu, nā te mea ka haere tonu ngā mahi a te tangata ki tētahi ao hou ahakoa kua mate. Ko te angitu me te kore angitu he hua tika nō āu mahi o mua, me āu mahi o nāianei. Nō reira, me whakatipu e koe ngā whakaaro angitu mai i ngā wheako o mua, me te whakahihiko i aua whakaaro kia taea ai e koe te whakahaere i ngā whakaaro o te kore angitu i roto i tō ao o nāianei.

Tērā pea he nui ake ngā uauatanga me ngā raruraru e
pā ana ki te tangata angitu i ērā e pā ana ki te tangata kāore
i angitu. Heoi anō, i whakangungu te hunga o mua i a rātou
anō ki te whakakore i te whakaaro o te korenga angitu me te
.kore e mutu

Me neke tō hinengaro mai i te pouri me te ngakaukore ki
te wikitoria me te wikitoria; mai i te manukanuka ki te ata
noho; mai i te pōhēhē hinengaro me te manukanuka ki te
arotahi hinengaro; mai i te pōrearea me te ngangau ki te
rangimārie; ā, mai i te rangimārie ki te harikoa wairua tapu.
Ina whiwhi koe i tēnei mōhiotanga ki a koe anō, ka
karaunatia te kaupapa o tō oranga ki te angitu, ā, ka tutuki
.pai, me te āwhina a te Atua

Mana o te whakaaro

Ka whakaatu koe i te angitu, i te korenga rānei, i runga i
.te kounga me te āhua o tō whakaaro noa
Ko tēhea te mea kaha ake i roto i tō koiora: ngā
whakaaro mō te angitu, ngā whakaaro rānei mō te kore
?angitu

Ki te mea he whakaaro kino te nuinga o ō whakaaro,
kāore e ranea ngā whakaaro pai i ētahi wā hei kukume i te
angitu. Engari ki te whakaaro pono koe, ka kitea e koe te
mea e rapu ana koe, ā, ka tutuki i a koe tō whainga, ahakoa
.kei te pōuri koe

Ko koe anake te kawenga mōu ake. Kāore he tangata kē
atu e whakahoki kupu mai, e whakatau rānei i te kawenga
mōu i te Rā Whakawa. Ko tāu mahi i te ao, te wāhi i
whakanohoia ai koe e āu mahi (ngā hua o āu mahi o mua),
ka taea e te tangata kotahi anake te mahi: ko koe. Ā, ka kiia
tō mahi he angitu anake ina whai hua ki tō hoa tangata i
.tētahi ara

Kaua e noho roa ki tētahi raruraru, kaua hoki e
whakaaroaro tonu. Tukua ngā mea kia okioki mō tētahi wā,
ā, tērā pea ka ea i a rātou anō. Kaua e tukua kia roa rawa te
okiokinga kia ngaro ai tō kaha ki te mārama. Engari,

whakamahia ēnei wā okiokinga hei whakahōhonu i tō
whakaaroaro me te toro atu ki ngā pae tawhiti marino i roto i
a koe. Ina noho tahi koe me koe anō, ka taea e koe te
whakaaro mārama ki ngā mea katoa e mahia ana e koe.
Ahakoa ka kopikopiko ō whakaaro, ka taea e koe te kohikohi
me te whakarite anō. Ka taea te whiwhi i tēnei kaha manaaki
.ki te noho tahi mā te whakapau kaha me te mahi
E ai ki te kaiako a Paramhansa, e te whaea
He kauhau i hoatu e ia i te Rā o ngā Whaea
Kia mau tātou i tēnei rā hei whakaaro pai mō ngā whaea
pai katoa i atawhai i ā rātou tamariki me te atawhai me te
.aroha

Kāore te aroha o te whaea i homai ki a tātou hei
whakapōrearea i a tātou ki te ngākau māhaki me te kore aro,
engari hei whakaoho i te ngākau aroha ki roto i ō tātou
ngākau kia taea ai e tātou te whakangawari i ngā ngākau o
ētahi atu ki te atawhai, kia wetekina ai ngā wairua nenge i
ngā manukanuka me ngā here o te ao. Ko te hunga e toremi
ana i roto i te aituā me te pōuri, e pāngia ana e ngā aituā me
ngā uauatanga maha, e hiahia ana ki tō tātou māramatanga
.ngawari me te aroha aroha

I whiwhi ahau i te māramatanga wairua nā roto i tōku
aroha nui ki tōku whaea; ko tōku aroha pono ki tōku whaea
te take matua i tipu ai tōku aroha ki te Atua, nā te mea i
akiaki taua aroha i ahau ki te rapu i tōna pūtake parakore, ā,
i kitea e ahau i roto i te Atua, te pūtake o ngā pai me ngā
.ngākau pono katoa

He nui ake te ngākau aroha me te ngākau aroha o te
whaea i te matua tāne. Ko te whaea te tauira tino parakore o
te aroha mutunga kore o te Atua. I hangaia e te Atua ngā
whaea hei whakaatu i tōna aroha ki a tātou, ahakoa he take,
.ahakoa kāore he take

Ki taku whakaaro ko te wahine te whakaaturanga
tangata o te whaea whānui, ā, ko te mea tino miharo ki ahau
mōna ko tōna aroha pono ki te whaea. Ko te hunga e kite

ana i te ataahua wairua me te tikanga whakahirahira o te wahine ka ara ake i ngā kare ā-roto rangatira, ā, ka kitea kua tuwhera ki ngā ao whānui o te whakaaweawe. Ka uru te aroha whānui ki roto i te ngākau o te tangata e whakaaro ana ki te wahine me te maioha me te whakaute, e atawhai .ana i a ia me te whakaute

Me i kore te Atua i whakatō i tōna aroha ki roto i ngā ngākau o ngā whaea, kua kore rātou e kaha ki te aroha ki ā rātou tamariki. Heoi anō, he mihi ki te ara e rere ai taua aroha. Kua whakakitea e ngā tāngata nunui katoa te aroha .nui ki ō rātou whaea

Kī tonu te kāinga i te māramatanga, i te hari, i ngā manaakitanga nā te aroaro o te whaea. Kia mau tonu te .mura o te aroha o te whaea ki roto i ō tātou ngākau
Ā, ngā mihi nui ki ngā whaea pai katoa o te ao
Ā, ki te hunga katoa e atawhai ana i a rātou
Hei whakahonore i a rātou, hei whakamihi hoki i ō rātou
hiranga

Ngā Kōrero o te Hōhonutanga

Kaiwhakaako Paramhansa Yogananda

Whakamāoritanga: Mahmoud Masoud

Kua roa ahau e noho ana i roto i te moenga o Tō hanganga, o mua, o nāianeī, me te heke mai, ā, ko ahau—te tamaiti o te ao mutunga kore—i pōuri, i āwangawanga. I tohe tonu ahau, engari kāore i angitu, tae noa ki te mutunga ka taea e au te peke atu i te moenga i karapotia e ngā arai o te whanaungatanga tinihanga. I hopukia ahau e koe ki ō ringaringa, ā, i awhi i ahau ki ngā rangi waiata o te rangimārie mutunga kore. Ko ahau te tamaiti o te ao mutunga kore—tōu ao mutunga kore—ā, ka okioki tōku mahunga ki runga i te uma o Tōu orange katoa.

Kaua e manukanuka, e taku tama

I tētahi wā uaua, i rongo ahau i tō reo e mea ana: "E whiti ana te rā o tōku tiaki i ō hāora kanapa, i ō hāora pōuri hoki"

Kaua e manukanuka, e taku tama, engari kia whakapono, kia ataata! He hē hoki te pouri ki te wairua manaakitanga Tukua taku māramatanga whakaora kia whiti mā roto i ō ataata kanapa. Ko tō harikoa, e taku tama, ka hari, ka makona ahau.

Kia ngahau ki a koe

I roto i ngā oranga maha, kua takaro tahi māua, kua waiata i ngā rangi waiata maha. Kei te maumahara tonu ahau ki tō awhi mahana i ngā wā katoa ka hoki atu ahau ki te kāinga—ki a koe—whai muri i ngā rautau o te ngaro atu, he wiri o te wehenga e horomia ana ahau. Ā, anei anō ahau, i roto i tō aroaro mutunga kore, e takaro tahi ana, e kata tahi ana me koe, e waiata ana ki a koe i ngā waiata o tōku aroha mutunga kore.

Kāore i te whakahē i taku hiahia, e te Mate

E kore ahau e tōia kahatia mai i te whenua, ahakoa tōku hiahia, pērā i te tamaiti e oma atu ana i ōna hoa. E aroha ana ahau ki te Atua, ā, e aroha ana ia ki ahau; ā, ina wehe atu ahau mō te wā whakamutunga, kua oti i ahau tēnei mahi i runga i te atamira o te wā—ko tēnei mahi i whakaarohia e te Atua kia mahia e au hei haere tonu i tana whakaari ao. I te mahi i taku wāhanga i roto i te whakaari o te ao, ka menemene ahau, ka tangi: ka harikoa ki te whakatutukitanga o ngā hiahia, ka pouri hoki ki te pakaru o ngā tumanako. Engari i te otinga o taku mahi, ahakoa te uaua me te hoha, ka wehe atu ahau i te atamira o te whenua me te ngākau menemene. Ka okioki ahau mō tētahi wā i roto i te awhi o te whaea ao, e okioki ana i roto i tōna harikoa, kātahi ka hoki ahau ki te whenua, kāore e kukumea e ngā

hiahia tawhito kua whakatōkia ki te māra o te tinihanga,
engari hei whakautu ki tana tono ngawari me te atawhai.

Rōti Aroha

Kei roto te pī o tōku hinengaro i te rōhi o tō ngākau aroha, e te Ariki, e mitimiti ana ahau i te waihonga o tō aroha ngawari. Ko tēnei pī wairua nōku e kohi ana i ngā putiputi e whakaputa ana i tō kakara reka. I tangohia e ahau te honi o ngā ahuareka ā-hinengaro, ā, i rere ahau ki runga ake i ngā māra pakoko o te whakaaro tae noa ki te kitenga i te rōhi o tō māramatanga tapu. Ko ahau tō pī e kopikopiko ana i ngā mara o ngā whakakitenga, e kukumea ana e ngā kakara o ngā putiputi ki ngā wheako maha. Engari kua mutu taku kopikopiko inaiane, nā te mea kua tinei tō kakara tapu i te matewai o tōku wairua, ā, kua makona taku hiahia nui ki tētahi hinu kakara, ki tētahi kakara reka rānei.

Kei te mura te ngahere o te tinihanga

I pōuri ahau, i pouri hoki i roto i te ngahere o te mānukanuka me te tinihanga, nō reira i tahuna ai e au ngā paihere o te whakahaere i a au anō, engari i puhoi te mura o te ahi, ā, kāore he mura. I inoi ahau i te hohonutanga o tōku ngākau, ā, i haere mai koe ki ahau, e te Ariki, ā, i whakakā i ētahi o ōku ngoikore, ā, i horapa tere ngā mura i roto i ngā rakau maroke me ngā rakau matotoru o te hē. Kātahi ka tae atu ki ngā rakau tataramoa o ngā hiahia, ā, ka pā ki ngā rākau teitei o te whakapehapeha me te whakakake. I pau i ngā arero o tō māramatanga ngā ngahere nui o tōku kuware, ā, i meinga hei pungarehu. E mihi ana ahau ki a koe, e te Kaiwhakakā Atua! Ā, kia tahuri āu pononga ki a koe i roto i te inoi me te inoi mō te āwhina tonu me te whakaora tere.

Tō waiata pono

Hei whakarongo ki a koe, e te Anahera Kaitiaki, kua whakahāngaihia e au te reo irirangi o taku tirohanga ā-roto me ngā pā ngawari o te aroha. I roto i te whakaaroaro, kua whakarongo ahau ki ngā rangi waiata reka rawa atu a ō hunga tapu e tata ana ki a koe: ki ngā waiata wairua whakahirahira, ki ngā tito waiata i whānau mai i tōku ngākau, me te waiata reka o tōku hiahia tawhito ki a koe. Me te manawanui me te marino, kua whakahāngaihia e au te taputapu o ōku kare ā-roto hohonu, ā, i te wā i taumaha ai te hiamoe i ōku kamo, ā, kua tata ahau ki te moe, ka rere mai tō waiata pono i roto i ahau. Ā, inaianei ka whakapāhotia e au ngā reo harikoa o ō rangi waiata harikoa, ka tāpirihia tōku reo ki te tira waiata a ō hunga karakia, kia kaha ake ai te kaha o ngā himene, kia kaha ake ai te hiahia me te wawata.

Ka kaukau ahau i te moana o ngā wairua

I roto i te kotahitanga ki a Koe, e te Wairua Whānui, ka noho ahau hei pū o te ora o te ao whānui Ka mānu ahau i te moana o ngā wairua Ka kanikani ahau i runga i ngā ngaru o te kare ā-tangata tapu, ā, ka ringihia katoatia ki te hari manaaki Mai i ngā Himalayas o te rangi, ka tukuna e ahau he awa whānui o ngā wawata teitei Ka noho ahau hei roimata katoa e ringihia ana i roto i te aroha ki ētahi atu Ka noho ahau i roto i te wahangu koura o te hunga tapu me ngā tumanako puāwai o ngā hinengaro whero E te Kaiwhakatutuki pono o ngā Hiahia!

Ina hanumi taku mura mutunga kore ki tō māramatanga mutunga kore, ka tiaho ahau ki ngā kanohi katoa

Kia tau te rangimārie ki a koe

Ngā kōrero hou me ngā māramatanga

I ngā rā raumati o te oranga
Ka kohia e au te wai o te kare ā-roto
Mai i ngā putiputi o ngā tikanga reka

Te tipu i roto i ngā māra o ngā wairua pai
Ā, i rongoatia e au i roto i tōku ngākau te mauri kua
whakatōkia

Mai i ngā puawai teitei o te manawanui
Me ngā puku o te ngākau mahaki me tō rātou kakara
ngawari

Me ngā pua onge o ngā whakaaro rōhi ngawari
Ā, ina taka mai ngā hukarere o ngā wheako makariri o
te hotoke ki ahau

Me te wehenga mamae o te ao
E rapu ana ahau i te mahana me te whakamarie
I roto i te nekita kua rongoatia i roto i te pūtau o tōku
ngākau

I roto i taua pūtau manaakitanga, i tō aroaro
He maha ngā wā ka kitea e au te pī atua
Inuhia te reka o aku wawata tawhito
He mārie, he harikoa, he whakamarie hoki tōku ngākau
Ka waiho ahau hei rerenga wai o te harikoa
Kei te rere tonu taku harikoa
Te wāhi e horomia ana e te awa nui
Ngā taumahatanga o ngā pouri me ngā āwangawanga o
ētahi atu

Ka oma ahau i te tere whakamiharo
I runga i ngā wāhi mutunga kore
Mai i ngā wairua mamae
Hei whakakore i ōna wehi
Ā, ka whakakorea e ahau ōna raruraru
Ka rite ahau ki te uira o te uira
I te pō pouri rawa
Kia ātaahua te āhua
Tō ataahua, i huna mai i ngā wā onamata
I muri i te pōuri o ngā kanohi e kore e kitea
Ka waiho ahau hei hihi marama kanapa
Te whakakore i te pōuri i te mata o te whenua
Ka noho ahau hei hihi o te māramatanga

Te kaiwhakaora i te pōuri huna
 I ngā kokonga o te whakaaro tangata
 Nā tōu atawhai, e te Ariki
 Ko Silashy, te kanapa ohorere o te whakaaro nui
 Ngā hapa i kohia i roto i ngā tau me ngā wā
 Ko te ngākau māhaki e hua mai ana i te aroha i roto i te
 wairua, ehara i te mea kei roto i te kare ā-roto tonu
 Engari i roto i te hari e kawea mai ana e taua kare ā-roto
 Nā te mea ka kawea mai e te aroha te harikoa
 E aroha ana tātou ki te aroha nā te mea e homai ana e
 ia te hari nui ki a tātou
 Ehara te aroha i te whāinga; ko te harikoa te whāinga
 Ko te Atua te hari mutunga kore, te hari whakahou ake
 Ā, pērā anō te āhua o te wairua, nā konei i waiata ai ngā
 tohunga matakite
 Ko te hunga kua pā ki tēnei pono, kua reka hoki i taua
 :hari wairua
 I te harikoa tātou i haere mai ai, i roto i te harikoa ka"
 "ora tātou, ā, ka mānu tō tātou wairua
 Ā, ka hoki tātou ki te hari o te ao whānui, kia rewa ai i
 "roto i taua hari i tētahi rā
 Ngā kare ā-roto rangatira katoa pērā i te aroha me te
 atawhai
 Kāore he tikanga o te maia, te patunga tapu, me te
 ngākau mahaki ki te kore he hari
 Ko te harikoa te tikanga o te harikoa nui, ā, he
 whakaaturanga ia o te harikoa nui rawa atu
 Te tino harikoa rānei
 {Ā, ka tino homai e tō Ariki ki a koe, ā, ka makona koe}
 {Kia hari, kia koa}
 Ahakoa ka puta te harikoa hei hua o ētahi āhuatanga o
 waho
 Engari i roto i tōna mauri parakore, kāore e herea e ngā
 tikanga

He maha ngā wā ka puta mai kāore he āhuatanga
rauemi

I ētahi wā ka ara ake koe i te ata
Kei te rite koe ki te rere me te harikoa
Ā, ina noho koe i te marino o te whakaaroaro, ka pupuhi
te hari i roto i a koe

Kāore he whakaoho o waho e whakaara ana i a ia
He hari wairua kāore e rite
Engari ina honoa te harikoa ki ētahi āhuatanga
Kāore e puta mai i aua āhuatanga anō
Ina hoki, i whakamahia aua āhuatanga hei huarahi ki te
wheako i te harikoa

Ko te mea i huna i roto i te wairua, i keria e au pērā i te
toki ki roto i te oneone o te wairua

Ā, i tukuna mai he puna o te hari i roto i te puna o te
hari e huna ana i roto i te tangata

Nō reira, i roto i te wheako tangata, ka puta te hiahia
Ki ētahi huihuinga hei whakaputa i taua harikoa huna i
roto rawa

He āhua wairua anō hoki te aroha, engari e
whakawhirinaki ana ki te hari

Kāore he aroha ki te kore he harikoa
Ka taea e te tangata te whakaaro ki te aroha me te kore
he harikoa? Kāore rawa

Ina kōrero tātou mō te mamae e pā mai ana i te aroha
kore utu

E kōrero ana mātou mō tētahi wawata kāore anō kia
tutuki

Engari ko te wheako tūturu o te aroha e haere tahi ana
me te hari

He pī tōku hinengaro, e rere ana

Ki te māra ngaro o tōku ngākau

Ko te tangata e awhiowhiotia ana e te hau o taku aroha
Kua whakapaipaihia ki ngā peara tomairangi, tō reka
Kua whakatipuria e au ngā rengarenga ataahua māu

Mai i te wehewehe wairua
me ngā putiputi kōwhai
Hei mimiti i ngā roimata o taku ripeneta
Me ngā waiioleta ngawari, he moemoeā mō te ngākau
mahaki

Ā, e tuwhera ana tōku ngākau ki ngā tirohanga a te
wairua

Ka tukuna atu e au ki a koe ngā rākau o ōku whakaaro
Ngā hua reka o ngā inoi kakara
Me ngā ringaringa ngawari i hangaia ki ngā manga
ngawari, tomairangi

Ā, i roto i te māra o tōku ngākau
He rite ōku whakaaro ki te pī e ngunguru ana i ahau
E haurangi ana i waenganui i ngā whakahere nekita
parakore māu

Kua wareware te ao katoa ki te tikanga tuturu o te kupu
""aroha

Kua whakamahia hētia te aroha, ā, kua haehaea tōna
ngākau e te tini o te tangata, ā, he tokoiti noa iho te hunga e
.mōhio ana ki te tikanga o te aroha i ēnei rā
Pērā i te hinu e kitea ana i roto i ngā wāhanga katoa o te
oriwa, waihoki te aroha e horapa ana ki ngā kokonga katoa o
te ao hanga. Engari he tino uaua te tautuhi i te aroha, nā te
mea kāore e taea e ngā kupu te whakaahua i te reka o te
karaka; me whakamātau te tangata i te hua kia mōhio ai ki
.tōna reka. Pērā anō hoki mō te aroha

Kua pāngia koutou katoa e te aroha i roto i ō koutou
ngākau, nō reira kua mōhio koutou ki tōna āhua. Engari
kāore te iwi whānui e mōhio me pēhea te whakatipu, te
pure, me te whakawhānui i te aroha kia tae atu ai ki te aroha
.atua

He mura o te aroha atua kei roto i te nuinga o ngā
ngākau i te tīmatanga o te ora, engari ka ngaro i te nuinga o
te wā nā te mea kāore te tangata e mōhio me pēhea te
.atawhai

E whakaponono ana te nuinga o te tangata kāore he take
ki te tātari i te āhua o te aroha. E mōhio ana rātou ko te
aroha he kare ā-roto e pā ana ki ō rātou whanaunga, hoa,
me ētahi atu e tino hiahia ana rātou ki a rātou. Engari he nui
.atu i tēnā te aroha

Ko te huarahi anake e taea ai e au te whakaahua i te
aroha pono ko te whakaahua i tōna pānga me i taea e te
.tangata te rongohia i tētahi wahi iti o te aroha atua
I taupokina ia e te waipuke o te hari i nui atu i tōna kaha
ki te pupuri

Me kaha tātou ki te mahi i te pai, me te ngana ki te
āwhina i ētahi atu. Ko te tangata e aro nui ana ki a ia anō me
tōna whānau anake, e kore e kitea e ia te nui o te harikoa, ā,
ki te kore ia e whakaaro ki tētahi atu e mamae ana, ka
tangohia e ia i a ia anō te harikoa e puta mai ana i roto i te
wairua mā te toro atu i te ringa āwhina ki te hunga e matea
ana. Nō reira, ka iti tonu tana oko harikoa, ā, ka kore e oti
.ngā mea o roto

Ki ahau nei, kotahi te tikanga o te moni: te whakamahi
.hei mahi pai, hei āwhina i ētahi atu

He tokoiti noa iho i tēnei ao te hunga pono, te hunga
pono, me te hunga e hiahia ana ki te whakahoahoa ki a koe
.hei whakaute i a koe, ehara i te mea mō tētahi atu kaupapa
Ko ēnei hoa pono te hari o te ao, ā, ko te whakahoahoa
.pono he nui atu i ngā taonga katoa o tēnei ao
Ko te tangata e pono ana ki te mahi tahi me te tangata,
ka kitea e ia te Atua. Ā, ko te tangata kei roto i tōna ngākau
te aroha, ka tino mōhio ia ki ētahi atu, pērā i te tangata e
titiro ana i roto i te karāhe mārāma, e kite ana i te āhua o
roto. Ko tēnei momo mōhiotanga ki ētahi atu ka puta mai i te
aroha ki te Atua, me te aroha ki ētahi atu me taua aroha
.anō

E miriona ngā tāngata e maumahara ana ki ngā mea
whakamiharo o te hinengaro huna e puta ana i te wā e moe
ana. Engari i te āhua teitei ake, ka taea e koe te kite, te

mōhio rānei ki tāu e hiahia ana, ehara i te mea mā te
.whakaaro noa, engari mā te ao tūturu

Ka taea e au te noho i runga i tēnei tūru, ka tahuri tōku
hinengaro ki ngā wāhi katoa, ka kite i ngā mea e tupu ana i
.taua wāhi

I ētahi wā ka noho ngā ākonga i te hinengaro huna, ā, i
ētahi wā ka piki ake rātou ki te hinengaro teitei ake. Ā, he
tokoiti noa iho ka taea te neke atu i te hinengaro teitei ake,
me te whiwhi i te hinengaro ao: te ao o te wairua atua, kāore
.nei he pūtake, kāore hoki he take

I roto i te āhua o te mōhiotanga wairua parakore, kāore
he take o te kaitono ki te whakaaro i ngā mea i mua i te wā
kia wheakohia ai. Ina honoa rātou ki te mōhiotanga ao, ka
whānui, ka hanumi hoki tō rātou mōhiotanga ki ia ngota o te
ao, ā, ka mōhio rātou ki te ao katoa me ngā mea ora katoa.
.Ko tēnei wheako he toronga o te mōhiotanga mutunga kore
Ko te tangata e pāngia ana e taua hinengaro, ka rongorongo
ia kei roto i ngā muka o te tarutaru, i runga hoki i ngā tihi o
ngā maunga, ā, ka pā ki ia pūtau o tōna tinana me ia ngota o
.te wāhi

E whakaaro ana koe he tinana iti koe, i te mea kei roto i
!a koe te ao whānui

Engari kei tua atu i tēnā te hinengaro ao whānui. Ina
kite te kaiwhai i tō rātou aroaro i roto i te ao katoa, ka
wheako rātou i te harikoa mutunga kore me te aroha atua
.nui rawa atu

Ā, e uru ana ōku hinengaro ki tō aroha, pērā i tō}
{ataahua e whakakīia ana ōku wairua katoa

Ka honoa ki te aroaro o te hinengaro atua
Nō reira, kia pai ngā tumanakohanga ki te Atua, kia
tumanako hoki ki Tōna manako. Kaua e ngakaukore ki te
!whakatutuki i tāu whainga

Kāore e taea e te tangata te noho tahi me te Atua mā te
whakaaro noa kua whiwhi ia i te māramatanga wairua

Ko te whakapai ake i a koe anō me te whakatikatika i
ngā tikanga matatika he mea nui kia eke ki ngā taumata
teitei ake

He rerekētanga nui i waenganui i te mōhio ki te Atua i
roto i te ara e taea ai, me te mōhio ki te Atua i roto i te ara
pono. Mā te ngākau mahaki, te whakaaro nui, te pono, te
.ngākau pai, me te hiahia nui anake ka taea te mōhio ki a Ia
Ko te tangata whakaiti, ko ia te tangata e mōhio ana ki
te Atua, ā, e mōhiotia ana hoki e te Atua

Ko te hunga e ruku hohonu ana ki te hinengaro o te ao
ka whakawhanake i ngā pūkenga wairua whakamiharo me te
whakahaere i ngā kaha o te taiao. Heoi, kāore tetahi e
whiwhi ana i te hinengaro atua pono e whakamahi i ō rātou
mana hei whakapehapeha me te whakaatu, me te kore
.whakaaro nui, me te kore tupato

E mōhio ana te hunga whakaaro nui ko te Atua anake te
kaiwhakahaere o te ao, ā, ka whakahoki mārire atu rātou ki a
.Ia i ngā taonga whakamiharo i hoatu e Ia ki a rātou
Ehara ianei i te merekara ngā mea katoa o te ao? Ā,
ehara ianei i te merekara anō hoki te tangata, nā tōna ao
?anake

Ki te kore te tangata e makona ki ngā mea
whakamiharo katoa a te Atua, he aha rā te hunga tapu me
?mahi ai i ētahi atu merekara

Kāore te hunga tapu tika a te Atua e mahi i tetahi mea
ki te kore te Atua e tono mai kia mahia e rātou, ā, i ētahi wā
.he take ngaro, he uaua hoki ki te mārama

Māku e whakaatu mā te tauira te rerekētanga o te
.hinengaro teitei mai i te hinengaro huna

Ko te hinengaro teitei ko te āhua e taea ai e koe – i a
koe e ara ana, e moe ana, e tino mōhio ana – te whakaoho i
tetahi kare ā-roto i roto i te tinana mā te hiahia, me te kore
.he whakaohoho o waho

I te ao o te whakaaro kore mohio (i te ao o ngā
moemoeā), ka taea e koe te inu i tētahi kapu miraka wera

Engari ka tukuna tēnei whakamātautau ki a koe. I roto i
te hinengaro teitei, heoi, ka taea e koe te wheako i taua mea
.anō, i tētahi atu mea rānei me te mōhio me te āta whakaaro
Ahakoa te roa o te ara, ka tīmata te haerenga mano
maero i te hikoinga kotahi. Ā, i te mea kei te mau tonu te
hihiri, kāore he arai e ārai i te whakatutukitanga o te
.whāinga e hiahiatia ana
Kei te maumahara tonu ahau ki ngā oranga o mua
Koinei te wāhi i rapua ai koe e au
Ā, e maumahara ana ahau ki ngā pō maha
Whakapaipaihia ki ngā whetu kanapa
Me ngā tirohanga o te ata
Ko te tangata he harakore tōia
Me ngā hāora ahiahi marino
Me te tangi o ngā pere o te kahui
Me ngā tau maha whakapaipai
Me ngā putiputi me ngā pua o te kōanga
ngā hau raumati
ngā koti ua mārāma
Ngā tautau huka taimana
I te takurua
Āe, e hia ngā wā i tatari ai ahau mō tō taenga mai
Me te ngākau e kanikani ana i te harikoa
!E tata ana te rere o tōku wairua i te hiahia nui ki a koe
I ia pō, i a tātou e moe marino ana, ka pārekareka tātou
ki te reka o te rangimārie me te harikoa
Ina moe hohonu tātou, ka meinga tātou e te Atua kia
ora i roto i te hinengaro rangatira, marino, e wareware ai
.tātou ki ngā wehi me ngā āwangawanga katoa o tēnei ao
I roto i te whakaaroaro ka taea e tātou te wheako i taua
āhua hinengaro manaaki ahakoa i ngā hāora oho, me te reka
.i te rangimārie mai i ētahi atu taumata
Ina heke iho te hari atua, ka marino taku manawa, ka
rere taku wairua, ka pā ki te harikoa o te mano moe i te wā
kotahi, engari kāore au e ngaro i ōku māramatanga noa. Ko

tēnei wheako ao whānui he mea whakarite mā te hunga e
ruku hohonu ana ki te whakatutuki i te taumata teitei o te
.hinengaro

Ina kī te wairua o te tangata i te nui o te harikoa o te
Atua, ka marino te tinana, ka mutu te rere o te manawa, ka
marino ngā whakaaro, ā, ka memeha haere. Ka rongo te
tangata whakaaroaro i te pono o tōna wairua me tōna tata ki
te Kaihanga, nō reira ka inu ia i te harikoa atua, ka reka hoki
i te harikoa o te harikoa e kore e taea e te mano horopeta
.waina te whakarato

Ka hiamoe te tangata noa i te rohe i waenga i te araara
me te moe, ka pāngia e te orange mō te wā poto, engari ka
memeha haere tēnei kare i a rātou e moe hohonu ana. Ehara
te moe i te ngaronga o te māramatanga katoa nā te mea, i a
koe e araara ana, e mōhio ana koe mēnā i marino tō moe,
.kāore rānei

He maha ngā āhua o te moe—ko ētahi he māmā, ko
ētahi he hohonu. Engari ko ngā wheako wairua o te tangata
me te Atua i roto i te āhua mohio he nui ake te whakahihiri
me te whakahauora i te harikoa nui o te moe, o te moe pōuri
.rānei (te hiamoe, te moe rānei i mua i te moe)
Ahakoa kāore koe i te rite ki tōku tirohanga me tōku)
(whakarongo

Kāore ōku kanohi i kite, kāore ōku taringa i rongo
He reka atu hoki koe ki ōku kamo i tō te moe
Ā, he reka ake ki tōku ngākau i te haumaru
Kei tua atu i ngā mea ngaro me ngā mea ngaro o te
moe kei roto ēnei hari tapu

Kāore e taea e tātou te whakamanawareka i te katoa nā
te mea he mea e kore e taea. Ka ngana ahau kia kaua e
.whakapataritari i tetahi. Ka whakapau kaha ahau

Koinā anake taku e taea ai

Me rapu tuatahi tātou i te pai o te Atua. Ko taku whāinga
anake he whakamanawareka i te Atua. Ka whakamahia e au
ōku ringa ki te inoi me te ngākau māhaki ki tōna aroaro, ōku

waewae ki te rapu i a ia i ngā wāhi katoa, me tōku hinengaro
ki te whakaaro ki a ia me te whakaaroaro ki āna mahi
.whakamiharo

Me noho te Atua ki te tūranga tuatahi i roto i ō tātou
ngākau kia taea ai e tātou te rongō i a Ia hei rangimārie, hei
aroha, hei māramatanga, hei atawhai, hei aroha noa, hei
.whakaaro nui

Koinei, kāore he mea kē atu, taku i kite ai, i kōrero ai.

.Haunga te whakaaroaro, me noho tahi tonu te tangata
Kaua tātou e whai i te tangata, engari me whai i te Atua
Ki te kitea e koe he pai ēnei whakaaro, whakaarohia he
manaakitanga nō te Atua, nā te mea ko Ia te mea e tika ana
.kia whakamoemititia

Kōrerotia atu ki ētahi atu; tera pea ka kitea e rātou i roto
i tēnei mea āu e kite ai. Kaua e wareware ki te tuku āwhina
ki te hunga e matea ana i ia rā, i te mea pai rawa atu o tō
tātou kaha. Mēnā he moni kei roto i taku pēke, e kore ahau e
mutu te hoatu, nā te mea ko te Atua tōku puna e kore e
.mutu

Me mōhio tātou ki te Atua pērā i te hunga nunui. Ka taea
.tēnei mā te whakaaroaro me te whakapau kaha whaiaro
I tētahi wā, i a au e hikoi ana i waho o te whare karakia,
e whakaaro ana ki taku kaiako nui, ki a Sri Yuktiswar, i mate i
.ētahi tau kua pahure

I tino hiahia nui ahau ki a ia, ā, i pouri hoki ahau nā te
mea kāore ia i ahau e noho tahi ana ki te pārekareka ki te
ataahua me te āhuarangi o te whare karakia, kātahi ka puta
:mai ia ki ahau i te rangi, ka mea mai

E whakaaro ana koe ko koe anake te tangata e"
pārekareka ana ki tēnei wāhi ataahua? Kei te pārekareka
"!hoki ahau ki tēnei wāhi, pērā i a koe

Ko te tangata e rapu ana i te kotahitanga ki te Atua, me
.whai ia i roto i te whakaaroaro me te aroha ki a Ia i ia rā
Ā, arohaina te katoa ki taua aroha

Koinei anake te huarahi hei karo i ngā pakanga. He mea
nui te mahi tahi wairua, nā te mea ki te kore he wairua pono,
kāore he harikoa takitahi, he harikoa whānui rānei. Ko te
rangimarie tapu anake te otinga mō ngā raruraru tinana,
.pūtea, marena, matatika, me te wairua katoa
Ka puta te harikoa i te tata ki te Atua. Kua mauheretia te
tangata i muri i ngā tutaki o te kuware, ā, kua tae te wā ki te
wetewete i tēnei whare herehere whakama. Me anga tonu te
.hinengaro ki te Atua, ahakoa te āhua
Kātahi ka rongo koe i te rangimārie me te harikoa nui
Ko te hunga e hiahia ana ki te Atua, e whakatapua ana i
ō rātou oranga ki a ia, e whakatenatena ana, e
whakamārama ana tetahi i tetahi, ā, e maumahara tonu ana
ki te Atua, ko rātou te hunga harikoa i tēnei ao, ā, ko rātou
.te hunga toa o te hari o te Ao Tūturu
He wiri ngaru ngā mea katoa o te ao, e arahina ana e te
hinengaro o te Atua. Ko tēnei wiri mohio ko te Wairua Tapu,
ko te Wairua pono rānei, e taea ai e te tangata te kōrero ki a
.ia mā te inoi me te whakaaroaro
I roto i te marino o tō wairua, i roto hoki i te ngahere o
tō arotahi hinengaro, kāore he mutunga o te kōrero o te
.aroha me te tino mutunga kore
Engari he uaua ki te whiwhi i te Atua mēnā ka whaia e
tātou te moni i te tuatahi
Me waiho e tātou te Atua hei wāhanga nui o ō tātou
oranga, ā, ka whiwhi tātou i ngā mea katoa e hiahiatia ana e
tātou i tēnei ao
Ko te tangata e hanga ana i tētahi wāhi pumau mō te
Atua i roto i tōna ngākau, ka whakanuia e te Atua tana wāhi i
ngā mea pai o te whenua me te rangi, ā, ka
whakatuwherahia ki tōna aroaro he pae whānui e whiti ana
ngā rā o te whakaaro nui, e whakamārama ana i ōna ara, e
.whakakore ana hoki i te pōuri e karapotī ana i a ia
Ko te Atua te aroha mutunga kore, ā, kāore he hari mō
te tangata engari ko te aroha ki te Atua pērā i tana aroha - i

te iti rawa - ki tana iwi tino aroha, nā te mea ki te kore te
Atua, kāore tātou e mōhio ki te āhua o te aroha, e kore hoki
.e reka ki tōna reka

Me ako tātou ki te whakamahi i ō tātou hiahia, me te
arotahi i ō tātou hinengaro ki te rapu i te Atua me ō tātou
ngākau katoa

Ko ngā mahi a te tangata e whakahaua ana e ngā
hiahia, ā, ko aua tikanga ka akiaki i a ia ki te mahi i ngā mea
.kāore ia e hiahia ki te mahi

He pono, ko te tangata tōna hoariri kino rawa atu,
ahakoa kāore ia e mōhio ana. Kāore ia e mōhio me pēhea te
noho puku, te whakatapua rānei i te wā ki te Atua, heoi e
tumanako ana ia kia eke ki te harikoa, kia taurangi hoki tōna
!urunga tonu ki Pararaiha

Kāore e taea te whiwhi i te wheako tapu mā te pānui
pukapuka, mā te whakarongo rānei ki ngā kauwhau
He mahi pai noa iho rānei He āwhina ēnei katoa, kāore e
kore, engari kāore e ranea Ko te hono atu ki te Atua me aro
nui me te whakaaroaro hōhonu
He moemoeā nui te ora

Whakaarohia! I roto i ngā tekau tau mai i nāianei, ka
waiho tō tātou oranga hei moemoeā, ā, ko ngā mea katoa e
mahia ana e tātou i nāianei ka waiho hei wāhanga o taua
.moemoeā

Ahakoa ngā tino tangata nui kua noho hei whakaaro noa
iho o te hinengaro tangata. Engari i tutuki i aua tino tangata
tā rātou whāinga matua nā te mea i eke rātou ki te taumata
teitei, ā, kei te ora tonu te wairua, me te māramatanga ora
me te mōhio ki ngā mea katoa e tupu ana, nā te mea kua
.kotahi rātou i roto i te hinengaro atua

Ko te tangata e ngana ana ki te whakataurite ki a rātou
mā roto i ō rātou whakaaro me ā rātou whakaakoranga, ka
tino rongo ia i tō rātou aroaro, ka whiwhi i ō rātou
manaakitanga, ā, ka mōhio hohonu kei roto rātou i te
.hononga tūturu ki a rātou

He moemoeā nui te ora. Heoi, ina titiro te tangata ki
tōna ake tinana, ā, ka kitea e ia he ora tonu, ka
whakawhanakehia e ia he whakapono pakari ki te
tūturutanga o tēnei moemoeā. E whakapono ana rātou me
.whiwhi rātou i tēnei mea, i tēnā mea rānei kia harikoa ai
Ahakoa te maha o ngā hiahia e tutuki ana i a ia, e kore
ia e kite i te harikoa i roto i aua hiahia. Ko te nui haere o ngā
hiahia ka riro mai i te tangata, ko te nui haere hoki o te
hiahia. Me whakatikatika ngā hiahia, me whakangawari hoki
te oranga mēnā e hiahia ana te tangata ki te noho i roto i te
.whakamarie, te ata noho, me te ngākau māhaki
E mea ana ngā karaipiture, ko te tangata e rere tonu
ana ōna hiahia ki roto (ki tōna wairua) he tangata ia e mau
ana te rangimārie o roto. I roto i tēnei, he rite rātou ki te
moana, e kore e rerekē, e mimiti rānei, engari e kī tonu ana i
te wai e rere tonu ana ki roto. Engari ko te tangata e hanga
ana i ngā kōhao o te hiahia ki roto i te puna o tōna
rangimārie, e tuku ana i ngā wai ora kia turuturu, kia
maumauria, kāore ia e mōhio ki te rangimārie wairua me te
.harikoa o roto
Me ārahi tātou e te hunga e mōhio ana ki te Atua, e
whai mana ana ki te kōrero ki a Ia, me te rongo hoki i Tōna
.aroaro
Kua tonu mai ngā poropiti kia rapu tātou i te Atua i roto i
te rangimārie o roto
I te mokemoke o te wairua, te wāhi e noho ana te
wairua pono me te harikoa wairua nui
E tautoko ana hoki te hunga mātau i ēnei whakaaro
Ka whakanuia e rātou te hiranga o te whakaaroaro
hohonu
Kia kitea te wairua teitei ake i roto i ngā hohonutanga o
te wairua
Kāore au e hiahia kia whakaaro te tangata ka taea e
rātou te whiwhi mātauranga mā te whakarongo noa ki ētahi

atu, mā te pānui pukapuka rānei. Me whakamahi e rātou ngā
.mea e pānuihia ana, e rangona ana hoki e rātou
He pai ake te haere ki ngā wāhi karakia i te whai wāhi ki
ngā kōrero koretake

Ahakoia i roto i ngā wāhi karakia, me pā atu, me rongorongo
.hoki te tangata i te aroaro o te Atua i roto i tōna ngākau
Kāore e taea e ngā pahūtanga o ngā kare ā-roto me ngā
tātaritanga whakaaro nui te homai ki a tātou te mātauranga
.atua e hiahia ana ō tātou wairua ki te whiwhi
Ina tuku tātou i a tātou ki te Atua, ka poroporoaki ki ngā
hiahia whaiaro, ā, ina tino mohio tātou kei a tātou tonu te
Atua

Ka noho ki roto i ō tātou wairua, ā, ka whakaaweawe i a
tātou ki ngā whakaaro me ngā kare ā-roto pai, rangatira
hoki. Ka whiwhi tātou i te harikoa me te herekoretanga, ā, ka
kite tātou i te whitinga mai o te whakaaro nui i te pae tawhiti
.o te wairua

Te kiore i huri hei taika

E ai ki te kōrero a te tohunga a Paramhansa Yogananda
I ngā rā o mua, i roto i te ngahere, i noho tētahi whare
mōrehu i nohoia e tētahi tangata tapu i mōhio ki te Atua. He
nui te whakaaro nui me ngā mana tipua o tēnei tangata
tapu, ā, kāore he tangata i noho tata ki a ia engari ko tētahi
.kiore iti, ngāwari

He tokomaha ngā ākonga me ētahi atu i hiahia ki te kite
i te tangata tapu i maia ki te toro atu ki a ia, ahakoia te
aroaro o ngā taika nanakia me ētahi atu kararehe mohoa, i
kukumea e tō rātou aroha ki a ia. Ka mauria mai e rātou he
putiputi me he hua hei whakahere. I miharo te hunga katoa i
toro atu ki te tangata tapu ki te hononga tata i waenganui i a
ia me te kiore, ā, ka makahia e rātou ētahi kongakonga ki te
.kiore ngāwari a te tangata tapu

I tētahi rā, i te haerenga o tētahi rōpū ākonga ki tā rātou
kaiako i tana wāhi ngaro, ka whaia e tētahi ngeru tētahi
kiore i haere mai me te karanga ki ngā waewae o te tangata

whakaaro nui, e rapu ana i te tiakitanga. I taua wā tonu, i mua i ngā kanohi miharo o ngā ākonga, ka hurihia e te tangata tapu te kiore matakū hei ngeru nui, nanakia! Nā tētahi merekara, ka hiko i haere te kiore, ka kopikopiko noa i waenganui i ngā ngeru, kāore i whara. Nui atu tōna harikoa i tēnei panonitanga, ā, ko te mea anake i whakararuraru i tōna rangimārie ko te haruru a ngā ākonga, i kimo mai, i .tohu mai ki a ia, me te kī he ngeru nō te kiore

I muri i tētahi wā, ka haere anō aua ākonga ki te toro atu ki tō rātou kaiako, ā, ka whaia e te kahui wuruhi te kiore ngeru, e ngoingo nui ana, e inoi ana kia tiakina i ngā waewae o te tangata tapu. Ka mea atu te tangata tapu ki a ia, "Kia noho hei wuruhi." I taua wā tonu, ka kite ngā ākonga i te kiore ngeru kua huri hei wuruhi i mua i ō rātou kanohi. I miharo anō hoki ngā wuruhi ki tēnei hurihanga ohorere o tā rātou kai, engari i pouri rātou, ā, ka hoki hiakai. I te mutunga, ka haereere noa te kiore wuruhi me ētahi atu wuruhi, e kai tahi ana me rātou, e titiro iho ana ki ngā .kararehe iti

I tētahi atu wā, ko ngā ākonga i kite i ngā merekara e rua o mua i ako tahi me tā rātou kaiako. I waenganui o te akoranga, i ohorere rātou i te kitenga i tētahi taika nui o Bengal e whai ana i te kiore wuruhi, e oma tere ana ki ngā waewae o te kaiako e rapu ana i te tiakitanga. Nā te kaiako anō i whakamahi i ōna mana merekara, ka aukati i te taika, ka kōrero ki tana wuruhi ngāwari, me te mea, "E taku kiore aroha, he kuware ki ahau te tiaki tonu i a koe i ō hoariri. Mai i tēnei wā tonu, e hiahia ana ahau kia huri koe hei taika." I te ata noho o ngā ākonga, ka kata rātou, ka mea tetahi ki tetahi, "Aue! Tirohia te taika nanakia a te tangata tapu! He"!kiore noa iho kua hurihia e te tangata tapu hei taika

I te hāerenga o te wā, ka mōhio ngā manuhiri ki te whare karakia ko te taika whakamataku e tiaki ana i te wāhi he kiore iti noa iho i whakanuia e te kaiako ki te tūranga taika. Ka whakamarie ngā ākonga pakeke i ngā tauhou ki te

whare karakia, ka mea atu: "Kaua e wehi i te taika, ehara i te
"taika, engari he kiore i hoatu e te kaiako te ahua o te taika
Ka ngenge te kiore tukino nei i te whakama o te marea,
ā, ka whakaaro ia i roto i a ia anō: "Āe, me i taea e au te
patu i te tangata tapu, kua kore ahau i te pūtake o tōku
".mamae

I te taenga atu o taua whakaaro ki tōna hinengaro, ka
tau atu ia ki te tangata whakaaro nui, me te whakaaro ki te
patu i a ia. Engari i te takoto whanga te tangata whakaaro
nui ki a ia, nā te mea i whai ia i tana tukanga whakaaro, ā, i
mōhio ia ki ana whāinga, nō reira i mōhio tonu ia ki te mea e
puta ana i roto i te hinengaro o tana taika tutu, ā, ka
karanga atu ia ki a ia, me te mea: "Hoki atu ki tō āhua o
".mua

Ā, koinā te mea i tupu, i roto i te kimo o te kanohi ka
!huri anō te taika whakakake hei kiore matakū
E hiahia ana te katoa ki te moni nui atu i te tangata kē.
Ā, ina whiwhi rātou, ka noho pōuri tonu rātou nā te mea ka
.kitea e rātou he nui ake te whai rawa o tētahi atu i a rātou
E noho ana te tangata i roto i te pōrearea o te mamae
nā rātou anō i hanga, me te hanganga o ō rātou ake hiahia
Me makona tātou ki ngā mea kei a tātou, nā te mea
kāore ngā taonga e hari ai te tangata, engari he maha ngā
wā ka whakanuia te manukanuka me te manawa pā o te
.tangata

Ko te ara ki te Atua te ara māmā rawa, engari he tokoiti
noa iho e haere ana i taua ara ahakoa te maha o ngā tikanga
.me ngā whakaritenga whakapono
He pai ake te tahuri o ō tātou ngākau ki te Atua, me te
inoi ki a Ia mō te mea pai rawa atu, te mea pumau hoki mō
.tātou

Ko te pono, kei te tatari mai te Atua ki a tātou nā te mea
e hiahia ana ia kia matara atu tātou i te kino me te tūpono. E
hiahia ana ia kia noho tātou ki a Ia i roto i ō tātou ngākau me
ō tātou hinengaro, nā te mea kāore e taea e ngā taonga iti o

tēnei ao te whakamātau i te hiahia o te tangata, te whakakī
.rānei i te korenga o te wairua

Ngā mea e pā ana ki a ia i roto rawa i te ngākau
E kōrero tonu ana te Atua ki a tātou, engari he iti noa

ihō e rongo ana i Tōna reo

He maha ngā wā ka ngaro te reo mārie i te haruru o ngā

.whakaaro haruru me ngā hiahia nui

Engari ina marino ngā whakaaro, ā, ka marino ngā

hiahia, ka rongo mārama tātou i te reo o te Atua, ahakoa he

.wahangu, he ngoikore

He pono, e mahi ana te Atua i nga mea katoa hei awhina

i te tangata; e whakatuwhera ana ia i nga tatau mo ratou, e

.whakamarama ana i o ratou ara

Kia kite ai ia i ōna hikoinga, kia kore ai ia e tūtuki, kia

kore ai hoki e paheke tōna waewae: engari ko te nuinga o te

.iwi kāore e mōhio ki tēnei mea

Kua pōrearea te ao katoa i te pōhēhē me te ngangau nā

ngā hiahia whaiaro, apo e hua ai ngā pakanga. Kāore he

.mea kē atu e hua ai ngā pakanga

Ko te toa nui rawa atu i te pakanga o te ao ko te tangata

e wikitoria ana i a ia anō, e wikitoria ana hoki i ōna hiahia

Ko te moni, te rongonui, ngā hiahia, me ngā mea katoa

e whakahē ana i tēnei kaupapa, he mea kino ki tō tātou

.rangimārie me tō tātou harikoa

Me i ako te tangata ki te whakaaro tonu ki ngā uara

pono o te ao, kua kitea e rātou te harikoa e rapuhia ana e

rātou

Engari ka peka ke atu rātou i tā rātou i whakaaro ai, ā,

ka kahakina e te ia o ngā hiahia o te ao

Kua kitea e au kāore he whakamatautauranga e taea te

ārahi i ahau kia matara atu i te ara kua whiriwhiria e au, me

.te ara kua tangohia e au māku anō

Ka taea e au te kukume i ngā mano tini me te mana kua

.homai e te Atua ki ahau, engari ka kino taua mahi ki ahau

Ahakoia pēhea, kāore au e hiahia ki te whakawai i ngā
mano tini, ki te hopu hoki i ō rātou hinengaro
He pai ki ahau te kite i ngā ākonga pono e mau pūmau
ana ki te Atua

Ko te hunga e aroha ana ki te Atua ka reka ki ēnei
whakaaro, ā, ko te hunga e mau tonu ana te hihiri ka rongoi
.ngā manaakitanga a te Atua

E kitea ana tōna aroaro i roto i ēnei whakaakoranga
Kāore e taea e te tangata te tinihanga i te Atua nā te
mea kei muri tonu ia i ōna whakaaro, ā, e mōhio ana ia ki
ngā mea e puta ana i roto i tōna hinengaro me āna e hiahia
.ai

Ina whakarērea e ia te ao, ā, ina hiahia ia ki te
rangimarie o te wairua, ka haere mai te Atua ki a ia
Ina tupu taua hiahia ki roto i te ngākau o te tangata e
hiahia ana, ka haere mai te Atua ki taua ngākau, ka whakakī
.i te pai me ngā manaakitanga

He rangimārie teka, he ngākau māhaki hoki te mea e
tukuna ana e ngā taonga. Ko te tino kaupapa o te oranga o
te tangata ko te noho tahi me tōna Kaihanga, me te whiwhi i
.Tōna manako

Me waiho taua whakaaetanga hei kawenata pumau, hei
kawenata pumau hoki

E te Ariki, meinga ahau kia mārama ki te parakore kia
whakaatahia ai tō māramatanga whakaora i roto i ahau
Whakamarietia te whakaata o tōku hinengaro e wiri ana
i te manukanuka, kia whakaata ai i tō mata mutunga kore
Whakatuwheratia ngā matapihi o te whakapono i roto i
tōku wairua kia hongia ai ahau i te kakara o tō rangimārie
Kua mōhio ahau ko te kaupapa anake o te ao ko te
mōhio ki te Atua

Tērā pea ētahi tāngata kāore i te tino whakapono ko te
mōhio ki te Atua te whāinga matua o te ao. Engari kāore e
taea e tetahi te whakakahore ko te whāinga matua o te ao

ko te kimi i te harikoa. Ā, e kī ana ahau me te tino maia me
.te tino mōhio ko te Atua te harikoa matua
Koia te harikoa nui rawa atu
He aroha whānui tēnei, ā, koia te hari mutunga kore e
kore e wehe atu i te wairua o te hunga e noho tahi ana me
ia. Nō reira, he aha tātou te ngana ai ki te whakatutuki i taua
?hari mutunga kore
Kāore e taea e tētahi atu te homai ki a tātou Me atawhai
.tonu, me whakatipu hoki i roto i a tātou anō
Kei te tohe tonu te ao ki te tuku i ana mea ahuaireka ki
te tangata, engari ko aua mea ahuaireka poto ka arahi ki te
pouri, te kawa, me te pouri. Ahakoa te hunga tino waimarie,
te hunga e ahua nei kei a rātou nga mea katoa, tera pea
kāore i te tino harikoa, ā, e kore e roa te makona ki ngā mea
o te ao, nā te mea kāore e whakamāmā i tō rātou matewai
.pono, e whakamātau rānei i tō rātou hiakai wairua
Ka nui ake tā tātou aro ki ngā mea o waho, ka iti ake te
rongo i te kororia o roto
Ka taea e tātou te wheako mā te whakamātautau i te
hari mutunga kore o te wairua atua
Ka nui ake tā tātou titiro ki roto, ka iti ake ngā
uauatanga o waho e pā mai ana ki a tātou. He rite tonu
tēnei, engari ko te nuinga o te iwi kāore e mōhio ki tēnei
pono nā te awe o te whanaungatanga o te ao, te hāpori e
.noho nei rātou, me ngā whanonga kino
Ka noho puku te tangata i roto i te hāpori, ka aro nui ki
ngā mea papaku, me te kore e tuku i a ia ki te whakaaro ki
.ngā pono hohonu
Ahakoa ngā wāhi wairua, ka torohia e ētahi me te kore e
hiahia pono ki te whai hua mai i tō rātou taiao
.manaakitanga
Kāore rawa he hua e riro mai i a rātou i aua haerenga
mai

Ko te hunga e hiahia ana kia kite i te Atua ka kitea ia i
ngā wāhi katoa. He whakangaro, he kino hoki ngā whanonga
.a te tangata

He kaipahua nanakia e whakangaro ana, e whakakino
ana, e whakangaro ana, e whakangaro ana hoki

Kua tae te wā kia ako te tangata me pēhea te harikoa
me te makona ki ngā mea kei a rātou

Kaua tātou e hiahia ki tētahi mea nui atu i tā tātou e
hiahia ana. He atawhai te Atua; e mōhio ana ia ki tā tātou e
hiahia ana, ā, ka whakaratohia e ia i te wā tika. Ehara tēnei i
te kī me whakawhirinaki tātou ki te Atua me te kore e
whakapau kaha - kāore rawa. Ko te tikanga me mahi tātou i
tā tātou wāhanga ki te mea pai rawa atu, ā, waiho te toenga
ki te Atua, e kore rawa ia e tango i a tātou i ngā mea e
hiahia ana e tātou, me ngā mea e tika ana kia riro mai i a
.tātou

Ko te huarahi pai ki te hari tonu ko te rongō i te aroaro o
te Atua. Ko tā tātou hiahia nui ko te mōhio ki te Atua, me te
.whakatau kia noho tahi me ia

Me noho te Atua hei tuatahi, hei teitei rawa hoki i roto i
ō tātou whakaaro me ō tātou kare ā-roto, ā, me whakaaro
tātou ki a ia hei pou kaha rawa atu, hei pou pumau rawa atu
.hoki i roto i ō tātou oranga

Atua, i roto i Tōna aroha mutunga kore
E homai ana e ia ki a tātou te hari me te whakahihiko

Ā, ka homai he ora tūturu ki a tātou

Te whakaaro nui pono

Me te harikoa pono

Te māramatanga pono mā te

Ngā wheako kanorau katoa o ō tātou oranga

Engari kāore te korōria o te Atua i whakakitea

Engari i roto i te marino wairua e rongohia ana e te

wairua

Ā, i roto i te ngana nui ki te whakataurite ki taua mea

I reira tātou e tū kanohi ki te kanohi ki te pono

He tino kaha ngā mahi tinihanga i tāwāhi
He iti noa iho te hunga e kaha ana ki te whakakore
Te awe o te taiao o waho
Kei te haere tonu te ao me ōna uauatanga mutunga
kore

Me ana wheako maha-kore
Kei muri i ngā āhua o te ora te reo o te Atua
Ka karanga mai ia ki a tātou, ka kōrero mai hoki ki a
tātou i ngā wā katoa
Mā roto i ngā putiputi me ngā pukapuka tapu
Mai i ō tātou hinengaro
Ā, mā roto i ngā mea ataahua katoa
E whai hua ai te ora
Te Pōuri o te Rangi
Ko au tō manu pōuri, e piki ana ki ngā rangi o tō aroaro
.ao, e rapu tonu ana i ngā pata ua o tō pono
Kua inoi ahau ki a koe me te tino whakapono kia tukua
.mai e koe ngā ua o tō aroha i ngā kapua pōuri o te wā puku
Ā, i te nui o tōku matewai, i tino hiahia ahau ki te tango i
.ngā wāhi tapu katoa o tōku mōhio ki a koe
Āe, i hiahia ahau kia rongorongo i tō aroaro i roto i ahau, ā, i
!te taha hoki o ahau
I tineia taku matewai mau tonu i te wā i whakamatao ai
tōu pā i tōku wairua e mura ana, me te mura o tōku ngākau i
te hiahia me te wawata. Kua pahemo te wā o te ngakaukore
me te kore tumanako, ā, kua ngaro te maroke o ōku raruraru
.i te ua o tō rangimārie
Ā, inaianei kei te rere māriri ahau, kei te rere, e waiata
ana i ngā waiata o te ngākau māhaki me te ngākau māhaki
Ko au tō manu pōuri e inu ana i ngā wai o tō
whakamarie e rere tonu ana i ngā tihi o tō oranga
Ko te hiahia whaiaro takitahi, ā-umanga, ā-tōrangapū,
ngā kare ā-roto mura i whakakahangia e ngā whakaaro teka
mō te hiranga o tētahi iwi i tētahi atu, me te hokohoko i ngā
whakapono me ngā kaupapa whakapono kua waihanga i te

wehewehenga me te wehenga i waenga i ngā iwi me ngā iwi,
ā, kua haehaea te ao e ngā pakanga. Nō reira, kei te puta te
whakangaromanga ōhanga, te kuware wairua, me te mamae
.ā-rōpū

Ko te whakawhanake i te huinga o ngā āhuatanga
wairua, te whai huatanga o te rauemi, me ngā āhuatanga
rangatira o te tangata—te momo e kitea ana i roto i te
oranga o te hunga angitu—koinei te mauri o te oranga
.harikoa, ā, ka puta mai ko ngā tāngata tino pai rawa atu

I ngā wā katoa, i ngā wāhi katoa
Me whai tātou i ngā kaupapa matua o te whakaaro tika,
te whanonga pai, me te aroha pono ki ētahi atu
Ina hoki, ka ara ake te tangata mā te tika, te aroha, me
te whanaketanga ōrite me te taurite o ngā āhuatanga
.rauemi

Ngā āhuatanga hinengaro, wairua, me te matatika o
tōna tangata

Ko te whāinga matua o te tangata katoa ko te
whakatutuki i te rangimārie, te ngākau māhaki, te haumaru,
te mātauranga, me te oranga tonutanga
Ā, kei roto i tēnei hiahia mō te tino pai e huna ana i roto
i a tātou te āhua o te Atua

E ngana ana tēnei ahua tapu ki te whakakite i a ia anō
mā roto i ngā tāngata e noho tahi ana me tō rātou āhua
.teitei ake

Ko te maha o ngā tāngata te ture o te taiao, ā, ko te
kotahitanga ka arahi ki te tino

I te wehenga me te wehewehenga, ka huri te ao hei
kohua e koropupū ana, e pupuhi ana i te mamae me te
.mamae i runga i te ahi o ngā pakanga me te mate

Ko te oranga tino pai e whakakotahi ana i ngā ngākau, e
whakatata ana i ngā wairua, e hono ana hoki i a rātou ki te
.pono

Ko te ara tēnei ki te harikoa, ki te rangimārie, ki te
mutunga kore

Kāore he mea hei homai i te ngākau mārie ki a tātou,
hei muru hoki i ngā roimata o te pouri i ō tātou kanohi, ko te
.Atua anake

He wāhanga motuhake te wairua tangata i te katoa, ā,
me hoki anō ki te katoa kia tino katoa ai. Ko tā tātou
rapunga i te harikoa me ārahi i a tātou ki te Atua, te pūtake
.o te hari katoa

Me whakamā te matewai o te mātauranga i ngā puna o
te whakaaro nui o te Atua. Ka tino tutuki tō tātou rangimārie
.ina honoa ki te rangimārie kore e taea te kōrero a te Atua
Me whai Atua tātou kia mau tonu ai, ā, ka whānui haere
tonu tō tātou hinengaro ina pā, ina honoa ki te hinengaro o
te ao. Ka mutunga kore tō tātou hari, ā, ka piki haere
.miriona ngā wā ina honoa ki te hari atua
Ko te puku i patua e te apo

I tētahi wā, i kai tahi tētahi tangata whakaaro nui me
tētahi tangata kakai, ā, ka mea te tangata whakaaro nui: "He
"pai ki ahau tēnei kai reka

Engari kāore i nui tana kai. Mō te tangata kakai, kāore
.anō ia kia kai i tētahi kai reka pēnei i roto i tōna ao
I kai tonu ia ā, ka kī tonu, ā, ka mate i te kai nui. Kia roa
.ō kōrua oranga

I pai ki te kai te tangata whakaaro nui, te tangata hihiko,
engari kāore i te piripono ki te wairua i whakangaro i te
tangata kakai. I noho tahi te tangata whakaaro nui me ngā
kaha wairua marama i whāngai i tōna wairua, i whakakaha
hoki i ngā pūtau o tōna tinana, ā, i a ia e kai ana, ka kai ia i
te mea e tika ana kia kaua e aukati, e whakararuraru rānei i
.te rere o te kaha o te ao i mōhio ia kei te tae atu ki a ia
Kāore e tika ana kia whakarērea ngā mea katoa, kia ora
i te oranga uaua kia ora ai te oranga wairua, engari me
.mahara ehara i te taro anake e ora ai te tangata
Te pararaiha o te aroha me te rangi o te harikoa
I roto i te kanapa o tōu māramatanga tapu, ka tukuna
atu e au ngā inoi a tōku wairua

Ā, ka tono atu ahau kia whakaaetia e koe te whakahere
whakaiti o tōku ngākau
Puritia atu ngā wairua o te pōuri kia matara atu i ahau
Titiro mai ki ahau mai i te kanohi o te rangi
Mai i ngā putanga o tōku ngākau me ōku kare ā-roto
Whakaaturia mai ki ahau i roto i te temepara tōku aroha
ki a koe
Manaakitia ahau kia kite ai ahau i te pai
Ka whakaaro ahau ki ngā mea pai
Ā, kia whakahoa ki te hunga pai, ki te hunga ngākau
pono
Ā, kia taea ai e au te whakaaroaro ki a koe
E te puna o te pai me te tika katoa
Nā tōu aroha noa, ka peia ahau i te wāhi tapu o tōku
wairua
Ngā whakaaro whakahē katoa
Ā, ka rongo ahau i tō aroaro manaakitanga i roto i ahau
Kia ora ahau i roto i te pararaiha o te harikoa
Ka tae mai ngā whakaaro rangatira, ngā whakaaro
whakahirahira ki ahau
Tauhiuhia ahau ki te kakara o tō harikoa
Kia taupokina tonu ahau e tō aroha tapu
Manaakitia ahau kia noho ai ahau ki te pararaiha o te
aroha
Te pārekareka ki tō aroaro atua
Me tō rangimārie i te rangi
Kia mōhio ai ahau he wairua ora tonu ahau
Ā, e ora ana ahau i tōu māramatanga
Ā, e ora ana ahau i runga i tāu manaakitanga
E taku Atua aroha
Mai i te Māra o te Ata
Ka kohia e au ngā putiputi o te māramatanga māu
Hei tuku hei whakahere whakaiti
I runga i ō waewae
Kia waiho te whetu e whiti ana o tōku aroha ki a koe

Ka piki whakamua me te kaha e piki haere ana
Mā te āhuarangi o te miharo
Me taku warewaretanga ki a koe
Ā, ka whakakorea tōna pōuri
Kaua e wareware i ahau
Ahakoa ka wareware ahau ki a koe
Kia maumahara ki ahau
Ahakoa kāore au e whakahua i a koe
Ko te Atua te mea tino utu nui i roto i tōku ao
Ko ia te rangatira i roto i tōku hinengaro
Ā, ko ngā kupu whakaaro nui hei whakahihiko i ahau
Ārahi ana ia i ahau ki te ara tika
Ko tāku e tango nei
He oranga taurite

E whai whakaaro ana ki ngā ture atua me ngā ture taiao
katoa

Ka whakakotahi i te mahi me te marino
Ka kawea mai te harikoa, ā, ka tutuki i a ia te mutunga o
te tangata

Kāore e kitea i te pōuri te whare e kī ana i ngā taonga
whakapaipai

Nō reira, kāore e taea te rongō i te aroaro o te Atua
I te mea kei te mau tonu te pō o te kuware
Ki te kore e tino mārama tō tātou māramatanga ki te
Atua

Kia kore ai e taea e tātou te whakaoti i ā tātou mahi o ia
rā me te kore taua mea

I tino mārama, kāore mātou i kite i te hononga i
waenganui i te Atua me te ora

Ina he wawata tō tātou, ā, ka karaunatia ki te whakaaro
ki te mahi ki ētahi atu

Ka āwhina tātou i a tātou anō mā te āwhina i ētahi atu
Āe, e te Ariki

Me te horapa o te hihi o te rā

Ka horahia e au ngā hihi o te tumanako ki roto i ngā
ngākau o te hunga rawakore me te hunga kua peia atu
Whakakāhia ngā rama o te whakatau me te whakapono
ki a koe anō
I roto i ngā ngākau o te hunga e whakaaro ana he rahua
rātou

Ina mōhio tātou he kura te ao mō te ako me te
whakatutuki i ngā mahi
I taua wā anō, he moemoeā poto noa iho
Ko reira tātou ka mōhio ai kei a tātou te Atua
Me whakawhirinaki te ora ki te mahi ratonga
Ki te kore taua whāinga rangatira
E kore te hinengaro i homai e te Atua ki te tangata e
tutuki

Ko te kaupapa i hangaia ai
Mā te tuku i te Atua ka taea e te tangata te whakaoti i
āna mahi katoa

Me te ngākau harikoa me te whakawhetai ki te Atua
Mā te tuku noa iho ka kitea ai te rangimārie
Ka tahuna e au ngā ngoikoretanga hinengaro me ngā
ngoikoretanga matatika katoa
I roto i te ahi o te hoahoa
Nā te mea ki te kore au e whakakore i aua
ngoikoretanga

Kāore e taea e au te kite i te mura atua
Āe, e te Ariki
I tēnei rā ka whakatau ahau ki te whakatutuki i ngā mea
motuhake

Kātahi ka mahia e au taku i whakamahere ai
Ka tirohia tuatahitia e au te tika o taku whakaaro
Kātahi anō ka rongo ahau i tō kaha
Ā, mā tō āwhina me tō manaakitanga, ka tutuki i ahau
taku e whakaaro nei ki te mahi

Ngā Kōrerorero me ngā Hau

Kaiwhakaako Paramhansa Yogananda

Translation: Mahmoud Abbas Masoud

**Tērā pea ka hīkaka haere te whakapehapeha iti,
ka mea me te whakapehapeha me te whakahihi: Ko
au koe!**

**Engari ka rapua e au te mōhio ki tōku ake āhua
tūturu, he mea kakara ki ngā momo putiputi katoa
o te atawhai me te ngākau mahaki.**

**E te Atua, whakakitea mai tōku tuakiri tūturu ki
ahau, kia rongo hoki ahau i a koe e kōrero hāhā ana
i roto i ōku hohonutanga, e mea ana: Ko ahau tō
tauirā, ko koe tōku āhua!**

I te mārā o ngā moemoeā o te pō

**I te mārā o aku moemoeā pō, he maha ngā
putiputi e puāwai ana: ngā putiputi onge o taku
whakaaro. Kei reira, te wāhi e tiaho ana te
māramatanga mahana o te aorangi, e wherahia
ana ngā puku o ngā tumanako o te ao, e horahia
ana ngā rau kanapa o te whakatutukitanga me te
ngākau māhaki.**

**I roto i te kanapa o aua moemoeā, ka kite ahau i
ngā wairua o ngā mata aroha kua warewarehia, me
ngā kōtiro o ngā kare ā-roto i tanumia i mua noa
atu ki te oneone o te kore mohio—e ara ake ana i
roto i ngā kākahu kanapa. Ā, hei whakautu ki te
karanga a ngā anahera o ngā moemoeā, ka kite
ahau i te aranga mai o ngā whakamātautau katoa o
mua.**

**E te Ariki, kua homai e koe te herekoretanga ki
a mātou kia wareware ai mātou ki ō mātou raruraru
o ia rā mā te haere ki te whenua o ngā moemoeā i
ia pō. Āwhina mai kia ara ake mātou ki a koe, kia
mawhiti atu ai i ngā mamae o te tangata.**

Kei te tatari koe mō taku hokinga mai

**E te piringa atua! Kei te rere ahau i te moana o
te ora, e akina ana e ngā awha nui o te raruraru**

**Ahakoā e rere ana i runga i ngā ngaru o te
ahuareka, e totohu ana rānei ki roto i te
hohonutanga o te pouri, e hiahia ana ahau ki te
mawhiti i tēnei takirua mā te tae atu ki ō takutai
moana whakahirahira. Me ia aue o taku inoi, ka
whakatata atu ahau ki a koe, taku piringa kotahi.**

**E kore ahau e mutu te ngana, nā te mea e
mōhio ana ahau kei te hiahia koe ki taku taenga
mai, ā, e hiahia ana hoki kia hoki mai ahau!**

manu o te pararaiha

**He manu nō te pararaiha ahau: he manu nō te
rangi i hangaia e ō ringaringa manaaki**

**I whakapaipai ia i ahau ki te ataahua me ngā
tae ataahua: ki te heke o te ngawari me ngā
huruhuru koura o te puawaitanga wairua**

**I rere ahau ki runga i te āhuarangi pōuri,
pōuriuri o te ao, e rapu ana i te pararaiha o te
harikoa, ā, kua poke ōku huruhuru kanapa i ngā ira
pouri o te ngakaukore.**

**Haere mai, e tōku Atua, horoia te manu o tō
pararaiha ki ngā hihi o te whakaaro nui me ngā wai
parakore, reka o te rangimārie.**

Kaiwhakairo Atua

**Kia waiho ia pā o tōku ngākau hei kupu hou i
roto i te rotarota o tōku aroha mutunga kore ki a
koe**

**Kia puta mai i ngā oro katoa e puaki ana i ōku
ngutu ngā wiri manaakitanga mai i tōu reo tapu.**

Kia kī katoa ōku whakaaro i te hari o tō aroaro

Kia whakakīia tōku hiahia ki tōu kaha atua

**Whakapaipaitia ōku whakaaro katoa, ōku āhua,
me ōku wawata ki tōu atawhai**

**E te kaiwhakairo tapu rawa atu, hangaia tōku
ao kia rite ki tāu e pai ai, kia rite ki tāu hoahoa
ahurei**

Ko koe tōku kaitiaki

E te Ariki, āwhina mai kia kua ahau e whakaara i ngā kararehe o te riri me te ngākau nui i roto i ngā wairua kore para. Engari ki te whakaekea ahau e rātou, ka piri ahau ki roto i te ana toka o tōu tiaki i roto i tōku wairua.

E te Kaitiaki Atua! Ki te kore koe, e kore ahau e kite i te haumaru, i te tūpato rānei, ahakoa i roto i ngā pā tino pakari o te tangata. Kia noho koe hei hipoki mōku, hei whakangungu rakau pumau hoki mō ngā pere pahū o te raruraru. Ā, manaakitia ahau, kia ora ai ahau—mā te pokanga tapu—i te hunga katoa e mamae ana i ngā patunga o te ao me ngā kongakonga.

te harikoa tapu

Ina inoi ō akonga, ka kohia e au ngā hihi o te harikoa tapu mai i ō rātou kanohi, ka whakaranua ki tōku wairua hei inu whakahauora mō ōku whakaaro matewai; kia inu ai rātou kia mākona, kia ngaro ai ō rātou mamae me ō rātou matakū.

Ā, ki te hunga e rapu ana i te whakamarie me te whakamarie, ka tukuna atu e au tēnei inu makutu i roto i ngā kapu mārama o te ngākau pono me ngā whakaaro pai.

Kia ora te hunga katoa e inu ana i tēnei wai whakapūmau, kia wareware ki ō rātou raruraru, kia ngaro atu hoki ō rātou mamae!

Puritia ahau i roto i te oumu o ngā aituā

Ka rewa te konganuku mata o tōku ao i roto i te oumu o ngā aituā me ngā whakamātautau, ā, ka parakorehia ngā teka katoa i roto i ngā ahi o ngā wheako tapu me ngā wawata.

E te Atua Kaihanga, whakaorangia ahau i te ngoikore o te tangata, homai hoki he hiahia pakari pērā i te rino, me te whakatau wairua pērā i te

maitai kua whakapakeketia. Āwhina mai kia hurihia e koe tōku mauri kua whakapaingia hei taputapu whai hua mō te whakahaere i a au anō me te whakatau pono.

Ā, mā te hoari o te taurite hinengaro, ka whakangaromia e au ōku hoariri o roto - aku tikanga nanakia - e tatari mai ana ki ahau, e ngana ana ki te aukati i ahau kei whakaaro tonu ki a koe anake.

**Kia waiho koe hei rā, hei marama hoki mōku
E te Ariki, tukua mai ngā hihi o tō whakaaro nui hei ārahi i ahau i roto i aku rā harikoa o te whakatutukitanga, me te māramatanga o tō marama aroha hei whakamārama i ōku ara i roto i ōku pō pōuri o te pouri.**

Haere mai ki ahau

E ara ake rānei te ata o taua rā, ina puaki mai he waipuke o ngā roimata i te whakahua i tōu ingoa tapu, ka taupokina ai ngā pareparenga o tōku kuware, ka whakamakuku ai hoki i tōku ngākau?

Kātahi, i roto i te roto o aku roimata kua kohia, ka pihi ake ngā rengarenga o te whakaaro nui tapu, ā, mā tō rātou māramatanga e whakakore taku pōuri mō ake tonu atu.

E te Whaea o te ao whānui e horapa ana i ngā mea ora katoa, haere mai ki ahau, kāore hoki he mea e taea te whakakore i tōku pouri, te whakakore hoki i tōku pōuri engari ko te mata o tō atawhai whānui me tō aroha mutunga kore.

Ngā here e kore e taea te whati

Whakaakona ahau, e te Ariki, kia kitea te kotahitanga ki a Koe i roto i te rangimārie o roto, i roto hoki i te haruru o te ao. Ahakoa kei te karapotia ahau e te wahangu, e te haruru rānei, kia

**taea ai e au te rongo i tō aroaro e karapoti ana i
ngā wāhi katoa, i ngā wā katoa.**

**Nō reira, tukua ahau kia mahi i taku mahi me te
harikoa**

**Ka mahi puku koe, ka hari mai hoki i te
menemene ki ngā miriona ngākau harikoa.
Manaakitia ahau kia whiwhi ai ahau - pērā i a koe - i
te menemene e kore e memeha i ahau e mahi ana i
te wheketere o te ora.**

**Kia kanikani tonu ngā ngaru o tō kaha i runga i
te awa o aku mahi o ia rā**

**E te Whaea Tapu, pērā i tōu pai ki te hoahoa i
ngā ngota, i ngā putiputi, i ngā ao whānui,
whakaakona mai ahau ki te mea ngaro o te mahi me
te waihanga me te hinengaro taurite me te wairua
makona.**

**Te whakaora hinengaro, hinengaro, me te
tinana**

**Āwhina mai, e te wairua o te ao, kia
whakaorangia te tinana mā te whakakī i a ia ki tō
kaha o te ao, kia whakaorangia te hinengaro ki te
harikoa me te arotahi hinengaro, kia whakaorangia
hoki te wairua i te pūtake o ngā take katoa - te
kuware - mā te whakamahi i te rongoā tino whai
hua: te whakaaroaro tapu o ia rā ki te Atua.**

Te whakaū i te whakaora

**E te Wairua Tapu, nāu i hanga tōku tinana, nō
reira he ora, he ora hoki, nā te mea kei roto koe i a
ia. Ko koe tonu te tino tika, ā, i hangaia ahau kia
rite ki tōu ahua; nō reira, kei te ora ahau, ā, kei roto
i ngā āhuatanga pai rawa atu!**

Te whakaū i te whakaoranga o ētahi atu

**Ko koe te ahua o te Atua, ā, e horapa ana tōna
ora mutunga kore ki roto i ngā pūtau me ngā kiko**

katoa o tō tinana. E pāorooro ana tō wairua katoa i tōna aroaro atua; e ora ana koe nā tōna aroha noa.

Kia noho koe hei kāpene mō taku kaipuke

E te Ariki, hei kāpene koe mō aku mahi o ia rā, hei ārahi hoki i a ia ki tō takutai tapu, koia nei te piringa haumaru, te okiokinga hoki mō te hunga ngenge.

Ngā ahi o te wairangi he

I te pō o ngā hapa, i whaia e tātou te pōhewa o te harikoa whakapohehe; ā, i a tātou e kotiti ke ana i te ara o te ahunga whakamua wairua, ka tūtaki tātou ki ngā repo o te pouri me te ngaronga.

E te Ariki, e mataara tonu ana koe, e aro nui ana, kua e tukua te mura o te wairangi e tū mai ana i runga ake i ngā wai papaku o ngā hiahia me ngā mānukanuka hei kukume i a mātou ki roto i te paru me ngā mahanga o ngā ahuaireka whakarihariha.

Ko mātou āu tamariki, e hiahia ana kia tae ki tō mātou kāinga i te rangi. Manaakitia mātou kia tutuki ai tā mātou whāinga mā te whai i te māramatanga o roto o te māramatanga o te Wairua, koia nei tōu tohu tapu, e ārahi ana, e karanga ana i a mātou kia rere ki tō takutai tapu!

I rongo ahau i tō reo

I roto i ngā oranga maha kua rongo ahau i tō reo mārie e mea ana: Hoki mai ki te kāinga!

Engari i memeha haere, i ngaro atu i waenganui i te haruru o ngā hiahia korekore

Kua whakarērea e au ngā rārangi hiahia kapi tonu i te tangata, ā, ka karanga atu ahau i a koe ki ngā wāhi huna o tōku ngākau.

Ina noho ahau ki te whakaaroaro ki a koe, ka peia atu rānei e koe ngā whakamatautauranga o te ao e piri tonu ana i ngā kokonga o taku mahara?

**I te ata noho o tōku wairua, e hiahia ana tōku
ngākau katoa ki te whakarongo ki tō reo
manaakitanga**

Rama whakamaumaharatanga

**Tērā pea ka ngaro taku ara, ka kopikopiko i ngā
ara pōuri me ngā ara pōuriuri, engari e te whaea o
te rangi, tiakina te rama angiangi o te
maumaharatanga mōu, kia kore ai e tineia e ngā
hau o te ruarua me te koretake.**

**Kua tonu ahau mō ngā mea o te ao, ā, i te
mutunga ka kitea e au ko koe anake taku e hiahia
nei, e Whaea! Haere mai, kua rawa ahau e
whakarērea!**

**Ka memeha te pōuri i mua i tō māramatanga
E te Kaiako Atua, kia mōhio ahau ahakoa kua
tawhito te pōuri o tōku kuware, i te putanga mai o
Tō māramatanga ka memeha te pōuri me te mea
kāore i te tupu!**

**Whakatangihia te putorino o tōku ao
E te Ariki aroha, āwhinatia āu tamariki ki ōku
ringa**

**Kōrero mai ki tōku reo, ā, whakamahia tōku
hinengaro hei whakaaweawe i ētahi atu**

**Māku e manawa, ko koe anake hoki te tangata e
kaha ana ki te whakatangi i ō rangi waiata mutunga
kore i runga i te putorino o tōku ao.**

He mura ahau nō tō ahi rangi

**I te tīmatanga o te hanganga, i te rerenga mai o
ngā mura o te hanganga mai i tō uma mura, i
waiata tahi ahau me te tira o ngā māramatanga
aorangi i kauwhau i te rongo pai o te putanga mai o
ō ao.**

**He mura mutunga kore ahau nō tō ahi aorangi
E te Ngākau Atua aroha, manawanui hoki!
Āwhina mai ki ahau kia whakahou—mā te**

whakaaroaro—te kawenata o te aroha me te whanaungatanga i waenganui i a tāua. Kia mōhio ahau i roto i taku haerenga tapu ki te whānui tapu—te ao i muri i te ao—ko koe me taku kaiārahi wairua kua noho hei hoa mutunga kore, ā, ka noho tonu hei hoa pumau.

Te mōhiotanga ki te harikoa

Ae, ina kī ahau he harikoa te Atua, ko te tikanga hoki kei reira tonu ia, ā, e mōhio ana ia ki tōna ake oranga tapu. Ā, ina hiahia tātou ki te wheako i te harikoa mutunga kore, i te aroaro atua rānei, e tino hiahia ana tātou ki tētahi oranga mutunga kore, kāore e rerekē, me te mōhio tonu, te rongo tonu rānei i taua harikoa.

Kua whakaaturia e mātou i roto i ngā kauhau o mua, mā roto i ngā tautohetohe whaitake, e rapu ana tātou katoa - mai i te hunga teitei ki te hunga iti - i te harikoa, ā, kua whakaaetia tēnei mea ina whakaarohia ngā mahi me ngā hihiri a te tangata.

Me huri anō tēnei tautohetohe: Mehemea ka haere mai tētahi mea teitei ake ki a tātou, ka mea ki ngā iwi katoa o te ao, "E te tangata, ka hoatu e ahau ki a koutou ngā mamae mutunga kore me te oranga tonutanga. Ka whakaae koutou ki aua mea?" Ae, kāore he tangata e whakaae ki tētahi tuku pēnei, nā te mea e hiahia ana te katoa ki te harikoa mutunga kore me te oranga tonutanga. Mā te titiro ki ngā hihiri tangata ka kitea ko te hiahia o ia tangata ki te whiwhi i te harikoa.

Waihoki, kāore tetahi e hiahia ana ki te whakangaromanga, ki te whakangaromanga rānei i a ia anō, nā te mea ko te whakaaro noa iho o aua mea ka whakaoho i te wehi me te matakū. E hiahia ana te

katoa ki te pumau, engari ki te tukuna he oranga mutunga kore me te kore e mōhio, e mōhio rānei ki taua oranga, ka whakakahoretia e tātou. Kāore tetahi e hiahia ana ki te oranga ngaro. E hiahia ana tātou katoa ki te oranga ngaro, mutunga kore.

Nā, he aha te Atua? Mēnā he mea kē atu te Atua i te harikoa, i te hari nui rānei, ki te kore te hononga ki a ia e hari ai tātou, ki te kore rānei e whakamama i ō tātou mamae, e kore tātou e hiahia ki a ia, e kore hoki tātou e tahuri ki a ia. Mēnā he mea koretake te Atua ki a tātou, e kore tātou e aro ki te whakatata atu ki a ia. He aha te pai o te whakaaro ki tētahi Ariki e kore nei e mōhiotia e tātou, e kore nei e taea e tātou te rongo i tōna aroaro i roto i a tātou anō, i ētahi wāhanga rānei o ō tātou oranga?

Ahakoia he aha te ariā hinengaro o te Atua, pērā i: (Ko ia te tino rangatiratanga, kei roto rānei i a tātou, kei te taha hoki o tātou), ka noho tonu taua ariā hei mea e karapotia ana, e kapi ana i te koretake me te mea ngaro, ki te kore tātou e kite i tōna oranga.

Nā tēnei whakapoauau me te koretake o tō tātou mārama ki te Atua me ō tātou wheako ki a ia, kāore e taea e tātou te mārama ki tōna hiranga ki a tātou me tōna uara tūturu ki te whakapono. Kāore tēnei tirohanga koretake e whakaputa i te whakapono e ranea ana i roto i a tātou, nō reira, kāore e whakarerekē i ō tātou oranga, kāore hoki e awe ā-kanohi i ō tātou whanonga, kāore hoki e akiaki i a tātou ki te whakapau kaha ki te mōhio ki te Atua.

Ā, he aha tā te whakapono o te ao e kī ana mō te Atua? E mea ana ko te tohu o te oranga o te Atua kei roto i a tātou anō. He wheako ā-roto. Me mahara koe ki tētahi wā i roto i tō oranga, i roto i te inoi, i te inoi rānei, i te wā i rongo ai koe kua ngaro ngā herenga tinana me ngā arai, kua tata ngaro rānei, ā, kua

memeha haere te aroha me te mauahara, te ahuaireka me te mamae i roto i tō hinengaro, ā, kua puta mai te hari me te rangimārie parakore i roto i tō ngākau, ā, i pai ki a koe te marino, kāore he mea e whakararuraruhia ana e te hari me te ngākau māhorahora.

Ahakoā kāore i te nuinga o te wā ka tukuna tēnei wheako whakahirahira ki te katoa, kāore e kore kua pā ki a tātou katoa, i tētahi wā, ahakoā i roto i te inoi, i te karakia, i te whakaaroaro rānei, ētahi wā poto o te harikoa wairua me te rangimārie parakore. Ehara ianei tēnei i te tohu o te noho o te Atua? He aha atu anō te tohu tika ka taea e tātou te tuku atu mō te noho me te āhua o te Atua i tua atu i te hari parakore e pā ana ki a tātou i roto i a tātou anō i roto i te inoi pono, i te karakia ngākau nui rānei?

Ahakoā te noho mai o ngā taunakitanga ā-ao mō te oranga o te Atua—mai i te pānga ki te take, mai i te ao ki te Kaihanga o te ao—kei reira anō te tautohe teleological (e pā ana ki te rapu i te kaupapa o te taiao), mai i ngā mahere ā-ao me te urutau ki aua mahere ki te Hinengaro Ao Whānui, te kaihanga o ngā mahere me ngā urutaunga katoa. Kei reira anō te tautohe matatika: mai i te hinengaro me te whakaaro o te tino pai ki te Mea kore e taea te hē i mua i a ia e tū ana tātou, e whai kawenga ana mō ā tātou mahi me ā tātou kawenga. Heoi, me whakaae ko ēnei tautohe he hua o te whakaaro hinengaro, he rerekē te taumata, nā te mea kāore e taea e tātou te whiwhi i te mōhiotanga katoa, tika rānei mō te Atua mā roto i ngā mana iti o te hinengaro.

Ko te āheinga whakaaro, te hinengaro rānei, e whakarato ana i tētahi tirohanga pakarukaru, ā-korekore hoki o ngā mea. Ko te kite i tētahi mea i runga i te hinengaro, ko te tikanga ehara i te kite i a

ia e hono ana ki a ia, engari ko te kite i a ia e wehe ana i a ia. Heoi, ko te māramatanga te huarahi tika ki te kite i te pono. Mā tēnei māramatanga, ka taea e te tangata te whakatutuki i te māramatanga harikoa, te māramatanga atua rānei.

Kāore he whakahē mō te noho tuturu o te hinengaro harikoa me te hinengaro o te Atua, nā te mea ina whiwhi tātou i te hinengaro harikoa, ka rongo tātou kua hurihia, kua whakarerekētia hoki tō tātou takitahi, tō tātou tuakiri iti rānei, ā, kua hipa tātou i te takirua o te aroha me te mauahara, te harikoa me te mamae, ka tae ki te taumata e kitea mārāma ai ngā āhua iti o te hinengaro noa. Ka wheako hoki tātou i te whānui o roto me te aroha whānui ki ngā mea katoa. I tēnei āhua, ka memeha te haruru o te ao, ka ngaro te hihiri, ā, ka puta ake i roto i a tātou te whakaaro o te kotahitanga o te oranga me te tirohanga mārāma o te māramatanga o te ao. Ka memeha katoa ngā poke me ngā peka ke ki te kore noa iho, ā, ka rite tātou ki te mea kua neke tātou ki tētahi atu ao: ki te pūtake o te harikoa tonu me te harikoa mutunga kore. Nō reira, ehara i te mea ko te hinengaro harikoa te hinengaro o te Atua e puta ai ngā āhua mātauranga katoa kua whakahuatia ake nei?

Nō reira, e mārāma ana, ko te Atua anake ka taea te whakaaro he harikoa mēnā ka kawea mai ia e tātou ki te ao o te wheako tangata rangimārie, harikoa hoki. Kātahi ka kore te Atua e waiho hei ariā noa iho e pāngia ana e ngā ariā hinengaro. Kāore ianei tēnei ariā mō te Atua e hipa ake ana i ngā atu katoa? E whakaatu ana ia i a ia anō i roto i ō tātou ngākau hei harikoa o te whakaaroaro, i roto i te inoi hohonu me te karakia pono. Ka manaakitia te tangata he wairua marino!

Ki te mārama tātou ki te Atua i tēnei ara—arā, hei whakaaturanga o te harikoa—kātahi ka taea e tātou te hanga i te whakapono hei mea nui mō te ao whānui, nā te mea kāore tetahi e whakakahore ana i tana hiahia kia eke ki te harikoa. Ā, ki te hiahia tetahi kia eke ki te harikoa mā te huarahi tika, ka kiia ia he whakapono nā te mea e tata ana ki te Atua me tōna mōhio ki a ia, e ai ki tā tātou whakaahuatanga i te Atua e tata ana ki te ngākau i roto i te whakaaturanga o te harikoa.

Ka taea e tēnei kare o te harikoa, te mōhiotanga atua rānei, te uru ki roto i ā tātou mahi me ō tātou āhua katoa mēnā ka whakaaetia e tātou. Ā, mēnā ka taea e tātou te pupuri, ka taea e tātou te aromatawai i te uara whakapono o ngā mahi me ngā hihiri o ia tangata i runga i tēnei ao.

Mehemea ka mōhio tātou, ahakoa kotahi noa iho, ko te whakatutukitanga o te māramatanga harikoa ko tā tātou karakia, ko tā tātou whāinga, ko tā tātou kaupapa matua, kātahi ka memeha ngā feaa katoa mō te tikanga o ngā whakaakoranga, ngā taunakitanga, me ngā aukati o ngā karakia kanorau o te ao. Ka whakamāramahia ngā mea katoa i runga i te wāhanga whanaketanga i whakaritea ai, i whakatauhia ai aua whakaakoranga. Ka tiaho te māramatanga o te pono, ka whakakitea ngā mea ngaro o te ao, ā, ka whakamāramahia ngā taipitopito o ō tātou oranga, me ā rātou mahi me ngā hihiri kanorau. Ka taea e tātou te wehewehe i waenga i te mooni me te maminga, te araara me ngā moemoeā. Ka kite hoki tātou i te koretake o ngā tikanga me ngā tikanga tuku iho kua maha ngā wā e whakapohehe ana i te tangata, e whakatū ana hoki i ngā arai i waenga i te tangata. Heoi anō, mehemea ka māramahia te karakia i tēnei ara, kāore he tangata o tēnei ao—taiohi,

pakeke rānei—e kore e taea te mahi, ahakoa he ākonga, he kaimahi, he rōia, he tākuta, he miihini, he kāmura, he kaiako, he kaimahi, he tangata atawhai, he aha rānei ō rātou tūranga i te ao.

Ki te mea ko te kaupapa o te whakapono he whakakore i te hiahia me te whakatutuki i te harikoa, ko wai rā e kore e hiahia ki te whakapono, e kore rānei e whai kia nui ake te whakapono mēnā ka whakaakona ki ngā tikanga me ngā huarahi tika?

Kaua hoki e aro ki te maha o ngā whakapono. Ka taea e te katoa o te ao te whakapono i roto i ō rātou ake huarahi, ā, ka taea e rātou te mahi pera me te angitu ake mā te whakamahi i ngā huarahi whai hua. I konei, kāore he whakahāwea i runga i te karaehe, i te whakapono rānei, i te hāhi, i te kākahu, i te āhuarangi rānei, i te tau, i te ira tangata rānei, i te mahi, i te mana rānei, nā te mea he whakapono whānui tēnei. Pērā i te Atua te pou taketake o ngā whakapono me ngā whakapono katoa, ko te mōhio ki a ia me te harikoa te aho noa i roto i te hinengaro o ngā poropiti o ngā whakapono katoa. Kaua e whakaarohia he mea whakarāpopoto tēnei whakaaro mō te Atua, he mea kāore e pā ana ki ō tātou tumanako me ngā wawata wairua.

Ehara te Atua i te mea ora pērā i a tātou, me ō tātou tirohanga whānui me te tirohanga tangata mutunga kore. Ko tō tātou oranga, tō tātou hinengaro, ō tātou kare ā-roto, me ō tātou pūkenga auaha he atarangi noa iho o Tōna hinengaro me tōna harikoa. He aroaro tino pono ia, he mea nui atu i a ia, ko tō tātou oranga, tō tātou hinengaro, me ō tātou kare ā-roto he mea iti, he mea noa. He mutunga kore ēnei mea i roto i te noho o te Atua; he pono, he mea nui atu i a rātou, he mutunga kore.

Ka rongo tātou i te Atua i roto i te rangimārie tino pai, ā, ka mōhio tātou ki a ia mā te mōhiotanga harikoa. He aha atu anō ngā tohu o Tōna oranga? I roto i tēnei āhua harikoa, ka kitea e ō tātou tumanako me ō tātou wawata wairua te whakatutukitanga me te whakatinanatanga i roto i te Atua, pērā i te kitenga o ō tātou hiahia i tētahi mea, i tētahi mea rānei e karakiatia ana.

I roto i te māramatanga o te harikoa ka ara ake tātou i runga ake i ngā harikoa me ngā pouri o te ao, engari kāore tātou e hipa atu i te hiahia ki te whakatutuki i ā tātou mahi me ā tātou herenga.

Ko te tangata e mōhio ana ki a ia anō, e mōhio ana ia ko te Atua anake te kaiwhakahaere o te ao, nā te mea ko te mana katoa o te whakatutukitanga ka puta mai i a ia. Mā te whakatipu i te wehenga, ka memeha, ka heke te whakapehapeha iti, ā, ka rongo tātou kei te mahi tātou i ā tātou mahi kua whakaritea ki runga i te atamira o te ao, me te kore e pāngia e ngā āhuatanga pai, kino rānei, e te aroha, e te mauahara rānei e pā ana ki ēnei mahi. Kāore he tīmatanga, he mutunga rānei o tēnei whakaari o te ao. Me mahi e tātou katoa te mahi kua whakaritea mai e te Kaiwhakahaere Nui o te Atamira, me te kore amuamu, me te kore riri, nā te aroha ki te whakaari me te whakaute ki te Kaiwhakahaere. Ko te hunga e whiwhi ana i te māramatanga o te harikoa ka rongo ko te ao he atamira, ā, ka mahi i tā rātou mahi ki te pai o ō rātou pūkenga me ngā pūkenga toi, me te mahara tonu kei te mahi rātou i raro i te arataki me te ārahi a te Kaiwhakahaere Nui o te Atamira: te Atua Kaha Rawa, te pūtake o te pai me te harikoa katoa o te ao.

Kia tau te rangimārie ki a koe

Ngā tirohanga o te hinengaro ao whānui

Te āhua nei te tangata he manene e haereere ana ko ia
anake i tēnei ao

Ko te hunga e whakaarohia ana e ia nāna, ehara i te
mea

Ko ō tātou mutunga iho e whakatau ana i ngā ara
takitahi o tātou katoa, ā, kāore e taea e tetahi te
.whakahaere, te pupuri rānei i tētahi atu tangata
Ahakoa rā, ehara i te mea ko tātou anake i tēnei ao, nā
te mea he hononga tata kei reira, he pūtake hohonu, pumau
.hoki, e ahu mai ana i reira te tautoko me te hari

?Ko wai ēnei tāngata e tata ana ki a tātou

Ehara rātou i te mema o tō tātou whānau i ngā wā
katoa, engari ko te hunga e mau nei tō tātou hononga hoa
.kaha

Hei tauira, kei reira ētahi tāngata kua whakatipuhia, kua
tipu ake hoki ngā mātāpono e whakaponohia ana e au. E
mihi ana rātou ki ahau, ā, e whakahoki ana ahau i tō rātou
aroha me te whakaute, ā, e kite ana ahau ko ngā hononga
manaakitanga e hono ana i a tātou i roto i te pai, te aroha,
.me te rangimārie

He tāne me he wahine e hono ana i ō rāua oranga ki te
āwhina me te whakahihiko tetahi i tetahi ki ngā uara me ngā
kaupapa rangatira, ka hanga i tā rāua marena i runga i te
.turanga o te aroha mutunga kore

Ko te whakatipu i te aroha parakore, mutunga kore i
waenganui i te tāne me te wahine, ngā mātua me ngā
tamariki, te hoa me te hoa, te tangata ake me te katoa, he
.akoranga tēnei i haere mai ai tātou ki tēnei ao

He taiwhanga te marena pono e ringihia ai ngā paitini o
te hiahia whaiaro, te riri kino, me te whanonga kino ki roto i
te ngongo whakamātautau o te manawanui hei whakakore
me te whakarerekē i aua mamae mā te mana hihiri o te

aroha me te whakapau kaha ki te mahi me te rangatira me
.te mana

Mena he āhuatanga motuhake kei roto i te hoa (A) e
whakaoho ana i tētahi āhuatanga kāore e hiahiatia ana i roto
i te hoa (B), me mārama te hoa (B) he take tēnei mō tēnei,
arā, kia whakakitea ngā paitini huna i roto i a ia kia mōhio ai
ia ki aua mea, kia whakakorea atu ai, kia purea ai tōna āhua
.me tōna āhua

Ko te mea nui rawa atu e hiahiatia ana e te tāne me te
wahine mō rāua ko te tuwhera o te wairua, e hua mai ana i
ngā āhuatanga pai o te māramatanga, te manawanui, te
.manaaki, me te aroha

Engari me maumahara rātou kāore e taea te akiaki i te
tipu wairua ki tētahi atu

Ina rongo te tangata i te aroha i roto i a ia anō, ā, ka
whakamaoritia ki te reo o āna mahi, ka rongo ōna hoa aroha
i tōna awe pai, ā, ka whakahoki mai i te aroha me te
.whakaute

Ki te kore ngā tāne me ngā wāhine e mārama ki te
kaupapa matua o te marena, tērā pea kāore rātou e harikoa
.ki te oranga o te marena

Te taikaha rawa o te moepuku, te mōhio nui ki te
whanaungatanga, te whanoke kino, ngā whakapae kino, ngā
kupu me ngā mahi whakatoi, te totohe i mua i ngā tamariki,
te whakaputa riri, me te whakapae i ngā raruraru ki te hoa
rangatira, koinei ēnei mea kua e whakaaetia kia whakararu
.i ngā turanga o te marena

Me pono te tāne me te wahine tetahi ki tetahi, ā, me
whakapau kaha tetahi ki tetahi kia hari ai tetahi i nga
huarahi katoa

Kaua ngā hoa rangatira e whakarērea tetahi i tetahi nā
te mea kāore tetahi i te whai i ngā hiahia wairua, engari me
.whai mana pai tetahi i tetahi mō te roa e taea ai
He taiwhanga pai te marena mō te whakawhanake i ngā
kare ā-roto aroha me te whakaute tetahi ki tetahi

He kura anō hoki mō te whakawhanake i te ngākau pai,
te pure i te aroha i ngā poke, me te patunga tapu i ngā
whakaaro whaiaro hei mahi mā te tangata, hei whakahari
.hoki i te ngākau

I roto i te ao marena, he mea nui te whakaute i ngā
tirohanga a te tangata kē, me te karo i te tautohetohe me te
ngangau mō ngā mea iti noa. Mā te whakaute tetahi ki tetahi
ka puta te harikoa, ko te whakaiti i ngā whakaaro o te
tangata kē ka arahi ki te taumahatanga o te ngākau, te riri,
.me te whakakino i te āhuarangi

Ko te marena angitu e ahu mai ana i ngā āhuetanga
wairua me ngā āhuetanga hinengaro teitei pērā i te aroha
kanapa, te atawhai, te manawanui, te aroha ki te tangata, te
māramatanga hoahoa, te hinengaro tuwhera, me ngā kare ā-
.roto ngawari

Me aroha ngā tāne me ngā wāhine tetahi ki tetahi, kaua
e whakawhāiti noa i taua kare ā-roto ki ētahi wā, ki te kore
ka kitea e rātou kei te anga atu rātou ki ngā ara o te hoha, te
riri, te mauahara rānei tetahi ki tetahi, ā, tera pea ka wehe
.anō hoki

He kaha ake te aroha i te ngoikore tinana, hinengaro
rānei, nō reira kaua e herea e ngā tikanga
Kāore e taea te tango i te aroha i tētahi atu tangata mā
te kaha, engari ka taea anake te tango hei koha ohorere mai
.i te ngākau ki te ngākau

Ka tupu te aroha, ka puāwai i roto i te taiao o te
manawanui me te whakawhirinaki, ā, ka mate i roto i te taiao
.o te hae me te hae

Ka noho te aroha i roto i te tata - te tawhiti, ka mate i
roto i te mōhiotanga he

Ā, ko tētahi o āna tohu ko tana hanga i ngā hoa mā
koutou i roto i a koutou anō kia kitea ai e koutou te marino i
roto i a rātou; ā, i whakanohoia e ia te aroha me te atawhai
ki waenganui i a koutou. He pono kei roto i tēnā ngā tohu mō
.te iwi e whakaaroaro ana

ā, hei kikokiko kotahi rāua tokorua
Ko te whakaritenga tuatahi, ko te mea nui rawa atu hoki
mō te marena harikoa, ko te kotahitanga o te wairua – te
ōritetanga o ngā hiahia me ngā whāinga wairua, me te
hiahia pono ki te whakatutuki i aua whāinga mā te ako, te
.whakapau kaha, me te whakahaere i a ia anō
Ka taea e ngā tāne me ngā wāhine e whai wairua kotahi
ana te angitu o tā rātou marena ahakoa kāore e wātea ana
.ētahi atu āhuatanga
Ko te tuarua o ngā whakaritenga mō te marena angitu
ko te ōrite o ngā hiahia hinengaro, pāpori, taiao me ētahi
.atu
Ko te tuatoru o ngā whakaritenga, ko te mea iti rawa te
hiranga, ahakoa he mea nui i waenga i te hunga kāore i te
.mārama, ko te kukume tinana
Ka tere te ngaro o te ataahua me te kaha o te kukume
tinana mēnā kāore e tutuki te whakaritenga tuatahi, tuarua
.rānei

* * *

Me kaha tātou ki te mahi i tēnei ao, me te mahi i ngā
mahī whai hua, whai hua hoki
Engari kia oti ā tātou mahi, me okioki tātou, me rapu
.hoki i te rangimārie i roto i a tātou anō
Me mahara anō hoki tātou me okioki, me marino hoki ō
.tātou io kia whakahokia mai ai te ora me te pūngao hou
Ki te mea he marino tō tātou pūnaha io, ka angitu tātou
i ngā mea katoa e mahia ana e tātou, ā, hei tāpiri atu ki
tēnā, ka noho tahi tātou me tātou anō, ka noho tahi hoki me
.te Atua

* * *

:I mea ia ki tētahi rōpū o ana akonga
E puhake ana te kapu o tōu ao, e kī ana i te aroaro o te
Atua, engari nā tōu kore aro, kāore koe e rongoi i taua aroaro
.manaakitanga

Ina whakarongo koe ki te reo irirangi, ka rongo koe kei

te tata tonu koe ki te Atua

Ki te whakakī koe i tētahi pounamu ki te wai moana, ka
hiritia kia piri ki te kōka, kātahi ka maka ki te moana, e kore
e ranea te wai i roto i te pounamu me te wai moana. Heoi, ki
.te tangohia te kōka, ka ranea tonutia

Nō reira, me tango e tātou te puru o te mangere me te
kore aro mai i te pounamu o tō tātou hinengaro i mua i te pā
.atu ki te aroaro o te Atua

Te Kī ki te Pararaiha me te Harikoa

Waimarie, ka taea e tātou te tīmata i ngā wā katoa, i

ngā wāhi katoa, me te aro ki te whakawhanake i ngā
.āhuatanga pai kāore i a tātou

Ki te kore e taea e tātou te whakapau kaha, me arotahi
tātou ki te aro atu ki taua āhuatanga, ā, mā te whakapau
kaha, ka taea e tātou te whakapakari i tō tātou hiahia me te
.āwhina a te Atua

Ki te hiahia tātou kia wetekina tātou i te wehi, me
whakaaro tātou ki te maia, ā, ka tae mai te wā ka wetekina
.tātou i te mana o te wehi

Ki te kī ngāwari, ko tā tātou anake he whakakapi i ngā
whakaaro whakararuraru e hiahia ana tātou ki te whakakore
ki ngā whakaaro pai, whai hua. Koinei te kī ki te pararaiha o
te harikoa me te angitu, ā, e wātea ana ki te hunga katoa e
.hiahia ana ki te whakamahi

* * *

Tērā pea ētahi e whakaaro ana kāore e taea te ngana ki
te hinga i te mauahara, me te whakahihiko i te tangata ki te
aroha atua kua pā ki te hunga whakaaro nui, kua kauwhautia
hoki, engari he nui te hiahia kia huri te huarahi, kia
.whakakapia te mauahara ki te aroha

Ka whawhai ngā whakaaro kore atua ki ngā ture o te
rangi, ka ngana ki te pei i ngā ariā wairua i ngā wairua o te
tangata, ā, kei te tere haere te ao ki tētahi ūnga kāore i te
.mōhiotia

I a tātou e ngana ana ki te aukati i te awha nui, tera pea
ka rite tātou ki ngā pōpokorua ririki e kaukau ana i te moana,
engari kaua e whakaititia ngā mana o te pai kua
whakanohoia e te Atua ki roto i te tangata, kaua hoki e
.whakaititia ngā mea ka taea e tātou te mahi
Ko te mea anake hei whakakore i te mamae o te ao—nui
atu i te moni, i tētahi atu rauemi rānei—ko te whakaaroaro
me te tuku i ngā ngaru o te mōhiotanga wairua e pā ana ki
.ngā kai whakaaroaro

Me hora e tātou ngā karere o te ngākau pai me te
ngākau aroha ki te ao, me ngana ki te mārama ki te mahere
a te Atua mō te tangata, me te mahi tahi me tana whakaaro
.nui o te ao whānui

"I mea atu ahau ki a ia: "Whakatika
Ki te haere koe i roto i ō wheako katoa me te ataata me
te whakawhirinaki ki te Atua, me te kore e ruarua e
ngokingoki ana ki roto i tō hinengaro, ka kite koe i te mahi a
.te ture atua

i taku whakamahere i tētahi haerenga ,[I ngā tau 1920]
kauhau ki San Francisco, e \$200 noa iho taku moni i roto i te
peeke, kāore i ranea hei tīmata i te haerenga, ā, he nui ngā
:pire hei utu, nō reira ka mea atu ahau

Kei ahau te Atua, kua tukua mai e ia tēnei mahi ki"
ahau, ā, māna ahau e āwhina ki te whakaoti, nā te mea he
whakaaro ki a ia tēnei mahi, ā, e tino āwhina mai ia ki ahau,
".e whakamāmā hoki i ngā mea māku

Ahakoia ka whakarērea koe e te ao katoa, ā, e tino
mōhio ana koe kei a koe te Atua, ka mahi merekara āna ture
.māu

I te taenga mai o taku hēkeretari ki ahau, ka kōrero atu
ahau ki a ia mō te nui o te moni kei roto i taku peeke, ka
.ohorere ia, ā, ka hinga ki te whenua

"I mea atu ahau ki a ia: "Whakatika

Ka whakahoki ia, me te wiri: "Ka haere mātou ki te
whare herehere nā te mea kāore e taea e mātou te utu i ngā
"!pire e nama ana mātou

I mea atu ahau, "Kāore mātou e haere ki te whare
herehere. I roto i ngā rā e whitu ka whiwhi mātou i te moni
".katoa e hiahiatia ana mō tēnei haerenga kauhau
I mura ngā feaa i roto i a ia, i mau tonu tōku whakapono
Kāore au i hiahia moni mō tetahi painga whaiaro, mō
tetahi kaupapa rānei, engari hei hora i te karere atua.
Ahakoa ōku uauatanga maha, kāore te wehi i uru ki roto i
.tōku ngākau, ā, ka taea e au te kī kei te wehi ahau i te wehi
He aha tāu e wehi nei? Kaua tetahi mea e matakū i a
koe. Kia anga atu ki ngā raruraru katoa me te whakapono
.pumau ki te Atua, ā, ka riro i a koe te wikitoria
Ina ngākau te tangata ki te Atua, ka taea e ia te
wikitoria i ngā arai me ngā raruraru katoa mā te āwhina me
.ngā manaakitanga a te Atua

I taua wiki, i ahau e hikoi ana i mua i te Palace Hotel, ka
whakatata mai tetahi kuia ki ahau, ka mea mai, "Ka taea e
"?au te kōrero ki a koe

I whakawhitiwhiti kōrero māua, ā, kāore he kupu
"?whakataki i mea mai ia, "He nui taku moni, me āwhina koe
Ka whakahoki atu ahau, "Kāore au e hiahia ki tāu moni,
ā, he aha koe ka tuku moni mai ai ki ahau, kāore hoki koe e
"?mōhio ki ahau

Ka whakahoki ia, "Engari e mōhio ana ahau ki a koe, kua
"maha aku rongo mōu

I tuhituhi tonu ahau i tētahi haki mō te \$27,000 (he
moni nui i aua rā), ā, i kite ahau i te ringa o te Atua i muri i
.taua haki

* * *

Ki te kore te tangata e whakawhanake i te
māramatanga ā-roto, i te āheinga rānei o te māramatanga ā-
roto, ka hē āna whakatau, ka whiriwhiri i ngā hoa pakihi

kāore e tika ana, ā, ka uru atu ki ngā whanaungatanga
.whaiaro hē

I te mea ko te whakatau i te tirohanga a ngā pūoro e
ahu mai ana i ngā mōhiotanga e whiwhihia ana e te
hinengaro mā roto i ngā pūoro, ki te mamingatia ngā pūoro e
te āhua, ka whakapono pea te tangata he tangata
whakamiharo te tangata, ahakoa kāore e mōhio ki ngā mea
.kei roto i a ia

Tērā pea ka whakaaro ia kua kitea e ia tētahi hoa
rangatira – tētahi hoa rangatira mō te ora – ā, ka uru atu ki
tētahi hononga marena ka arahi pea ki tētahi oranga pouri,
.ka mutu rānei ki te whakarere

Engari kāore te pūmanawa e hē i ēnei momo hapa;
kāore e titiro ki te mana aukume o ngā kanohi, ki te mata
ataahua rānei o te tangata, engari ka kitea tika, ka kitea hoki
i roto i te hohonutanga o te ngākau te āhua tūturu o taua
.tangata

Te whakatairanga i te wawata wairua
E kore rawa e wareware i ahau ngā kupu a tētahi
kaihoko i roto i tētahi toa nui i taku haerenga ki te hoko i
.tētahi koti māku

Ka mea ia, "E te Ariki, kāore au e hiahia ki te hoko atu i
"tētahi mea ki a koe, kei te rapu noa ahau i tāu e hiahia ana
Kāore taua tangata atawhai i ngana ki te hoko mai i
tana koti tino utu nui ki ahau, engari i whakakitea mai e ia
he koti iti ake te utu e pai ana ki ahau i ngā āhuatanga
.katoa

I harikoa ahau i te whiwhinga i ngā mea e hiahiatia ana
e au i te utu tika
Nā te mahi pera, i riro mai i a ia ahau hei kiritaki tūturu
.mā tana kamupene

Me whakauru e te tangata tētahi āhuatanga wairua ki
roto i ā rātou wawata mahi, ā, me whakaaro ki te whakarato
.ratonga e tika ana mō ngā hiahia o ō rātou hoa tangata

Kāore e ranea mā te tangata te whiwhi moni mā te
whakarato ratonga me te whiwhi moni hei utu, engari me
mahi kia whiwhi moni, me te whakamahi i taua moni hei
whakatū i ngā whare me ngā umanga hei whakatutuki i ngā
.hiahia o te marea

Ina whiwhi moni nui te tangata, ā, i te wā kotahi ka
āwhina i ana hoa mahi me ana kaimahi, ka piki ake tōna
taonga me tōna whai rawa, ā, ka whakamahia e ia ōna
taonga hei āwhina i ētahi atu kia taea ai e rātou te āwhina i
a rātou anō. Koinei te mea e kīia nei e au ko "te wairuatanga
. "o te hiahia nui

Ko ngā mātua whai rawa e waiho ana i ngā moni nui ki ā
rātou tamariki, ka aukati i tō rātou tipu whanaketanga i
runga i te angitu i mahia e rātou anō, ā, ka whakakorea i a
rātou te whakawhirinaki ki a rātou anō me te harikoa o te
.whakatutukitanga

* * *

Kua whakakitea e te Atua tōna pono i roto i ngā momo
whakaaturanga i roto i ngā iwi motuhake, i ngā iwi, me ngā
hinengaro takitahi

Nā tēnei kanorau nui, kua whakatakotoria e te Atua ki
mua i a tātou tētahi pikitia hurihuri, kanorau hoki o te
pūmanawa huna o te tangata, ā, ko te kawenga a te tangata
kia tangohia mai i ēnei momo maha ngā āhuatanga tino pai
rawa atu, kia whakatōkia ki roto i a ia anō, ki tōna whenua
.tupu, ki tōna ao hoki

Koinei te mahi a te hunga mārama i ngā wā katoa, i ngā
wāhi katoa

He rau tau ki mua i tō rātou wā, ā, mā roto i ō rātou
whakaaro tuwhera me te mōhiotanga e tipu haere ana, e
whakaatu ana rātou i ngā pūtake o te pono, he mea pumau,
.he mea pumau tonu

Ko ēnei mātāpono te mauri o te toi pono o te orange
harikoa. He mātāpono tino nui, he mātāpono whai tikanga, ā,

he mea tino nui hoki mō te angitu me te harikoa o ia
.tangata

Kaua ngā rerekētanga i waenga i ngā iwi, i ngā iwi, i ngā
iwi taketake me ngā whakaakoranga rerekē e waiho hei take
mō te wehewehe i waenga i te tangata, engari hei tauira
taketake mō te whakataurite me te whiriwhiri i ngā
āhuatanga me ngā tikanga pai rawa atu hei āwhina i te
.whanaketanga o te tangata me te hāpori tino pai

Te toi o te whakapono ki a koe anō

He tokoiti te hunga e harikoa ana ahakoa kāore he
.taonga, kāore rānei he moni, he hauora rānei

He maha ngā tāngata e hiahia ana ki ētahi mea kia
harikoa ai rātou, ā, ko tō rātou harikoa e whakawhirinaki ana
ki ngā āhuatanga o waho nā te mea kāore anō kia
whakangungua te hinengaro ki te pārekareka ki te harikoa ā-
.roto mutunga kore

Tērā pea ka whakaaro te tangata ka harikoa ia—kia
manaakitia koe e te Atua—mēnā ka whiwhi ia i ngā mea
katoa e hiahiatia ana e ia. Engari mā te hiahia ka whānau te
hiahia, ā, ko te tangata e whakanui tonu ana i ōna hiahia ka
kitea e ia te ngākau māhaki, pērā i te tawhiti o ngā Rangi
.Pīriati i te whenua

I mua i tō hoko i tētahi mea, ka whakaaro koe kāore e
taea e koe te noho me te kore taua mea, ā, me tino whiwhi
koe i taua mea, ahakoa te utu. Engari ina whiwhi koe i taua
mea, ka memeha haere tō hiahia ki taua mea, ā, ka tīmata
.koe ki te whakaaro ki tētahi mea pai ake, ā, pērā tonu

Ko te angitu te toi o te makona i a koe anō: Tikina te
mea e tino hiahiatia ana e koe, kātahi ka makona ki ngā mea
kei a koe

He tokomaha ngā kaimahi me ngā kaimahi e whakapau
moni ana ki ngā mea kāore e tika ana, ā, ko te mutunga iho
.ka toremi rātou i te nama

I mōhio ahau ki tētahi tangata me tana wahine e noho
ana i tētahi whare ataahua i tētahi tāone nui. Ina kite rāua i

tētahi mea e hiahiatia ana e rāua, ka hokona tonutia e rāua,
ahakoa he utunga. Engari i te mutunga, ka waiho tō rāua
.whare ataahua hei pūtake whakamataku mā rāua
Kāore i taea e rātou te utu i ngā utunga mō ngā taonga i
puranga i roto i tō rātou whare, nō reira i kī atu ahau ki a
rātou i tētahi wā: "Ehara i a koutou ēnei mea, ehara hoki i a
koutou, nā koutou i nama mai i roto i ngā utunga. Nō reira,
he aha koutou te whakangawari ai i ō koutou oranga, me te
kore e manukanuka tonu e whakangaro ana i te rangimārie
"?me te harikoa katoa kei a koutou
Nā ngā nama i taka ki roto i a rātou, i ngaro katoa ā
rātou mea, ā, ka hoki rātou ki tētahi oranga māmā ake, ka
.tīmata anō

He hiahia hauora, he hiahia kore hua hoki. He rite ngā
hiahia hauora, utu nui ki tētahi hōiho pakari, e kore e ārahi i
a koe ki te awaawa pōuri, engari e kawē ana i a koe ki ngā
pae mārāma o te harikoa me te ngākau māhaki. He kawenga
mā te tangata te tātari i ngā hiahia kia mōhio ai mēnā ka
.whai wāhi atu ki te harikoa, ka wehe atu rānei i a ia
Ko ngā mea katoa e whakawātea ana i a koe i te hiahia
taonga, e whakatata atu ana hoki ki te harikoa pono, he
hiahia hauora. Kia mōhio koe ko te angitu pono e
whakawhirinaki ana ki te whai i ngā hiahia hauora, kaua ki te
.whiwhi taonga i runga i te utu o ētahi atu
Ahakoa te āhua angitu o te taonga i riro mai i ngā
tikanga whakarihariha i te tirohanga tuatahi, ka
whakamamae te nui rawa o taua taonga i te wairua, ka
tango atu hoki i te rangimārie. He rite te hinengaro pōuri ki
tētahi hū piri e ātaahua ana te āhua engari ka pēhia te
.waewae i ia hikoinga

Ko te tangata he hinengaro mārāma tōna, kei te
rangimārie ia ki a ia anō, ki ētahi atu, me te Atua. Mēnā he
hinengaro mārāma tōu, ka taea e koe te tū ko koe anake ki
te whakahē i ngā whakaaro o te marea o te ao, ā, ahakoa te
matotoru o te pōuri e karapotī ana i a koe, mā te āwhina a te

Atua, ka taea e koe te wero i te pōuri ki te māramatanga o tō
.hinengaro mārama

* * *

Kāore tātou e hiahia ki te whakakororia me te
whakamoemiti a te tangata nā te mea he āhua hurihuri te
āhua o te tangata, ā, he poto noa te wā e maumahara ai te
.tangata

Ko te maioha me te whakaae a te Atua te mea e tika
ana kia whaia e tātou, kia rapua hoki, nā te mea ko te uara o
te tangata e whakawhirinaki ana ki te manakohanga mai i te
.kaititiro o ngā ngākau, me te mōhio ki ngā mea ngaro
Ki te mea he parakore, he tapu hoki tātou i te aroaro o
te Atua, koinā te mea nui rawa atu
Ina mahi pai tātou, me mamae tātou i ētahi wā, engari
ko te ngenge, te kore whakamarie, te whakahaere i a tātou
anō, me te whakangungu hinengaro, kāore he aha ki te
whakarite ki te hari wairua e kore e taea te rite e te kororia o
.te ao

He nui te hari o te hunga e tae mai ana, ā, he hou te
harikoa, ko te whāinga o te ao kia tae atu ki taua harikoa
mutunga kore, ā, mā ia whakaaro rangatira tātou e
.whakatata atu ki tā tātou whāinga matua

He rite ēnei whakaaro ki te awa e anga atu ana ki te
moana o te wairua, ki reira te rangimārie, te ngākau māhaki,
.me te harikoa o roto
putanga nui

Kua pakaru ahau i te ngahere matotoru o te kuware
Ā, i keria e au he ara mārama i roto
I te tuatahi i whakamāramahia e au ētahi ngoikoretanga
me ngā ngoikoretanga
I whaia e au me ngā rakau o te puruma hiahia
tataramoa

Ka nui haere te mura o te ahi
I ara ake ngā mura

Ā, i toro atu ki te horomi i te whakapehapeha
whakakake

Me te kore mohio nui

Ā, i tahuna ngā kararehe nanakia, nanakia o te hiahia

I a au e haere ana

I waenganui i ngā pungarehu o ngā hapa tawhito o te

tangata

Māku e whakatakoto te ara mō te hunga katoa e hiahia

ana ki te whiti i te ngahere o te kuware

* * *

I roto i ō tātou whanaungatanga ki ētahi atu, he mea

tino nui kia kite, kia maioha hoki ki ngā āhuatanga tūturu

.kua whakatōkia e rātou i roto i ō rātou oranga

Ki te ako koe i ētahi atu me te hinengaro tuwhera, ka

taea e koe te mārama ki a rātou, ka pai ake hoki tō noho tahi

me rātou, ā, ka taea e koe te mōhio ko wai te tangata e mahi

.tahi ana koe me pēhea te mahi tahi me ia

Kaua e kōrero ki tētahi tohunga whakaaro mō te reihi

.hōiho, kaua hoki ki tētahi kaipūtaiao mō te tiaki whare

Me kimi e tātou he aha ngā mea e pā ana ki te tangata

kē, ka kōrero ki a ia mō tēnā, kaua e pā ana ki a tātou anō

Te whakataetae i waenga i ngā tāne me ngā wāhine

Te āhua nei kua roa te whakataetae i waenganui i te

tāne me te wahine, engari he ōrite tonu rāua, ā, kāore tetahi

.i te hira ake i tetahi

Me whakahīhī te tangata ki tōna uara ā-roto, me ngā

kaha matatika me ngā āhuatanga matua kua whakanohoia e

.te Atua ki roto i a ia

E kī ana te tāne he kare ā-roto, he hihiri hoki ngā

wāhine, ā, kāore e taea e rātou te whakahaere i ngā mea me

.te whakaaro nui me te whakaaro nui

E amuamu ana te wahine kāore e taea e te tāne te

mārama ki a ia, me te maioha ki ōna kare ā-roto

Engari e taea ana e ngā wāhine te whakaaro arorau tika,
ahakoa ko te kare ā-roto te kaha rawa atu i roto i ō rātou
āhua

Ā, ka taea e te tangata te rongohanga ahakoa ko te whakaaro
nui te mea nui i roto i tōna ao

Ko te whāinga he waihanga i te taurite i waenga i te
whakaaro me te kare ā-roto kia kore ai tetahi e kaha ake i
.tetahi, e whakakore rānei i tōna tūranga

Ka taea tēnei taurite mā te ako a ngā ira e rua tetahi i
.tetahi mā te whakahoahoa me te māramatanga

I roto i te hunga mārama, ka kitea e tātou he ranunga
whakamiharo o ngā āhuatanga tāne me te wahine. Ā, ina tae
tātou ki te taurite tino pai i waenga i te whakaaro nui me te
kare ā-roto, kua ako tātou i ngā akoranga nui i haere mai ai
.tātou ki tēnei ao

* * *

Ngā pāoro wairua

He mura ahau o te māramatanga o te ao

Ehara tōku tuakiri i te toto me te wheua

Engari, he hihi nō te rā atua

Ka whakawhanakehia e au te kaha ki te arotahi i te
hinengaro

Ka pānui au i ngā pukapuka me ngā rauemi pai

Ā, ka ruku hohonu ahau ki te whakaaro

A i runga ake i ngā mea katoa

Ka ruku ahau ki te moana o tōku wairua

Ā, e whakaaroaro ana ahau ki ngā mea ngaro kua

whakatakotoria e te Atua ki roto

Ka pātai atu ahau ki a koe, e te Ariki

Hei kimi i te whakaaroaro i roto i aku mahi

Me tētahi mahi i roto i taku whakaaroaro

Nō reira, i tōku ao katoa

He koha aroha me te pono ki a koe

?Ka kitea koe e au

?Engari i te wāhi tapu o tōku ngākau

Ka whakatō ahau i ngā rōhi o te aroha tuakana
I te oneone o te whakahoahoa me te pono
E te Ariki, whakaarahia mātou i tā mātou moe roa
Kia mōhio mātou ki tō aroaro e whakaatuhia ana i roto i
te māramatanga o te whakaaro nui
Ā, e tiaho ana i roto i ngā rama o te whakaaro nui
Ka whakamatao ahau i roto i te puna o te aroha atua
E huna ana i muri i ngā taiepa o te whakaaroaro
?He aha tēnei ora e rere nei i roto i ōku uaua
?E whakaaetia ana rānei kia kore he pūtake atua
Te ariā o te tukunga
!Kāore he rohe, kāore he mutunga o te whakaaro
Ko ia kupu atawhai e tohu ana i tētahi ariā o te ao
whānui, nā te mea he pūtake atua ngā kupu atawhai me ngā
.whakaaro parakore
He maha ngā ngaru o ngā whakaaro nui e kanikani ana i
.te uma o te moana o te pono
He ngaru i te moana o te māramatanga me te
mātauranga ā tātou whakaaturanga hinengaro o te whakaae
tahi
?He aha te tikanga o te kupu whakaputa
He whakahoutanga o te ora, he pikinga ki ngā taumata
teitei ake
He aha te mea e whakanuia ana, ā, me pēhea te
?whakanuia
Me mārama tātou ki te tikanga o te whakahoutanga o te
ora. Ka pāngia ngā mea katoa e te huringa me te whakaputa
.ketanga
He kino, he pai rānei ēnei huringa ki te mea e
whakarerekētia ana
Hei tauira, ki te tangohia e au tētahi karāhe paru ka
?whiua kaha ki te whenua, ka rerekē, kāore
Engari kāore he painga o taua huringa; engari, he kino
.ki te mea i whakangaromia

Engari ki te horoia te karāhe, ā, kia mārama, kia kanapa,
 .ka whai hua te panoni
Nō reira, ko te tikanga o te putanga ko ngā huringa whai
.hua katoa, ahakoa ki ngā mea ā-tinana, ki te tangata rānei
 mahi auaha
 :E toru ngā momo tāngata he wairua auaha tō rātou
 Kāwai tino pai – tino pai
 akomanga waenga
 me te kāwai noa
 He tokomaha kāore e taka ki tētahi o ēnei kāwai
 :He pai ki te tangata te pātai ki a ia anō
 Kua ngana ahau ki te waihanga i tētahi mea hou,"
ahurei hoki, tētahi mea hei painga mōku ake, mō ētahi atu
 "?hoki
 Koinei te tīmatanga mō te whai wāhi atu ki ngā mahi
 auaha
 Ki te mea kāore ia i whakaaro ki tēnā, ko ia tētahi o te
hunga e whakapono ana kāore he pūkenga auaha i a rātou
ahakoa kei a rātou ōna āhuatanga, engari ko ngā whakaaro
kua uru mai ki roto i a rātou mai i tō rātou hinengaro huna
kua whakamana i a rātou he tawhiti nui i waenganui i a rātou
 .me te auahatanga
Ko te tangata e haere ana i roto i te ao pērā i te tangata
e hikoi ana i te moe, me ara ake ia, me te whakaū ki a ia
 :anō
 Kei ahau te taonga nui rawa atu o te tangata, arā, te"
 "wairua auaha
 Kei ia tangata te mura o te pūkenga me te kaingākau, e
āhei ai rātou ki te waihanga i tētahi mea ahurei. Heoi, he rite
te awe o te taiao ki te hipnosis, ā, ka taea te tinihanga i te
hinengaro iti o te tangata mena kāore te tangata e mataara,
 .e manawanui hoki ki ngā awe kino o te taiao
 Ko te tangata e mea ana ki a ia anō, "He maha ngā
huarahi e takahia ana, e kiki ana hoki, he aha te take o te
whakamātau?" ka tukua ia kia taka ki raro i te awe o te

hinengaro o te ao e aukati ana i te whakatau, ā, koinei te
take he tokomaha te hunga kāore e angitu i ngā āhuatanga
.katoa o te ao nā te mea kāore i a rātou te wairua auaha
Me urutau te tangata ki ngā wheako o te ao i runga anō
i ngā tohutohu a tōna hinengaro me ngā tohutohu a tōna
.ngākau, kaua hoki e mahi me te kore whakaaro nui
Ko te tangata he whakapono kaha kei roto i a ia anō, ka
whakanuia e te Atua tōna whakapono, tōna kaha, me tōna
.whakapau kaha ki te whakatutuki i tāna e wawata nei i te ao
He tino whakawhirinaki ahau ki te Atua, ā, he kaha hoki
tōku whakapono ki tāna āwhina, nō reira kua manaakitia
ahau e ia ki tētahi kaha wairua manaaki, he kaha wairua
kaha e kore e taea te hinga, nāna i hanga tonu ngā whai
wāhitanga mōku, i whakatuwhera ngā tatau mōku, ā, i
whakatakoto i ngā ara maha ki mua i ahau, nā tōna aroha
.noa

Kei te Atua anake te hari pono me te pumau
He taonga te mātauranga atua; ko te tangata e kitea
.ana e ia, kāore he mea e hiahiaatia ana e ia
Kei te Atua, kāore he haumarua i roto i tētahi atu, ko ia
anake te piringa me te mawhiti i ngā wehi me ngā
.āwangawanga katoa

Ki te kore, kāore he haumarua tūturu i tēnei ao
Nō reira, me whakapau kaha tātou ki te mōhio ki a ia, ki
te kōrero ki a ia i te ata, i te pō, i roto hoki i ngā mahi katoa
e mahia ana e tātou, me ngā kawenga katoa e tutuki ai i a
.tātou

Kei hea te Atua, kāhore he wehi, kāhore he pōuri
Ko te hunga e mōhio ana ki a ia, kāore e whakakorikoria
e ngā āhuatanga o te ao, kāore hoki e whakakorikoria e ngā
āhuatanga kino maha, nā te mea kei te noho haumarua rātou
.nā te aroaro o te Atua me tana tiaki i a rātou

Te inoi
Āe, e te Ariki

Ahakoa te ngaro o te māramatanga o tō aroha i ētahi wā
nā ngā kino o te ao
Engari kei te kaha mātou ki te whakaatu i tō
māramatanga
Kia rere tonu te kanapa o tō māramatanga tapu
Ka tiaho i waenganui i te pōuri, ā, ka peia rawatia atu
Kei te rongo ahau i tōu mana kororia e horapa ana i roto
i ahau
Mā tō āwhina me ō manaakitanga, ka taea e te hunga e
aroha ana ki te pai
Te wikitoria i ngā kino o te ao
Ā, ko tō aroha te mana nui rawa atu
Me whakatō ki roto i ngā hinengaro me ngā ngākau
Hei whakakore i ngā pakanga
Ngā raruraru me te koretake
E rongo ana ahau i te mamae o te tangata
E hiahia ana ahau ki te mahi i ngā mea katoa hei
whakamama i te mamae o te tangata
Manaakitia mātou, e te Ariki, kia ara ake ai ngā rama o
tōu aroha me tōu māramatanga
Ahakoa te wāhi e tahuri ai tātou, ahakoa te wāhi e haere
ai tātou
E hiahia ana ahau ki te noho tahi me te hunga e aroha
ana ki a koe
Ā, e hiahia ana ahau ki te whakarongo ki tōu ingoa tapu
rawa
Ko koe te aroha tuatahi me te aroha whakamutunga i
roto i tōku ngākau
Manaakitia te katoa, kia rongo ai rātou i tōu aroha me
tōu korōria
Kia whakarērea e tātou ngā wawata koretake me ngā
moemoeā pohewa
Kī tonu mātou i tō aroha whakamiharo
E hiahia ana ahau ki te kōrero ki ētahi atu mō tōu aroha
me ōu mea whakamiharo

Whakatōkia ki roto i a mātou te mōhio tonu ki tōu aroha
Me te hiahia nui ki te pā atu ki tō aroaro atua
Kia whakarērea e tātou ngā mea katoa e peia ai tātou, e
ārai ana i a tātou i a koe
Ko koe anake te pono mutunga kore, pumau tonu, tino
pono

Kāore he ora ki te kore koe
Whakaorangia te katoa, pērā i tāu whakaorangia i ahau
Ā, ka mihi atu ahau ki a koe mai i te hohonutanga o tōku
wairua

Hei homai i tēnei hari nui ki ahau
E haere tahi ana i ahau i te ao me te pō
Ngā mahi marino me te mahi marino
Kaua te tangata e whakapau i tōna wā ki te kohi moni
anake, engari me whakapau anō hoki i tōna wā ki te
whakakori tinana, ki te pānui pukapuka, ki te whakaaroaro,
ki te aroha ki te Atua, me te noho marino, me te kore e
.whakararuraru

Me ako tātou ki te noho pukumahi, ki te noho pukumahi
hoki, me te whakakī i ā tātou mahi o ia rā ki te rangimārie e
puta mai ana i te whakaaro ki te Atua me te whakaaroaro
.hohonu

Me whakaoti e tātou ā tātou mahi i runga i te aroha ki te
mahi, ā, me whakaae ki ngā hua me te taurite o te
hinengaro, me te kore e whakaiti i te angitu, e pouri rānei i
.te korenga e angitu

E te Ariki, e inoi atu ana mātou ki a koe kia āwhina mai i
a mātou kia noho i roto i te rangimārie i roto i tētahi ao e
ārahi ana tō pono i a mātou, e ārahi ana i a mātou, e ārahi
ana i a mātou, e ārahi ana i a mātou, kia noho ai mātou i
roto i te aroha o ngā teina, kia whanake ai hoki ō mātou
tinana, hinengaro, me ō mātou wairua i roto i te huarahi
taurite, kia whakakitea mai ai tō rangimārie i te rangi i roto i
.ō mātou oranga me ngā mahi o ia rā

Kia manaakitia tātou ki te hauora, ki te pūkenga, ki te
mahipai, me te whakaaro nui, kia whakahihiko tātou i ō
tātou hoa tangata ki te whakaputa i ō rātou āhua pai me ō
.rātou āhuatanga rangatira
Kia tiaho te māramatanga o tōu aroha ki runga i te aata
o tō mātou hiahia nui ki a koe
Ā, tukua mātou kia kaha ki te whakaara i tōu aroha ki
roto i ngā ngākau katoa

* * *

I pātai tētahi o ngā ākonga mō te huarahi pai hei
:whakatutuki i te rangimārie o roto, ā, ka mea te kaiako
Me mahi ki te whakamarie i ngā whakaaro manukanuka
e rere ana ki waho, me te arahi i te whakaaro ki roto
Me mahi ki te whakataurite i ō whakaaro me ō hiahia ki
.ngā meka e ranea ana, e tino tika ana hoki kei roto i a koe
Kātahi koe ka rongo i te rangimarie e horapa ana ki roto
.i a koe, e karapoti ana i tō ao me te taiao katoa
Ki te rite ō tumanako me ō wawata ki tēnei rangimarie
ā-roto, ka hikoi maeneene, ka ngāwari hoki koe i ngā ara o
.te ao, ā, ka rere koe i runga i ngā parirau o te rangimārie
Kei roto i tēnei te hohonutanga me te ataahua o te
oranga o te wairua

* * *

I ētahi wā ka nui ake te whai hua o ngā whakaaro i ngā
kupu

Ko te hinengaro tangata te kaiwhakawhiti me te
kaiwhiwhi kaha rawa atu o ngā mea katoa
Ki te whakapaoho tonu koe i ngā whakaaro pai, ā, ka
whakakīia ki te kaha o te aroha, ka waiho aua whakaaro hei
.whakaaro pai ki ētahi atu
Waihoki, ki te tukuna e koe ngā whakaaro e kīia ana e te
hae, e te mauahara rānei, ka riro i ētahi atu aua whakaaro,
.ā, ka whakautu mai ki aua whakaaro me ngā whakaaro ōrite
Kei te inoi ahau ki te Atua kia tautoko i āu mahi me Tōna
kaha me āna manaakitanga

Hei tauira, ki te mea kei te peka ke te tāne i te ara tika,
me inoi te wahine ki te Atua kia āwhina i tana tāne, kia
tangohia atu hoki ngā kare ā-roto o te hae me te riri i roto i
tōna ngākau, kia mōhio ai tana tāne ki tana hapa, kia hoki ai
.ki te ara tika

Ki te pono te inoi, ā, he parakore ngā whakaaro, ka puta
.te huringa e hiahiatia ana mā te awhina a te Atua

* * *

He maha ngā wā kua whakamahia e au te kaha o te
ngākau ki te wikitoria i tētahi āhuatanga e ngana ana ki te
.hopu i ahau

I a au e kai ana i ētahi momo kai, ā, ka kitea e au kei te
herea ahau e te hiahia ki aua momo kai, ka mutu taku kai i
.aua kai tae noa ki te memeha haere o te hiahia ki aua kai

I taku haerenga ki Singapore, i kitea e au tētahi hua
reka i reira, engari i āta tiro tiro ahau i a au anō kia kaua e
hiahia ki taua hua, i te mea ka mōhio ahau mēnā kāore au e
aro nui, e āta tupato hoki, ka kitea e au kei hiahia ahau ki
taua hua i te ata, i te poutumarotanga, i te pō hoki, ā, mā
.tēnei ka whakawhāitihia e mātou a mātou anō

Ahakoia i tino pārekareka ahau ki ngā hua i taua rā,
kāore au i ngaro, ā, kāore hoki au i pouri mō tōna ngaronga i
.te rā i muri mai

Ki te arotahi tātou ki ngā mea e pārekareka ana ki a
tātou, kāore he mea e wehi ai tātou. Me pupuri tonu tō tātou
.herekoretanga ki runga ake i ngā mea katoa

Ki te mea ahau kāore au e mahi i tētahi mea, ko te
whakatau whakamutunga, ā, kāore e taea te whakakore.

?Ehara ianei tēnei i te herekore

Auē te ataahua o te mahi, ehara i te mea nā te tikanga,
nā te whakautu rānei ki ētahi atu e ngana ana ki te kukume i

!a tātou, engari nā te whakaaro nui i whakahau
Ina whakatenatena te whakaaro nui i a tātou ki te mahi i
tētahi mea, kaua tetahi mea e ārai i a tātou ki te mahi, ki te
.mea kei te ārahihia tātou e te whakaaro nui

Ka taea te whakatū i tētahi tikanga pai mā te kaha o te
ngākau me te whakaaro nui. Kei a au te kaha ki te tautoko i
.ngā mea katoa e kīia ana e te whakaaro nui
Kua tino pumau ngā tauira taketake, ngā momo rānei o
te nuinga o te tangata, ā, kāore e taea te whakarerekē,
engari ko te hunga e pupuri ana i ō rātou whakaaro kia
ngāwari mā te ngākau māhaki me te whakahaere i a rātou
.anō, ka ngāwari te huri hei pai ake
Me ngāwari te hinengaro, pērā i te paru. Mā te
whakaaro nui taua ngāwari, ā, koinei te herekoretanga e
.hiahia ana ahau kia pārekareka ki ētahi atu
Ina wetekina te tangata i te here o te tikanga, ka kitea e
ia kāore he hari nui atu i te mahi i runga i te māramatanga o
.te whiriwhiri herekore me te whakapono whaiaro
Kaua te tangata e tuku i ngā āhukatanga kia kuru, kia
papaki i a ia, kia hinga ai ia, engari me whakapau kaha ia ki
.te wikitoria i ngā āhukatanga
Ko te tangata he kaha tōna ngākau, ka wikitoria ia i ngā
.uauatanga katoa mā te awhina a te Atua

* * *

He rite tonu te hinengaro ki ia mahi tinana
Ka whakamahia e tātou tō tātou kaha tinana ki te mahi i
ētahi mahi, engari he pūtake tō te mahi i roto i te whakaaro,
.ā, he kaiārahi hinengaro kei raro i te mana
He kino te tahae; engari ko te kino nui rawa ko te mahi
tahae hinengaro, e whakatakoto ana i te ara mō te tahae
.tinana, nā te mea ko te hinengaro te tino rangatira
Me peia atu i roto i te hinengaro tetahi mahi hē e hiahia
ana te tangata kia karohia
Ki te arotahi noa koe ki te mahi ā-tinana, he tino uaua ki
te whakahaere i a koe anō
Me arotahi te hinengaro me te whakatika i ngā
whakaaro hē, kātahi ka oti aunoa te mahi, ka maeneene, ka
.angitu hoki

* * *

Ina rongo koe i te rangimārie
I ia nekehanga
Mai i ngā nekehanga o tō tinana
Ā, ka rongo koe i te rangimārie i roto i ō whakaaro
Ā, i roto i tōu hiahia
Ā, i roto i tō aroha
Ā, kei te rangimārie ia
A i roto i te aroaro o te atua
I roto i ō wawata
Kia mahara koe
Kua tae tōu ora ki te Atua

Te whakamoemiti, te whakahē, me te whakapatipati
He pai te whakapatipati ina whakatenatena i te tangata
ki te mahi pai, engari he kino ina whakamahia hei huna i ngā
patunga wairua, ka pirau ai, ā, ka paitini te wairua ki te mate
.o te kuware

He pai ki te nuinga te whakapatipati, pērā i te tokomaha
e pai ana ki te kai honi me te kore e mōhio he paitini pea
.ētahi o aua mea

Haunga ngā kupu whakapatipati a ētahi atu, he maha
ngā wā ka whakatikahia e ō tātou ake whakaaro ō tātou
ngoikoretanga kino, ka huna hoki i ngā whēwhe hinengaro
nui ka pakaru, ka paitini i te oranga wairua katoa o te
.tangata

Nō reira, he mea ahua reka ki te taringa te whakapatipati
a ētahi atu ki a tātou, me ngā kōrero hāhā a ō tātou
whakaaro whakamarie, ā, ka riro tō tātou whakaaro nui i roto
.i ngā ringa o ngā kupu whakapati paitini

He tokomaha e whakamāumau ana i te moni, te wā, te
hauora, tae atu ki ngā tikanga matatika nā ngā kupu
.tinihanga a ngā hoa rūpahu

He tokomaha ngā wairua kua ngaro nā te mea kāore i
whakarongo ki ngā tohutohu whakaaro nui, nā te mea hoki
kua taka rātou ki te whakamatautauranga o ngā kōrero reka
.kei roto ko te mānumanu me te mauahara

He pai ake te noho ki te reinga me te tangata pono, tika,
i te noho ki te pararaiha me te tekau ngā tāngata kōrero
mārire, whakaaro kino. Ka hurihia te rangi e ngā
kaiwhakapatipati hei reinga, ko ngā hoa pai, pono ia ka
.hurihia te reinga hei rangi
Me kōrero tonu tātou i te pono, ā, i te wā anō me karo
tātou i te whara i ētahi atu ki ngā kupu pono engari he
.nanakia, ā, kāore e hua pai ai
Hei tauira, ki te kōrero koe ki tētahi matapo mā te kī "E
te matapo," tera pea he pono tāu e kōrero nei, engari kāore
e hiahiatia tēnei momo kōrero, ā, ka pāngia hoki e te
.mamae, nō reira me karo i tēnei momo kōrero mamae
Kāore i te tika te whakahē i te tangata kāore e hiahia kia
whakahētia, engari he pai te whakarongo ki ngā whakahē
atawhai, ā, he mea whakamiharo te whakaae ki ngā
.whakahē kino engari tika me te ataata me te mihi aroha
He hoa tō tētahi tangata whakaaro nui i tino whakahē i a
ia, ā, i riri ngā akonga o te tangata whakaaro nui ki tēnei
whakahē. I tētahi rā, ka haere mai tētahi o ngā ākonga ki
tana kaiako me te harikoa, ka mea ki a ia: "Kia hari, e te
".kaiako, kua mate hoki tō hoariri, te kaitātari hapa
Ka pā te tangi o te tangata whakaaro nui, ka mea, "Āe,
he mate nui! Kua mate taku kaititiro wairua pai rawa atu, ā,
".e pouri ana tōku ngākau
Ko te nuinga o te iwi kāore e pai ki ngā whakahē whai
hua, whai kiko, engari e pai ake ana ki te patu i ngā mea
katoa hei whakapatipati, ā, ka tahuri ke atu i ngā kupu pono
.a te hunga whakaaro nui me tā rātou tirohanga tika
:Me pātai te tangata ki a ia anō i ia wā, i ia wā
Kua mamingatia ahau e ngā kupu reka, ā, kua tukua e"
ngā ringa whakapatipati whaiaro kia whakawhāiti i tōku
"!whakaaro nui, kia matapo i tōku māramatanga
Te Kōrero mō te Tapu me te Wairua o te Rewharewha
I a tētahi o ngā tāngata tapu tika a te Atua e
whakaaroaro ana i te pō, ka puta mai ki a ia te wairua

whakamataku o te rewharewha, e tomo ana ki te kāinga i
:noho ai ia, ā, ka karanga ia ki taua mea

Noho ki tō tūnga, e te wairua, hoki atu ki tō wāhi i"
haere mai ai koe, Kaua e tukino i ngā tāngata o te tāone e
".karakia nei ahau ki te Atua

Ka whakahoki te wairua, "Tokotoru noa iho ngā tāngata
ka tangohia e au, kāore e nui atu, i runga anō i te ture o te
"karma, hei whakatutuki hoki i taku mahi ā-ao
I whakaae āwangawanga te kaitiaki ki te whakamārama
I te rā i muri mai, tokotoru ngā tāngata i mate i te
rewharewha, ā, i te rā tuatoru, he tokomaha atu anō i mate,
ā, i ia rā i muri mai ka pāngia ētahi o te kāinga e te mate
.kino

I tōna whakapono kua taka ia ki tētahi tinihanga nui, ka
whakaaroaro hohonu te tangata tapu, ā, ka karanga i te
wairua. I tōna putanga mai, ka riria e te tangata tapu, ka
:mea

I tinihanga koe i ahau, e te Wairua, ā, kāore koe i"
kōrero i te pono i tāu kīnga mai ka tokotoru noa iho ngā
"tāngata e tangohia e koe

Ka whakahoki te wairua, "E oati ana ahau ki te Wairua
"Tapu kua kōrerotia e au te pono

Ka mea te kaitiaki, "I oati mai koe ki ahau ka tangohia e
koe ētahi tāngata tokotoru, engari kua mate ngā tāngata i te
".mate

Ka whakahoki te wairua: "E te hoa o te Atua, e toru noa
"iho aku i tango ai, ko ētahi i mate i te wehi
Kia mōhio mai, e aku hoa – kia whakanuia e te Atua tō
koutou mātauranga – ka hangaia e te wehi he wiri kino i roto
i te tangata, ka karapoti i a ia i tētahi ara, i tētahi ara rānei,
ka takai i a ia ki ngā taura e kore e kitea e uaua ana ki te
whakakore, ā, ka ngawari ake ia ki te whiwhi i ngā mea kino
katoa i roto i ētahi atu e karapoti ana i a ia, nō reira ka
.karapotia ia e ngā ngaru kino

I roto i tēnei āhua, ka kawea mai e ia ki a ia anō te
mate, te pouri, te kore tumanako, te ruarua, te mamae, ngā
.pōuri, me te mate pea

Manawanui: Te Kaiwhakaoho Ao

Ko ia nekehanga o te tinana e tohu ana i te nekehanga o
te hiahia

Mā te pūnaha kaha o te ngākau, ka tukuna te pūngao ki
te tinana mā te whakamahi i te pūngao kua rongoaia i roto i
.te roro me te pūngao ao mohio e karapoti ana i te tinana
Ina nenge koe, ka taea e koe te whakarato i te kaha ki
te tinana mā te kai, te manawa i te hāora, te inu wai, me
.ētahi atu wai rānei

Engari ina whakakorikori koe i ō ringa me tō tinana ki te
hiki i tētahi taumaha, ka kawea mai e koe te kaha ki roto i tō
.tinana mā te kaha o te hiahia e kore e kitea
Ina whakakaha koe i te tinana me te arotahi mohio (kia
wiri ra ano me te kore e taumaha), ka pa atu koe ki te kaha
.o te Atua i whakawhiwhia ki te matauranga

Koinei te huarahi e taea ai e tātou te whakaputa
pūngao, te mahi rānei i roto i te tinana, ehara i te mea mai i
ngā pūtake rauemi i waho o te tinana, engari mai i te pūtake
.atua e huna ana, e noho ana i roto, i waho hoki o te tinana
Hei uru atu ki te kaha o te ao tūroa, me kimi tuatahi te
hononga ngaro i waenga i te hinengaro me te ao tūroa, i
waenga i te tinana me te wairua. Ka kitea tēnei hononga mā
te arotahi, te whakaaroaro, me te mōhio ki te āhua tūturu o
.te tangata me tōna hononga ki te hinengaro atua

He kāreti te ora

He tokomaha o te hunga i noho tahi me tātou i tērā tau
kāore i te noho tahi me tātou ināianei, ā, ko wai ka mōhio ko
?wai ka noho mai i konei i te tau e tū mai nei
Ko te ora tēnā, ā, ka haere tonu tana haerenga He tira e
haere tahi ana tātou mō te wā poto
Kua taka ētahi o ō tātou hoa ki te poka o te mate, engari
ina taupokina rātou e ngā mamae e pā ana ki a rātou, ka

tīmata rātou ki te rapu i te arataki me te tohutohu mai i te
Ariki o te tira, ko ia hoki te Ariki o tēnei ao: te Atua Kaha
.Rawa

Ahakoia kua wehea tātou i roto i tēnei tira haere, ā, kei
te karapotihia e te mea ngaro te tīmatanga me te mutunga,
he tikanga hohonu tonu tō te ao: he whakamahara mai ki a
.tātou i te hiranga o te rapu pono i te Atua
:Ka taea hoki te whakarite i tēnei ao ki tētahi whakaari
He kōrero tēnei ao nā tetahi kiripuaki, ko te pō te"

"taupoki, ko te ao te papa tākaro

Kāore ngā kaiwhakaari i ahu mai i te kore. He wāhi kei
muri o te atamira, ā, i muri i te mutunga o ā rātou mahi,
kāore ngā kaiwhakaari e mutu te ora, engari ka ngaro atu i
.muri i te ārai o te ao ki te rapu okiokinga

Kei konei mātou i raro i te mahere a te Kaiwhakahaere
Whare Tapere Atua ki te whakaari i ā mātou mahi mō tētahi
.wā i tēnei wāhanga o te ao, kātahi ka wehe atu i te atamira
Kāore tātou e mate i roto i te tikanga tuku iho o te mate,
engari ka ngaro atu tātou i muri i te ārai o te wā, e ai ki te
tohutohu a te kaiwhakahaere o te whare tapere o te ao
.tūroa

Ka puta tātou i runga i te atamira o te ao i ia wā, i ia wā,
kia mōhio rā anō tātou ki te mahi, kia tika ai te mahi i ā tātou
.mahī e ai ki tā te Atua i pai ai

Ina whakapai ake tātou i tā tātou mahi, ā, ka tutuki i a
tātou te hiahia o te Kaiwhakahaere Matua me te
Kaiwhakamahere, me te kore e ngaro te maia, e pokanoa
rānei ki ngā taipitopito o te mahere i whakaritea e te Atua,
kāore tātou e hiahia ki te whakamātau anō, engari ka noho
hei pou ora tonu i roto i te hanganga o te oranga tonutanga,
.hei kainoho pumau i roto i te Rangatiratanga o te Rangi

Ka noho tonu rātou ki reira ake ake

Ko te tangata e wikitoria ana, māku ia e mea hei pou i}
roto i tōku temepara tapu, ā, e kore ia e puta atu i reira a
{ake ake

I te tīmatanga i whakaroa ahau ki te noho hei kaiako, nā
 te mea he nui, he whakamataku hoki ngā whakaritenga me
 ngā pānga, nā te mea me noho te kaiako hei ātete ohorere,
 ā, i te wā tonu ka raru ia, ka pōhēhē hoki, kāore e taea e ia
 .te āwhina i te hunga e tono ana i tana āwhina
 Me aroha te kaiako pono ki te katoa, me mārama ki te
 tangata, me te mōhio ki te Atua
 I te kōrero mai a taku kaiako (a Sri Yuktiswar) ko taku
 tūranga i tēnei ao he kaiako wairua, ka karanga ahau ki te
 .mana mutunga kore o te Atua hei tautoko i ahau
 I taku tīmatanga ki te tuku kauhau, i whakaaro ahau kia
 kaua e kōrero i runga i te mātauranga o ngā pukapuka i ahu
 mai i te ako ariā, engari i runga i te hihiri o roto, me te mōhio
 tino kei muri i aku kupu katoa te mana auaha e kore nei e
 .maroke ōna puna, e kore hoki e memeha tōna pūtake
 Kua whakamahia hoki taua mana i ētahi atu wāhi hei
 āwhina i ētahi atu i roto i ā rātou mahi, ā, i roto i ngā huarahi
 .maha
 Kua whakamahia e au te hinengaro tangata hei
 whakaatu i te ora tonu
 Kāore au i mea, "Mahia māku, e te Ariki," engari, "E
 hiahia ana ahau ki te mahi i tēnei, e te Ariki, ā, kei te tono
 atu ahau kia ārahi koe i ahau, kia whakaaweawe i ahau, kia
 ".pupuri hoki i ahau mā te ringa
 Ka taea e te tangata te mahi i ngā mea iti i roto i tētahi
 huarahi tino ahurei
 Me tino matatau ia i tana mahi, ā, kaua e tukua kia
 .haere noa tōna orange i roto i te āhua noa
 Ā, ki te whakatutuki i tētahi mea whai hua kāore anō kia
 .mahia e tētahi i mua, tētahi mea ka miharo ai te ao
 Ā, hei whakaatu i te mahi a te āhuatanga atua auaha,
 auaha hoki mā roto i a ia, ā, mā roto hoki i a ia

Me whai whakaaro pumau, me whakatau hoki te tangata
kia hikoi i ngā ara o te ao, me te kore e tukua ngā whakaaro
.o te korenga me ngā hapa o mua kia tū hei arai i te huarahi
Ahakoa te pōuri o te ao, ahakoa te uauatanga, ahakoa
te ngaro o ngā whai wāhitanga, kaua e hopukina, engari
kaua te ākonga e mea ki a ia anō, "Kua whakarērea ahau e
".te Atua, ā, kua hiritia tōku mutunga
?Ko wai ka taea te tuku awhina ki tētahi tangata pēnei
Tērā pea ka whakakahoretia ia e te whānau o te
tangata, tērā pea ka whakarērea ia e te waimarie – e ai ki
tana tirohanga – ā, tērā pea ka whakatakoto whakaaro ngā
mana tangata me ngā mana taiao ki a ia, engari ka taea e ia,
mā te aroha noa o te Atua me te wairua auaha i roto i a ia,
te pana i ngā whakaeke katoa a te hoariri, me te hikoi
.wikitoria ki te pararaiha o te whakatutukitanga tuturu
Ahakoa ka hinga koe i ngā rau wā, kia whakatau koe ka
taea e koe te wikitoria i ngā uauatanga, ā, ka riro i a koe te
.karauna o te kororia
Kāore te pouri e mau tonu ake ake, ā, he
whakamātautau rangitahi te pouri
E hiahia ana te Atua kia toa tātou i te ao, kia whakakitea
hoki te mana katoa i roto i a tātou, kia taea ai e tātou te
mahi angitu i tā tātou tūranga nui i runga i te atamira o te
.ao

I roto i te reinga me te tohunga
I mua, i te taha o te awa tapu, i noho tētahi tangata
karakia ki te whakaaroaro hohonu. He maha ngā tau i pau i a
ia e whakaaroaro hohonu ana, engari kāore i hua āna mahi,
ā, kāore ia i koa ki te hauhake i te nui o te rangimārie,
ahakoa āna mahi ki te rapu me te tiro tiro i ngā mea ngaro o
.te ora me ngā pūtaka o te harikoa
Ahakoa i karapotia tō mātou hoa i ngā wā katoa e te
āhuarangi rangi e pā ana ki ngā tirohanga ataahua, ngā
wairua atawhai, ngā pukapuka utu nui, me ngā porowhita
maumahara manaaki, i mau tonu tōna hinengaro ki te

whakaaro ki ngā huarahi tino tika hei pahua i te tangata, hei
.whara hoki i a rātou

Kāore taua whakaaro i taea e ia te whakahaere, ā, i te
āhua nei i ahu mai i ngā take karma tawhito. I a ia e ngana
ana ki te peia atu i aua whakaaro kino, ka nui haere te
urunga mai ki roto i tōna hinengaro, ka whakararuraru i tōna
.rangimārie, ka pahua i tōna marino

Hei whakamutunga, ka oati ia ki a ia anō, me te kī: "Ka
inoi tonu ahau, ka inoi, ā, e kore ahau e mutu kia watea rā
anō ahau i ēnei whakaaro whakararuraru e wero ana i te
"taha o tōku rangimārie i a au e whakaaroaro ana
Kotahi te hāora i pahemo, kātahi ka rua, ā, ka puta ake
ngā whakaaro kino ki tōna hinengaro, pērā i te awhiowhio, e
pā ana ki te hanganga o tana whakaaroaro, e whakangaueue
.ana i taua hāora

Hei whakamutunga, i muri i ngā haora e toru o te
whakapau kaha, ka ngaro whakarere atu ngā whakaaro
whakararuraru i tōna hinengaro, ā, i tō rātou wāhi, ka kite ia
i roto i tētahi moemoeā ataahua i tētahi tangata tapu a te
.Atua e tū ana i tōna aroaro i roto i te kikokiko me te toto
Kāore i te puta noa mai te tangata tapu kanapa i te ora,
:engari i kōrero anō hoki me te ngākau aroha nui, me te mea
E taku tama, i tō āhua o mua he tahae ngaio koe, kāore"

he mea kē atu i te hopu i ētahi atu me te pahua i ā rātou
taonga. Engari i mua tata o tō matenga ka ara ake tō
hinengaro, ā, ka whakatau koe ki te whakatika i a koe anō,
ka oati ki a koe anō ka huri koe i tō whanonga whakama, ka
whai i te ara o te pai. Nā konei koe i whānau mai ai ki tēnei
ao me te kaha o te wairua kia noho hei tangata pai, engari
ahakoa rā, i mauria mai e koe ngā whakaaro kino koia te
".kaupapa matua o tō orange i tō āhua o mua

He mea pōuri, e taku tama, kei te noho koe i ēnei wā"
manaakitanga, e karapotia ana e ngā hoa pai, e ngā
porowhita o te maumahara me te whakaaroaro, ahakoa ēnā
mea katoa, kei te noho koe i roto i te reinga o te

manukanuka hinengaro me ngā whakaaro whakangaro,
".pōrearea

I muri i te wā poto o te wā, ka haere tonu te kaitiaki ki
:tana kōrero

Nō reira, e ai ki te ture whānui, ā, nā te mea kāore koe i"

whakapau kaha ki te whakamahi i ngā whai wāhitanga
wairua e wātea ana ki a koe i tēnei whakakitenga mai, ki te
kore koe e whakaneke ake i ō mahi whakaaroaro ināianei, i
te wā o te matenga me whiriwhiri koe i waenga i ngā mea e
:rua

Me noho tahi koe i te rangi me ngā wairangi tekau, me"

noho tahi rānei koe i te reinga me te tangata whakaaro nui
"?kotahi, ko tēhea tāu e pai ai

:Ka whakahoki te akonga, kāore i whakaroa

E te hoa o te Atua, e pai ake ana ahau ki te noho ki te"

reinga me te tangata whakaaro nui kotahi, nā te mea e
mōhio ana ahau mai i aku ake wheako, tekau ngā wairangi e
hanga ana i te reinga i roto i te pararaiha, engari e
whakapono ana ahau i roto i tōku ngākau, e tino mōhio ana
ahau mēnā kei te taha ahau o te tangata whakaaro nui
kotahi, ahakoa kei raro rawa i te reinga ka āwhina ia i ahau
".ki te huri i te reinga hei pararaiha

Te herekore o te hiahia

He tokomaha e whakaaro ana me kai mīti rātou e toru
ngā wā i te rā, ko ētahi ia e whakapono ana me kai noa i ngā
huawhenua me ngā nati, ā, ka pāngia rātou e te mate mēnā
!ka rerekē ake ā rātou kai

He momo herehere aua whakapono. Kaua te tangata e
tuku i tētahi o ngā tikanga o te ao kia aukati i a ia, engari me
whai i te kaha ki te whakarerekē i ana tikanga kia rite ki tā te
.whakaaro nui e kī ana, me tā te tika e whakahau ai

Me ako tātou ki te noho tika, me te whakamahi i te
mana o te whiriwhiri noa, me te ārahi hoki e te mātauranga
.tika

Me āhei te tangata ki te moe i runga i te moenga
ngohengohe i tētahi pō, ā, i tētahi atu pō ki runga i te papa,
.me te whakamarie ōrite
Ko taua mawhiti whakamiharo i ngā here o te whanonga
ko te whakaoranga e karangahia ana e te hunga whakaaro
nui

Ko te whakapono o ētahi ko te herekoretanga ko te
mahi i ngā mea katoa e pai ana ki te tangata, ā, koinei taku
.e kī nei ko te herekoretanga o te hiahia me te kare ā-roto
Nā te whakaaro hē mō te āhua tūturu o te
herekoretanga, ka meinga e ētahi mātua ā rātou tamariki hei
pononga mā ngā tikanga mā te whakarongo ki ō rātou hiahia
me te kore whakaaro nui

I runga i tēnei kaupapa, ka tipu ake te tamaiti me te
whakapono, mēnā ka tutuki ana hiahia, ka noho harikoa tonu
.ia, ā, ko te kaupapa o te ao he whakatutuki i ngā hiahia
Engari i muri mai ka mōhio ia kua tinihangatia ia. He
rerekē rawa te ao i waho o te kāinga i tāna i kite ai, i taunga
.ai hoki ki roto i te kāinga

Ehara i te mea ngāwari te whakatutuki i ngā hiahia
katoa o te ao! Tērā pea ka panaia ia e ētahi atu i roto i tā
rātou pakanga nui ki te tiki i tāna e hiahia ana, ā, ka matakū
hoki ia, ka mārō tōna ngākau kia tutuki ai ōna hiahia me ōna
hiahia, me te whakapono ko te whakatutuki i ngā hiahia
tinana te whāinga matua o te tangata, me te tino mōhio ko
.tēnei ao te mea nui rawa atu

Me whakawhiwhi ngā mātua i ā rātou tamariki ki te
ngākau kaha me te whakaaro tika kia taea ai e rātou te
angitu i roto i te ao me te kore e pāngia e ōna whanonga
.kino

* * *

Ka whakamoemiti, ka whakawhetai ki te Atua mō te
taonga o ia tau hou, me ngā tumanako me ngā kupu
whakaari mō te whakatutukitanga e kawea mai ana e ia ki a
.tātou

Kāore he mana nui atu i te inoi pono, i te ngākau pono,
kia hono atu ki te Atua, kia puta ai ngā huringa whakamiharo
ki te oranga o te tangata me ngā āhuatanga o te ao, kia
.tutuki ai te rangimārie me te whanaungatanga tangata
Ka inoi mātou ki te Atua kia hurihia ngā inoi pono a te
tangata takitahi, ngā tirohanga teitei, me te mātauranga e
tipu haere ana hei mana wairua manaaki e kawē mai ana i
.ngā huringa tūturu ki te whenua
Manaakitia mātou, e te Ariki, kia arahina mātou e tōu
māramatanga, kia whakamārama hoki i ngā rama i runga i
ngā ara, kia whakaarahia ai tōu aroha i roto i ō mātou
ngākau me te ngākau o ētahi atu, kia mau ai hoki i ngā rama
o te māramatanga ora, kia whakamahia ai ō mātou taranata
.ki ngā mea e pai ai koe, e whai hua ai hoki ki te tangata
Āwhina mai kia hanga he ara hei rere mā tō kaha o te
ao me tō māramatanga hei āwhina i ētahi atu, hei
whakamama hoki i ō rātou mamae me ō rātou pōuri, nā te
mea kei a koe te mana hei āwhina i te tangata me tātou anō
.hoki
He manaakitanga tā tātou kia taea ai e tātou te aroha ki
te hunga e mamae ana
Ka horahia e mātou ngā whakaaro me ngā wawata pai
puta noa i te ao
Kia waiho te rangimārie me te whanaungatanga hei
wheako ora

Mai i ngā kōrero a te kaiako a Paramhansa

Yogananda

Ka amuamu te tangata mō te whakaaro ki te
whakarērea i ētahi mea o te ao, ahakoa i te ao tūturu he
maha ngā mea nui e whakarērea ana e rātou, tae atu ki te

rangimārie o te hinengaro, ā, i ētahi wā ka patu whakahere
rātou i a rātou anō mō te moni, ka pāngia e te kino me te
.ngaronga

Tukua atu koutou ki te Atua, ā, ka kitea e koutou kua
.rite tō koutou ao ki tētahi rangi waiata ataahua

Tahuri atu tō aro ki roto i tēnei ao ki te rangatiratanga
nui o te Atua kei roto i a koe

I roto i te kaipuke o te marino ka taea e koe te rere ki
taua ao kei tua atu i ā tātou moemoeā, kei reira te puna atua
e rere tonu ana mai i te hohonutanga o te ngākau me te
.wairua

E te Ariki, āwhina mai i ahau kia whai wāhi atu ahau ki
te ao i runga i te huarahi e pai ai koe, ahakoa ngoikore ahau,
ahakoa kaha, ahakoa mate ahau, ahakoa hauora, ahakoa
rongonui, ahakoa kore mōhiotia, ahakoa whai rawa, ahakoa
rawakore, me te mōhio e aroha ana koe ki ahau, ā, e kore
.rawa koe e whakarērea ahau

Tērā pea ka tangohia te taonga i te tangata, ka tangohia
rānei i a ia i tōna wehenga atu i tēnei ao, ā, e kore e taea e
ia te kawe tahi me rātou. Ko tōna uara tūturu kei roto i te
whakapaunga ki ngā mahi pai, me te kawe mai i te harikoa
ki a koe anō me ētahi atu i runga i te huarahi e pai ai te Atua
.me te hinengaro o te tangata

Ko te hunga e whakaaro ana ki tō rātou ake haumaru
me te whakamarie anake, e wareware ana, e kore rānei e
aro ki ngā hiahia o ētahi atu, kei te rapu moni rātou i te
rawakore ka pā ki a rātou i tētahi rā. Ko te hunga e pupuri
ana i ō rātou taonga, kaua e whakamahi mō ngā mahi pai,
kāore e whiwhi i te oranga i muri i te ao, engari i whānau mai
he rawakore, me ngā hiahia me ngā wawata o te hunga whai
rawa. Engari ko te hunga e tohatoha ana i ō rātou taonga me

te oranga ki ētahi atu, e kukume ana i te pai me te nui ki ngā
.wāhi katoa e haere ana rātou

Ina hoatu e koe ki te hunga e tika ana kia hoatu ki a
rātou, ka kitea e koe kei a koe tonu te Atua, e kore rawa ia e
whakarērea koe, ā, kāore koe e hiahia ki tetahi mea. Kaua e
wareware kei te tautokona tika ō tātou oranga e te Atua, ā,
ina mōhio tātou kei te Atua ō tātou hinengaro, ō tātou hiahia
me ā tātou mahi katoa, ā, kei a la te kaha e ahu mai ana, ko
reira tātou ka whiwhi tika mai i a la te arataki, ā, ka mōhio
.tātou he kotahi tō tātou oranga me Tōna ora mutunga kore

Mā te whakaaroaro ka kitea te oranga o te Atua. Kia
horoia ngā ngaru o te kare ā-roto i te puna o te hinengaro,
ka puta te harikoa atua mai i te wairua. Kei roto kē tēnei
.harikoa i te wairua, engari kua hunaia
Āe, e te Ariki Ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ki ngā whakatutukitanga nunui ake
Ahakoa ka tutuki ngā wawata katoa o te ao, heoi, ka
homai he harikoa mutunga kore - ā, mā te kimi i te Atua ka
kitea e au ngā puna mutunga kore o te harikoa, ā, e kore e
mutu te rere me te rere i roto i ngā māra me ngā mania
.matomato o te wairua

Whare: Te Tapawhā o te Wikitōria

Ki te whai te tangata i tētahi whakahihiri i muri i tētahi,
e kore rawa ia e mōhio ki te reka o te harikoa pono. Me noho
ngāwari te tangata, me te whakatata atu ki te ao me te
ngāwari. He mea tika kia noho ko ia anake, kia whakaaroaro
ki āna mahi i ia wā, i ia wā, kia mahi i te rangimārie o roto, e
whakaora ai, e whakaora ai, e whakahou ai, e whakahou ai
.hoki i te kaha

Ki te mea kei te noho tonu ngā mea whakararuraru, ā,
ka pāngia ngā kare ā-roto e ētahi atu mea whakaohoho, ka
pāngia ngā io, ka maumauria te nui o te kaha ora, ā, ka
pōuri, ka pōuri hoki te wairua. Heoi anō, kaua te tangata e

manukanuka rawa ki te whakatikatika i ētahi atu; engari, me whakatikatika i a ia anō i mua i te ngana ki te whakatikatika i .ētahi atu

Kia mōhiotia ko te kāinga te papa pakanga nui rawa atu.

Ko te tangata e rite ana ki te anahera i roto i tōna kāinga, ka .rite tonu ia ki te anahera i ngā wāhi katoa

Ko te reka o te reo me te rangimārie e whakaatuhia ana e te whanonga rangatira e hiahiatia ana i roto i te kāinga i .tētahi atu wāhi

Pērā i te pōuri e kore e noho tonu ki te wāhi e whiti ana

te māramatanga, me memeha atu anō hoki te pōuri o te mate ina whiti te māramatanga o te Atua i roto i ngā pūtau o te tinana, ā, he tokoiti noa iho te hunga e mōhio ana ki tēnei .pono

Ina hiahia nui te tangata ki te whakaora, ka inoi rātou

me te ngākau pōuri, me te whakaaro rānei kāore te Atua e whakarongo ki ā rātou inoi, ka inoi rānei rātou engari kāore e .tatari kia mōhio ai rātou kua tae atu ā rātou inoi ki te Atua

Pērā i te kore e taea e te tangata te whakarongo ki ngā

waiata e pāhotia ana i te rangi mā te whakamahi i tētahi taputapu hopuoro hapa, waihoki, e kore e taea e te tangata te hopu i ngā wiri o te hauora, te kaha, me te whakaaro nui e puta mai ana i te Atua me tētahi taputapu hinengaro e kore e mahi pai ana me ngā wehi, ngā āwangawanga, me ngā .momo manukanuka, ngā feaa, me te koretake katoa

Kia mahara mātou, kia whakawhetai ki a Koe, e te Ariki, i ngā wā o te rawakore me te whai rawa, i te mate me te ora,

i te pōuri me te māramatanga, i ngā wā katoa Kia maumahara mātou me te whakawhetai ki ngā rā o te oranga

kua homai e Koe ki a mātou Āwhina mai kia whakatuwherahia ngā kanohi o te whakapono kia kite ai mātou i Tō māramatanga tapu, e whakaora nei i ngā mate .me ngā mate katoa

Ko au te kāpene o taku kaipuke o ngā whakaaro pai, o taku ngākau pai, o taku mahi hua, o taku mahi whai hua. Ka

ārahi ahau i te kaipuke o tōku ao, me te titiro tonu ki te
aorangi kanapa o te rangimārie i te rangi o taku
.whakaaroaro hohonu

Ka whakamahia e au aku pūkenga whakaaro auaha hei
whakatutuki i te angitu i ngā mea katoa e mahia ana e au.
Mā te Atua ahau e āwhina mēnā ka ngana anō ahau ki te
.āwhina i a au anō

I tēnei rā ka ngaki au i te māra o te ora me te kaha hou,
ka ruia ki ngā purapura o te whakaaro nui, te hauora, te
ngākau māhaki, me te harikoa. Ka whakamakuku au i ngā
purapura ki te whakapono me te whakapono ki a au anō, ā,
ka tatari au ki te atawhai o te Atua Kaha Rawa kia homai he
kotinga tika ki ahau. Ahakoa kāore au e kokoti i te kotinga e
tumanakohia ana, ka noho whakawhetai tonu ahau mō te
rangimārie o te hinengaro e puta mai ana i te kaha ki te
.mahi i taku mea pai rawa atu

Ka whakawhetai ahau ki te Atua mō taku kaha ki te
whakamātau tonu kia angitu rā anō ahau, nā Tōna aroha
noa. Ā, ka whakawhetai ahau ki a ia ina tutuki i ahau te
wawata nui o tōku ngākau. Ka tohe ahau ki te mahi i ngā
mahi rangatira, i ngā mahi tika anake, me te rapu i te pai o
.te Atua

Kī tonu te ao i ngā awha ā-taiao me ngā awha ā-tangata,
ā, ko te Atua te whakangungu rakau kaha me te piringa
haumarua mai i ngā awha, ngā awhiowhio, me ngā kino o
tēnei ao. Ahakoa kei hea te Atua, kāore he wehi, kāore he
pōuri. Ko te tangata whakapono pono e tū pakari ana, e
whakahīhī ana i roto i te pakanga o te ao me te pakanga o
ngā kaupapa, me te tino whakapono kei a ia te Atua, e tiaki
ana i a ia i te kino, ā, e kore rawa e whakarērea ia ia mō
tētahi wā poto. Nō reira, ka ngaro te wehi i roto i tōna
ngākau, ā, ka mau te tino whakapono, he parenga e kore e
.taea te whakatakoto

Ko te kore wehi ko te whakapono ki te Atua me tana
tiaki, me te whakapono ki tana tika, ki tana whakaaro nui, ki
tana atawhai, ki tana aroha, me tona aroaro i nga wahi
.katoa

Ka tangohia e te wehi te kaha hinengaro o te tangata,
ka whakapōuri i tōna hinengaro, ka whakararu i ngā
manawataki tūturu o te ngākau. Hei tāpiri, ka taea e te wehi
te whakararuraru tinana me ngā mate hinengaro. Engari i te
tuku i a ia ki te manukanuka me te here hinengaro, me
whakamanawa te tangata kei te haumarua i roto i te tiaki a
te Atua, te Kaititiro-katoa, te Karongo-katoa, kei te haumarua
i roto i Tōna pā kaha, ā, kei te karapotia e Tōna aroha me
.tōna manaaki

Ahakoia i roto i te ngahere o Āwherika, i runga i te papa
pakanga, e pāngia ana e te mate, e te rawakore rānei, me
whakamana te tangata i a ia anō he kaha ake te ringa o te
Atua i ngā tūponotanga katoa, ā, ka taea e ia te tiaki i te
hunga e rapu piringa ana ki a ia. Kāore he huarahi tiaki e
whai hua ake ana. Ae, me whakamahi te tangata i te
whakaaro tika i roto i te whakatau i ngā kaupapa, me te
whakapono katoa ki te āwhina a te Atua. Kāore te
whakapono e tohu i te kore whakaaro nui, i te mahi kuware
rānei i te aroaro o te raruraru. Engari, ahakoia te aha ka
tupu, me whakamana te tangata i a ia anō ko te Atua anake
ka taea te āwhina i roto i ngā āhuatanga uaua me te
whakamātautau mena ka tahuri te tangata ki a ia me ōna
.ngākau katoa, wairua katoa, me ōna kare ā-roto katoa

Ina pā mai ngā uauatanga pērā i te horonga, kaua tātou
e tuku i aua uauatanga kia ārai i tō tātou hiahia, kia huna
rānei i tō tātou tirohanga mārama me tō tātou huarahi
whakaaro nui, arorau. Engari, me pupuri tonu tō tātou
whakapono ki te Atua me tō tātou māramatanga ā-roto mō
te tika me te hē, ā, me whai kia kitea he ara puta. Mā te

āwhina a te Atua, ka kitea e tātou. Hei te mutunga, ka pai ake ngā mea nā te mea kei muri i ngā whakahē o te oranga tangata te mana me ngā mea whakamiharo a te Atua. Ko te hunga kāore e whakaae ki te kore e taea te karo i ngā āhuatanga, engari e ngana ana ki te tomo ki tua atu i te arai me ō rātou hinengaro me te whakapono, ka kitea e rātou te kuaha e tuwhera ana mō rātou—he kuaha e patuki ana ngā .ringa whakapono katoa

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka tūtuki tātou, ka whakaroa ki te neke whakamua Me waiho e tātou te māramatanga o te Atua hei rama ārahi i a tātou e hiko ana i ngā ara pōuri o te ao Ko te Atua te marama katoa i ngā pō o te kuware me te pōuri, te rā o te kanapa i ngā hāora o te oho ake, te rama ārahi, me te whetu ārahi mō te hunga e .whiti ana i ngā moana o te ao, he oranga poto noa iho

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he painga o ngā whakaaro o te tangata, e pāngia ana e ngā tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te whānau, o te whenua, o te ao rānei te whakarato i te arataki pono. Nō reira, me tahuri te tangata ki te Atua, me te whakarongo ki te reo marino, marino e puta mai ana i te .hohonutanga o te wairua, he reo e rite ana ki te pono

Te rerekētanga i waenga i te whakaaroaro hinengaro me
te whakaaroaro wairua

Ki te whakarite te tangata i a ia anō ki te mātauranga ariā, ka rite rātou ki te kaituhi hiko, e whakahua ana i ngā whakataukī me ngā kīanga whakahirahira, ā, e whakaaro ana ētahi he mātauranga, he mātau hoki. Engari kāore taua mātauranga e whakakahangia e te tirohanga tika ki te pono, kāore hoki e rite ki te whakatutukitanga wairua. Ko tēnei momo hinengaro, hinengaro rānei, e pupuri ana i te

"whaiaro" kia herea ki te hinengaro pūoro, e herea ana e ngā kare ā-tinana. Kāore e taea e te mātauranga ariā te whiwhi mātauranga atua, ā, he mea tika kia kaua e moumou taima utu nui ki ngā ariā kāore e taea te whakamahi i roto i te ao tūturu, kei ngaro te tangata i roto i te ngahere hinengaro .matotoru, kāore e taea te neke atu i te ao o te ariā

E kore tēnei tukanga e ārahi ki te mōhio ki te pono nā te mea kei tua atu te pono i ngā whakaaro me ngā ariā, ā, he tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake .whakatau takitahi

Ki te whakamahia e te tangata ōna pūkenga hinengaro hei kohi moni me ngā taonga ā-tinana anake, ka kumea tōna hinengaro ki te ao ā-tinana, ka mau ki ngā āhuatanga uaua mutunga kore. Nō reira, e kī ana te hunga whakaaro nui kaua te tangata e whakatapua ngā pūkenga hinengaro katoa kua homai e te Atua ki a rātou ki te whai i ngā mea memeha noa, kei ngaro rātou i roto i te arai o te hiahia ā-tinana, ā, ka hanga he here me he here koretake mō rātou anō. Engari, me whakamahi e rātou ō rātou pūkenga hinengaro hei whiwhi i ngā mea e tika ana mō te ao, me te whai kia whanake ō rātou pūkenga matatika kia taea ai te wehewehe i waenga i te tika me te hē, me te mea kino me te mea whai hua. Ina whakawhanakehia e rātou ō rātou māramatanga wairua, ka taea e rātou te kite i te Atua i roto i a rātou anō, me te kimi i ngā pono wairua e huna ana i muri i ngā arai matotoru o te hiahia ā-tinana. Ka kiia tēnei āhua ko te .whakaaroaro wairua

Ahakoā ā tātou āwangawanga, me waiho te Atua hei kaupapa matua i roto i ō tātou oranga. Ko tētahi o ngā mea tino nui o te tipu wairua ko te hononga pumau, ngākau pono ki te Atua, e kite ai koe i tētahi panonitanga whakamiharo, .pai hoki ka tino miharo koe

Ina hiahia te tangata ki te mātakitaki i tētahi whakaaturanga, ki te hoko kākahu hou, ki tētahi motuka hou rānei, ehara i te mea he pono kei te pukumahi tonu tōna hinengaro? Mō ēnei mea, me pēhea te whakatutuki, te whiwhi rānei i aua mea? E kore ia e okioki kia tutuki rā anō ōna hiahia, ā, ka mahi tonu ia me te kore e ngenge ki te .whakatutuki i aua hiahia

Nō reira, me aro nui te hinengaro o te tangata ki te whakaaro ki te Atua, ā, ko reira ka hurihia ngā hiahia iti katoa ki te hiahia nui ki te rongō i te Atua, me te kōrero ki a .la

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau nui, hihiri e puea ake ana i te hohonutanga o te wairua e matenui ana

Ka pā te karanga a te wairua ki te ngākau o te ao .whānui, ā, ka tae mai te whakautu, me te hari nui

Mā te kōrero mārie ka whakatupu te kaha o te ngākau, kia whiwhi rā anō koe i te kaha hei whakatutuki i te whāinga .e hiahiatia ana

Ina rite te hinengaro me te hiahia o te tangata ki te Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira mā te whakaaro noa ki tētahi mea ka ranea hei whakatutuki i taua mea, nā te mea ka mahi te ture atua hei tautoko i te .hunga e rite ana ki te hiahia tino nui

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao i tutuki mā te mana o te hinengaro e mahi tahi ana me te Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia, ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me .te kaha e kore e taea te ārai i roto i te ao tūturu

Te mea ngaro o te tipu

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
.ia mamae me ia mamae e pā ana ki a tātou

Ahakoā te kaha o ngā whakamātautau, he rite tonu ki te
ahi e whakarewa ana i te rino, e huri ana hei maitai ataahua,
kaha, me te maha o ngā mahi. He mea whakamiharo te
whakaaro nui e hangaia ana e tātou i roto i ngā mura mura o
te wheako. Ka purea tātou e te ora, ka huri i ō tātou āhua
noa hei huānga utu nui, ka taea ai e tātou te noho me ngā
wairua he parakore pērā i ngā kohatu utu nui, he kaha pērā i
te maitai, engari he ngāwari, he pakari, e piko ana, e kore e
.whatī i raro i ngā pēhanga o te raruraru me te uauatanga

Ina kite tātou i ngā kanohi kua whakapōturitia e te riri,
kua whara i te nanakia, ka hiahia tātou ki te whakakore i te
kino i roto i ō tātou wairua—he wairua kāore i pāngia e tetahi
mea engari ko ngā whakaaro kino me ngā mauahara hohonu
e huna ana i te ahua tapu tapu i roto i a tātou, pērā i te
pungarehu e whakapoke ana i te whakaata. Me whakaoho
ake ngā mahi mamae a ētahi atu i roto i a tātou i te hiahia ki
te whakapai ake i ō tātou ake whanonga me te whakahaere i
a tātou anō, kia noho ai tātou hei rangatira mō ō tātou hiahia
.tutu, kua hei pononga mā rātou

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka kī tonu rātou i te nui o te
rangimarie. Nā te mea e hono ana taua ia ki tōna pūtake
teitei ake, e rere tonu ana, e toro atu ana ki ngā wairua i roto
i te rangimarie. Ka taea e rātou te tuku i tēnei rerenga o te
.harikoā ki ngā wairua e hiahia ana ki te rangimārie

I ia rā, ka titiro te tangata ki te whakaata kia kite i tōna mata nā te mea e hiahia ana ia kia puta tōna āhua pai ki te aroaro o ētahi atu. Heoi anō, he mea nui ake kia tū ia rā ki a ia anō, kia titiro ki te whakaata o te tātaritanga o roto kia kitea ai he aha kei raro i te mata kanapa! Nā te mea ko ngā mea katoa e ātaahua ana ki waho, e ahu mai ana i te āhua o roto, ā, kāore he mea e whakapoke i te whakaata parakore o te wairua pērā i ngā whakapohehe hinengaro pērā i te riri, te mauahara, te hae, me te mauahara. Ko te tangata e ngana ana ki te wetewete i a ia anō i ēnei matū, he mea tauhou ki te āhua o te wairua, ka tukua e ia te māramatanga o te .ataahua o roto kia whiti mai i roto

Mā te tātari, ka kitea e tātou e toru ngā āhuatanga o ngā raruraru tangata: ko ētahi he raruraru me ngā mate e pā ana ki te tinana tangata, ko ētahi e pā ana ki te hinengaro, me te tuatoru o ngā wāhanga e aukati ana i ngā ara o te .wairua

Ko te mate, te koroheketanga, me te mate ngā uauatanga me ngā arai e pā ana ki te tinana. Heoi, ka whakaekea te hinengaro e ngā mate hinengaro mā te pouri, te wehi, te riri, ngā hiahia kua pehia, te mauahara, te mauahara, ngā kare ā-roto, te kirika me te whakaohoho io, me te mate pukupuku hinengaro e whakararuraru ana i ngā kaha hinengaro. Ko te mate tino morearea ia, heoi, ko te mate o te wairua, e whakaatuhia ana i roto i te kuware, e .puta mai ai, e horapa ai ngā mate katoa

He nui atu te pai i te kino o te ao

Ina ngokingoki mai ngā feaa, me mahara tātou ki te oranga o ngā tāngata nunui. He pono he tangata tātou, engari kua homai e te Atua ki a tātou ngā mana whakamiharo e kore nei e whakamahia e tātou. Nō reira, he aha tātou ka wiri ai i te wehi o te koroheketanga, o te mate, me te pouri? Me mahi tātou i tā tātou e taea ai ki te tiaki i ō

tātou tinana, engari kaua e tukua ki ngā wehi, kaua hoki e
.tanumia i a tātou ki raro i ngā puranga o te kuware

Ehara te tinana i te tangata katoa

He nui ake te pai i te kino i tēnei ao nā te mea ko te
Atua te mana nui. Engari ina pā mai te kino ki a tātou, ka
whakaaro tātou kāore he mana o tātou ki te whakahaere, ki
.te mawhiti rānei i tōna ringa

E tūpono ana te pupuhi mai o ngā tupuhi kino, engari ka
taea e tātou te wikitoria i ōna pānga me te ara ake i runga
ake i a rātou

Kāore i homai he ora ki a tātou kia whakangaromia e ia,
engari kia whakatōkia ki roto i a tātou te mōhiotanga ki te ao
.mutunga kore, ā, me mahara tātou ki tēnei pono

Ki te kore he herekore o te whakaaro, kāore e taea e te
tangata te whakapuaki i a ia anō i roto i te huarahi parakore,
ohorere, me te taiao. Kia maumahara he tino herekore koe.
.He herekore tonu te mana o te hiahia

Ki te whakamahi tika koe i tō kaha hiahia, ka puta he
karma pai māu, engari ko te nuinga o te iwi kāore e hiahia ki
te huri, kāore hoki e hiahia ki te whakapau kaha, nō reira ka
hinga rātou i te aroaro o ngā uauatanga, ā, kāore e taea te
.aro atu ki ngā wero

Ko te mahi i tā te tangata e pai ai ehara i te herekore,
nā te mea he herenga te tangata e ō rātou hiahia, nō reira
kāore e taea te kī he herekore ā rātou mahi. Ko te tikanga o
te herekore ko te mahi i ngā mea katoa me te hiahia e
arahina ana e te whakaaro nui. Ka taea e te tangata te
whakahaere i ngā hua o ā rātou mahi o mua, ka whai tonu
mai i a rātou, mena ka whakahohehia e rātou tō rātou hiahia
me te whakamahi mō ngā mahi pai me ngā mahi whai hua.
Mena ka whakahaerehia e koe ō mahi me te whakaaro nui

me te kaha o te hiahia, ka ngoikore ngā kaha o ō mahi hē o
.mua, ā, ka kaha ake ngā tikanga i puta mai i ō mahi pai

E hiahia tonu ana tātou ki ngā mea kāore i a tātou, ā, ka
piri ki ngā mea kāore e tino hiahiatia. Kia mau tātou i tētahi
mea, ka ngaro tō tātou mana whakatau mō tētahi wā poto.

Pērā i te pononga a te hunga o te Rawhiti i ngā tikanga
tawhito, waihoki ka pononga a te hunga o te Hauāuru i ngā
tikanga hou. Ka hangaia e tātou tō tātou ake mutunga, ā, ka
.herea e taua tikanga

He aha i whānau ai tētahi tamaiti ki roto i tētahi whānau
kino, ā, i whānau tētahi ki roto i tētahi whānau pai? I
whakamahia e ia o rātou tō rātou rangatiratanga ki te noho i
tētahi ara i mua (i te ao o mua) ā, nā reira i puta mai ai aua
.āhuatanga ki a rātou anō i tēnei ao

Kāore he herekoretanga pono ki te kore te Atua. Me
whakaaro tonu tātou ki a Ia. Ahakoa ō tātou āwangawanga
me ō tātou whakaaro, me noho te Atua ki te tūranga tuatahi
i roto i ō tātou ngākau, ā, ina tino hono tātou ki a Ia, ka
homai ki a tātou te kaha ki te whakatutuki i ngā mea e tika
.ana kia mahia e tātou, i ngā wā katoa, me tana āwhina atua

He tohutohu mō te ākonga

I pātai tētahi o ngā ākonga ki te kaiako, ki a
Paramhansa, kia hoatu he tohutohu mō te whakapai ake i a
koe anō, ā, ka mea ia: Ki te hiahia koe kia arohaina, tīmata
.mā te aroha ki ētahi atu e hiahia ana ki tō aroha

Ā, ki te mea kei te tumanako koe i ētahi atu kia pono,
.kia pono ki a rātou, kia pono ai rātou ki a koe

Ki te hiahia koe ki te ārai i ētahi atu kei mahi kino, kei
mahī mānumanu hoki, kaua e tukua te tinihanga kia uru ki
roto i ōu ake whakaaro, kaua hoki e mahi i te ara e whara ai
.ētahi atu

Ki te hiahia koe kia aroha mai ētahi ki a koe, tīmata mā
te whakaatu i te aroha ki a rātou, inā koa ki te hunga e
.karapotī ana i a koe

Ki te hiahia koe kia whakautehia koe e ētahi atu, me
whakaatu e koe te whakaute ki te hunga rangatahi me te
hunga kaumātua

Ki te hiahia koe ki te rangimārie mai i ētahi atu, me
noho koe i roto i te oranga rangimarie

Ki te hiahia koe kia whakapono te tangata, kia wairua
hoki, kia kite hoki ētahi atu he tauira pai koe, ā, ka taea e
.rātou te whakawhirinaki ki a koe

Hei whakarāpopototanga, ko ngā mea katoa e hiahia
ana koe kia whakaaturia e ētahi atu. Ko tētahi o ngā
āhuatanga pai ko te whakaatu i roto i tō koiora i te tuatahi,
ā, ka kitea e koe ka tauhohe mai te iwi ki a koe i te ara
.kotahi

Ki te taea e koe te tautuhi i ngā wāhanga o tō ao e
hiahia ana kia whakapai ake, me te kore e ngākau pouri, e
whakawhanake rānei i te whakaaro whakaiti, ā, ki te mahi
tonu koe ki te whakapai ake i tō ake āhua, ka nui ake te hua
o te wā e pau ana i a koe ki tēnei mahi i tō mōumou noa i te
hiahia kia whakapai ake ētahi atu i a rātou anō. He nui ake
te mana o tō tauira pai me tō whanonga tika ki te
whakarerekē i ētahi atu, ehara i ō hiahia, riri, me ngā kupu
.anake

E te Ariki, ko koe te pūtake o te pai katoa, me te pūtake
o te mana katoa. Manaakitia mātou kia whakaatahia ai e
mātou āu manaakitanga ki runga i a mātou i roto i tō mātou
hauora, i ō mātou wawata hinengaro, me ō mātou
whakaaturanga wairua. Ko koe te kanapa i roto i ngā whetū,
te kaha i roto i ngā ngota, te atawhai i roto i ngā ngākau, me

te ataahua i roto i te pono. Āwhina mai kia whakakīia mātou
ki tō mana nui, ki tō whakaaro nui mutunga kore, me tō pono
.mutunga kore

E te Ariki, kia mōhio mātou ko koe te puna o te ora, te
moana o te ora, me te puna o ngā māramatanga me ngā
mātauranga katoa. Whakaorangia mātou i te kuware me ōna
pānga, i ngā wehi me ngā manukanuka, ā, tukua te waipuke
o tō whakaaro nui kia horoia atu ngā paru me ngā mea
.pakarukaru katoa o ō mātou oranga

Haehaea, e te Ariki, ngā arai e huna ana i tōu mata i a
mātou Kia kite mātou i a Koe hei māramatanga kanapa, pērā
i ngā rā e kore e taea te tatau i runga i te pae o ō mātou
oranga Tukua mātou kia rongu i a Koe hei mana whakahou
tonu e whakahihiko ana i ō mātou whakaaro, e whāngai ana i
ō mātou wairua, e tautoko ana i ō mātou tinana, e
.whakatutuki ana i ā mātou moemoeā

Āmene

Ko te nuinga o te iwi kāore i te mōhio he aha ai. Mai i tō
rātou noho ki tēnei ao, e whakapono ana rātou ko te
kaupapa o te ao Ko te whakatutuki i ngā hiahia Te whiwhi i
ngā mea e tika ana mō te ao Te rapu i te ahuareka me te
aroha tangata, ā, i te mutunga ka tuku i a rātou ki te
.kaikaranga whakamutunga

Ka tīmata te oranga o te tangata hei kaiwhakarite
hōtaka me ngā hiahia me ngā kare ā-roto kāore i tutuki i
mua. Ā, ka ngana rātou – me te iti o te hiahia e toe ana ki a
rātou – mā te whai i ngā hiahia me ngā mahi a ētahi atu, ki
te hono atu rātou ki ngā kaipakihi, ka hiahia rātou kia rite ki
a rātou, ā, ki te hono atu rātou ki ngā kaitoi, ka riro te toi hei
.mea nui ki a rātou

E hiahia ana te Atua kia mahi tātou i tēnei ao, kua homai
e ia ki a tātou te hiakai e hiahia ana kia mahi tātou kia
makona ai, engari ko te rapu kai, whare, moni me ngā
taonga anake ka wareware te tangata ki te pūtake o tōna
.harikoa

He pono me mahi tātou kia tutuki ai ā tātou hiahia, kia
whai hoki kia tutuki ai ā tātou whāinga tika, engari ko te mea
tuatahi, me whakatuwhera ō tātou ngākau ki te Atua, me
rapu i tāna arataki me tāna whakaae i roto i ngā mea katoa
e mahia ana e tātou. Kātahi ka tino angitu tātou i te kura o
te ora, nā te mea ka whiwhi tātou i tā tātou arataki mai i te
Kaiwhakahaere Matua me te Kaiwhakarato e mōhio ana ki tā
tātou e hiahia ana me te mea pai mō tātou. Nō reira, me
whakawhirinaki tātou ki a ia, me tuku hoki ki raro i tana
.whakaaro nui

Mai i ngā kauhau a te kaiako Paramahansa

Ina taupokina te harikoa o roto o te wairua e te
paparanga matotoru o ngā ahuaireka ā-hinengaro poto, ka
memeha te kanapa koura o te wairua, ā, ka huna ngā
āheinga mārama o te wairua i muri i te matotoru o te matū.
Ina kukumea te hinengaro ki te hae me te hae, ā, ka kapi i
ngā kapua o te wehi me te manukanuka, ka pōuri, ka pōuri,
ka hinga. Engari ina aro atu te tangata ki te aroha, ki te
.rangimārie, me te rangimarie, ka kite ia i te harikoa nui

Ka rongo te wairua i te harikoa ina tahuri atu i ngā
hiahia tinana e konatunatua ana ki te mamae me te pōuri ki
ngā mana mārama o te wairua, e kī ana i ngā ahuaireka
.whakaharahara

Ki te tino rumakina te wairua e ngā ahuaireka o te ao, ka
kore e aro ki te whai i ngā harikoa teitei ake, ā, kāore e taea
te wheako i ngā ahuaireka wairua. He tokomaha pea e kī ana
he mea tino kore e taea te whakarērea i ngā ahuaireka o te

ao i tēnei ao, i te noho rānei i roto i te hunga e aro ana ō
rātou whakaaro ki ngā mea o te ao anake. Heoi, kāore e
hiahiatia kia whakarērea e te tangata noa te ao, ka hoki ki
ngā maunga me ngā ngahere ki te kimi i te marino me te
rangimārie. Engari, me noho tonu rātou ki tēnei ao me te
kore e tukua ōna ia kaha kia kahakina atu rātou, kei
.taupokina rātou e ngā ngaru pōrearea o tēnei ao

Kaua te tangata e whakaaro kino ki tōna taiao, ā, kaua
hoki e tukua te hiahia ki ngā taonga kia matapo i tōna
tirohanga, kei ngaro tōna hononga ki tōna wairua, ā, kāore e
taea e ia te reka o te harikoa me te kite i ngā māramatanga
.atua

He panga uaua te mārama ki te ao, me ōna āhuetanga,
me ōna whāinga, engari ehara i te mea kāore e taea te
whakaoti, ā, mā ō tātou whakaaro ahu whakamua, ka
.whakaotihia e tātou ētahi o ōna mea ngaro i ia rā, i ia rā

He mea whakamiharo ngā taputapu e ahu mai ana i ngā
mātāpono pūtaiao tika o tēnei wā, ā, mā ngā kitenga e
kawea mai ana e te pūtaiao ka mārama ake ai tā tātou
tirohanga ki ngā huarahi e taea ai te whakapai ake i te ao.
Engari ahakoa ngā taputapu katoa, ngā mea hou, me ngā
rautaki kei a tātou, kei te rite tonu tātou ki ngā pēpi i roto i
ngā ringa o te aituā, ā, he roa tonu te ara kei mua i a tātou i
.mua i te wetekina i te mana o te taiao

He pono, ehara te noho i raro i te aroha o te taiao i te
herekore. Ka taipokina, ka herea hoki ō tātou hinengaro
hihiri e te kore āwhina ina whakaaro tātou he pāngia tātou e
ngā waipuke, e ngā awhiowhio, e ngā rū whenua rānei, ina
tangohia atu rānei tātou e ngā huihuinga – me te kore take
whaitake – e ō tātou whanaunga e tata ana ki ō tātou
ngākau. Kātahi ka mōhio tātou kāore anō kia maha ngā
wikitoria kua eke ki a tātou, ā, kāore anō kia taea e tātou te
wikitoria i ngā āhuetanga kino. Ahakoa ā tātou mahi katoa ki

te hanga i te oranga kia rite ki tā tātou e hiahia ana, ka puta tonu mai ētahi āhuatanga i runga i tēnei atamira o te ao, me ngā huihuinga e arahina ana e te hinengaro kaha e kore nei e mōhiotia e tātou, e mahi motuhake ana i ō tātou whakaaro me ā tātou mahi. Ko te mea pai rawa atu ka taea e tātou ko .te mahi me te whakapai ake

Ka whakatō tātou i te witi, ka hanga paraoa, engari nā wai i hanga te purapura tuatahi? Ka kai tātou i te taro i hangaia mai i te paraoa, engari nā wai i homai te kaha ki ō tātou tinana ki te nakunaku? Ā, me pēhea te huri i te kai hei ?oranga

I ngā kokonga katoa o te ao, te āhua nei he ringa atua e kore e taea te whakarerekē. Kāore e taea e tātou te whakahaere i ā tātou mahi me te kore ia ringa, ā, me ngā tino mōhiotanga katoa kei a tātou, kāore tātou e mōhio ana āhea ka mutu te mahi a te ngākau. Nō reira te take o te whakawhirinaki māia ki te mana atua tino teitei, me te whakawhirinaki ki tō tātou ake wairua teitei, e puta mai ana i .taua mana nui e whai taurahia ana tātou

Me whai whakaponu tātou, kaua e whakapehapeha, ā, .me haere māia i ngā ara o te ora

Kāore he matakū, kāore he wiri, kāore hoki he āwangawanga, he here rānei

Te whakatau i ngā mate pāwera

He mahi toi ātaahua te wikitoria i te aro, ā, he mea nui te whakahaere i te tere o te tauhohe hei whakawhanake i te .tuakiri taurite, whānui hoki

Ka puta te aro nui mai i te kore mārama o te māramatanga, te whakaiti i te whakaaro, te whakapehapeha nui, me te whakapehapeha nui rawa

Ina whakaaro te tangata kua whara ōna kare ā-roto, ka
pūmau taua whakaaro ki roto i tōna hinengaro, ka whakaoho
i ōna io, ka huri hei āwangawanga, ka whakakeke. Ka mura
te riri i roto i tōna ngākau nā ngā kare ā-roto kua whara.
Heoi, kei ētahi tāngata te kaha ki te whakahaere i ō rātou
kare ā-roto, nō reira kāore ō rātou tohu o waho e puta
ahakoa te riri nui i roto i a rātou. Ka whakapuakihia e ētahi
atu tō rātou riri mā roto i ngā tauhohenga tonu, e kitea ana i
roto i ngā uaua o ō rātou kanohi me ngā āhua o te kanohi,
.me roto i ngā urupare koi, huna hoki

He kino ngā hua o te nui rawa o ngā kare ā-roto; ka
whakararuraru i te āhuatanga, ka waihanga i tētahi āhua
.koretake e kore e hiahiatia ana e pā kino ana ki ētahi atu

Me whakapau kaha ki te whakahaere i a koe anō me te
marino, me te whakatipu i tētahi āhuarangi māramatanga
me te rangimarie e whakatairanga ana i te rangimārie, kaua
i te taumahatanga, ā, e whakakore ana i ngā au o te ahotea.
Ko te hunga e pena ana ka noho hei rangatira mō tō rātou
ake ao, ā, ka whakawhiwhia ki te maioha me te whakaute
.mai i te hunga e karapoti ana i a rātou

He āhuatanga e kitea ana e te nuinga o te tangata te
tairongo nui, ā, ina mura ake tēnei kare ā-roto koretake, ka
matapohia te māramatanga, ka whakapōurititia hoki ngā
kanohi o te whakaaro nui. Ko te mea kino rawa atu, ka
whakapono te tangata tairongo nui kei te tino tika tana
whakaaro, tana kare ā-roto, me tana mahi, engari tera pea
!he hē rawa tana whanonga

He tokomaha te hunga e whakapono ana me aroha
rātou ki a rātou anō ina whakahengia, ā, mā te aroha ki a
rātou anō ka whai wāhi rātou ki te whakamarie. Engari pērā i
te hunga whakamahi tarukino, ka nui ake tā rātou tango, ka
.kaha ake te waranga

He maha ngā wā ka mamae noa te tangata tino
tairongo. I te nuinga o te wā, kāore tetahi e mōhio ana ki te
take o tō rātou mamae, ki te āhua rānei o tō rātou amuamu,
ka piki ake te mamae i roto i tō rātou noho motuhake. Kāore
he mea e taea te whakatutuki mā te noho puku ki ngā kupu
whakatoi, ki ngā whakahē rānei e kitea ana. He pai ake te
aro atu ki ngā pūtake o taua tairongo mā te tātaritanga
.whāinga me te whakahaere i a koe anō

He kino ngā hua o tēnei momo mate pāwera kino; ka
pau te ngākau pērā i te ahi, ka whakangaro hoki i ngā kiko o
te rangimārie. Nō reira, me whakahaere i tēnei me te
.whakaaro nui, me te arorau, me te ngākau pakari

Ka mahi kaha ahau ki te mahi ki te katoa, engari ina
hoki ahau ki tōku mokemoke ki te whakaaroaro, kāore ahau
e tuku i tetahi kia whakararuraru i taku whakaaroaro. Tērā
pea ka tatari ētahi atu mea, engari kua taku hui o ia rā me
.te Atua e warewarehia, e warewarehia rānei

I mua i te tīmatanga o tētahi mahi, me tūpato, ā, me āta
whakaaro ki ngā hua me ōna pānga ki tō hinengaro, tinana,
me tō wairua. Ko ngā mahi e akiakihia ana e te akiaki ehara i
te mea he whakaoranga, nā te mea ko ngā mahi e takahi
ana i ngā ture o te rangimarie me te ahunga whakamua ka
aukati i te tangata takitahi. I tetahi atu taha, ko ngā mahi e
whakaaetia ana e te māramatanga me te rite ki te hinengaro
.o te tangata he pai, ā, ka puta he herekoretanga

Ina whakatau koe ki te mahi i tetahi mea pai, ki te karo
rānei i te mahi i tetahi mea kino, ā, ka piri tonu koe ki taua
whakatau, ka mahi i runga i tēnā, kia mōhio koe he nui tō
.wāhi o te herekoretanga

E hiahia ana te Atua kia whakamahia e tātou te
herekoretanga kua homai nei ki a tātou hei rapu i a Ia, hei
kimi i a Ia, engari kāore ia e hiahia kia pehia e ia ia ki runga i
.a tātou

Kāore te hiahia ki te whakatata atu ki te Atua, ki te
mōhio ki a Ia e puta noa mai, engari me whakaoho, me
atawhai. Ki te kore taua hiahia, kāore he uara, he reka rānei
.o te ora

Tukua tō māramatanga wairua kia ārahi i tō whakaaro,
.ā, ka aru te angitu i a koe i ngā wāhi katoa e haere ana koe

Ki te Atua ka whakatapua e au tōku reo, ōku ringa, ōku
waewae, tōku ngākau, tōku tinana, ōku kare ā-roto, tōku
hiahia me ngā mea katoa

Ko te aroha te patu wairua e whakamutu ai i ngā
pakanga katoa

Kei tua atu i tēnei ao he ao mutunga kore e tūtaki anō ai
tātou ki te hunga i whakaaro tātou kua wehe atu i a tātou
.ake ake

He ao hurihuri tonu tēnei ao, e whai ana te pouri i te
pouri, e tinihanga ana, e tinihanga ana. Me ngaro atu tēnei
matakite e puta mai ana i te koraha o tō tātou hinengaro, ā,
me whakaara ake tātou i a tātou anō i raro i ngā arai
.matotoru o te ao tūroa

Kaua e ngana ki te whakatakoto i ō tumanako ki tēnei
ao. Kei hea tō taurangi? Ka noho haumaruru koe ina
.whakawhirinaki koe ki te mātauranga o te Atua

He rite te mauri o te wairua ki te koura tawhito kua
tanumia ki raro i te oneone. Ina tangohia te oneone mai i te
koura, ā, ka horoia ki te wai o te whakaaroaro, ka tiaho hou
.me te parakore me te māramatanga

E te Ariki, tukua mātou kia kite i te pai, kia whakaaro ki
ngā whakaaro tika, kia hono atu ki te hunga whai āhua pai.
Āwhina mai kia whakaaro mātou ki a Koe, kia whakaaroaro ki
a Koe, e Koe te pūtake o ngā tika katoa, te pūtake hoki o ngā
.pai katoa

Te herekore i te ngoikore

Ko te huarahi pai ki te wikitoria i te ngoikore ko te mutu
te whakaaro ki taua mea; ki te kore, ka taupokina tō
hinengaro e te whakaaro o te ngoikore, ka whakahaere i tō
roto i a tātou anō. Ina kawea mai e tātou te māramatanga ki
roto i a tātou anō, ka memeha te pōuri me te mea kāore i te
.noho

He mea whakahihiri tēnei whakaaro mōku

Ina whakaurua te māramatanga ki roto i tētahi ana kua
taupokina e te pōuri mō ngā mano tau, ka memeha tonu te
pōuri. Waihoki, ka memeha haere ngā ngoikore me ngā hapa
ina tukua e tātou te māramatanga o te Atua kia tomo ki roto
i ō tātou hinengaro, ā, e kore e taea te noho tonu te pōuri o
.te kuware. Koinei te rapunga whakaaro hei oranga mō tātou

Kāore he hua o te whakaroa. Kāore te wira o te ao e
mutu te hurihuri, ā, ka tere te pahemo o ngā rā o ō tātou
oranga. Ko ia meneti e pau ana ki te whakaaro mārama me
te mahi whakaaro nui, he haumi angitu, he haumi whai hua
.hoki ki tō tātou harikoa

He tokomaha e pau ana ō rātou oranga katoa ki te
whakaaro ki te moni, ki te taatai, me te rongonui, ā, kāore i
te aro nui ki ngā mea nui e kawea mai ana i te rangimarie o te
hinengaro me te whakaara ake i ō rātou mōhiotanga ki ngā
.taumata teitei ake

Ahakoia te iti o te mahi a te tangata, ka kiia ia he angitu
ki te aroaro o te Atua mēnā e mōhio ana ia ki te whakapau i

tōna wā me te whakaaro nui, me te whakatika i ōna
.whakaaro ki ngā huarahi tika

Ina whiti te māramatanga o te Atua ki runga i te
tangata, kāore ia e whakaaro kei te hiahia ia ki tetahi mea
nā te mea ko te hari e taupoki ana i a ia ka tutuki i ana
moemoeā katoa, ā, ka meinga ia kia tino whakapono ko ia te
tangata whai rawa o te hunga whai rawa, ko ia te tangata
.harikoa o te hunga harikoa o tēnei ao

Kauhanga o te Mārama

Ko te hunga e ara ake ana ō rātou mōhiotanga wairua i
ngā whakaaro mārama, i ngā mahi pai, i ngā kare ā-roto
atawhai, me te whakaaroaro hohonu, ka taea e rātou te kite i
tō rātou wehenga atu i te tinana i te wā whakamutunga o te
wehenga atu mā te kanohi wairua. I a rātou e noho ana i te
ao nei , ka kite te yogi i te kauhanga o te kanohi wairua i te
rohe i waenga i te mea me te wairua, ā, i te wā e wehe atu ai
rātou i te Ao, ka taea e rātou te tomo ki tēnei kauhanga
kanapa ka whiti atu i tēnei ao ki te ao mutunga kore o te
Atua, arā, te māramatanga, te hari, te rangimārie, me te
.herekoretanga mutunga kore

Mārama ki runga i te mārama

Ko te kanohi te rama o te tinana

Ki te kotahi tō kanohi

Ko reira ka ki ai tō tinana katoa i te māramatanga

I roto i te pōuri te mārama e whiti ana, ā, kihai i
.mōhiotia e te pōuri

Ko te atawhai tangata ko te mārama ki ngā mamae o
ētahi atu, te whakatata atu ki a rātou, te kōrero ki a rātou, te
whakamarie pono i a rātou i roto i ō rātou aituā, te koa i roto

i ō rātou harikoa, me te whakapau kaha ki te ārai i te
.matau, te matea, me te manukanuka i a rātou

Ko te tangata e mau ana i te wairua atawhai, kāore e
mahi i runga i ngā tātaitanga me ngā tumanakohanga iti,
engari ka whakamahia e ia tōna māramatanga me tōna
whakaaro tika, ka anga whakamua ki te āwhina i a ia anō me
ētahi atu, me te whakawhetai ki te Atua mō te angitu i tutuki
i a ia. Ahakoa kotahi, e maha rānei ngā wā ka hinga ia, kāore
ia e ngākau pouri, engari ka kaha ake tōna whakatau, ka
ruarua āna mahi me te mahi anō i te ngana, ka tūhura i ngā
whakaaro hou me ngā huarahi hou, ka arahina e te
māramatanga o te whakaaro nui, me te rapu i te āwhina a te
Atua kia tutuki rā anō tana whāinga me tana kaupapa
.rangatira

Ko te tangata e mahi ana kia hari te tangata, ka hari ia i
te Atua me te ngākau whakamarie hinengaro. Ā, ki te ngaro
tetahi mea i a ia mō te hunga e ngana ana ia ki te āwhina,
kāore ia e whakaaro he mate, nā te mea ka whiwhi ia i te pai
me te rangimārie o te hinengaro mai i te Atua. E ora ana ia
ki te aroha, ki te mahi, ki te hoatu, ki te rui i ngā purapura o
.te pai me te rangimārie ki ngā mara o te tangata

Ko te tangata e neke atu ana i tōna ao whaiaro i roto i
ōna whakaaro me ōna kare ā-roto, ka whānui ake tōna
mōhiotanga, ka whakanui ake i tōna aroha, ā, ka kite ia ko te
ao tōna kāinga, ko te tangata tōna whānau. Ka mōhio ia ko
te kaupapa o tōna noho ki tēnei ao ko te whakahou i a ia anō
i mua i te ngana ki te whakahou i ētahi atu, nā te mea ko te
tangata e whakahou ana i a ia anō ka āwhina i ētahi atu ki te
whakahou i a rātou anō mā te tauira o tōna ao. He hohonu
ake te pānga o ngā mahi ki ngā wairua o ētahi atu i ngā
.kupu

Ngā tūnga poto

:Te kanapa o te pono

Ka ngana ētahi tāngata ki te mawhiti i ō rātou raruraru mā te menemene, engari ko tēnei momo mawhiti me whai hinengaro parakore, kia kore he tinihanga, he tinihanga. Ina mahi pono te tangata ki a ia anō me ētahi atu, ā, ka mahi rangatira, ka ngākau tapatahi, ka mārama ōna kanohi, ā, ka puta he kanapa ahurei mai i a rātou—te kanapa e kore e .taea te hē o te pono

:Te pono

He maha ngā kōrero a ētahi mō te pono, engari kāore e taea te kōrero ki te katoa mō ngā mea katoa. Ina tuku tohutohu, ka hē te mārama o ētahi ki ō kupu, ā, kāore he hua o āu kōrero; he maumau tēnei mahi, he mahi kāore i te maiohatia. He koura te wahangu i ēnei wā, engari ehara .tēnei i te kī he wahangu mō te hē

:Te noho tahi i a koe anō

He mea whakamiharo te noho tahi me te tangata. E mōhio ana te nuinga o te tangata ki te uaua o te noho tahi me ētahi atu, engari kua whakaarohia e koe te noho tahi me koe anō? He tino uaua, engari ka taea. Ki te tātari koe i a koe anō, ka kitea e koe kei te taupatupatu tonu koe ki a koe anō. Ki te kore koe e aroha ki a koe anō, e kore koe e aroha ki tētahi atu. Ā, ki te kore te tangata e noho tahi me ia anō, me ?pēhea e taea ai e ia te noho tahi me ētahi atu

He mea nui te noho tahi o te tangata me te ao whānui kia noho tahi ai. Nō reira, he mea nui kia arohaina koe, kia whakautehia hoki, nā te mea e tika ana kia arohaina koe. Me aroha ki a koe anō, nā te mea nā te Atua tātou i hanga, i homai hoki ki a tātou te pūmanawa rangatira. Ko te aroha ki tēnei āhua o roto, ko tēnei mauri e kī ana i ngā āhuatanga pai, e whakaoho ana i ngā whanonga rangatira, e purea ana

te hinengaro i ngā poke, me te ngākau i te mauahara me te
.mauahara

:Te whakatikatika i te kāpehu tuhituhi

Kāore e taea e te tangata te tinihanga i tōna hinengaro,
te whakatika i te hē, te mawhiti rānei i ngā hua o te
whanonga hē, ahakoa ka haere ia ki tētahi atu aorangi. Ka
haere tahi ngā hua o āna mahi me ia, ā, me whakatika e ia
tōna huarahi me te whakarite i tana kāpehu matatika kia
.tohu tonu ai tōna ngira ki te huarahi tika

Ko ētahi tāngata e noho ana i roto i ngā āhuatanga kino
rawa atu, engari kei te noho tahi tonu rātou me rātou anō,
ko ētahi ia kei a rātou ngā whai wāhitanga katoa me ngā
mea katoa e hiahiatia ana e rātou, engari kei te pakanga
tonu rātou ki a rātou anō. Nō reira, kaua e tatari kia huri ngā
āhuatanga. Whakaponohia koe kei te pai koe ahakoa tō
.taiao, he rerekē pea tēnei i tāu e hiahia ana

Ko te tangata e tuku ana i a ia anō ki raro i te mana o
ngā āhuatanga, ka tatari ia kia huri ngā mea, ā, ka roa tana
.tatari

E kīia ana he tangata matatau ki te kōrero i ngā reo
tekau mā waru, engari nā te rawakore rawa, kāore i taea e ia
te utu i tētahi rama hei pānui pukapuka. Nō reira ka haere ia
ki tētahi kokonga ka noho i raro i te rama tiriti ki te pānui
pukapuka. He pono, mā te kaha o te ngākau ka waihanga
huarahi, ka hanga whai wāhitanga, ka whakahou i te
tumanako, ka whakatutuki i ngā mahi, ā, ka whakatutuki i
.ngā wawata me ngā moemoeā

Ka taea te whakawhitiwhiti kōrero tūturu ki te hunga e
mōhio ana ki te Atua mā te whakapā atu ki a rātou, te pānui
whakaaroaro i ā rātou tuhinga, te whakaaroaro hōhonu rānei

ki a rātou. Ko te mea nui kia maumahara ko te mea e hangai
.ana ki ō rātou hinengaro, e hangai ana ki te Atua

Ina whakaritea ō tātou hinengaro ki ngā wairua nui e
aroha ana ki te Atua, ka āta whakarerekētia e tēnei
whakakotahitanga ō tātou oranga i roto i tētahi huarahi
whakamiharo. Kāore tēnei whakakotahitanga e
whakataurekareka i te hiahia engari e whakawhānui ana i
tōna whānuitanga, e whakapakari ana hoki i tōna mana.

Koinei te rerekētanga i waenganui i te noho tahi me te
hunga e kī ana i te whakapehapeha me te aro nui ki ngā
mea ka taea e rātou te whiwhi, me te noho tahi me te hunga
e aroha ana ki te Atua me te tangata, ko tā rātou whāinga he
hoatu me te whakaoho i te aroha atua i roto i ngā wairua o
te hunga e noho tahi ana me rātou. Ko te aukumetanga o
ēnei tāngata manaakitanga e kawe mai ana i a tātou ki te
.hononga tata ki te aukumetanga atua

Me maumahara tātou, ahakoa e whai ana tātou ki te
whakatutuki i ō tātou ake hiahia, me āwhina hoki tātou i
ētahi atu ki te whiwhi i ā rātou e hiahia ana, me te tohatoha
ki te hunga rawakore ngā mea pai o te ao e pa mai ana ki a
tātou. Kia maumahara tātou he wāhanga nui tātou o te
whānau o te ao, ā, e kore e taea e tātou te ora me te kore
.tēnei whānau nui

He aha te āhua o te ao me te kore he kāmura, he
kaihanga, he kaimahi pāmu, me ētahi atu? Mā te hoatu me
te whiwhi, me te whakawhitiwhiti ratonga, e hiahia ana te
Atua kia whakaaro tātou ki ētahi atu, kia aroha ki a rātou
anō. He hapa nui te noho mō tātou anake, me te kore e
whakaaro ki ētahi atu. Ina whakaaro tātou ki tō tātou ake
harikoa, me whakaaro anō hoki tātou ki te harikoa o ētahi
atu. Kāore e hiahiatia kia hoatu e tātou ngā mea katoa kei a
tātou hei oranga mō te whānau o te ao, nā te mea kāore e
taea. Engari, me aroha tātou ki ētahi atu, me mahi i ngā mea

ka taea e tātou hei āwhina i a rātou, hei whakamama hoki i ā
.rātou taumahatanga

He hononga kei waenganui i te angitu me te ngākau
māhorahora o te wairua, i roto i te horopaki o te taiao e noho
.ana te tangata

Ko te angitu tūturu he hua o te whanonga e rite ana ki
ngā mātāpono o te tika, ā, kei roto hoki ko te harikoa me te
oranga o ētahi atu hei wāhanga nui o te makona whaiaro. Ko
te tangata e whakamahi ana i tēnei mātāpono ki tōna oranga
tinana, hinengaro, matatika, me te wairua, ka kitea e ia he
tino whānui, he whānui hoki tēnei whakamāramatanga o te
.angitu

He rerekē ngā whakaaro o te tangata mō te angitu, i
runga i ā rātou whāinga i te ao. I ētahi wā, ka whakataurite
ētahi i te tahae, me te kī pēnei, "He tahae angitu ia!" E
whakaatu ana tēnei ehara i te mea he mea e hiahiatia ana
.ngā angitu katoa; kua tō tātou angitu e whara i ētahi atu

Ko tētahi atu tohu mō te angitu ko te kawhe mai i te
rangimārie me ngā hua pai, ehara i te mea ki a tātou anake,
.engari me whakapuaki hoki e tātou aua painga ki ētahi atu

Ko te angitu pūtea ehara i te mea ko te whiwhi noa i ngā
mea e tika ana mā tātou; engari ko te whai kawenga
matatika hoki ki te āwhina i ētahi atu ki te waihanga i tētahi
oranga pai ake mō rātou anō. Ka taea e te tangata whai
mātauranga te whiwhi moni, engari ki te mea he aroha kei
roto i ō rātou ngākau, e kore e taea e rātou te whakamahi i
taua moni me te hiahia whaiaro; engari, ka tohaina e rātou ā
.rātou mea ki ētahi atu

Ka waiho te moni hei kanga i roto i ngā ringa o te hunga
apo me te hunga hiroki, engari he manaakitanga, he taonga
.hoki ki te hunga atawhai me te hunga ngākau atawhai

Ka kukume mai ngā wairua pai i ngā wairua pai, ā, ka
kukumea atu ki a rātou

Me ako tātou ki te aroha ki tō tātou hoa tata, pērā i a
tātou anō, ā, kia mahara he poto noa iho te wā e noho nei
tātou i tēnei ao, ā, muri iho ka haere tātou ki tētahi atu ao,
ko tōna taumata kei runga i te taumata o ō tātou whakaaro
me te kounga o ā tātou mahi i tēnei wā e noho ana i te ao
.nei

Ko wai ō tātou whanaunga pono? Ki te tangata
whakaaro nui, he whanaunga te katoa, ā, he "hoa tata" ia
tangata. Ae, ka taea e te tangata whakaaro nui te mārama,
ā, e mārama ana ahakoa e whiti ana te rā i tōna mārama ki
runga i te waro me te taimana, he rerekē te taimana i te
waro, engari kei a ia te kaha ahurei ki te whiwhi me te
whakaata mārama me te kanapa. Me rapu te tangata i te
hoa o te hunga he parakore ō rātou whakaaro me ō rātou
kare ā-roto, pērā i te taimana, ā, me whakatapua te wā ki te
kimi hoa pono. Ko te hunga e noho ma ana, e noho pono ana
ka kukume mai i ngā hoa e āhua ma ana, e pono ana, ko te
hunga ia e noho ana i runga i ngā kare ā-roto kāore he
.māramatanga ka kukume mai i ngā hoa o te momo tangata

Ki te mea he mea nui ki a koe ngā kaupapa me ngā
mātāpono teitei, he mea tika kia karohia te
whakawhanaungatanga ki te hunga kāore e whakaponu ana
ki aua kaupapa me ngā mātāpono, ā, e whakapoauau ana i
ngā whakaaro, e whakararuraru ana i te wairua, kia kore ai ō
rātou wiri e whakaiti i tō taumata wiri. I taua wā anō, kaua e
.aukati i tetahi i roto i tō porowhita aroha

Hei tāpiritanga, kaua te tangata e hoatu noa i te aroha,
engari me whakatū hoki i te rangimārie, kia puta ai te
rangimarie me te rangimārie ki ngā wāhi katoa e haere ana
rātou, kia whakahauora ai i te hunga e karapoti ana i a rātou
ki tō rātou atawhai. Kāore tetahi e hiahia ki te whakatata atu

ki tētahi kūnuku kakara kino—tāria mai te kīanga—ka
karohia e te katoa. Waihoki, ko te tangata maku, tere,
totohe hoki ka whakapataritari, ka pana atu i ētahi atu. E
hiahia ana tātou kia rite ki ngā rōhi puāwai e whakaputa ana
i te kakara reka e whakahari ana i te ngākau. Kia kaha tātou
ki te hora i te kakara o te rangimārie me ngā hau o te pai ki
ngā wāhi katoa e haere ana tātou, ki ngā wāhi katoa e noho
.ana tātou

Kāore te rangatiratanga o te Atua i waenganui i ngā
kapua, i tētahi wāhi motuhake rānei i te rangi. Kei tua atu i
te pōuri e kitea ana e tātou ina kati ō tātou kanohi, ā, ina
whakaaroaro tātou, ina inoi hoki, ka tuwhera te kanohi o te
wairua kei te rae i roto i a tātou, ā, ka kite tātou i te
māramatanga manaaki, ka rongo i te hari e horapa ana ki
roto i ia pūtau o te tinana, ā, ka rongo tātou kua hurahia te
arai, kua whakatuwheratia he tatau ngaro ki te
.rangatiratanga o te Atua

He hari e whakahoutia tonutia ana te Atua, he hari e
kapi ana i ngā mea katoa. Me kotahi tātou me taua hari e
.noho ana i roto i a tātou, e karapotia ana i te mutunga kore

Kei tua atu i ngā rohe wiri o te mea matotoru te
hinengaro mutunga kore, e kapi ana i ngā mea katoa, e kore
e taea te whakaahua i roto i tōna kororia katoa, tōna whānui,
me tōna mutunga kore. Koinei te rangatiratanga o te rangi,
he harikoa hinengaro mutunga kore, mutunga kore,
.mutunga kore

Ina whānui haere ngā tirohanga a te wairua, ā, ka rongo
.i tōna aroaro i ngā wāhi katoa, ka honoa ki te wairua atua

He korōria ki te Mutunga Kore, e noho ana i te pae
tawhiti, te wāhi e tūtaki ai te rangi ki te moana. He korōria ki
te Mutunga Kore, e noho ana i runga i te rangimārie i roto i a

tātou; mā te arotahi ki te Mutunga Kore i roto, ka taea e
.tātou te whiwhi i tōna mana mutunga kore

He iti noa te mātauranga e whiwhihia ana mai i te ako
pukapuka, i te ako tangata rānei, engari ko te mātauranga e
whiwhi tika mai ana i te Atua, ka homai te mana o te
whakaaro nui, te kororia o te pono, te marino o te ngākau,
.me te rangimārie o te wairua

E te Ariki, whakaakona ahau ki te inoi me te arotahi
hohonu, me te whakaranu i te whakaaroaro me ngā hiahia o
te ngākau, kia horoia hoki tōku ngākau i ia rā e tōku aroha
.parakore ki a Koe

Te wetewete i ngā here o te karma

Ahakoia he hinengaro, he tinana rānei, he mōhio, he
kore mōhio rānei, he pānga motuhake ki te oranga o te
tangata. Ehara i te mea ko ngā mahi o mua ko ngā mahi i
mahia i ngā rā, i ngā marama, i ngā tau rānei kua pahure
.anake, engari ko ngā mahi anō hoki o ngā oranga o mua

I mate koutou, ā, nāna koutou i whakaora; kātahi ka
whakamatea koutou e ia, kātahi ka whakaora anō i a koutou;
.kātahi ka whakahokia koutou ki a ia

Ngā hua pai me ngā hua kino o ngā mahi a te tangata I
tōna oranga o nāianeia, ka noho tonu ēnei tohu ki te
hinengaro kore mohio, ā, ko ngā hua e mau ana i te tangata
(e mau ana rānei i tōna wairua) mai i ngā
whakawhānaungatanga o mua e takoto moe ana pērā i ngā
purapura i te hinengaro kore mohio, e tatari ana mō ngā
āhuatanga tika Kia pihi ake, kia tupu ake i tētahi wā karma
motuhake Ko te ture o te karma, e whakataurite ana i ngā
mea, e uru ana ki te mahi me te tauhohenga, te take me te
.pānga, te rui me te hauhake

Mā roto i ngā whakaaro me ngā mahi a ia tangata ka
hangaia tōna ake ao, ā, ko ngā kaha e tukuna ana e rātou,
ahakoa he whakaaro nui, he wairangi rānei, ka hoki mai ki a
rātou hei tīmatanga, pērā i te porowhita e whakaoti ana i a ia
anō me te tino tika [Ko te pātai] me aro atu te kai rapu
hihiko ki ngā hua o ā rātou mahi o mua—engari kāore i te pai
ki a rātou—ki ngā hua o ā rātou mahi o mua, ki te mea rānei
e kiia nei ko te inenga? Ko te whakautu kāore, ko te Atua te
ture me te aroha, ā, ko te kai rapu e tahuri ana ki a ia me te
hiahia pono me te whakapono katoa, e whakarite ana i ā
rātou mahi ki te ture atua, e rapu ana i te aroha mutunga
kore o te Atua, ka whiwhi ia i te manaakitanga atua e
whakamama ana i ngā taumahatanga taimaha, e whakapai
.ake ana i ngā āhuatanga

Nā te Atua tātou i whakanoho ki tēnei ao kī tonu i ngā
mānukanuka, ā, e mōhio ana ia ki ō tātou mamae me ngā
whakamātautau me ngā mamae e pāngia ana e tātou. Ka
whakahōhonu ake te pōuri o roto o te kuware wairua e te
tangata ina whakaaro rātou kei te toremi rātou i roto i te
hara, kāore hoki he mana ki te mawhiti i ōna hōhonutanga.
He pai ake mā rātou te whai kia whakatikatika i a rātou anō,
me te rapu āwhina me te aroha mai i te ngākau o te aroha
tapu, me te tumanako kia murua te hara e te Atua aroha,
.atawhai, me te muru hara

Ina mōhio tātou ki tō tātou hononga tata ki te Atua, he
aha te karma ka taea te here i a tātou? Kaua e tukua tetahi
kia whakatenatena i a koe ko ō mamae me ō uauatanga he
hua nō tō karma. Hei wairua i roto i tōu mauri, kāore he
karma āu. Engari, me mōhio koe ki tēnei pono mā te whakaū
ki a koe anō he kotahi koe me te mauri o te ora, te
māramatanga, me ngā mana o te ao. Ki te mōhio koe ki
tēnei meka, kāore he mea hei wehi māu, ā, ka
whakatuwherahia e te Atua ngā tatau maha māu, ka tukuna
.hoki he maha ngā whai wāhitanga ki a koe

Ki te kore koe e pai ki te āhua o tō oranga, hurihia tō
whakaaro, whakakīia ō kare ā-roto ki te kaha pai, ā, ka rongo
.koe i te rerekētanga

Kāore he take e tangi ai, e pōuri ai te tangata mō ngā
mea i ngaro i a rātou, e kī ana rānei ko ō rātou āhuatanga
pōuri nā ngā hapa i mahia e rātou i tēnei ao, i ngā wā o mua
rānei, he momo mangere wairua hoki tēnei. Me mahi rātou,
me hutia ake ngā taru i te māra o te ora, ā, ko reira ka
puāwai ngā putiputi tino reka, tino kanapa, ka hua mai i ngā
hua tino reka, tino hiahiatia. Mā Tōna aroha noa, te Runga
.Rawa

Ko te tuku i a tātou ki te Atua, ehara i te mea kāore e
whakamahia tō tātou hiahia hei whakapai ake i ā tātou mahi,
me te tatari kia whakatikahia e te Atua ō tātou āhuatanga
me te kore he kaha mai i a tātou, nā te mea ka āwhina te
.Atua i te hunga e āwhina ana i a rātou anō

Ko te kaupapa matua, kia ako tātou ki te haere ki te
Atua hei ārahi i ō tātou hiahia, hei manaaki, hei whakakaha
hoki i ā tātou mahi tika. Ina hinga i a tātou te arai o te kore e
pai ki te tuku, ka kitea e tātou i roto i te Atua te tiakitanga e
kore e taea e tetahi o tēnei ao te homai ki a tātou, ā, ka
kitea hoki e tātou te kaha e kore e taea e tetahi
.whakamātautau te wikitoria

Ka taea e te katoa te whakatū i tētahi whanaungatanga
motuhake ki te Atua mēnā e mōhio ana rātou ki te
whakatuwhera i ō rātou ngākau ki te Atua, me te hiahia hoki
.ki Tōna aroaro atua, e kawe mai ana i te hari me te pono

Ina hiahia nui te tangata ki te Atua, me te mōhio kāore e
taea e rātou te noho me te kore la, ka kitea e rātou he
huarahi hei whakautu mai a te Atua. Engari me whakatipu
tuatahi rātou i taua kare ā-roto kaha, nā te mea kāore te
.whakautu e puta noa mai

Ki te kore tātou e tuku i te Atua ki te tūranga tuatahi i
roto i ō tātou ao, ka manukanuka, ka pōhēhē tō tātou
hinengaro, ā, e kore e taea e tātou te aro atu ki ngā tono
mutunga kore o te ao i runga i te whakaaro tika me te
.arorau

Ā, he aha te huarahi hei whakawhanake i taua hiahia? I
ia wā ka pā mai he aituā, he uauatanga rānei, ā, i ia wā ka
pōuri te ngākau, me tahuri tātou ki te Atua, me te tono i tāna
āwhina, me te mōhio ko te tangata e aroha ana ki te Atua, ā,
e pupuri ana i taua āwhina i roto i tōna hinengaro me tōna
ngākau, ka pai ake tōna āhua. Kei te huri haere tōna āhua
.hei pai ake

Ina whakaohokia e tātou te ea, mā roto i ā tātou inoi
pono me ā tātou karanga pono ka tangohia mai e tātou te
mauri o te whakautu atua, kei roto nei te kai, te whakaora,
.me te harikoa

Mō te hunga e hiahia ana ki te kai wairua, kāore he
pānga o ngā pōuri me ngā hinganga o mua. Ka taea te ako i
ngā akoranga mai i aua akoranga, ā, ka taea te whakamātau
anō, me te whakahoki anō i te ngana mai i te tīmatanga. Ka
tino angitu, me te āwhina a te Atua, mō te hunga katoa
kāore i te ngākau pouri i te hinganga, kāore hoki ō rātou
whakatau i ngoikore i ngā aituā, ā, e whakapono ana me te
whakapono pumau. Ka tautoko te Atua i te hunga e
manawanui ana. Ko te hunga kei te ara tika, ā, ka
whakaratohia e ia ki a rātou te tumanako, te kaha, me te
hihiri, kia tae rā anō ki tā rātou whāinga matua, kia tutuki rā
.anō te kaupapa o te ao

He kaha te whakaaro, pērā i te hiko, ā, he āhua
hinengaro anō hoki. Ka hoki anō ki te whakaaro me te āhua
.o te whakaaro

He pai, he kino hoki te hiko; ko te tangata e whakamahi
ana i te hiko me te whakaaro nui, ka whakamahia hei mahi
māna, ki te kore, ka pāngia ia e te hiko. Pērā anō hoki te
whakaaro, ki te tika te hiko, ka hari te rangatira, ki te kore ka
.raru ia

He rite te whakaaro ki te hōiho mohao, engari ehara i
te mea kāore e taea te whakaōrite, ā, ko te whakaaro pai
.tētahi huarahi hei whakahaere i te whakaaro

He hoa tata te whakaaro tika, ā, he hoariri pumau te
hinengaro mate

Ka kukume te whakaaro tika i te rangimārie me te
haumarū, ko te whakaaro kino ia ka pupuhi i ngā pere
whakamate ka tau ki runga i tōna rangatira. Nō reira te
kīanga, "He rite te utu ki te mahi." Mēnā ka tukuna e te
tangata ngā whakaaro pai, ka huri ōna whakaaro hei rama,
ka whakamārama i ngā rūma o te wairua, ka peia atu ngā
puranga o te pōuri, kia tino whakamarietia ai ia, kia tiaho
hoki ōna kanohi me te menemene o te harikoa! Kia mau
tonu te menemene ki ō kanohi. Kia tau te rangimārie ki a
.koe

He rite te ora ki te mira e huri ana i ngā purapura o te
whakamātautau hua me te whakamātautau, hei hanga i te
taro o te ora. He rite ki te huarahi piko, he putiputi ataahua i
ia taha, he pūrerehua kanapa, he rākau he hua reka kei ō
rātou manga, engari kāore e maha ana te tū. Kia pārekareka
tātou ki tōna tirohanga, kia reka hoki ki tōna reka; he pono,
he maha tonu tātou e tūpono ana ki te toro atu ki ngā wāhi
whānui ake, e whakaaro ana tātou he nui ake ngā tirohanga
ataahua i tā tātou i kite ai. Engari i a tātou e neke haere ana
i ngā ara putiputi, hua, ka kitea e tātou he rākau pouri ake i
te hou, kātahi ka ngaro ngā putiputi. Ā, me ia, ngā
.pūrerehua me ngā hua, ka kitea tātou i te koraha pakoko

He rite te oranga o te tangata ki ngā wai o te moana, ka
purea, ka hou. Ina piki koe ki te āhuarangi o runga, he rite ki
te moemoeā o te ata, e mārama haere ana i te pakeketanga,
nā te mea ka mārama ake, ka mārama ake ngā mea. He rite
ki te haerenga, ka huri te tirohanga i a tātou e haere tawhiti
ana. Kātahi ka huri ngā tirohanga i a tātou e tata atu ana ki
.reira, ā, pērā tonu

Kāore te ao e whakapōrearea i te hunga whakaaro nui,
nā te mea ka aro nui rātou ki tēnei mea, ka pārekareka ki a
rātou. Me te kore e tukua kia whakahaeretia rātou e te wai,
kia tangohia atu hoki tō rātou herekoretanga. Hei tauira, ka
pārekareka ki a rātou te wai, ka inumia, ka kaukau ki roto,
engari kāore e tukua kia toremi rātou ki roto. Ka pārekareka
ki ngā kākahu e pai ana ki a rātou. Me te kore e piri nui ki
ngā tikanga me ngā tikanga e kiia ana he papaku noa iho. Ka
pārekareka ki a rātou te kai me te kore e tukua kia pau i te
kai nui, nā te mea ka ngoikore te tinana i te kai nui, ā, ka
horomia ngā tirohanga, ā, ka whakangaromia rawatia e ia.
Nō reira, me pārekareka te tangata ki te ora, engari me te
.kore e pau ngā kare ā-roto mā te rumaki

Te noho tahi me ētahi atu. Ehara i te mea me whakaae
ki a rātou i ngā mea katoa, me te tuku rānei i ngā kaupapa
matua mō rātou anō, nā te mea he mea kore e hiahiatia
tēnei momo whakaae, ā, kāore e hangai ki te pono. Kāore
ngā kaiwhakahou me ngā tāngata nunui i whakaae ki te tini
o te tangata i tō rātou taha, heoi i mau tonu rātou ki tō rātou
kaupapa matua, nā te mea i kite rātou he tika rawa tā rātou
.mahi

Ko te mea tuatahi, me noho te tangata i roto i te
rangimārie me te Atua, kātahi me tōna hinengaro, kātahi me
.te tangata

Kaua te kaupapa e whakararuraruhia, kaua hoki e tahuri
ki ngā whakaaro huna hei whakatutuki i tētahi kaupapa, nā
.te mea kāore tēnā e tika mō te hunga whai kaupapa

Ko wai ka taea te noho i roto i te huarahi e pai ai te
Atua? Kaua e whara i ētahi atu, kāore hoki he mea e wehi ai
rātou. Ki te kore tēnei huarahi e makona ai ētahi atu, he nui
noa iho te noho whakamarie o te tangata i roto, me te rongo
i te rangimārie o roto e kore ai ia e whakaae mai i te
.tangata

Ko te kaha me te hiahia o te wairua i te tahuritanga ki te
Atua ka kiia ko te aukumetanga wairua. Ā, mā tēnei
aukumetanga ka kukume te wairua i ngā manaakitanga ki a
ia anō me ngā wiri pai, me ngā wheako pai katoa o te
.tangata, e whakamahara ana i a ia ki te pai me te tika

te aukume wairua Ko te mana tēnei e kukume mai ai, e
kukume mai ai i te tangata ki a ia anō Ngā hoa pai Me ngā
mea nui Me te māramatanga ā-roto ki ngā mea i ahu mai
tēnei mana i te mana aukume kukume o te Atua

Rama o te Rangimārie

Tangohia he kohua hinengaro Whakakīia ki tō
rangimārie

Tangohia te pounamu o ōku kare ā-roto Whakakīia ki tōu
aroha

Tangohia taku kete wairua kau, whakakīia ki ngā hua o
.tō whakaaro nui

Ringihia ngā wai o tō aroha ki roto i tōku wairua, ka
.ringihia e au ki roto i ngā kapu o te wairua matewai

Horoia ngā pakitara o te whakapehapeha. Rukuhia ahau
.ki roto i tō aroaro katoa

Te hihi o te ata o te aroha
Tukua ia kia titiro mai i te tuwhera o tōku ngākau
He whakamahara mai ki ahau i te hihi o tō aroha
E horapa ana puta noa i te rangi o tōku ao
Kua tiaho mai te māramatanga o tō aroha
I runga i ahau anō, ā, i mārama
I whakakīia tōku wāhi wairua e tōu māramatanga
Ko koe te ora e tautoko ana i tōku tinana
Me te hinengaro e whakaoho ana i ōku whakaaro
Me te whakaaro nui e whakakore ana i tōku kuware
Ka tahuna e au te rama angiangi o taku aroha
Hei pānui i te pukapuka koura
I tiakina i roto i ahau mai anō i ngā wā onamata
Ko tō aroha i mua, ā, kei te mau tonu
Te rama e kore e kitea o te rangimārie
E whakakore ana i te pōuri, e whakaatu ana i ō karere ki
ahau
Kei ngā whārangi o ngā ngākau te rangitaki
Kia whakakitea mai tōu korōria, e te Ariki
Kia memeha atu te māramatanga o tō whakaaro nui
Te kuware, te ngangau, me te hae
Mai i ngā takutai o te whenua ake ake
Hurihia tō tātou ngoikore hei kaha

Ā, i ngoikore mātou ki te whakatau

Whakakīia ō tātou tinana ki te hiko ora

Ā, whakakīia te hinengaro me te wairua ki tō
māramatanga whakaora

Hopukia mai ō mātou ringa kia kore ai mātou e toremi i
roto i ngā wai o tō kore aro, whakakīia hoki ō mātou wairua
ki tō aroha me tō whakaaro nui. Tukua mātou kia rongo kei
te tata tonu mātou ki a Koe, kia whiti tonu mai te rā o tō
.aroha ki runga i a mātou

Ka whakatakotoria e au ngā puawai o aku whakaaro
hihiri, ngunguru

I roto i te hanganga o te marino

Ka waiata tōna kakara puku

Ā, ka waiata ia mō ōu korōria

Me te kanapa o tōu māramatanga tapu

Ka kite ahau i te ataahua o tōu oranga

Ka tutuki aku moemoeā harikoa

Ina whiti tō māramatanga i roto i tōku wairua

Kei te mura ngā arai i te ahi o te whakaaro nui

Ka kite ahau i tōu kororia, ā, ka nui haere tōku hari

Kia whakamārama te Atua i a koe ki tōna māramatanga

Ngā mihi nui ki a koe e te wairua

He maha ngā tono me ngā whakaritenga a te ao e
whakatakoto ana i runga i a tātou, e whakaū ana i a tātou ki
tō rātou hiranga nui, me te kore e taea te noho me te kore o
ēnei mea, te noho rānei me te kore o ēnei mea. Engari ko te

whakaritenga matua ko te whiwhi i te rangimārie o te Atua, e kore nei ōna puna e maroke, e kore hoki tōna puna e mimiti, ā, e homai ana ki a ia te reka me te tikanga o ngā mea katoa .o te ao

Kia maumahara tātou ko te Atua te mauri o tō tātou noho, ā, ko te aroha te matapihi e titiro atu ai tātou ki tōna mata kororia. Ki te hiahia tetahi ki te rongō i te aroaro o te Atua, ā, ki te atawhai i taua hiahia nui i roto i te whakaaro me te mahi, ka whakamanahia e te Atua tā rātou tono, ā, ka āwhina i a rātou ki te haehae i ngā arai e ārai ana i a rātou ki .te kite i ngā māramatanga manaakitanga

Ko te tangata e u ana ki te anga whakamua i te ara, e kore ia e whakaroahia e tetahi mea, e kore hoki e arai i a ia e tetahi arai, kia tae ra ano ia ki tana whaingā, kia tutuki ra .ano hoki i a ia te hiahia o tona ngakau

Ngā Pērara me ngā Kohatu Wairua

Ko te hunga e whakaatu ana i ngā ngoikoretanga o ētahi atu, e whakama ai, e riri ai rātou, he tawhiti rawa atu i te whakaaro nui, i te whakaaro tika hoki. Me whakahawea tātou ki te hara, kaua ki te tangata hara, ko ia hoki tō tātou teina wairua, ahakoa te pōuri o te kuware e karapoti ana i a ia. Ko te kaupapa o te whakahē he whakaora, kaua e whakamanamana, e whara ai. Me mahi tātou ki tō tātou teina hara pērā i tā tātou e hiahia ai kia mahia mēnā kei roto .tātou i tōna tūranga me tōna āhuatanga

Ko te tangata e huna ana i ngā hapa o tōna teina i tēnei .ao, ka huna e te Atua ōna hapa i te ao kei te heke mai

Pērā i tā tātou whakawa i ētahi atu, ka whakawa anō hoki te ture wairua i a tātou ki te taumata kotahi. Kaua tātou e tumanako nui rawa atu i ētahi atu, kaua hoki e tumanako tonu ki ngā hua pai mai i tētahi atu, ahakoa kei te whakapau .kaha rātou

Ahakoia ka hinga, ka tūtuki te tangata, ka noho haumaru
ia mēnā ka whakapau kaha ia ki te piki anō i te arawhata o
.te ngākau pai me te tika

I ia rā, me ngana tātou ki te whakaara ake i te wairua o
te tūrora i te taha tinana, i te taha hinengaro, i te taha
wairua rānei i roto i tō tātou taiao, pērā i tā tātou āwhina i a
.tātou anō, i ō tātou whānau rānei

Ko te tangata e ngana ana i tēnei rā ki te ora i runga i
ngā ture atua - kua ki te oranga tawhito e kawea mai ana i te
uaua me te pōuri - ka kitea e ia ahakoia te iti o tana tūranga i
roto i te ao, he tūranga nui tonu ia i te mea e mahi ana ia i
tana mahi ki te taumata tino tika i runga anō i te tohutohu a
te kaiwhakahaere o te whakaari o te ao me te rangatira o ō
.tātou mutunga katoa: te Atua Kaha Rawa

Ina taunekeneke tātou me ētahi atu me te ngākau pono,
te aroha pono, me te whakaaro ki ngā kare ā-roto, ka kawea
mai e tātou he hoa pai ki roto i ō tātou ao, me te kore he
hiahia whaiaro, he tātaītanga whaiaro rānei e whai whakaaro
ana ki a rātou anō; ki te kore, e kore e taea e tātou te kite i ō
.tātou hoa pono

He mea tika kia whakarērea te tinihanga me te
whakahihi, kia mahi hoki i roto i te huarahi e kore ai e whara
.kino i ētahi atu

Kua ngā hoa e riri, e whakaititia, e whakahēngia rānei,
kua hoki e hoatu he take ki a rātou kia pupuri i ngā kare ā-
roto kino ki a tātou. Kua ngā hoa e tukinotia, e tukinotia, e
hoatu rānei he tohutohu kāore i tonoa mēnā kāore i tonoa.
Mēnā ka tonoa he tohutohu, me hoatu me te ngākau pono
me te atawhai, me te kore e wehi i ngā pānga. Ka āwhina
ngā hoa tetahi i tetahi mā te whakahē whai hua, te
.whakawhanaungatanga

Kāore ngā wheako uaua o te ao e tae mai hei whakararu
i tō tātou hiahia, hei hinga rānei i a tātou, engari hei
whakakoi i tō tātou whakatau me te whakapakari i tō tātou
whakapono ki te Atua me tō tātou whakapono ki a tātou anō.
E whakapono hē ana ētahi he kaha whakangaro ēnei wheako
me ngā wero, ā, ka mutu. He mea nui te hinengaro hauora
hei whakahohe i tō tātou kaha o roto kia pai ai te whakatau i
.te ao me ōna whakamātautau

Ki te kore te tangata e whakataetae ki tētahi atu e kaha
ake ana i a ia anō, e kore rātou e kaha. Waihoki, ina anga
atu tātou ki ō tātou uauatanga me te maia me te māia
.hinengaro, ka kaha ake tātou, ka manawanui ake

He wāhanga nui ō tātou hinengaro o te hinengaro
whānui o te Atua. Kei raro i te ngaru o tō tātou hinengaro te
moana o Tōna mōhiotanga mutunga kore. Ina wareware te
ngaru he wāhanga ia nō te moana nui, ka wehe atu i taua
mana moana. Nō reira, ka ngoikore ngā hinengaro o te
tangata i ngā herenga o te ao, ā, kāore e taea te mahi hua
me te whakaputa nui. Ina ruia e ngā hinengaro te puehu o te
kuware, ā, ka whatiia ngā mekameka e here ana i ō rātou
mana, ka kaha ake rātou ki te auaha me te taunekeneke pai
.ki te ao

Ina pupuri koe i tētahi whakaaro, ā, ka whakakīia ki te
ngākau kaha, ka huri taua whakaaro hei kaha hihiri. Ā, ina
hihiri te whakaaro, ka taea e ia te waihanga i te taiao tika
mō te angitu, e ai ki te mahere kāore i kitea kua tuhia ki te
.hinengaro

Ka hinga te tangata nā te mea ka tukua e rātou ngā
āhuatanga uaua o te ao me te kore e ātete atu, hei utu mō
.te ātete atu me te kore e tuku

He mea tika kia whakakorikorihia, kia whakahohehia
hoki te kaha o te hiahia

Ko te hunga e tomo ana ki te wāhi tapu o te rangimārie
ka taea te kōrero wairua ki ētahi atu wairua e aroha ana ki te
Atua, ā, ka taea e rātou te mārāma ki te reo o ngā rōhi me
.ngā mea ora katoa

E te Ariki, ko koe anake te Kīngi e noho ana i runga i
tōku aroha me tōku wawata

Ko te hunga e whakaaroaro ana ka pā ki a rātou te
wairua hōhonu o te rangimārie, ā, me mau tonu tēnei marino
o roto ahakoa kei roto i te rōpū o ētahi atu. Ko ngā mea e
akohia ana i te whakaaroaro me mahi i roto i ngā mahi o ia
rā me ngā taunekeneke ki ētahi atu, me te kore e tukua
tetahi kia whakararuraru i te rangimārie, i te ata noho rānei
.o te tangata

Ki te hiahia koe ki te waihanga i tētahi whanonga pai, ki
te whakakore rānei i tētahi whanonga kino, arotahi ki ngā
.pūtau roro kei reira ngā tikanga o ngā whanonga rerekē

Hei whakatū i tētahi tikanga pai, tuatahi noho puku,
whakaaroaro, me te rapu āwhina atua. Arotahi tō hinengaro
ki te pokapū o te kaha o te ngākau, kei te rae i waenganui i ō
tukemata, ā, whakaūtia te tikanga e hiahia ana koe ki te
whakatō ki roto i tō roro. Ina hiahia koe ki te whakakore i ngā
tikanga kino, arotahihia hoki tō aro ki tēnei pokapū o te kaha
o te ngākau, ā, whakaūtia kei te mukua ngā awaawa katoa e
mau ana aua tikanga. Mā te arotahi me te kaha o te ngākau,
ka taea e koe te muku i ngā awaawa hohonu rawa o ngā
tikanga tawhito kua mau. Whakaūtia koe anō kei a koe he
nui tō kaha o te ngākau ki te tango i ngā tikanga kino mai i
.te roro

Ko te wā tino tika mō tēnei whakaū ko te atatu tonu ina
.mataara te hiahia me te aro

Me whakaū tonu ki a koe anō kua watea koe i ngā
whakahau katoa, ā, i tētahi rā ka kitea e koe - me te āwhina
a te Atua - kua watea kē koe i te whanonga i hiahia koe ki te
.whakarērea

Ahakoā he aha tāu e wehi ai, peia atu ō whakaaro i aua
mea, ka waiho ki te Atua. Whakakahangia tō whakapono ki
.te Atua, me te whakawhirinaki ka taea e la te āwhina i a koe

He nui te mamae i puta mai i te manukanuka me te
manukanuka. He aha koe me mamae ai i te mea kāore anō
kia tupu te mea e wehingia ana e koe? Whakaarohia te
mārama tiaki a te Atua e karapoti ana i a koe i ngā taha
.katoa, ā, ka rongo koe i tana tiaki whakamiharo

I te mea ko te nuinga o ō tātou manukanuka i ahu mai i
te wehi, ki te whakakorea e tātou te wehi i ō tātou oranga,
ka noho noa tātou, ā, ka tere tonu te whakaora. I ia pō, i
mua tonu i te moe, whakaū ki a koe anō kei a koe te Atua, e
.tiaki ana, e tiaki ana i a koe

I roto i tēnei whakaari ao whānui, ka whakaarohia e te
tangata o ngā iwi katoa te kōrero o te ora i runga i te
atamira o te wā. Me mārama tātou ki te tikanga o te ora, me
.te kore e tino aro nui ki ā tātou mahi poto noa iho

He maha ngā wā ka hē, ka hē hoki tā tātou tirohanga ki
te ao nā te mea ka titiro tātou ki ngā kanohi o te hiahia
whaiaro me ngā tirohanga whānui. Mēnā ka titiro tātou ki te
kanohi o te wairua, ka kite tātou i ngā mea mai i tētahi
.tirohanga tino rerekē

Ina whakatuwherahia e tātou te kanohi o te whakaaro
nui, ka kite tātou i te māramatanga whānui o te Atua, ā, i
roto i taua māramatanga ka kite tātou i tō tātou āhua
wairua, he whakaata i te āhua o te hinengaro whānui e

horapa ana i ngā matūriki me ngā wāhanga katoa o te ao
.whānui

E karapotia ana tātou e ngā pono wairua, e patuki ana i
ngā tatau o ō tātou kanohi kua katia, e akiaki ana i a tātou
kia kite i te māramatanga kaua ki te pōuri, kia mahi i runga i
te whakaaro nui kaua ki te kuware, kia whakakīia ō tātou
ngākau ki te aroha kaua ki te mauahara, kia mahi tahi ki te
whakatū i te rangimārie me te kawē mai i te hua me te
haumarū ki tō tātou ao. Ina pērā tātou, ka ngaro te kuware,
ka ngaro ngā rerekētanga o ngā āhuatanga, ka kite tātou i te
kotahitanga i roto i te tatauranga, ā, ka nui ake tō tātou
.noho tahi me te hiahia o te Atua

Ehara tō tātou whanaungatanga ki te Atua i te
whanaungatanga makariri, kore aroha rānei, pērā i te
whanaungatanga i waenganui i te kaituku mahi me te
kaimahi. Ko tātou tōna whānau, e mau tonu ana tana
manaaki i a tātou, ā, e whakarongo tonu ana ia ki a tātou. He
wāhanga nui tātou o tōna noho, ā, e ora ana, e oraora ana
.hoki tō tātou whanaungatanga ki a ia

Kua homai e tō tātou Kaihanga ki a tātou he taonga e
kore e mutu o te aroha, te māramatanga, te māramatanga,
te ngākau pai, me te kaha wairua, heoi ko te nuinga o tātou
kua maumauria tēnei taonga ki te kore noa iho. E hiahia ana
te Atua kia noho haumarū tātou, kia rangimārie, kia mahi
tahi hoki, e tika ana mō tētahi whānau rangatira, aroha hoki,
engari kua pū te apo me ngā whakaaro whaiaro ki roto i ō
.tātou ngākau, ā, kua ruia te ngangau i waenganui i a tātou

E hiahia ana te Atua kia waiho tātou hei rangatira,
engari kua whiriwhiria e tātou kia noho hei pononga

Kua kotiti ke te tangata i tōna kāinga i te rangi, kua
ngaro te pararaiha o roto, arā, te tata ki te Atua, me te Atua

e tata ana ki a ia, ā, e kore e taea e ia te whakahoki mai i
.taua pararaiha me te kore he mahi whaiaro

I hangaia tātou e te Atua i roto i tōna āhua, engari kua
ngaro atu tēnei pono i roto i ō tātou hinengaro. Kua hinga
tātou ki te whakaaro pohehe ko tō tātou mutunga he uaua,
ā, ko tō tātou mutunga he whakangaromanga. Me haehae e
tātou te arai o te whakaaro pohehe ki te maripi o te
.whakaaro nui kia kite ai i te pono kanapa kei muri

?Ko wai tātou, ā, he aha tō tātou āhua tūturu

He rerekētanga mārama kei te tangata, ahakoa i roto i
tōna āhua hinengaro, i tōna āhua kare ā-roto rānei, i ōna
tūranga i te ao, i te mahi me ngā mahi e whaia ana e rātou, i
ōna hiahia rānei. Engari kei raro i ēnei rerekētanga katoa e
rua ngā mea e hiahiatia ana e te tangata katoa, kāore he
rerekētanga. Ko tētahi he herekore i ngā momo mamae me
ngā hiahia katoa. Ko tētahi he harikoa mutunga kore—te
ngākau mārie, te wāhi e noho ana te rangimārie, te aroha, te
.whakaaro nui, me te harikoa

Ko te pono, ko te mea e whai ana te tangata kia tutuki
ko te Atua, ahakoa e whakamahia ana e rātou taua ingoa,
kāore rānei. E mea ana te hunga whakaaro nui ko te Atua te
mauri o te harikoa me te wairua o te harikoa. Ā, e kore te
tangata e tino makona ki te kore e tangohia tika mai i te
pūtake o te rangi. He mea nui tēnei hei mārama ki te āhua o
.te tangata

?Engari kei hea te iwi e rapu ai i tā rātou e rapu nei

E rapua ana e rātou i roto i ngā mea o te ao: i roto i ngā
taonga, i ngā āhukatanga o waho, me ngā whanaungatanga
ki ētahi atu tāngata. Engari kāore e taea te kimi i roto i
tetahi mea, i tetahi tangata, i tetahi āhukatanga rānei o tēnei
.ao, i runga i te āhua o te hanganga

Ko te hanganga e ahu mai ana i te mātāpono o te takirua. Kāore e taea te whai pikitia i te tae kotahi anake, nā te mea kāore he huarahi ki te noho me te kore tōna ritenga kē. Waihoki, kāore e taea e tetahi āhuatanga o te ao te noho motuhake mai i te takirua. Heoi, i te tiroiro i ngā hiahia e akiaki ana i te tangata, ka kitea e tātou ko te hiahia o ia tangata ki ngā mea pai, ngā mea ahuareka, ngā mea ataahua, me ngā mea pai anake, me te kore he hiahia ki te aro atu ki tetahi mea kino, kāore rānei e hiahiatia. Engari .kāore e taea

I tēnei ao takirua, kāore he harikoa mēnā kāore he mamae, kāore he māmama mēnā kāore he pōuri, kāore he pai mēnā kāore he kino, kāore he ora mēnā kāore he mate. Kāore e taea te wehe i ngā taha e rua o te moni. Ko te tikanga, ko te mea e hiahiatia ana e tātou i roto i a tātou .anō, kāore e taea te tiki mai i tēnei ao

Ka rapu te tangata—ae, ka rapu rātou me ō rātou kaha katoa—engari kāore e kitea e rātou tā rātou e rapu nei, ka puta te ngakau pouri me te kore tumanako. Ehara i te mea ka arahi noa tēnei ki te ngakau pouri engari ki te riri nui me te riri nui, ā, nō reira ka puta ngā mahi tutu. Ka puta katoa ēnei mea nā te mea kāore rātou e rapu ana i tā rātou e rapu nei i te wāhi tika, ā, nō reira, kāore e kitea e rātou te mea e .hiahiatia ana e ō rātou ngākau

Kāore te iwi o ēnei rā i te mōhio nui ki te tikanga me te .kaupapa o te ao, nō reira ka pōhēhē rātou, ka pōhēhē hoki

I roto i te āhua tūturu, he tangata whai kaupapa te tangata. Mēnā kāore he kaupapa o te ao, ā, ki te kore ō rātou hinengaro, ō rātou kaha, ō rātou hiahia, me ō rātou kare ā-roto e arahina ana i runga i te huarahi pai me te whai hua, ka tahuri rātou ki ngā ara whakangaro pērā i te waipiro me te whakamahi i ngā raau taero, te tahuri ki te tutu, me ērā atu. Ko te whāinga matua o te ao ko te mōhio ki te Atua,

ā, he kawenga ki te tangata kia whakataurite i ō rātou
tūranga me ngā mahi o waho mā roto i ngā mahi tika, ngā
tirohanga tika, ngā waiaro pai, me te whakahaere pai i ō
.rātou kare ā-roto

Kāore ēnei āhuatanga e rua o tō tātou āhua—te taha o
roto, te taha wairua me te taha o waho—e whakahē ana
mēnā ka māranga tika. Engari, e tautoko ana tētahi i tētahi, e
āwhina ana hoki i a tātou ki te whakawhanake me te
whakarei ake i ō tātou pūkenga me te pūmanawa tinana,
.hinengaro, kare ā-roto, me te wairua

E noho kau ana te tangata, kāhore he whakaoho
hinengaro, kāhore hoki he whakaoho hinengaro. E hoha ana
rātou nā te kore o te kaupapa, me te kore hoki o tētahi mea
hei homai uara me te tikanga ki ō rātou oranga. Tērā pea ka
taea e te tangata noa te mahi me te whanonga me te mea
he ora hinengaro me te hinengaro, engari kei te harikoa
?rātou

Ko te kaupapa matua o te ao ko te mōhio ko wai tātou,
me tō tātou āhua tūturu. Mēnā ka aro nui tātou ki ngā
āhuatanga hohonu o te ao, ka tino harikoa tātou, nā te mea
e hono ana te harikoa o te tangata ki te hononga ki te wairua
o te tangata, ā, ki te kore tēnei, kāore he oranga, he oranga
.rānei o te tangata

Ka whakatipuhia te wehi o te korenga, o te mate rānei
mā te whakaaroaro tonu ki taua mea kia uru mai rā anō te
whakaaro o te korenga mai i te hinengaro mōhio ki roto i te
hinengaro huna, ā, ka tae atu ki te hinengaro teitei ake.

Kātahi ka tīmata te wehi, kua whakatōkia ki roto i te
hinengaro huna me te hinengaro teitei ake, ki te whakanui
me te tipu tae noa ki te whakakī i te hinengaro mōhio ki ngā
taru o te wehi kāore e taea te whakakore ngāwari pērā i te
whakaaro tuatahi i te wā e pihi ake ana. Ka hua mai ēnei
taru kino i ngā hua paitini me te whakamate. He waimarie,

ka taea te whakakore i ōna pakiaka mai i roto mā te arotahi
kaha ki te maia me te whakatō i te mōhiotanga ki te
whakapono tino ki te Atua, ā, ka taea e ia te āwhina i te
hunga e hiahia ana ki te āwhina i a rātou anō me te tiaki i a
.rātou i te kino

I mua, e mānu ana tētahi mirumiru iti i runga i te mata o
te moana, e tūpato ana ki ngā awha me ngā uira, ka rongo ia
i tētahi reo e kōrero hāhā ana ki a ia: "E te mirumiru iti o te
"?ora, he aha te he o koe

Kāore koe i te mōhio he wāhanga koe nō te moana o te
ora? I tiroiro haere te mirumiru iti, ā, ka mōhio ia ki taua
.mea

E rere ana te hinengaro tangata pērā i te mirumiru iti I
runga i te mata o te moana o te hinengaro ao, e whakaaro
ana he mirumiru rangitahi, e wiri ana i te wehi o te mate, o
te rawakore, o te mate Āe, e mirumiru, e wehi ana koe i te
moana? Titiro ki te taha, tirohia maretia. Nekehia tō
tirohanga mai i tō taiao tata ki te ao mutunga kore o te Atua.
Ruku hohonu, whakawhānuihia tō māramatanga, kia mōhio
ai koe, kia tino mohio ai koe. He kotahi koe me Tōna moana
nui, ā, kei a koe te Atua. Māna koe e tiaki, māna koe e
.tautoko, ināianei, ā, ake tonu atu

Te karo i ngā mahanga me ngā mahanga

Ina rongo koe i tētahi hiahia nui i roto i tō ngākau e
akiaki ana i a koe kia whakatutuki i taua hiahia, whakamahia
te māramatanga, ka pātai ki a koe anō, "He hiahia pai tēnei
ka taea te whakatutuki, he hiahia kino rānei kāore e tika kia
whakautehia?" Ka whakatenatenahia e ngā hiahia kino ā-
tinana ā tātou whanonga kino mā te homai i ngā tumanako
teka me te harikoa tinihanga. I roto i ēnei āhuatanga, me
whakamahi te mana o te māramatanga hei whakaatu i te
pono. Ko ngā whanonga kino ka arahi ki te pouri. Ina

whakakitea tōna āhua tūturu, ka kore e taea te hopu i te tangata ki roto i ngā mahanga o te mamae me ngā mahanga .o te pōuri

Ngā whakaaroaro me ngā kōrero

I roto i te ora, i roto i te mate, i roto i ngā pōuri me ngā aituā, e mau tonu ana tōku whakapono ki a koe, e te Ariki, e .kaha tonu ana, e kore e taea te whakakorikori

Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā tatau me ngā matapihi i roto i tōku wairua e haere atu ai .ahau ki te hari o te Atua

Pērā i te whitinga o te rā ki ngā wāhi tino pukumahi, ka kite anō ahau i ngā hihi o te aroha atua i ngā wāhanga katoa .o tōku ao me ngā mahi o ia rā

Manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te ata, kia kawea ai ki tōu paepae tapu

Te kōrero mō te tia musk

He taonga utu nui te musk, he kakara kaha tōna, e kitea ana i roto i te pito o te tia musk e noho ana i ngā maunga .teitei o Himalayas

Kia tae te tia ki tētahi pakeke, ka tīmata te mimiti puku o te musk whakamīharo mai i tōna pito, ā, ka oho te tia i taua kakara ataahua, ka tīmata te kanikani me te rapu i te .pūtake o taua kakara reka

Ka neke haere ia i ia wāhi ki ia wāhi, e hongī ana i waenga i ngā toka me raro i ngā rākau, e rapu ana i ngā .wāhi katoa i te pūtake o taua kakara whakahihiri

Hei whakamutunga, ka riri ia, ka nui ake te āwangawanga me te manukanuka ina ngaro ana kupu, ā,

kāore e kitea e ia te mea e rapuhia ana e ia me te hiahia nui
.me te ngākau nui

I tana ngana whakamutunga ki te tae atu ki te pūtake o
te musk, ka peke atu ia i ngā pari toka teitei ki te awaawa
hohonu kia tū atu ki tōna aituā me tōna matenga, ā, i taua
wā ka taea e ngā kaiwhai te hopu i a ia me te tango i te pēke
.musk, te repe rānei i roto

I roto i tēnei whakaaro, i kōrero tētahi o ngā kaitito
:mārama i tētahi kupu pēnei

!E te tia kakariki, e te wairangi

?He aha koe i mamae ai? He aha koe i kore ai e moe

Kei te wātea tēnei musk

!Me tō pēke puku, e te kuware

Ahakoia i pā atu koe ki tō ihu

Nōu te kakara ngaro

Kua toa koe i tāu i tumanako ai

Ā, i ora koe me te kore e whakapau moni

Kāore ianei koutou e whakaaro, e aku hoa, he rite te
whanonga o te nuinga o te tangata ki te tia musk? Kei te
rapu tonu rātou i te harikoa i ngā wāhi katoa i waho atu i a
.rātou anō

Ae, e rapu ana rātou i te harikoa i roto i te tākaro, ā, e
tuku ana i a rātou anō ki te ngenge i roto i ngā hiahia me
ngā wawata. Ka piki rātou i ngā ara pahekeheke o te taonga
tae noa ki te peke atu i ngā pari o ngā tumanako teitei ki ngā
toka o te pouri me te korenga i te wā e kore ai e kitea e
rātou te harikoa pono e rongoaia ana i roto i ngā
.hohonutanga o ō rātou wairua

Ki te tahuri ō tātou whakaaro ki roto, ki te whakaaroaro
hōhonu, ka kitea e tātou i roto i te marino o te wairua te
.pūtake o te harikoa pono, pumau hoki e rapuhia ana e tātou
Kaua tātou e rite ki te tia kaka, e ngaro ana i te rapunga
i te harikoa i ngā wāhi hē. Engari, me mataara tātou, me
ngana ki te kimi i te harikoa i roto i a tātou anō, kaua i waho
.i a tātou anō

Te Kōrero mō te Pātene

I haere mai tētahi tangata ki ahau, ka mea mai he mate
:manawa mau tonu tōna, ā, ka mea atu ia

He maha ngā mea kua whakamātauria e au, engari"

"kāore e taea e au te whakakore i te mamae o te ngākau

I muri i taku whakaaroaro māriri, ka tono atu ahau kia
:kawea mai he kutikuti ki ahau. Ka titiro wiri mai ia, ka mea

Kei te whakaaro koe ki te tapahi i tōku ngākau, e te"

"?rangatira

I kata ahau, ā, ka whakahoki atu, "Ehara ahau i te
tākuta. Kua rongo koe i tētahi tangata e whakamahi ana i te
"!kutikuti hei mahi pokanga

Hei whakamutunga, ka mauria mai e ia he kutikuti me
te kore e pai, nō reira ka tapahia e au tētahi o ngā pātene o
tōna koti, ka kī atu ki a ia kia kaua e tuitui i tētahi atu pātene
hei whakakapi, kaua hoki e whakatakoto i tōna ringa ki te
wāhi i ngaro ai te pātene. I kī atu anō hoki ahau kia hoki mai
ia ki ahau i muri i ngā wiki e rua, ā, i tumanako ahau ka ora
.ia i taua wā

Ka kata te tangata, ka mea, "Ka meatia e au tāu i tono
mai ai, nā te mea e whakawhirinaki ana ahau ki a koe,
engari ki taku whakaaro koinei te rongoā tino rerekē kua
"!tohua mai ki ahau

E rua wiki i muri mai ka oma mai ia ki ahau, ka mea mai,
:me te miharo

I whakamana mai ngā tohunga kua ora ahau i te mate"
manawa. Nō reira, mō te Atua, i aha koe? I tangohia e koe
"?tētahi kēne i roto i te pātene

Ka whakahoki atu ahau me te menemene: "Āe! I takaro
"tonu tō ringa ki te pātene, ā, i rite te pātene ki te ngākau

Ko taua pātene te ira tangata i mamae ai tō ngākau. Nō
reira i tapahia e au te pātene, ā, i mea atu ki a koe kia kaua
e whakakapia, kia kaua hoki e whakapakia tō ringa ki tō
ngākau. Pērā ai, ka māmā ake te pēhanga o tō ngākau, ā, ka
!mutu te mamae i a koe

Kei te tere haere ngā mea katoa, ā, he maha ngā mea e
pukumahi ana te tangata. He pai ake te kokoti i ngā hua o te
ao i te moumou taima, te tuku i te wā kia pahemo, ā, ka
mutu karekau he hua. Engari ko te mea tika kia kokotihia e
te tangata ko te kotinga nui rawa atu o te ao: te whakatata
atu ki te Atua me te mōhio ki a Ia. Ko te huarahi anake ki te
whakatutuki i te harikoa pono ko te whakatutuki i tētahi mea
.i tēnei ao, me te angitu wairua hoki

Ko te hunga e mōhio ana ki te Atua, kāore rātou e
tīmata i ā rātou mahi o ia rā i mua i te whakaaroaro ki te
Atua, me te whakakī i ō rātou hinengaro me ō rātou tinana ki
.te kaha atua manaaki

Ahakoā ngā tono maha o te ao, ka taea e rātou te
whakararu i te hunga e rapu ana i ā rātou whāinga wairua, te
tahuri ke atu hoki i te ara i whiriwhiria e rātou. Engari ko te
hunga whai whakaaro pumau, kāore e tukua tetahi mea kia
pana atu i a rātou; ka u tonu rātou me te whakaaro pumau
.ahakoā ngā āhuatanga uaua, ngā āhuatanga kino rānei

Ahakoā ngā mea e homai ana e te ao ki a tātou, e kore e
ea te hiahia o ō tātou ngākau, e hiahia ana ki tētahi mea
pumau ake, nui ake te hiranga, ā, nui atu te utu nui atu i ngā
.taonga katoa o te ao

Ina mate te tangata—kia roa tō ora—kāore he mana o te
whenua e taea te mahi i tētahi mea mā rātou. Mā wai tātou
e āwhina i muri i tō tātou wehenga atu i tēnei ao? Te Atua Nō
reira, me mahara tonu tātou he wāhi okiokinga rangitahi noa
iho tēnei ao i runga i tō tātou haerenga ki tō tātou kāinga i te
rangi, ki reira tātou e noho tonu ai i te aroaro o te Atua
.Aroha Nui

Kāore te nui o te taonga e whakamana i te hauora, te
rangimārie, me te whai huatanga, engari mā te whiwhi i te
rangimārie me te whai huatanga ka taurite te angitu i ngā
.taumata wairua me ngā taumata rauemi

Ko te nuinga o te tangata e whakawhanake ana i te
kaha hinengaro hei whakatutuki i te angitu ā-tinana anake.
Engari ina riro te tangata hei rangatira mōna anō, ā, ka
whakahaere i ōna mana hinengaro, ka mahi i runga i te
mahere atua, ka manaakitia tōna ao, ā, ka reka ia i te wai o
te wairua i a ia e noho ana i tēnei whenua, kāore ia e noho
hei herehere o ngā tikanga me ngā hiahia, engari ka hurihia
tōna hinengaro hei ngākau o te aroaro atua, ā, ka noho ia ki
reira me te pārekareka ki ngā ahua hou e kore e taea te
.whakaahua

Ko te tinana te whare rongoā nui rawa atu

Kua kitea e ngā kairangahau hauora, ina pā mai te
harikoa nui ki a tātou, ka whakaputa te tinana i ngā rongoā
ārai pouri me ētahi atu matū whakaiti ahotea, he rite tonu te
kaha me te whai hua ki ērā i tohua e ngā tākuta. Ko te
tinana te rongoā nui rawa atu o te Ao, ka taea te whakaputa

i te mea tika i te wā tika ina noho tahi tātou me te taurite
.wairua kua whakatakotoria e te Atua ki roto i a tātou

Ehara i te mea he kino ngā ahotea katoa; ka whakaoho
te ahotea i te pūngao ora e rere ana i roto i ō tātou tinana, ā,
ka whakaoho i te ngohe me te nekehanga. Kua whakaatuhia
.e ngā rangahau he pai te nui o te ahotea e tika ana

Engari ka puta te raruraru ina nui ake te ahotea i te
taumata hauora

He rohe whaiaro tō tātou ki te ahotea, ā, ki te hipa atu i
taua rohe, ka nui ake te ahotea i te mea e tika ana, ā, kāore
pea tātou e mōhio ki tēnā tae noa ki te tīmatanga o te puta
mai o ngā raruraru i roto i te tinana, i ngā kare ā-roto, me te
.hinengaro

He hari, he koa te noho tahi me te Atua, engari ki te
kore te Atua, he manukanuka, he raruraru, he uauatanga,
tae noa ki te aituā. Nō reira, me pēhea tātou e kitea ai te
rangimārie me te ata noho i roto i te ao e kīia ana e ngā
?aituā me ngā aituā, ā, ka kawea mai ai he hari ki tēnei ao

Ko te whakaritenga tuatahi ko te mōhio ki ngā pēhanga
o te ao ina kei raro tātou i te awe o aua pēhanga

He Atua Whakaaro Nui, he Atua Mōhio ki ngā Mea Katoa,
ā, kua homai e ia ki ō tātou tinana ngā tohu pēnei i te
whakamarie, te kore whakamarie, te marino, me te
manukanuka, ā, me aro tātou ki ēnei tohu. He mātauranga
atua kei roto i ō tātou tinana e ngana ana ki te kōrero mai i
tētahi mea ki a tātou, ā, me whakarongo tātou ki ēnei karere
i ngā wā ahotea, i ngā wā okiokinga rānei. Ina pāngia koe e
te ahotea, arotahihia tō hinengaro ki te wāhanga o tō tinana
e pāngia ana e te ahotea, kātahi ka manawa hōhonu, ā, i te
wā kotahi, āta whakakorikoria taua wāhanga kia wiri rā anō.
Kātahi ka okioki, ka tuku i te ahotea. Mā tēnei ka āwhina i te

pupuri i te taurite kaha me te ora o te tinana, me te tiaki
.hoki i a ia mai i ngā pānga kino o te ahotea

Ka taea hoki e tātou te whakahaere i te ahotea kare ā-
roto mā te manawa. Ina pāngia koe e te wehi, e tētahi atu
kare ā-roto kino rānei, manawa māriri, hohonu, me te
manawa auau i ngā wā maha, kia wātea ai tō tinana i ia
manawa. Mā tēnei ka āwhina i te whakaroa i te tere o te pao
o te ngakau, ka whakahoki mai i te rere o te toto, ka
whakahaere i te rere o te kaha ora i roto i ō io, ā, ka āwhina i
te whakamarie i tō hinengaro me te whakamārama i ō
.whakaaro

Ehara te ora i te āhuatanga ohorere; he whakaaturanga
ataahua a te Atua, ā, me pārekareka tātou ki tēnei. Kia
mahara tātou he mana te ataata; ki te kore tātou e
.whakamahi, ka ngaro i a tātou tētahi wāhanga nui o te ao

He wairua ngā tāngata, he kare ā-roto, he ngākau aroha
hoki ō rātou, ā, he tinana tō rātou e mau ana pērā i te
kākahu, i te koti rānei. Engari, i te mea e noho ana tātou i
runga i te taumata o te tinana me ngā kare ā-roto anake, ka
taka tātou ki raro i te awe kino o te ahotea me te
.taumahatanga

Ina noho tahi tātou me tō tātou āhua tūturu, arā, te
wairua, ka rere te hari o te wairua ki roto i te ngākau, ka huri
hei aroha. Ko te rongo i tēnei aroha, e hono ana ki te
rangimārie me te ata noho o te wairua, me te mahi me te
taunekeneke i raro i tōna awe, koinei te huarahi tino pai ki te
noho ā-taiao i roto i tētahi ao kī tonu i ngā taumahatanga me
ngā whakahē. Ko te noho tahi me tēnei hari te otinga ki ngā
.raruraru o te ao

Kia mōhio: Mō te kōrero: "Ka whakaputa te tinana i
tētahi rongoā ārai pouri me ētahi atu matū hei whakaiti i te
ahotea me te mānukanuka, kāore i te iti iho te kaha me te

whai hua i ērā i tohua e ngā tākuta," ehara tēnei i te
tohutohu kia kaua e whakamahia ngā tohutohu me ngā
.rongoā hauora, nō reira me whakamārama

Ngā whārite aukume

He tangata kaha tōna aroaro, he tangata kino hoki ōna
āhua, he tangata ngākau atawhai engari he ngoikore tōna
wairua = ka kaha ake te aukume kino i te atawhai

He tangata ngoikore te ngākau me ngā āhuatanga kino
+ he tangata kaha te ngākau me ngā āhuatanga pai = ka
hinga te aukume pai i te kino

Te aukumetanga wairua ngoikore + te aukumetanga
koiora kino = te aukumetanga kino kaha

Kaha te kaha o te morare + ngoikore te kaha o te
morare = nui ake te kaha o te morare

He tangata riri, he tangata tutu + he tangata ngāwari,
he tangata atawhai = ka kaha ake te aukume o te riri i te
ngāwari

He āhua kaha, he āhua taurite, he āhua marino + he
āhua e anga atu ana ki te riri i ētahi wā = ko te aukume o te
marino te mea e kaha ana

Te ngoikore pumau + te ngoikore iti iho = te aukume
kaha o te ngoikore

Angitu kaha, pai + angitu iti iho = angitu whakarei ake

Te wiri kaha o te rahunga + te wiri kaha o te angitu = te
aukumetanga rahunga kaha, te aukumetanga angitu kaha
rānei, i runga i te taiao me ngā āhuatanga

He hinengaro kaha, he hinengaro pakari + he kuware
katoa = he mātau, he pūkenga, he kuware rānei, he
wairangi rānei

Mana wairua tino pai + mana mahi tino pai =

Aukumetanga wairua - he mana mahi tino pai

Me i kite te tangata i ngā tini o ngā mea ora o te aorangi
e karapoti ana i a rātou, tera pea ka ngana ētahi ki te kimi i
ā rātou whanaunga kua wehe atu. Kua whakatuwheratia e te
Atua ōku kanohi wairua, ā, e kite ana ahau i te tini o aua
wairua kua wehe atu i te ao whenua. Mā te arotahi hohonu ki
te kanohi wairua (te pokapū o te rae), ka taea e te tangata
te kite mā te tirohanga ā-roto i te ao kanapa e nohoia ana e
ngā wairua pai katoa kua piki ki te aorangi eterika ki te
.aroaro o te Tino Atawhai

I roto i te tangata, ko te ngākau te kaiwhiwhi ahokore, ā,
ko te kanohi wairua te kaituku. Ahakoa kāore e taea e koe te
kite i ō whanaunga kua wehe atu, ki te arotahi marie koe i ō
kare ā-roto ki te ngākau, ka taea e koe te rongō i te aroaro o
te hunga e arohaina ana e koe e noho nei i roto i ngā tinana
wairua, e pārekareka ana ki te rangimārie me te haumarū o
te Atua, e koa ana hoki ki tō rātou herekoretanga mai i ngā
here o te tinana, nō reira ka kitea e koe te whakamarie i roto
.i tō rātou rangimārie, ā, ka tau te ngākau mō rātou

Ina whakahuatia e au te ingoa o te Atua, ka rewa katoa
tōku wairua ki te hari nui. Engari i muri i te kaha nui i puta
mai ai tēnei āhua. I te tīmatanga, kāore au i te hiahia nui, nā
te mea kua ngaro haere tōku hinengaro. Engari ināianei, ina
arotahi ōku whakaaro me tōku māramatanga ki te pokapū
wairua—te āputa i waenganui i ngā tukemata—ka ngaro
katoa ngā whakaaro, ka mutu te manawa, ka mutu te pao o
te ngākau, ka marie te ngangau o te hinengaro, ā, ka heke
iho ngā āhua o te noho ki te wairua, kia kite ai ahau i te
.harikoa wairua, kia kapi ai hoki ahau i te harikoa atua

Ngā kīwaha koura

Ko te harikoa tōku tika, tōku taonga tuku iho, me tōku
taonga huna. Ārahihia ahau kia kitea i roto i ahau ngā
.taonga e hira ake ana i ngā moemoeā o ngā kīngi

* * *

He nekehanga atamai te ora me tōna auau auau. Ka
hanga i a ia anō i roto i ngā mea kore ora, ka tango rānei i te
āhua ora, e nekeneke ana. Ka kapi te ora i ngā mea katoa, ā,
.ka horapa ki ngā mea katoa

* * *

E te Aroha Nui rawa atu, ko koe te ora Ko koe taku
whāinga me taku wawata

* * *

Hangaia mai he rōhi puāwai i roto i tō māra rangi, he
pīataata rānei i roto i tō hei aroha kanapa, homai rānei te
honore nui rawa atu ki ahau: te wāhi iti rawa i roto i tō
ngākau

* * *

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te
.wāhi e taea ai e au te whakarato i te ratonga tino pai

* * *

Kia whatua he whāriki koura o ngā moemoeā ki ngā
miro hiraka o ngā maharatanga reka me ngā whakaaro kua
whakatikatikaina

* * *

He rite te aroha ki te pepa kirikiri e whakakanapa ana i
te hinengaro, e tango ana hoki i te taratara o te tangata

* * *

Ko ngā mate urutā, ngā aituā, me ngā huringa tutu o te
taiao e kawe mai ana i te whakangaromanga, te
whakangaromanga, me te whara whānui ehara i te "
whakatau atua". I ahu mai ēnei aituā i ngā whakaaro me ngā
mahi a te tangata. I ngā wāhi katoa e whakararururuhia ai te
taurite ngawari o te ao o te pai me te kino e te kohikohinga o
ngā ngaru kino me ngā wiri i puta mai i ngā whakaaro kino

me ngā mahi hē a te tangata, ka kingi te pōrearea, ā, ka
.puta te whakangaromanga whānui

* * *

Ka tangohia e au te mea pai rawa atu i ia iwi, ā, ka
maioha ahau ki ngā āhuatanga pai o ngā iwi katoa, me te
.kore e aro ki ō rātou ngoikoretanga

* * *

Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka ki tonu rātou i te wairua
marino hohonu. Nā te mea e hono ana tēnei ia ki tōna
pūtake teitei ake, he rere tonu e tae atu ana ki ngā wairua e
noho tahi ana me taua pūtake, e āhei ai rātou ki te tuku i te
.harikoa ki te hunga e hiahia ana ki te rangimārie

* * *

E hia ngā kupu atawhai o te ngākau kua whakakorea
ngā mamae maha, e hia hoki ngā reo whakaaro nui kua
whakamārama i ngā ara pōuri ki ngā rama o te hari me te
!marino

* * *

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
.ia mamae me ia mamae e pā ana ki a tātou

* * *

Ahako te kaha o ngā whakamātautau, he rite tonu ki te
ahi e whakarewa ana i te rino hei huri hei maitai ataahua,
.pakari, ā, he maha ngā whakamahinga

* * *

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

* * *

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
pono, mai i te hohonutanga o te wairua e hiahia ana, ka pā
te karanga a te wairua ki te ngākau o te ao whānui, ā, ka tae
mai te whakautu, me te hari nui. Mā tēnei hāhā hinengaro e
whakatipu te hiahia kia whiwhi rā anō i te kaha e tika ana hei
.whakatutuki i te whāinga e hiahiatia ana

* * *

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
ko te whakaaro noa ki tetahi mea ka ranea hei whakatutuki i
taua mea, nā te mea ka mahi te ture atua hei painga mō te
.hunga e rite ana ki te hiahia tino nui

* * *

Kaua te tangata e whakapau i ngā pūkenga hinengaro
katoa kua homai e te Atua ki a ia ki te whai i ngā mea
memeha noa, kei ngaro rātou i roto i te arai o te taonga, ā,
ka hanga he here me he aukati kore e tika mā rātou anō.
Engari, me whakamahi e rātou ō rātou pūkenga hinengaro ki
te whiwhi i ngā mea e tika ana mō te ao, me te whai kia
whanake ō rātou pūkenga matatika kia taea ai te wehewehe
i waenga i te tika me te hē, me te mea kino me te mea whai
.hua

* * *

Kei tua atu i ngā whakaaro me ngā ariā te pono, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

* * *

Whakatuwheratia, e te Ariki, ngā kūaha o te rangimārie,
tiakina hoki te wāhi tapu o ōku whakaaro wairua i ngā
whakaekenga a ngā kōrero kino. Ā, tukua ngā rōhi o ōku
wawata kia puāwai i roto i te māra o tōku ngākau i a au e
.tatari ana ki te ata o tōu taenga mai

* * *

Kāore e taea e te mātauranga ariā te whiwhi
mātauranga atua, ā, he mea tika kia kaua e whakapaua te
wā utu nui ki ngā ariā kāore e taea te whakamahi i roto i te
ao tūturu, ki te kore ka kitea koe i waenganui i ngā ngahere
hinengaro matotoru, ā, kāore e taea te whiti i te ao o ngā
.ariā

* * *

Ko te harikoa te hua o te wikitoria hinengaro i ngā
āhuatanga pōrearea o te ao

* * *

Ko te tangata e mōhiohia ana e te Atua, tera pea kāore e
mōhiohia e te ao

* * *

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā [me te kore whakamātautau tūturu], ka rite ia ki tētahi
taputapu hopu kōrero kawē e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, ka kiia ia e
ētahi he tohunga mātauranga, engari kāore taua
mātauranga e whakakahangia e te kitenga tika o te pono,
.kāore hoki e rite ki te whakatutukitanga wairua

* * *

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te
tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he
painga o ngā whakaaro o te tangata, e pāngia ana e ngā
tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me
te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te
whānau, o te whenua, o te ao rānei te whakarato i te arataki
pono. Nō reira, me tahuri te tangata ki te Atua, me te

whakarongo ki te reo marino, marino e puta mai ana i te
.hohonutanga o te wairua, he reo e rite ana ki te pono

* * *

Whakatuwheratia ō koutou ngākau ki te ringihanga atua
kia rere ai i roto i a koutou, kia whakakīia ai ō koutou oranga
.ki ngā manaakitanga wairua me te pai

* * *

Ahakoia te mahi e mahia ana e koe, me ngā
whakatutukitanga ka taea e koe te whakatutuki, kia mahara
tonu ko te Atua te pūtake e homai ana ki a koe te kaha katoa
.e hiahiatia ana e koe hei mahi me te whakatutuki

* * *

Tukua ahau kia mahara ki a koe, e te Ariki, i roto i te
rawakore me te whai rawa, i roto i te mate me te ora, i roto i
te kuware me te whakaaro nui, kia kite ahau i tō
māramatanga tapu e homai ana i te oranga me te whakaora
.i roto i te wā poto

* * *

I te mokemoke o ōku whakaaro, e hiahia ana ahau ki te
whakarongo ki tō reo manaakitanga. Peia atu i ahau ngā reo
kino o te whenua e huna ana i roto i ngā papa o tōku
mahara. E hiahia ana ahau ki te whakarongo ki tō reo
.marino, reka ake tonu atu i roto i te marino o tōku wairua

* * *

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka tūpono
tātou, ka whakaroa ki te neke whakamua Me waiho e tātou
te māramatanga o te Atua hei rama ārahi i a tātou e hikoi
ana i ngā ara pōuri o te ao Ko ia te marama katoa i ngā pō o
te kuware me te pōuri, te rā o te kanapa i ngā hāora o te oho
ake, te rama ārahi, me te whetu ārahi mō te hunga e whiti
.ana i ngā moana o te ao, te oranga poto noa

* * *

Kua tae te wā kia whakaarahia e te tangata tōna hinengaro
mai i te moe o te warewaretanga ki te ara ake o te wairua

* * *

E te Ariki, kia ara ake tō mātou māramatanga mai i te
hohonutanga o te kuware me ngā whakaaro whaiti, ki ngā
pae tawhiti o te rangimārie, te māramatanga, te aroha, me
.te atawhai tangata whānui

* * *

Ka pai ake ngā mea i te mutunga nā te mea kei muri i
ngā whakahē o te oranga tangata ngā mana me ngā
merekara a te Atua e huna ana, ā, ko te tangata kāore i te
tino whakapono ki te kore e taea te karo i te āhuatanga, ā, e
ngana ana ki te uru atu ki tua o te arai mā tōna hinengaro
me tōna whakapono, ka whakatuwheratia te tatau mōna [e
.pātōtōhia ana e te ringa whakapono katoa]

* * *

Ehara te whakapono i te tikanga o te kore whakaaro nui,
te kore rānei e aro nui ki ngā āhuatanga. Engari, ahakoa te
aha ka puta, me whakamanawa te tangata ki a ia anō ko te
Atua anake ka taea te tautoko i a ia i roto i ngā āhuatanga
uaua me te ahotea mena ka tahuri ia ki a ia me tōna ngākau
.katoa, wairua katoa, me ōna kare ā-roto katoa

* * *

Me i kawea mai e ō tātou māia te pono katoa ki a tātou,
ka kite tātou i te Ao hei awa o ngā irahiko, ā, ka kite tātou i
.ia matūriki puehu hei puranga mārama e hurihuri ana

* * *

Ko te hunga e uru atu ana ki te ao tūroa me ō rātou
māramatanga mai i te ao tūroa ki te ao wairua, e mārama
ana ki te āhua o te mānukanuka, e mōhio ana hoki ki te
.mauri o te pono

* * *

Ahakoa kei roto te tangata i ngā ngahere o Āwherika,
kei te papa pakanga, e pāngia ana e te mate, e te rawakore
rānei, me whakamanawanui ia i a ia anō he kaha ake te
ringa o te Atua i te tūpono, ā, ka taea e ia te tiaki i te hunga
.e rapu piringa ana ki a ia

Kāore he huarahi whai hua ake hei tiaki i a koe anō. Ae,
me whakamahi te tangata i te arorau i roto i te whakatau i
ngā kaupapa, me te whakapono katoa ki te āwhina a te
.Atua

* * *

Ko te aroha e noho ana i roto i ngā ngākau o ngā mea
hanga katoa—te aroha o ngā whaea, o ngā matua, o ngā
.hoa, me ngā whanaunga katoa—i ahu mai i te aroha atua

* * *

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti,
me te whakarite i ngā mea tino nui i runga i ngā mea tino
nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E
mea ana ngā karaipiture ki a tātou, ina pā kino tētahi mahi ki
.tētahi atu, he tohu tēnā ehara i te mahi pono

* * *

I te horapa haere o ngā hihi ora o te rā, ka horahia e au
ngā hihi o te tumanako ki roto i ngā ngākau o te hunga
rawakore me te hunga kua whakarērea [te hunga kua
whakarērea e te hāpori], ā, ka whakatōkia e au he whakatau
hou ki roto i ngā ngākau o te hunga e whakaaro ana he
.rahua rātou

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
ākonga: "Kua e ārai i tētahi i roto i tō porowhita aroha.
Puritia te katoa i roto i tō ngākau, ā, ka puritia koe e rātou i
".roto i ō rātou

* * *

E te Ariki, āwhina mai i ahau kia whakamahia tonutia
taku hiahia ki te whakatutuki i ngā mahi pai me ngā mahi
.whai hua

Āwhina mai kia rite ahau ki tāu e pai ai, kia rite ai ōku
.whakaaro katoa ki tāu e pai ai, kia rite hoki ki tāu e pai ai

I āwhina ia i ahau ki te whakaara i te mana huna,
manaakitanga i roto i ahau kia taea ai e au te wikitoria i ngā
.uauatanga me ngā whakamātautau katoa

* * *

E ara ake ki taua tuakiri wairua maia, ngākau mahaki –
tētahi e whakakotahi ana i te kaha o ngā raiona me te
.ngākau māhaki o ngā kukupa

* * *

E kore ahau e māharahara ki ngā whakahē kawa, ki ngā
whakahē teka, ki ngā whakamoemiti me ngā whakapatipati
nui. Ko taku hiahia anake he mahi i tāu e pai ai, e te Ariki,
.kia whiwhi ai i tāu manako

* * *

Kāore e taea e koe te whakaaro ki te hari nui ka whakakī
i a koe ina rongu koe i te aroaro o te Atua. Ka haurangi tō
wairua i te aroha mutunga kore o te Atua. He aroha e hira
ake ana i te aroha tangata i ngā miriona wā - he aroha e
whakatutuki ana i ō hiahia katoa, e whakakī ana hoki i tō
.ngākau ki te hari me te ngākau māhorahora

* * *

Mā te arotahi ā-roto, ka taea e koe te wheako tika i te
harikoa wairua i roto i a koe anō me te taha o koe. Mēnā ka
whakatipu koe i tēnei mōhiotanga, ka tupu pai tō tuakiri, ā,
ka whiwhi koe i te aukume kukume mō te tangata me ētahi
.atu mea ora

* * *

E te Kaitiaki Nui, kāore he aha ki ahau mēnā ka ngaro
katoa i ahau nā tōku ao i hanga, engari ka inoi atu ahau ki a
koe, ki tōku piringa kotahi, kia tiakina te rama o tōku aroha
.ki a koe i ngā hau o te mangere me te wareware

* * *

Kia inu tātou i ngā wai parakore, whakahauora o te
rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, e
whakarei ake ana i tā tātou whakatau pakari ki te whakaaro
.pai me te whai tirohanga hihiri

* * *

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua
me ngā hihiri tūturu o te tangata. Ina mārāma tō hinengaro,
ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi
ai koe. Ko te hinengaro mārāma he tohu i te whanonga pai
mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro
he tikanga kei a koe te harikoa me te whiwhi i ngā
.manaakitanga a te Atua

* * *

Ngāna ki te mahi i ngā mea maia, ngā mea e pai ai te
ngākau, kāore e mahia ana e te nuinga o te tangata, ā,
hoatu te aroha me te rangimārie ki te hunga e warewarehia
.ana e ētahi atu

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Ki te kore koe e whakapau i te wā ki te whakatipu i te"
hinengaro, e kore rawa te nui o te taonga e makona ai koe.
Ehara tēnei whakatipu i te whakamamae engari he
whakangungu i te hinengaro hei whāngai i ngā whakaaro me
".ngā mahi e arahi ana ki te harikoa

Ko tō harikoa tō angitu, nō reira kaua e tukua kia
tahaetia e tetahi. Tiakina koe i te hunga e ngana ana ki te
whakararuraru i a koe. I ahau e tamariki ana, ka ngaro taku
manawanui i ngā wā katoa e horahia ana e ētahi tāngata
ngā kōrero teka mōku. Nō muri mai, ka mōhio ahau he mea
nui ake te rangimārie o tōku hinengaro i te whakaae mai a te
.tangata, i te whakamoemiti rānei

* * *

Me i mōhio koe ki te kōrero o te aroha atua e pā ana ki
ētahi o ngā tāngata karakia ki te Atua! Kāore he wheako kē
atu o te ao e taea te whakarite ki taua hari. I mōhio ahau ki
tētahi tangata tapu e mau tonu ana ki te aroha o te Atua, ā,

e whiti ana tōna mata i te aroha tapu. Kei runga tonu te
kanohi o te Atua i te hunga e aroha ana ki a ia, ā, e kore
.rawa ia e whakarērea i a rātou mō tētahi wā poto

* * *

He tokoiti te hunga e hiahia ana ki te whakawhanake i ō
rātou kaha hinengaro me te wairua

* * *

Kaua e tukua koe kia totohu ki raro i te whakaroa. E ara
ake i te moe o te ao hoha, ka anga atu ki ngā pae tawhiti o
te ao kua whakapaingia, kei reira te whakatutukitanga, te
.harikoa, me te rangimārie

* * *

Kei roto i a koe te pūmanawa nui e tatari ana kia
whakangaohia, ā, ko koe anake te tangata e kaha ana ki te
.whakahohe me te whai hua mai i taua mea

* * *

Ko te ti'amā i ngā whakahau a ngā tikanga kino me ngā
hiahia kino ka nui ake te hari i te angitu i te ao tūroa
Ka kawea mai e te angitu tuhituhi he harikoa hinengaro
e kore e taea e ngā āhuatanga o waho te tango atu i a koe

* * *

Ahakoia e taea e koe te whakapau i tō wā katoa ki te
kahi moni, e kore taua moni e hoatu ki a koe te rangimārie
me te haumarua pumau e rapuhia ana e koe. Engari, ka nui
ake te pouri mōu, nā te mea kei roto i te hinengaro te
harikoa me te rangimārie, ehara i te mea kei roto i ngā mea
.tonu

* * *

Kaua e tukua te ngoikore kia uru ki roto i tō hinengaro,
kia tūpato hoki ina hono atu koe ki te hunga he whakaaro
kino, he tirohanga pōuri hoki ō rātou, kei uru ō rātou
whakaaro ngoikore ki roto i tō hinengaro, ki te kore tō
hinengaro kua eke ki tētahi taumata kaha e kore ai e taea e
ngā whakaaro o ētahi atu te whakangāwari, engari, i te
ritenga kē, ka taea e ia te whakapakari i ngā whakaaro o

ētahi atu me te whakarei ake i tō rātou whakapono ki a rātou
.anō

* * *

Ko te Atua te tuatahi, kaua hoki tātou e tīmata, e
whakamutu rānei i tō tātou rā me te kore e whakaaro ki a Ia.
Me mahara tātou, ki te kore te kaha me te pūngao e riro mai
ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i
.tētahi o ā tātou mahi. Koinei tā tātou kawenga nui ki a Ia

* * *

He huarahi hei aromatawai me te whakawa i ngā
tikanga me ngā kōrero tuku iho I te tīmatanga, he
whakamārama i ia tikanga tuku iho Mena ka kitea e tātou kei
te mau tonu te whakamārama, he tikanga, he painga hoki tō
te tikanga tuku iho Heoi, he mea kuware te whai matapo i
ngā tikanga tuku iho Me mōhio tātou ki te mea tika, me te
whai i taua mea, me te mōhio ki te mea ka hari ai tātou,
.kātahi ka whakamahi

* * *

Ina kite koe i te tini o te tangata kāore i te harikoa, i te
angitu rānei, kaua e whakaaro koinei tō rātou mutunga. Ka
taea e koe te hanga i a koe anō e hiahia ana koe. Ko tō
.angitu ā-roto te mea e tino angitu ai koe

* * *

Ki te kore he mea i roto i a koe, e kore koe e harikoa.
Engari ki te kore he mea i te taha o koe, ā, e harikoa ana koe
i roto i a koe, he angitu koe. Nō reira, kāore e taea te
.whakawā i te tangata i runga i ō rātou āhuatanga o waho

* * *

I roto i te mano tini, tera pea tetahi tangata kua eke ki
te taumata wairua teitei, ā, e whiwhi ana i te rangimārie o
.roto me te harikoa wairua tino nui

* * *

E tino mōhio ana ahau ka tae mai ngā mea katoa e
hiahiatia ana e au, nō reira kāore au e manukanuka ki ngā
mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te

whakakatakata rānei, nā te mea kua maha ngā wā kua kite
ahau i te mahi me te whai huatanga o taua mana manaaki i
.roto i tōku ao

* * *

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei
te toremi rānei i te hohonutanga o te moana, e mōhio ana
ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e
pā kino ki ahau. Nā taua mātauranga ahau i homai he
.harikoa nui, e kore e taea te kōrero

* * *

Kāore e kore he wheako ahuaireka te hoko i tētahi mea
hou. Engari i muri i tētahi wā, ka memeha haere taua kare
hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa
atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e
warewaretia te pire mō taua taonga, ina koa mēnā i hokona
!e koe mā te utunga

* * *

Me whakahaere e te tangata tōna ake ao, me
whakangawari i te mea ka taea. Me penapena moni mō ngā
mea e tika ana me ngā āhuatanga ohorere, me
whakatairanga i te penapena i te whakapaunga ki ngā mea
papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina
āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi
ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e
.kore hoki koe e tangohia i tetahi mea

* * *

I roto i te hari o ngā ngākau katoa, ka rongo ahau i te
haruru o tōu harikoa, e te Ariki, ā, i roto i te whakahoahoa o
te hunga pono katoa, ka rongo ahau i tōu aroha ka hari
ahau, ā, ka koa tōku ngākau i te angitu me te oranga o ōku
hoa, pērā i ahau e hari ana ki tōku ake oranga me te noho
humarie. I a au e whakaoho ana i te whakaaro nui ki roto i
ētahi atu, ka whakanuia e ahau ngā taonga o tōku ake

whakaaro nui, ā, i roto i te hari o te katoa, ka kitea e ahau
.aku ake

* * *

Ko te hoariri nui rawa atu o te harikoa ko te nama moni
hei hoko taonga papai. E whakapono hē ana te tangata
kāore e taea e rātou te harikoa mēnā kāore rātou e whiwhi i
tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua
mea, e kore rātou e kite i te harikoa pono, ahakoa te harikoa
rangitahi e kawea mai ana. He aha te take o te whai i te
pōhewa o te harikoa o te ao e oati ana ka pakaru noa iho?
Me noho noa te tangata, me te kore e hiahia ki ngā taonga
.maha e hiahia ana kia aro tonu

* * *

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki
ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā,
ka tipu ake tōku harikoa ā-roto Ki te kore taua ngākau
māhorahora, ka noho ngā ahuareka me ngā harikoa o te ao
nei hei reinga Kua mōhio ahau me te kore taua harikoa ā-
roto, kua tangohia e te kawenga o ngā kawenga i tukua mai
.ki ahau tōku rangimārie, tōku harikoa hoki

* * *

Ki te honoa te taonga ki te mate me ngā raruraru, ka
maha ngā hua. Ko te akuaku me te hauora kei roto i ngā
kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke
kino me ngā iroriki whakamate i ngā whenua
whakawhanake, engari he nui i ētahi atu. Engari ehara te
whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā
te mea kei reira ētahi atu momo mate i ngā whenua
whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru
pūtea whakamomori nā ngā pūnaha hoko utunga - he mate
e whakararuraru ana i te moe me te whakararuraru i te
.rangimarie o te hinengaro

* * *

He wāhanga nui tātou o te hinengaro kotahi i puta mai
ai tēnei ao nui

* * *

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou,
ka whai te toenga o te kahui i taua mea, kāore he whakaroa.
He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta
ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā,
ka peke tonu atu ētahi ki te waka rererangi ka tārua. Kua
mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga
me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī
he tika, he tika rānei katoa. Engari ko wai ka mōhio? Tērā
pea he koretake, he koretake hoki ētahi o aua tikanga me
.ngā kōrero tuku iho

* * *

Ina marino te ngaru o ngā whakaaro, ka tomo tātou ki te
rangatiratanga o te rangimārie, ka pā atu ki te aroaro o te
.Atua

* * *

Whakaarohia te Atua, he whenua ataahua rānei e
whakaoho ana i te rangimārie, he wheako harikoa, he
wheako whakamīharo rānei. He mea whakahauora, he mea
.whakahauora hoki te mahi hinengaro pai, marino

* * *

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki.

Tērā pea ka whakaaro koe ko te moni te tikanga o te
harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te
pouri koe. Tērā pea ka whiwhi koe i te taonga, ā,—kāore
rawa—ka ngaro tō hauora. Tērā pea he hauora pai tōu, ā, ka
ngaro tō moni. Tērā pea he taonga, he hauora hoki tōu,
engari he maha ngā raruraru e pāngia ana e koe me ētahi
atu, ka tuku atawhai noa iho, ā, ka puta te riri me te
mauhara. Ki te kore te Atua, kāore he mea o tēnei ao e tino
.makona ai koe

* * *

Ka riro te whenua hei rūma whakamamae mō te hunga
e noho kuware ana ki te mahere atua. Engari ina titiro koe ki
ngā wheako o te ao hei kaiako māu, ā, ka ako koe i aua

wheako i te āhua tūturu o tēnei ao me te tūranga kua
whakaritea ki a koe i roto i te whakaari o te ao, ka riro aua
wheako hei whakamārama whai hua mō te ara ki te makona
.me te harikoa pumau

* * *

Kei reira, i tua atu i te pōuriuri, te ata noho kore, me te
korekore kāore anō kia hangaia, kei reira te mauri mutunga
kore, koia te pūtake o te oranga me te pūtake o ngā mana
.me ngā mea ora katoa, e kitea ana, e kore e kitea

* * *

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe,
hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna
e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga.
He tokoiti noa iho ngā tāngata whakaaro nui kua mārama ki
te tikanga o te mahere o te ao whānui, engari ko te nuinga o
.te iwi he matapo, kāore hoki i te mōhio ki taua kaupapa

* * *

Kāore rawa te moni i te whāinga mōku i te ao; ko taku
whāinga he mahi ki ōku teina me ōku tuākana i roto i te ao
tangata. Nō reira, i whakatuwherahia e te Atua ngā tatau
maha mōku ki te tautoko i ahau anō me te whakatutuki i
.taku misioni

* * *

I hangaia e te Atua tēnei ao kia whakahaerehia i runga i
tētahi ture pumau, kāore e rerekē. Mēnā ka takahia e tātou
tētahi o ēnei ture whānui, ka whiua tātou e tātou anō. Ka
whati ngā wheua o te tangata e peke ana i te tuanui o tētahi
whare teitei. Nō reira, kāore e taea e tātou te wareware i te
.ture o te kaha ā-papa me te kore e pāngia e ngā hua

* * *

Ina tirohia hōhonutia ngā iwi o te ao, me te tūhura i ngā
mea ngaro o ngā iwi onamata, ka puta ake he pikitia whānui,
me ngā rārangi honohono, ngā upoko kanorau, me ngā
taipitopito tika, ā, ka kitea e tātou he takitahi, he pāpori hoki
.te āhua o te tangata i te wā kotahi

* * *

Me i hiahia te Atua kia noho tātou i roto i te hinengaro
kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā,
.kua makona hoki tātou i ngā mahi o te ao

* * *

E whiti ana, e kanikani ana ngā hihi o te parakore, te
rangimārie, me te harikoa i tua atu i ngā moemoeā i roto i ō
tātou hohonutanga matua

* * *

I ia wheako e puta mai ana i te rangi o ō tātou orange i
tēnei haerenga whenua, me ako tātou ki te whakawhānui
ake i tō tātou mōhiotanga me te mārama ake ki ngā
āhuatanga e karapoti nei i a tātou, e pā ana rānei ki a tātou,
kia pai ake ai te noho tahi me te tangata me te ao, kia
.maeneene ake ai, kia haumaruru ake ai hoki

* * *

Ko te nuinga o te tangata e whai ana i ētahi atu. Me
auaha, me auaha hoki te tangata, ā, me tino matatau ki ngā
.mahi katoa

I te Rawhiti, ko te arotahi matua ko te whakatipu i te
harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua
warewarehia. I te Hauāuru, he iti noa ngā whakamarie
rauemi engari he iti noa te harikoa hinengaro. Ko te mea e
hiahia ana he taurite i waenga i ngā mea e rua, nā te mea
ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te
.kore taurite me te kore e taea te aro tika ki ngā tono o te ao

* * *

Ko te hari nui rawa atu - i muri i te hari atua - ko te noho
rangimārie o te tangata me ōna whanaunga tata, e noho tahi
.ana rātou i ia rā o te tau

* * *

He nui te wā e moumouhia ana e te tangata ki te tere me te
mahi ohorere, engari kāore he nui o ngā mea e tutuki ana.

He iti noa te wā hei whakaaroaro, hei ngana hoki ki te
.mārama ki ngā mea e tukuna ana e te ao

* * *

Me mahi tātou ki te hanga i ngā whare o roto o te
whakaaro nui i roto i ngā māra o te rangimārie e tupu ana, e
tiahō ana me te tini o ngā putiputi o ngā tikanga wairua
.whakamiharo

* * *

He puna nui te rangimarie o roto, ā, he puna hoki mō te
.kaha ka taea te whakahou

* * *

Ki te titiro ki te ao, ka kitea e te tangata ehara i te mea
ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me kaha
tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahiatia
ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te
mate! Ahakoa ka angitu koe i tēnei, he wā poto noa iho taua
angitu. Ka takoto te tinana—kia roa tō ora—ki te okiokinga.
Ko te hiahia kia whawhai ki ngā kaha maha, o roto, o waho
hoki, kia eke ki te angitu e hiahiatia ana. Ka mahi uaua ēnei
.kaha ki te tango i ngā whakatutukitanga tino nui

* * *

Ngāna kia noho marino i roto i ngā āhuatanga katoa, ā,
kia puāwai te purapura o tō rangimārie me te harikoa me te
.ataata o te ngākau māhaki

* * *

Ahakoa te hunga tapu nui rawa, e kore e tutuki te
whakaoranga katoa ki te kore rātou e tohatoha i ō rātou
angitu ki ētahi atu, arā, ō rātou wheako wairua me te
mātauranga teitei ake, mā te āwhina i a rātou ki te whiwhi
.mātauranga tapu

* * *

Nā konei, ko te hunga e tae atu ana ki aua taumata, e
hiahia ana ki te tuku māramatanga ki te hunga e hiahia ana.
Ki te hiahia koe ki te angitu pono, ehara i te mea ko tō ake

harikoa anake te mea ka whakapūmau i a koe, engari ko te
.harikoa hoki o ētahi atu

* * *

Ka taea e te tangata whai whakaaro te whiwhi moni.

Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore
rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro;
engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te
moni i roto i ngā ringa o te hunga whaiaro me te hunga apo,
he manaakitanga, he taonga hoki i roto i ngā ringa o te
.hunga ngākau atawhai me te hunga ngākau atawhai

* * *

Tērā pea ka whiriwhiri tetahi kia noho puku mō te wā
roa, kia kore ai e kōrero ki ōna whānau i taua wā. Ahakoa ka
whiwhi pea tēnei tangata i te rangimārie o roto, he
whanonga whaiaro āna, ā, he kino ki te harikoa o tōna
whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore
ō rātou whanaunga e whai hua ana i tā rātou
.whakatutukitanga

* * *

Waihoki, ko te angitu ā-tinana ehara i te mea ko tā tātou
tika anake kia whiwhi i te oranga pai i a tātou anō, engari ko
tā tātou kawenga matatika hoki ki ētahi atu, arā, ko te
āwhina i a rātou ki te whakapai ake i ō rātou āhuatanga ā-
.tinana me ō rātou āhuatanga noho

* * *

Kei muri i ngā pakitara o tōku hinengaro marama ahau e
tiakina ana, kua tahuna e au te ao pōuri o mua, ā, ko te rā
.anake taku e āwangawanga nei

* * *

I tēnei rā ka mōhio ahau kei roto ahau i te māramatanga
o te pai nui rawa atu, ā, ko ahau te tohu mō te hunga e
.whawhai ana ki ngā ngaru o te moana o ngā mamae

* * *

He rerekē ngā tirohanga me ngā ariā o te tangata mō te
angitu, i runga i ō rātou wawata i te ao. He mea noa te rongō

i ētahi tāngata e whakataurite ana i te angitu ki te tahae, e
kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e
hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me
ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi
.atu

* * *

Tērā anō tētahi atu paearu mō te angitu: ina taea e
tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou
anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu,
.me te whakapuaki i ngā hua ki a rātou

* * *

Ko te angitu te tikanga o te ngākau māhaki me te
ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu
tūturu he hua o ngā mahi i ahu mai i ngā mātāpono o te tika,
ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu
hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e
tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-
hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi
.whakamāramatanga whānui mō te angitu

* * *

I tēnei ao iti nei, ka kite tātou i te roa, te whānui, me te
mātotoru, engari kei reira tētahi atu taumata kāore he
whānuitanga; he mārama, he mārama hoki ngā mea katoa—
he hinengaro me te tirohanga ngā mea katoa. Ko te reka he
tirohanga, pērā i te hongī. Ko ō tātou kare ā-roto, whakaaro,
me tinana he āhua o te hinengaro. Pērā i tā tātou e kite ai, e
rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
waihoki, i taua taumata teitei ake, ka wheako tātou i ēnei
.kare ā-roto katoa mā te hinengaro parakore

* * *

E te Ariki, meinga mātou kia hari mā te rongo i tōu tata,
wetekina mātou i ngā here o ngā hiahia, ā, homai he hari o
roto ki a mātou, kāore e pāngia e ngā wheako o te ao me
.ōna huringa

* * *

Ina hono ō tātou hinengaro ki ngā tirohanga teitei ake,
ka ara ake te māramatanga wairua i roto i a tātou, ā, ka
wheako tātou i ngā mea whakamiharo o te whakaaro nui me
.te aroha o te Atua

* * *

Ki te tino aroha tātou ki te Atua, ā, ki te tahuri ki a Ia me
ō tātou whakaaro me ō tātou ngākau katoa, ka tata tātou ki
a Ia, ā, ka kitea e tātou ko Ia te piringa nui rawa atu o te
.haumarua i te ao

* * *

I roto i te wāhi takoto kau, takoto kau ana, he hononga
ao tūroa me te ora tonu e hono ana i a tātou ki ngā mea ora
katoa, me ngā mea kore ora o te ao whānui, he ngaru ora
.nui e rere ana i roto i ngā mea katoa o te ao

* * *

Ko te mutunga kore tō tātou kāinga tūturu, me tō tātou
nohoanga tuturu, ā, he oranga rangitahi tō tātou noho i roto i
ēnei tinana, he rite ki te okiokinga poto mō tētahi tira e
.haere ana i te koraha

* * *

Ina hono tātou i a tātou ki ngā mana auaha o te wairua,
ka hono atu tātou ki te hinengaro ao whānui, mutunga kore,
e āhei ana ki te ārahi i a tātou me te whakaoti rapanga. Ka
rere mai te mana auaha ki a tātou, mai i te pūtake nui rawa
atu o tō tātou oranga, ā, ka taea e tātou te angitu auaha i
.roto i ngā wāhanga katoa o ā tātou mahi

* * *

Ka tupu te aroha, ka puāwai i roto i te taiao
whakawhirinaki, manawanui, me te whakaute tetahi ki tetahi

* * *

Manaakitia mātou, e te Ariki, ki te māramatanga o ngā
whakaaro parakore me ngā tikanga pai, kia tere tonu ai te
memeha atu o te pōuri o ngā tikanga kino me ngā whakaaro
hē. Āwhina mai kia aroha mātou ki a Koe me te aroha
hohonu, kia kore ai e taea e ngā tinihanga o te ao, e ngā

whakamātautau o te ao rānei te hopu i a mātou, te hopu
.rānei i ō mātou hinengaro me ō mātou ngākau

* * *

Kāore i te tino whai hua ngā mea e ngāwari ana te
whiwhi. E mōhio ana tātou ki tēnei mā te ako i te oranga o
ngā tāne me ngā wāhine nunui, me pēhea rātou i tino hira ai
mā te whakawhanake i ō rātou pūkenga, te whakatutuki i ā
rātou mahi, te hanga i ō rātou uara matatika, te whai wāhi ki
te ako hōhonu, me te karo i te hiahia whaiaro. Engari ko ngā
hua i tutuki i a rātou me ngā whakatutukitanga i tutuki i a
.rātou he nui rawa atu i te kaha i whakapaua e rātou

* * *

Kei roto i te herekoretanga whiriwhiri te herekoretanga
pono, e arahina ana e te whakaaro nui, e tautokona ana e te
.māramatanga, te tika, me te ngākau pakari

* * *

Ina whakaarahia e koe tō hiahia, tō whakatau, me tō
māramatanga mohio, ka tukuna ngā mana ngaro mai i te
hinengaro teitei ake - mā te māramatanga o te wairua - hei
āwhina i a koe me te whakamārama i ngā ara e anga atu
ana ki te whakamarie hinengaro me te harikoa, me te
.āwhina a te Atua

* * *

Me whakatuwhera e te tangata ngā awa o te wairua mā
roto i tana ake mahi. Kāore he tangata e whiriwhiri ana i te
mamae me te pōuri i runga i te rangimārie me te harikoa. Ko
te kuware te pūtake o te mamae, me te arai me tango, me
whakakore. He taru kino te kuware, he hohonu te pakiaka, e
tupu ana i roto i te māra o te tangata, ā, e peia ana ngā tipu
.pai me ngā tipu whai hua

* * *

Me hinga te kuware mā te hiahia pumau me te
whakatau pakari. Me whakatipu te oneone o te hinengaro
me te aro nui [ki te pai], me te whakamakuku i ngā purapura
pai ki te wai o te whakapono. Ina whiti ngā hihi ora me te

mahana o te aroha, ka tupu te purapura o te pai, ka hinga i
ngā taru me ngā tipu pirinoa, nā te mea kāore e taea te
.noho o te pōuri i te aroaro o te māramatanga

* * *

Ka memeha haere ngā ahua eka o ngā taonga, engari
ko te hari atua e kore e memeha. He hari atua mutunga
.kore, e kore e taea te whakaahua

* * *

Kaua rawa tātou e whakamahi i ngā tikanga hē hei
whakatutuki i te harikoa, kaua hoki e whakarērea te
rangimārie me te taonga wairua kei a tātou anō, hei whai i te
whakamarie tinihanga me te oranga kanapa e iri ana i mua i
a tātou e ngā mahi me ngā whanonga kino e whai pānga
.kino ana

* * *

Ko te marino te kāmera pai rawa atu hei hopu i te
aroaro o te Atua. Mā te karu o te marino parakore, tino
.arotahi, ka puta te ahua tapu me te tino mārama

* * *

Ina hoki, kei roto i a koe te whakaaro nui katoa, ā, ko
.tāu noa iho he mōhio ki tēnā

* * *

Kei roto i te whakapai ake i a koe anō te ngākau māhaki
pono, kia rapua ai koe e ētahi atu, kaua ko koe e rapu ana i
a rātou. Me tuku noa te aroha me te whakahoahoa, me te
kore e tumanakohia, me te kore e tonu. Ka puta noa te
mamae me te pōuri i te tumanako. Ahakoa te whai kia
whakapai ake i a koe anō, me tū takitahi te tangata, me te
haumarua me te rangimārie i roto i te pā o ōna tikanga me
.tōna mana ake

* * *

Kia rere tonu mai ngā rerenga wai o te harikoa me te
hihiri i roto i tōku ngākau, ā, kia pā mai ō rātou wai
.whakahauora ki te hunga katoa e tūtaki ana ahau

* * *

Mā te harikoa wairua ka puta te hiahia ki te āwhina i
ētahi atu i ngā huarahi katoa, ā, ka whakawhanake i te kaha
ki te maioha ki ngā ahuareka matatika kua oti te whakapai
ake e arahi ana ki te harikoa, ā, ka whakaiti i te hiahia ki ngā
.ahuareka matapōkere

* * *

Ahako te iti o tō tūranga, he rite tonu tōna hiranga ki
ngā tūranga nui rawa atu, arā, ko te whai wāhi atu ki te
angitu o te whakaari ao e whakaarihia ana e ngā wairua i
.runga i te atamira o te ao

* * *

He hinengaro mutunga kore, tino mutunga kore te
hinengaro katoa, e whakahou tonu ana i a ia anō, ā, e kore
tōna auahatanga e mutu, ā, mā roto i a koe ka ngana ia ki te
.whakaatu i tētahi āhuatanga ahurei o ia anō

* * *

Ki te reka koe i te aroha atua ahako kotahi noa iho, e
kore rawa koe e whakarērea, nā te mea kāore he mea hei
.rite i te ao whānui

* * *

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou - mā te aroha noa me te āwhina a te Atua - te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

* * *

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai he whanonga pai, he whanonga kino
.rānei i roto i te whakaaro

* * *

Ko te tangata e pāngia ana e ngā whanonga kino nā te
mea kua tukuna te mana o aua whanonga ki ōna pūtau roro,
ka taea e ia te whakaora i a ia anō mā te kaha o te ngākau,
te whakaaroaro, te inoi pono, me te whakaū tonu i te pai tae
noa ki te wā e hurihia ai ōna whanonga kino katoa hei
whanonga pai o te rangimārie me te ata noho. Ka puta tēnei
ina mahi te kaha ora e tika ana te whakahaere ki te
whakarerekē i te āhua rerekē o ngā pūtau roro, kia kī ai aua
pūtau i ngā mea pai katoa, i ngā mea tapu, i ngā mea
.ataahua katoa

* * *

Ko te māramatanga te kanohi o roto, te tirohanga a te
wairua, me te karu tirohanga o te ngākau. Ko te taurite i
waenga i te marino o te hinengaro me te parakore o te
.hinengaro

* * *

I ia rā ka kite tātou i ngā āhuetanga rerekē, ā, i ia rā ka
kawea mai he akoranga hou hei ako. E tumanakohia ana ka
ako te tangata i te akoranga mā te arotahi ki te kaupapa
matua o tōna oranga: kia mōhio ki te pūtake o tōna oranga
.me te pūtake o tōna oranga

* * *

Kia kaha tātou ki te wareware i ngā mamae o mua, kia
kaua hoki e whakaaroaro ki aua mamae. Me te whakapau
kaha me te ngākau hihiko, kia whakahoutia ō tātou oranga,
kia whakarei ake i ō tātou angitu, kia whāngai hoki i roto i a
.tātou anō ngā tikanga pai me ngā āhuetanga rangatira

* * *

Ko te tangata e whakaatu ana i te ngoikore o ētahi atu,
e whakama ai, e riri ai hoki, e matara atu ana i te whakaaro
.nui, i te whakaaro tika hoki

* * *

**Ngā whakataukī mō ngā wā katoa me ngā wāhi
katoa**

Ko te hunga e noho tahi ana me te Atua, ka kite i te
ataahua whakamiharo, ka reka hoki i te reka whakaharahara
.e kore e taea te wheako i tētahi atu ara
I te karangatanga o tōku wairua ki a Koe, ka pakaru mai
ngā kapua o tōu wā puku, e te Atua, ā, ka ringihia te ua o
tōu aroha noa, ā, ka huri hei waipuke nui o tōu aroha noa. I
taupokina e tōu awa tapu ngā tahataha o tōku wairua, ā, ka
ruku tōku wairua ki roto i ngā wai o te mutunga kore, ā, ka
rewa te mirumiru o tōku ora iti ki roto i te moana o tōu
.oranga whānui
Nā taku kaiārahi ahau i ako ki te whakamahi i te whao o
te whakaaro nui hei hanga i ahau hei temepara e tika ana
.mō te aroaro o te Atua
Ki te hiahia koe ki te whakatutuki i tētahi whāinga
rangatira, tīmata mā te waihanga i tētahi tauira hinengaro
mōna. Ka taea e koe te whakatū pakari i tētahi aronga i roto
i tō hinengaro mēnā ka whakatō koe i tētahi whakaaro kaha
ki roto i tō hinengaro; kātahi ka rite tō tinana katoa ki taua
.whakaaro, ā, ka rite ō mahi ki taua whakaaro
Ina pā atu koe ki te ngākau atua, ka memeha haere ō
raruraru, ka whakakīia tō ngākau e te aroha, ā, ka kanikani
ngā wheako wairua whakamiharo pērā i ngā puna wai
.parakore i roto i ngā māra o tō hinengaro
He maha ngā kapua e ngana ana ki te huna i a koe, e
huna ana i a koe i ahau, engari i roto i te tomairangi o ngā
roimata o te hiahia, ka puta mai tō ingoa tapu ki ahau e
kanapa ana i roto i ngā reta koura kanapa mai i muri i ngā
.ārai me ngā arai katoa

Ko te parakore o te hinengaro he tikanga kia mārama te
mahī ki te pono
He maha ngā matea nui, me ngā mea e kiia ana e ētahi
he "mea e tika ana" kāore e hiahiatia ana, e kore rawa e
hiahiatia. Me whakangawari ake te ao mā te arotahi ki ngā

matea taketake me te whakakore i ngā mea papai kāore e
.tika ana

Āe, te teitei o tōu whenua, e te hoa, ā, te momona me
te tapu o tōu oneone! Ko te aroha tōu kai, ko te pono tōu
.inu

Ahakoā ngā rerekētanga, ka kotahi te whāinga e honoa
ai ngā tāngata tokorua: kia kitea te rangimārie me te marino
o te wairua i roto i te aroha parakore me te pono o tētahi ki
tētahi, ā, ki te kore te tangata e aroha ana e rapu i te
ahuareka i runga i te utu mō te tangata e arohaina ana,
kātahī ka puāwai ngā putiputi kakara o te whakahoahoa, ka
.horapa ō rātou kakara reka i roto i te māra o te atawhai
He rerekē te huarahi e whakangungu ai te ao i ō tātou
hinengaro, e whakawātea ana i a tātou ki ngā mea maha, ā,
ka tīmata tātou ki te whakaaro kāore e taea te whakatutuki i
te harikoa me te kore ēnei mea. Engari me whakangawari te
ao, me te oranga o ngā tamariki; ki te kore, ka ako te ao i a
.rātou mā roto i ngā pouri kawa

He tika ake, he tūturu ake te pono i te whakaaro noa
iho, i te wawata noa iho rānei, engari ko tā tātou e whakaaro
.nei, e whakaaro noa iho rānei, ka tutuki pea i ētahi wā
He mea nui te whakaaro auaha i roto i te tukanga
whakaaro auaha. Heoi anō, me pakeke te whakaaro auaha,
me huri hei whakapono pakari, ā, kāore e taea tēnei mēnā
.kāore he kaha o te hiahia

Ki te whakaaro koe i tētahi mea me tō kaha katoa, ka
huri tō whakaaro hei whakapono whaiaro, ā, ina taea e koe
te pupuri i taua whakapono

Ahakoā ngā whakaaro whakahē katoa, ka tutuki tō
whakapono i roto i te ao tūturu

Me ako te tangata ki te tū ko ia anake, me te tautokona
.e ōna ake tikanga me tōna mana ake
He hari hou te hari wairua, ā, e kitea nuitia ana i roto i te
hunga e whakaaroaro hohonu ana ki te Atua. He hari e
āwhina ana ki te whakatau tika me te mahi i ngā mea tika, ā,

ina kitea, ka memeha haere ngā hiahia me ngā hiahia kino
nā te mea ka ngaro tō rātou ataahua ki te whakatauritea ki
.te hari wairua

Nā tō tātou Kaihanga Kaha Rawa i homai te ora, te kaha,
me te whakaaro nui ki a tātou, ā, ko tā tātou mahi he aro atu
ki a Ia, me te whakaara ake i ō tātou ngākau ki a Ia i runga i
te aroha, te whakawhetai, me te mōhio ki Tōna atawhai me
.tōna atawhai

Āwhina mai, e te Atua, kia kaua e tahuna te ahi o te riri,
kei tahuna e ahau ki ngā mura o te mauahara ngā awaawa
matomato o te rangimārie i roto i ahau me ētahi atu. Āwhina
mai kia tineia te ahi o te riri ki te ua e rere tonu ana o tōku
.aroha

Kia marino, kia marino te roto o tōku ngākau māhaki me
tōku rangimārie, kaua e whakararuraruhia e ngā tupuhi o te
.riri e kore nei e kawe mai i te mamae anake

He pai ake te mahi i ngā mahi e hihirihia ana e te
kawenga, e te patunga tapu rānei i ngā hiahia whaiaro hei
mahi me te aroha ki tētahi atu tangata, i te mahi pera i
.runga i te wehi

Ahakoā ka mutu te takahi a te tangata i ngā ture a te
Atua, me mahi ia i tēnā nā te aroha ki te Atua, kaua nā te
wehi i Tana whiu

Ahakoā he aha tāu e wehi ai, tahuri ke atu ō whakaaro i
aua mea Waiho atu ki te Atua, whakakahangia hoki tō
.whakawhirinaki ki a Ia

Kei te tangata tonu te wehi, ā, ka taea te whakakore atu
.mā te whakaaro ki te Atua me te rongo i Tōna aroaro

He uaua pea i te tīmatanga te haere i ngā ara o te
ngākau pono, engari he ara manaakitanga ēnei e arahi ana
.ki te rangimārie o te hinengaro me te harikoa pono

Kia tiaho te korōria o te Atua ki ngā kokonga katoa o ō
tātou oranga, kia noho tōna aroha ki roto i ō tātou ngākau, ā,
.kia whakakīia ō tātou hinengaro e tōna māramatanga

E taku atua e aroha nei, ka puāwai ngā putiputi, ka huri
ngā wā, ā, ka kōrero katoa mōu. Ka whakakitea e te marama
katoa ngā āhuetanga o tō ataata, ā, ka haria e te rā tō rama
rangi. Ka kauhoe ahau i te moana roimata, e kī ana i te
hiahia ki a koe. I roto i ngā rau o ngā rākau me ngā uaua o te
tangata ka rere tō ora me tō hihiko, ā, ka rongo ahau i te pā
.o tō ngākau rangi e pakū ana i roto i ahau
Ina rongo ahau i tō aroaro, e rite ana ahau ki te mea kei
te ara ahau i tētahi ao kē, ā, i ētahi wā ka moemoeā ahau
mō tēnei whenua me tēnei tinana iti—ko taku ake tinana e
ara ana ahau i roto i te harikoa mutunga kore, ā, ko taku
moemoeā mō te ao whenua e whakakā ana i ngā
maharatanga harikoa o aku wā ara ake me koe. Kua hutia
ake e ahau ngā taru kino o ngā moemoeā kino i te māra o
aku moemoeā, ā, kua whakatōkia ki ō rātou wāhi ngā rōhi o
taku hihiri, ki te wāhi e kukume mai ai te kakara o taku
hiahia ki a koe, ā, ka haere mai koe ki te kawē i ahau ki ngā
.pae tawhiti o te harikoa mutunga kore
E te Atua, meinga ahau kia marama ki te parakore me
te mā, kia taea ai e au te whakaputa mai i tō maramatanga
.whakaora i roto i ahau

Whakamarietia te whakaata wiri o tōku hinengaro kia
whakaata mai ai i tō mata mutunga kore

Whakatuwheratia ngā matapihi o te whakapono kia
hongī ai ahau i te kakara o tō rangimārie

E Koe e kanapa ana i roto i a Koe, e te Ariki e kore e
taea te whakaahua, titiro mai ki ōku kanohi e hiahia ana ki a
Koe, kia kore ai ahau e kite i tētahi mea i te ao engari ko Koe
.anake

Kei muri i ngā āhuetanga me ngā āhua katoa o te ao kei
reira te reo puku o te Atua, e karanga tonu mai ana ki a
tātou mā roto i ngā putiputi, ngā pukapuka tapu, ō tātou
.hinengaro, me ngā mea ataahua katoa e whai hua ai te ora
Ko ngā mahi katoa a te tangata rapu kia eke ki ngā tihi
.wairua ka taua e te Atua mōna, ā, ka utua pai mōna

E te Ariki, e inoi atu nei mātou ki a koe kia
whakamārama i ō mātou hinengaro ki te māramatanga o tōu
pono, kia pāorooro ō mātou ngākau ki tōu aroha, kia
whakakīia hoki ō mātou wairua ki tōu hari me te nui o tōu
.atawhai

Mai i taua pae mārama e kore e taea e te hinengaro te
uru atu, ka ringihia e te Atua tōna māramatanga mutunga
kore. Ā, mai i te hinengaro ao whānui ka puta mai ngā
whakaaweawe whakahirahira me ngā mana manaakitanga,
ā, ka rere te mahi auaha ki roto i ngā hinengaro tuwhera,
.taurite hoki

Ina kitea e koe tō wairua, tō ngākau, ia mura o te hihiri,
te rangi kikorangi, ngā whetū kanapa, ngā maunga, te
whenua, ngā manu, me ngā putiputi, kua herea katoatia e te
miro kotahi o te rangi o te ao, te harikoa wairua, me te
kotahitanga o te ao whānui, ko reira koe ka mōhio ai he
.ngaru katoa ēnei i te uma o te moana atua kāore he takutai
Ki te wareware tātou ki tō tātou Kaihanga, e tika ana kia
mamae tātou. Me mārama tātou ko te Atua tō tātou aroha, e
aroha ana hoki ki a tātou, ā, mā tēnei mōhiotanga tātou e
.whakaora i ō tātou raruraru me ō tātou mamae

Ko te tangata e aroha pono ana ki te Atua, e kore e
mutu tana rapu i a ia, ahakoa kāore e kitea e ia i muri i ngā
nganatanga maha. Pērā i te ngaru e hoki ana ki te ngākau o
te moana i muri i te marino o te tupuhi, pērā anō hoki te
tangata e rapu pono ana; kei a ia te whakapono pūmau ka
hinga ngā arai, ā, ka hono atu ia ki te moana nui i te wā e
tata mai nei—ko te moana mutunga kore i ahu mai ai ia, ā, e
.hoki atu ai ia

Ina whakaaro tonu te hinengaro ki te atua e arohaina
nei, ka waiata te ngākau i ngā waiata o te hari me te harikoa
Ko te putanga wairua ko te putanga mai o te tangata
mai i tōna āhua o nāiane i ki tōna āhua ā muri ake nei

Kāore e taea e te tangata te huna i tōna āhua tūturu i
ētahi atu; ka kitea ngā wiri o ōna whakaaro i roto i āna
.whanonga, ā, ka puta mai i roto i āna mahi
He tokomaha kei a rātou te whakaaro hē mō te
herekoretanga; e whakaaro ana rātou ko te herekoretanga
he mahi i ngā mea katoa e pai ana ki te tangata, ā, ka kiia e
au tēnei herekoretanga ko te herekoretanga o ngā hiahia
.noa iho

Nā te kore mārama ki te āhua tūturu o te
herekoretanga, ka herea e ētahi mātua ā rātou tamariki ki te
tikanga tuku iho mā te whakatutuki tonu i ō rātou hiahia.
Kātahi ka tipu ake te tamaiti me te whakapono mēnā ka
tutuki ā rātou hiahia, ka harikoa rātou, ā, ko te kaupapa o te
ao he whakatutuki i ngā hiahia katoa. Heoi, i muri mai ka
kitea e rātou kua hē rātou, nā te mea he rerekē rawa te ao o
waho i te ao kāinga, ā, ka ako rātou ehara i te mea ngāwari
te whakatutuki i ngā hiahia katoa! Tērā pea ka panaia rātou
e ētahi atu ki tahaki, ka warewarehia i a rātou e whai ana i ō
rātou ake hiahia. Nō reira, ka pakeke te tamaiti, ka kore hoki
e kaha te ngākau nā te kaha o te hiahia ki te whakatutuki i ō
rātou ake hiahia. Nō reira, me āwhina e ngā mātua ā rātou
tamariki ki te whakawhanake i ō rātou hiahia me te
māramatanga kia taea ai e rātou te noho i te ao me te kore
.e taka ki roto i ōna mahanga me ōna poka
E mea ana te whaea, "Whakaakohia ia me te aroha." Ae,
he pai te atawhai i ngā tamariki me te aroha, engari ko te
nui rawa o te reka ka kino ngā niho, ā, ko te nui rawa o te
atawhai ka kino ngā tamariki. Me whai māia, me whai
whakaaro nui, engari ki te tukinotia, ka whiua te tamaiti mō
tētahi hapa, ka kino ngā hua. Me taurite te atawhai me te
whakahaere i ngā tamariki; me whakangāwari ia pāpā i tōna
āhua ki te aroha me te ngākau māhaki, ā, me whakakī ia
whaea i tōna aroha ki te whakaaro nui me te whai whakaaro
.nui

Me pupuri tonu te tangata i tētahi āhua hinengaro
pumau o te aroha me te hiahia ki te Atua. He maha ngā
mahi kua whakamatauria e au, engari ahakoa te āhua o taku
.mahi, ko te Atua tonu ōku whakaaro
Me pārekareka tātou ki tēnei mea hanga, engari kua e
tukua kia herea tātou. Nā ngā wheako ahau i ako ai he
.harikoa kore e rite ki te kitea o te Atua
I mua i te tīmatanga o ngā mahi nui, me noho mārire te
tangata, me whakamarie i ngā kare ā-roto me ngā
whakaaro, me whakaaroaro hōhonu, me te rapu āwhina atua
.kia whiwhi ai i te arataki wairua me te aronga tika
Kia māmā ahau ko te ataata i te mata o te ata, i ngā
ngutu o ngā putiputi, i ngā mata o ngā tāne me ngā wāhine
.rangatira, ko tō ataata tēnā
E kore ahau e pāngia e ngā whakaahua o ngā aituā, te
pōuri, te mate, ngā arai ohorere rānei, nā te mea e mōhio
ana ahau kāore te hinengaro whakahaere e pā tata ana ki te
hinengaro ao e mamae noa iho i ngā hinganga me ngā
.whakarihariha
Ko te tikanga o te herekore ko te kaha ki te mahi i runga
i te whakaaro nui, kua i runga i ngā whakahau a ngā kare ā-
roto, ngā tikanga, me ngā hiahia. Ko te ngohengohe ki te
whakapehapeha ka arahi ki te herehere, ko te ngohengohe
ia ki ngā akiaki a te wairua ka arahi ki te whakaoranga mai i
.ngā here
Ahakoa kei te noho ahau i roto i te whare rangatira, i te
whare iti rānei, kāore he rerekētanga ki ahau, i te mea kei
.ahau te Atua
Ka whakamahia e au aku moni whiwhi pono hei oranga
ngāwari, hei whakarērea te oranga nui
Mā te whakapono ki te Atua me te whakamahi i te kaha
o te ngākau, ka taea e te tangata te wikitoria i te mate, te
hinganga, me te kuware, mena he kaha ake ngā wiri o te
ngākau i ngā wiri o ngā mate tinana, hinengaro rānei. Ko te
roa o te mate, ko te kaha ake me te pumau o te ngākau, me

te hohonu ake me te pumau o te whakapono, kia tutuki ai te
.hua e hiahiatia ana

Whakaaweawetia ahau, e te Ariki, kia whakawhirinaki ki
a Koe anake, kua ki ngā tikanga tiaki a te tangata. Kua
ahau e tukua te wehi me te manukanuka kia whakararu i
tōku kaha mutunga kore ki te aro atu ki ngā whakamātautau
katoa o te ao. Kua ahau e whakaaro noa ki ngā aituā, ki ngā
aituā, ki ngā aituā kino hoki i te wehi kei puta mai i roto i te
whakaaro me te whakaaroaro. Ā, tukua ahau kia mōhio, e te
Ariki, ahakoa kei te ara ahau, kei te moe rānei, kei te ara
ahau, kei te ngaro rānei i roto i ngā moemoeā, kei te ora, kei
te mate rānei, kei te karapoti tonu tō aroaro tiaki i ahau, kei
.te tiaki hoki i ahau

E mea ana te hunga whakaaro nui: Ko te hua o ngā mahi
pai e akiakihia ana e te aroha ki te Atua me te ngākau pono
ko te rangimārie me te parakore. Ko te hua o ngā mahi e
akiakihia ana e ngā hiahia me ngā wawata whaiaro ko te
mamae me te mamae. Ko te hua o ngā mahi kino ko te
.kuware me te wairangi

Ka hari te tangata i ngā mahi pai, engari ko ngā mahi o
te ao e ārahihia ana e te aroha ki a ia anō ka arahi ki te
mamae me te mamae. Heoi, ka whakangaro ngā mahi kino
.tonu i te kaha o te tangata ki te mārama me te mōhio

Ki te hiahia koe ki te noho i roto i te rangimārie me te
rangimarie, me pai ō whakaaro, me hora hoki e koe ngā
whakaaro atawhai me ngā kare ā-roto o te aroha. Ki te ora
koe i te oranga pai, ka āwhina koe i ētahi atu mā roto i tō
.tauirā me tō whanonga pai

Ina pā mai te manukanuka me te pōhēhē o te
hinengaro, ka hoki ahau ki te ata noho me te whakaaroaro
kia hoki mai rā anō tōku marino, ā, ka tīmata ia rā mā te
whakaaro ki te Atua me te tono mō tāna āwhina me tāna
.arataki

Kia whakatau koe kia kua e tukua ngā taru
whakamomori o te mauahara kia tupu, kia uru ki roto i te

māra o tōu ao, he māra kī tonu i ngā mana o te wairua
rangatira. Ā, ki te nui ake tō whakatipu i ēnei āhuatanga
kakara, rite ki te rōhi, ka nui ake te whakakitenga a te Atua
.ki a koe i te mea ngaro nui o te oranga i roto i a koe
Ko te kaupapa o te ao he whakatutuki i te rangimārie, te
ngākau māhaki, te matekore, te haumarū, me te mōhio ki te
pono, ā, kei te pūtake o ēnei hiahia e whakaoho ana i roto i a
.tātou te mauri atua e hohonu ana i roto i a tātou
Kia kitea e au tōku herekoretanga i roto i a Koe, e te
Ariki, kia mōhio ai ahau ko tōku kāinga tūturu ko Tōu oranga
.katoa, ā, he wāhanga nui ahau o Tōu hinengaro ao whānui
E te moana nui, atua, tukua ngā awa o aku hiahia, e rere
ana i roto i ngā koraha o ngā arai me ngā aukati, kia hanumi
ki roto i ō hohonutanga nui⁹

I roto anake i te pā tapu ka kitea e tātou te tiakitanga
me te haumarutanga, ā, kāore he piringa haumarū atu i te
.tata ki te Atua me te pā atu ki Tōna aroaro

Nā te mea ko ngā tikanga e whakahaere ana i te
tangata e hanga ana i ō rātou hiahia, i ō rātou au, i tō rātou
āhua, me ō rātou hiahia, ki te kino aua tikanga, ka kino te
āhua, ka kino hoki ngā mahi. Nō reira, he mea tika kia
whakaritea ngā tikanga pai ki runga i te kaupapa matua, nā
te mea ka ārahi i ā tātou mahi me ō tātou whakaaro ki ngā
whāinga rangatira, ā, ka kawea mai he hauora me te harikoa
.ki a tātou

Ahakoia kei hea ngā wairua pouri me te mamae, ka kitea
e au te whakamarie i roto i te mahi me te whakamarie i a
rātou. Ka whakapau kaha ahau ki te kawea mai i te hari ki
ētahi atu, ā, ka aroha ki ō rātou kare ā-roto me te mea nōku
.ake

Kei roto i te tangata ngā pūkenga hinengaro, engari
kāore i te tino whanake i roto i te nuinga o te tangata, ā, ki
te kore e whanakehia ēnei pūkenga, ka pā mai he hua kino.
Pērā i te tinana, me whai kai tika te hinengaro, me
.whakakorikori tinana hoki kia ora ai, kia ora ai

Ka whiwhi te taimana i te māramatanga, ā, ka
whakaatahia, pērā anō hoki ngā wairua parakore, mārama e
.mōhio ana ki te Atua, e tiaho ana i tōna aroaro
E te Ariki, ko koe te taonga pono o te ao, ā, mā te kimi i
a Koe i te tuatahi ka kitea e au i roto i a Koe ngā mea katoa
.e hiahiatia ana e au

Ko te kai, te hau, me te hihi o te rā te mea e aro nui ana
te tangata ki te pupuri i te hauora pai, engari tera pea ka
heke te hauora ahakoa te nui o ēnei puna ora o waho. Ko
reira te take e hiahiatia ai te whakahou i ngā rahui pūngao o
.te tinana mai i roto

Ki te whakatata te poti o tōku hinengaro ki ngā toka o
ngā hiahia apo e pā ana ki ngā tūponotanga me ngā
mōrearea, e peia ana e ngā awha nanakia o te kuware, kia
waiho koe, e tōku Atua, hei rama mōku, ā, ārahi tonu i ahau
.ki ngā takutai o tō tika me tō pai

He rite te whakaaro ki te mura e tika ana kia
whakamahia tōna mana nui hei tahu i ngā arai e aukati ana i
.te whakatutukitanga

Ka kitea te Atua mā te aroha tapu pumau. Ina nui atu tō
tātou aroha ki te Atua i āna mea homai, ka haere mai ia ki a
tātou. Kua homai e ia ki a tātou te mana whiriwhiri me te
mana whiriwhiri kia taea ai e tātou te wehewehe i waenga i
ngā mea homai poto me ngā mea iti o te ao, me te mea
.homai o te tata ki a ia me te hari o tōna aroaro manaaki
I homai he mahara ki a tātou kia taea ai e tātou te
maumahara ki ngā mea pai tae noa ki te wā ka taea ai e
tātou te maumahara ki te mea nui rawa atu: ki te Atua
E rere ana te hau o tōu aroha i roto i ahau, e te Ariki! Ā,
e kanikani ana ngā rau o tōku ao i te harikoa i tōu taenga
mai. Ka rere ō rātou haruru reka i te rangi, e karanga ana i te
hunga ngenge kia okioki i te atarangi o tōku rangimārie
.wairua

Ehara i te mea ko ngā uauatanga o te ao he whara i a
tātou; engari, ko ngā raruraru me ngā mate e homai ana he

akoranga ki a tātou. Ehara i te mea ko ō tātou wheako
mamae he whakangaro i a tātou, engari he pure i a tātou, he
tere hoki i tō tātou hokinga atu ki tō tātou pūtake parakore—
te Atua—e mahi ana i ngā huarahi katoa hei āwhina i a
tātou, hei whakahoki mai hoki i a tātou ki tō tātou kāinga i te
.rangi

Ko te mutunga kore tō tātou kāinga tūturu, ā, ko tā
tātou haerenga ki tēnei ao, me ēnei tinana tinana, he rite ki
.tētahi haerenga visa poto

E te Ariki, e mōhio ana ahau kāore te whakamoemiti e
whakanui i ahau, kāore hoki te whakahē e whakaiti i ahau.

Ko ahau i mua i tōku hinengaro, ā, i mua i a Koe ka haere
tonu ahau i tēnei ara, me te whakapau kaha ki te mahi ki te
katoa, me te whai kia whiwhi i tāu manako - kei reira tōku
.harikoa

He mea hanga ahurei koe, ā, he mea whakamiharo tō
.mauri, nō reira kia mōhio koe ki tō tuakiri tūturu

I te ata o tō taenga mai, ka puāwai ngā puku o tōku

hiahia hei putiputi kakara, kanapa

E te Ariki, kia hohoro te taenga mai o taua rā e whatu ai
ahau i tētahi hei o aua putiputi tomairangi, ka whakatakoto
.ai ki tō paepae tapu

Engari me ngana tonu ia ki te whakamanawareka i a ia
anō, engari me ngana anō hoki ia ki te kawē mai i te hari ki
ētahi atu. Ina ngana ia ki te tuku tautoko wairua, hinengaro,
rauemi rānei ki ētahi atu, ka kitea e ia kua ea āna ake hiahia,
.ā, kua kī tonu te kapu o tōna ao i te hari

Ko te hunga e wikitoria ana i te pōuri i runga i te
whenua, ka whiwhi rātou i te māramatanga o te kororia hei
wāhanga mō rātou, ā, ka whiwhi rātou i te rangimārie me te
.harikoa o roto

E te Ariki, ruia tonutia ngā purapura o āu manaakitanga
ki te oneone o tōku ngākau, kua parautia i runga i te inoi, kia
tupu ai hei rākau atarangi, ko ōna manga e hua ai ngā hua
.tino reka, tino reka hoki o te mōhio ki a koe anō

He maha tonu ngā wā ka mamae tonu tātou, engari
kāore e ngana ki te huri, koia te take kāore e kitea ai e tātou
te rangimārie me te ngākau mārie pumau. Mēnā ka tohe
tonu tātou, ka whakapau kaha, ka taea e tātou te wikitoria i
ngā uauatanga katoa. Me kaha tātou ki te neke atu i te pouri
.ki te harikoa, mai i te ngakaukore ki te māia

E te Aroha Atua, whakakotahitia tōku aroha ki tōu aroha,
whakakotahitia tōku ora ki tōu hari, tōku hinengaro ki tōu
hinengaro ao, ā, whakamātaotia tōku matewai i te puna o
.tōu hari mutunga kore

Ko te ngākau o te tangata rapu pono e hāhā tonu ana:

"E tōku Atua, e taku Aroha, kāore au e hiahia kia rumakina ki
roto i te ngangau o tēnei ao tinihanga, ko taku anake e
hiahia ana ko te whakaara i tō aroha ki roto i ngā ngākau o
te tangata. Ko tōku ngākau, ko tōku wairua, ko tōku tinana,
ko tōku hinengaro, me aku mea katoa, nōu, e te Ariki." Ka
.tae taua tangata rapu ki te Atua, ka mōhio ki a Ia

E te Ariki, homai ki a mātou he māramatanga hou, pono
hoki mō te whanaungatanga. Kia whakarērea e mātou ngā
pakanga, kia rongoātia ngā patunga o ngā iwi ki te hinu
.aroha me te whakamarie pumau o te māramatanga aroha
Manaakitia mātou kia wātea ai mātou i te mana o te

apo, te mana o te tinihanga, me te mana o ngā
mānukanuka, ā, āwhina mai kia hanga he ao hou e kore ai e
noho ko te mate, te kuware, me te hemokai he moemoeā
.noa iho nō tētahi hītori pōuri, pouri hoki

Kia whakaotihia e tātou ngā raruraru katoa, kaua e
whakamahi i ngā ariā o te ngahere, engari mā te
māramatanga, te pono, me te whakapono pumau ki a Koe
.me tō tika atua

Nā te ora tātou i huihui mai ki konei mō tētahi wā, ā,
muri iho ka wehe tātou i ō tātou ara. Engari ki te noho te
aroha o te Atua i roto i a tātou, kāore he aha ki hea tātou e
haere ai, ahakoa te tawhiti o tō tātou kotiti ketanga, ka noho

tonu tātou i roto i te porowhita o te aroha atua, ā, e kore
.rawa e tino wehea

E te Ariki, meinga ahau hei ekara o te ahunga
whakamua wairua e rere ana i runga ake i ngā ara o te
.whaiti me te tino whakatoi

Karanga mai ki ngā pae tawhiti, ki tua atu i ngā wiri
whenua me ngā kapua e ārai ana i te rā
Tukua ahau kia piki ake i ngā parirau o te taurite kia ora
tika ai, kia rere atu ai ahau ki aua rangi teitei i runga ake i
ngā tupuhi me ngā awhiowhio katoa, kei reira ngā pae
.tawhiti me ngā tirohanga whakahirahira

Ka puta te rangimārie ina whakatuwherahia ō tātou
ngākau ki te aroha me te atawhai. Ko te hunga he ngākau
aroha, he hunga mahi pai hoki, ka rongo i te rangimārie nā
te mea e noho ana i roto i a rātou te rangimārie, ā, ko te
.pūtake o te oranga harikoa

Me whakaaro tonu tātou ki te ataahua atua kei muri i
ngā putiputi, te māramatanga o te ao kei muri i te rā, me te
.ora nui e pīataata ana i roto i ngā kanohi katoa

Ina tino atawhai te tangata, ā, ka whakaatu i te
whakaute ki ētahi atu, ka whakahoki mai i ngā mihi me ngā
.mihi, ka manaakitia tonutia rātou

Ka horahia e au tōku aroha ki ētahi atu kia huakina ai e
au te kuaha mō te aroha o te Atua kia tae mai ki ahau, kia
.noho hoki i roto i tōku ngākau

E te Ariki, tukua ahau hei tohu mō te hunga e toremi
ana i te hohonutanga o te pouri. Āwhina mai kia hari ai ētahi
atu, me te whakawhetai mō te hari wairua kua homai e koe
.ki ahau

Ka whakarewaina e ahau te mauahara ki te ahi o tōku
aroha, ā, ka murua e ahau ētahi atu, ka hoatu hoki te aroha
.ki ngā ngākau matewai katoa
Ko te aroha pono ko te aroha e koa ana i te whakamarie
o te tangata e arohaina ana

Kia tiaho mai tōu māramatanga ki runga i a mātou, e te Ariki, ā, kia whakakiia ō mātou ngākau e tōu aroha ake tonu atu

Ko te wairua auaha te tikanga o te whai i te mana o te whakaaro auaha e āhei ai te tangata ki te tito i tētahi mea kāore anō kia mahia e tetahi i mua. I whānau mai ia tangata .me tēnei taonga i homai e te Atua ki a ia
Ko te aroha nui ko te aroha atua, e ataahua ai te ao, e kore e taea te kī. Ina rongo koe i te Atua kei a koe, e haere mai ana ki a koe i hea koe, e ārahi ana i ō hikoinga, kua .tīmata te aroha atua

Ka tū te mana o te pono ki te hau
E te Ariki, ina pā mai ngā uauatanga rangitahi ki ahau,
tukua ahau kia mahara ki āu manaakitanga maha i runga i
ahau i ngā wā o mua, me te mōhio kāore tō āwhina e
whakarērea i ahau, ā, kei a au tonu tō manaakitanga. Ki a koe ahau e tuku atu nei i tōku whakawhetai nui mō ngā .manaakitanga katoa e puta mai ana i tōu ringa atawhai
Ka tiaho ngā pata aroha i roto i ngā wairua pai, ā, ka
.kitea te Atua i roto i te moana o te aroha anake

Ko te māramatanga te rama e whakamārama ana i te ara o te tangata, e ārahi ana hoki i a ia ki te angitu
I te puna, ka whakapaipai te Atua i te taiao ki ngā rōhi me ngā putiputi tino ataahua me ngā kākahu ataahua me .ngā tae kanapa

Ko te rangimārie te karere tuatahi e whakapuaki ana i te
whakatatanga atu ki te Aroaro Atua. Muri iho, ka huri te
rangimārie hei māramatanga e kanapa atu ana i te hari
.mutunga kore

Ina ruku hohonu ahau ki te moana o te whakaaroaro, ka rongo ahau i te rere o te manaakitanga i roto i ahau, ā, ka "rongo ahau i te reo hāhā e mea ana, "Kua tata ahau
Me tahuri te tangata ki roto, ki te wāhi e whakapuakina ai e te wairua ia ia anō. Mai i te hohonutanga o te wairua ka .puea ake ngā wheako katoa o te ao o roto

Ina kitea e te wairua ia ia anō me te hinengaro atua, ka
.nui te hari me te whānui ki te wāhi mutunga kore
Ki te whakamahia e koe ngā tikanga me ngā rauemi
katoa o waho e wātea ana ki a koe, me ō pūkenga tūturu, hei
wikitoria i ngā arai katoa e tū mai ana i tō ara, ka
whakawhanakehia e koe ngā mana kua homai e te Atua ki a
koe: aua mana mutunga kore e pupū ake ana i ngā
.hohonutanga hohonu o tōu tinana
Ko te aroha e hiko ana i te ara koura e arahi ana ki te
Atua

Ka horahia e au te hihi o ngā hiahia pai me ngā
whakaaro pai ki ngā wāhi katoa i ngokingoki mai ai te pōuri o
.te māranga kore

Ina pā mai ngā uauatanga ki a koe, heoi kāore koe e
mutu te ngana me te whakapau kaha, ahakoa ngā arai me
ngā aukati katoa, ko reira te Atua e whakautu mai ai ki a
.koe, ā, ka karaunatia ō mahi ki te angitu
E te Ariki, ka hutia e ahau te putiputi o te hiahia i te
māra o tōku ngākau, ka whakatakotoria hei whakahere
.aroha ki tōu paepae tapu

Nā te mea ko ō tātou whakaaro me ā tātou kupu ngā
purapura hei kawe mai i te kotinga o te heke mai, ka tīmata
ahau i tēnei rā ki te whakakī i tōku hinengaro ki ngā
.whakaaro pai, pai

Ka rere ahau, ka rere i te papa o tōku hinengaro ki
runga, ki raro, ki te raki, ki te matau, ki roto, ki waho, ki ngā
wāhi katoa, kia kitea ai i ngā kokonga katoa o te wāhi i noho
.ahau i te aroaro o te Atua, ā, kei te noho tonu ahau
Noho i ia wā me te mōhio ki tō whanaungatanga ki te
Tino Mutunga Kore. Kāore he mutunga o tō hinengaro, ā, ka
kimo, ka tiaho ngā mea katoa pērā i ngā whetū i te rangi o
.tōu oranga

Ko te wehe, ko te kore piripono rānei, te ara whakaaro
nui e takahia ana e te kaiwhai, e hiahia ana ki te ara ake i
runga ake i ngā mea iti hei painga mō ngā mea nui ake.

Kāore ia e herea ki ngā ahua e ā-tinana poto noa iho hei
whai i te harikoa o roto hou. Ehara te wehe i te mutunga i
roto i a ia anō, engari ka whakatakoto i te ara mō te putanga
.mai o ngā painga me ngā mana wairua o te wairua
Ka anga whakamua te toa wairua me ngā hikoinga maia

i runga i ngā ara o te ora

Me whakamahi pai te tangata i tōna ao o nāianei, me
whakatuwhera ngā matapihi o tōna ngākau, me whakaara,
.me whakaora anō hoki i ngā āheinga moe o tōna wairua
Kei muri i ngā kopare o te huringa me te whakaputanga

kei reira te aroaro o te Atua. Ā, ko te tangata e taea te
whakau i te whakaata o tōna hinengaro, me te ārai i tōna
wiri, ka kite ia i roto i taua whakaata mārama te mata o te
.mea e arohaina nei e te ao tūroa

He kaha ake te aroha i te mate me ngā

whakangaromanga o te wā

Ko te tātaritanga whaiaro te kī ki te angitu, ā, ko te
whakaaroaro he whakaata e kite ai tātou i ngā kokonga o
roto e huna ana i tā tātou tirohanga. Me tātari tātou i ō tātou
ngoikoretanga, me wehewehe i waenga i ngā ia pai me ngā
ia kino, me te tautuhi i ngā arai ki te ahunga whakamua me
.te angitu

Āe, he mīharo koe, e te hoa! E inu ana koe i ngā wai o te

aroha pono, o te aroha, ā, e whakamakuku ana ō rau i te
tomairangi o te reka o roto, o waho hoki e puta mai ana i te
.hohonutanga o ngā ngākau pono, pono

I kite ahau i tētahi pōpokorua iti e ngana ana ki te piki i

tētahi puranga onepu, ā, ka whakaaro ahau: me whakaaro
pea te pōpokorua kei te piki ia i ngā Himalayas! Tērā pea he
nui rawa te puranga onepu ki te pōpokorua, engari ki ōku
kanohi kāore. Waihoki, ko ngā miriona o ō tātou tau rā he iti
.iho i te meneti i roto i te hinengaro o te Atua

Me whakangungu tātou i a tātou anō ki te whakaaro ki

.ngā mea nunui pēnei i te mutunga kore me te mutunga kore

I kopikopiko ahau i te ao mutunga kore, ā, i kite ahau i
te kohu kanapa i te whenua mārama, ā, i roto i taua kanapa
ora i pānui ahau i ngā tikanga o ngā mea ngaro kua tuhia ki
.ngā whārangi o te wā

Ina moe koe, ka whakamarie koe i ngā whakaaro me
ngā kare ā-roto. Engari ina whakamarie koe i ngā whakaaro
me ngā kare ā-roto mā te whakaaroaro, ko te mea tuatahi ka
pā ki a koe ko te rangimārie, ā, ka hanga noa ō uaua kanohi i
te ataata e whakaata ana i te rangimārie o roto. Engari me
titiro koe ki tua atu i tēnei rangimārie kia kite ai koe i te
parakore o tō wairua—he parakore kāore i poke i ngā
whakaohoho a-kanohi, i ngā tauhohenga aunoa rānei ki ngā
whakaaro e pā ana ki ngā kare ā-roto. Ko te āhua ka pā ki a
.koe ko te harikoa tonu, e whakahoutia tonutia ana
Ki te whakatakoto koe i tētahi peihana wai ki raro i te
mārama o te marama, kātahi ka whakaohokia, ka hangaia
he āhua pōturi o te marama. Ina tau te wai ki roto i te
peihana, ka mārama te whakaata. Ko ngā wā e marino ana
te wai i roto i te peihana, e whakaata ana i te mata o te
marama me te tino mārama, ka taea te whakarite ki tētahi
āhua o te rangimārie whakaaroaro me tētahi āhua o te ata
noho hohonu. I roto i te rangimārie o te whakaaroaro, ka
mutu te rere o ngā ngaru o ngā kare ā-roto me ngā
whakaaro mai i te hinengaro. Ā, i roto i tēnei āhua hohonu o
te rangimārie, ka kite te tangata whakaaroaro, i roto i taua
ata noho, i te marama katoa o te aroaro atua e whakaatahia
.ana i roto i te roto o te wairua

E whā ngā āhua e mōhiotia ana e te tangata noa: te
harikoa ina tutuki te hiahia; te pouri ina whakakahoretia; te
hoha ina kore e harikoa, e pouri rānei; me te rangimārie ina
wikitoria i ēnei kare ā-roto, i ēnei āhua hinengaro rānei o te
.harikoa, te mamea, me te hoha
He āhua tino hiahiatia te rangimārie, e puta mai ana i te
korenga o te pouri me te harikoa, me te korenga o te hoha.
Ka huri haere tonu ēnei āhua, ka ngaru hoki i runga i te mata

o te wairua. I muri i te ekenga i ngā ngaru pōrearea o te
mamae me te harikoa, tae atu ki ngā ruku maha ki roto i te
hohonutanga o te nenge, ka hari te rere i runga i te moana
marino o te rangimārie. Engari he nui ake i te rangimārie te
harikoa wairua—te harikoa o te wairua—te harikoa mutunga
kore. He hari pumau e kore e memeha engari ka noho tonu
ki te wairua mō ake tonu atu. Ka taea anake te whakatutuki i
.tēnei hari nui mā te mōhio ki te aroaro o te Atua
Ko te ataata pono he ataata o te harikoa wairua e puta
mai ana i te whakaaroaro me te whakaaro ki te Atua me te
.rongo i Tōna aroaro
E pupū ake ana taku ataata i te harikoa nui i roto i ahau
—he harikoa e wātea ana ki te katoa He rite ki te kakara e
pupū ake ana i te ngākau o te rōhi e puāwai ana He karanga
tēnei harikoa nui ki ētahi atu kia rumakina rātou ki roto i ngā
.wai tapu o te harikoa
I roto i te māramatanga o te murunga hara tapu, ka
memeha haere te pōuri o te mauahara i kohia i roto i ngā tau
.maha
Ka hohoro te whakatutuki a te Atua i ngā hiahia katoa o
āna kaikarakia nā te mea kua wetekina e rātou ngā
whakaaro whaiaro e whakararuraru ana i ngā mahi, e
.whakapōrearea ana hoki i ngā tumanakohanga
Ko ia e tiakina ana e te Atua, kāore he mea e taea te
whakangaro
Kāore tātou i te mokemoke i tēnei ao, kei a tātou hoki te
Atua, ā, he whanaungatanga pumau, piripono, hoahoa hoki e
.whiwhi ai tātou i te tautoko me te hari
E te whetu tiaho o te arataki i ngā rangi o te whakaaro
nui, e karanga ana tō uira kanapa i ahau kia tūhura i ō pae
maunga tapu, ā, e tere ana taku manu hiahia, e wero ana i
te āhuarangi pōuriuri, e akiaki ana i te hiahia ki a koe, kia
.tau hoki ki roto i tō kanapa tapu rawa
Ka tīmata te whanaketanga me te puāwai o te tuakiri o
te tangata ina taea e ia te rongo - mā roto i ngā kare ā-roto,

mā roto i ngā kare ā-roto - ehara i te tinana totoka engari ko
.te ia wairua mutunga kore i roto i te tinana

Ina puea ake te ngākau o te ākonga i te aroha ki te
Atua, ka tiaho tōna mata me te ataata o te rangimārie me te
whakaaro nui, ā, ka pakaru, ka ngaro rawa ngā paparanga o
.te kuware e taupoki ana i tōna wairua

Ina titiro koe ki tētahi putiputi, ki tētahi rākau rānei, ka
mōhio koe kāore ēnei mea ora ataahua i puta mai i a rātou
anō, ko te Atua te mea nāna i hanga, i homai hoki ki a rātou
.te kakara me te ataahua whakaharahara

Me mahi tonu i ō mahi, ahakoa iti, ahakoa nunui, me te
aro nui, me te mahara ko te Atua te kaiarahi i ō hikoinga, hei
.whakakaha i ō mahi kia tutuki ai ō wawata rangatira

Ina hono te tangata ki tōna wairua, ka hoki mai ngā wā
kua warewaretia, kua ngaro, me ngā mana ora tonu o te
wairua ki tōna hinengaro. I roto i te whakaaroaro, ka mahara
.te tangata he wairua ora tonu rātou, ehara i te tinana mate
I ngā wāhi katoa ka kitea e tātou te tangata, te pai me
te kino, e rapu ana i te harikoa i tā rātou ake ara. Kāore he
tangata e hiahia ana ki te whara i a rātou anō. He aha rā te
take e mahi ai ētahi tātou i ngā huarahi e mamae ai, e
pōuri ai rātou? Nā te mea ko aua mahi he mea ārahi e te
.kuware me te pohehe

E te Ariki, e inoi atu nei mātou ki a koe, kia tiaho mai ki
runga i a mātou ki te māramatanga o tōu whakaaro nui, kia
tangohia atu hoki i a mātou te pōuri o te kuware me te
.pohehe

Me tūpato te tangata mātau, kaua e matakū, ā, me
whakawhanake i roto i a ia te māia me te kore whakaaro
pōrearea, kia kore ai ia e tūtaki ki ngā āhuatanga ka
.whakaoho i te wehi me te manukanuka

Kāore te whakaaro nui e whakawhirinaki ana ki te
werohanga o ngā mōhiotanga mai i waho, engari ki te mana
o te whakaae ā-roto, e whakatau ana i te nui o te

mōhiotanga pono ka taea te whiwhi me te tere o te
.whakatutuki i taua mōhiotanga

He atamira noa iho tēnei ao e mahi ai tātou i ā tātou
mahī i raro i te arataki a te Kaiwhakahaere Atua. Me mahi
pai tātou ahakoa te āhua o ngā mahi kua tohaina mai ki a
tātou, me te maumahara tonu ko tō tātou āhua taketake ko
.te harikoa mutunga kore

Ko te tangata whakaaro nui rawa atu ko ia e rapu ana
kia mōhio ki te Atua; ā, ko te tangata angitu rawa atu ko ia
.kua kitea te Atua

E te Atua e arohaina nei, kia noho koe i te tūranga
tuatahi i roto i ō mātou ao, kia whakakīia ō mātou ngākau e
tō aroha whakaora, ā, kia whakakorea e tō māramatanga
.tapu te pōuri o ngā manukanuka i roto i ō mātou wairua
Ko te tikanga herekore ko te mahi i runga i te hinengaro,
kaua i runga i ngā whakahau a te tikanga me te hiahia. Ko te
whakarongo ki te whakapehapeha me ōna hiahia ka whānau
mai he here, ko te whakarongo ki ngā akiaki a te whakaaro
.nui ka puta mai he here

Ka kitea te rangimārie o te hinengaro mā te
whakawhanake i ngā āhuatanga pai me te āta whakaaro, ā,
ina tino tipu, e kore e taea te tango atu i tōna rangatira ki te
.kore ia e whakarērea i runga i tōna ake hiahia

Ko te nuinga o te iwi e rapu ana i te harikoa mā te
whakamahi i ngā tikanga hē. Ko ētahi e whakapono ana ka
taea e rātou te whakaneke rua i tō rātou harikoa mā te
tango i ngā whanonga hē me ngā mahi hauora e ahua nei he
kupu whakaari kanapa mō te harikoa nui me te pumau, ā, ka
mamingatia rātou e aua kupu whakaari teka, nā te mea
kāore e taea te reka o te harikoa pono i roto i te reinga o ngā
.mānukanuka teka me ngā mahi hē

He mutunga kore ia meneti nā te mea ka taea te
wheako i te mutunga kore i roto i taua meneti. He matapihi
ngā rā, ngā meneti, me ngā hāora e kitea ai e tātou te
mutunga kore. He poto te ora, engari i te wā kotahi, he

mutunga kore, he mutunga kore. He ora tonu te wairua, ā, i
tēnei wāhanga poto o te oranga tangata, me whakamahi pai
tātou i ngā pūmanawa me ngā whai wāhitanga katoa e
.wātea ana

He rite ngā kupu wairua ki ngā purapura e hiahia ana ki
te oneone momona kia pihi ai, kia tupu ai, kia puāwai ai, kia
.hua ai hoki

Ko te tipu wairua me whakaaroaro anō, me whakarite
anō i ngā kaupapa matua o te ao, me tautuhi me te
whakakore i ngā whanonga kino, me te whai i ngā ture
hauora e hangai ana ki te whanaketanga o te māramatanga
.wairua me te tipu haere o te kaha hinengaro

Ina pā te hari o te Atua ki te ākongā, ka kitea e ia kua
tino pono te Atua ki a ia i tetahi atu mea, ā, ka mōhio ia he
hari nui te pā atu ki te aroaro o te Atua, kāore e taea te rite
.ki te pai o ngā kare ā-roto

Ka mahi te Atua ki te whakaara i te hinengaro wairua o
te tangata, me te ārahi i tōna hiahia ki te huarahi tika mā te
ataahua o te ngākau pono, te nui o te manawanui, te mana o
.te whakaaro nui, me te kororia o te harikoa wairua

E kore ahau e whakaaro he tauhou ētahi atu nā te mea
e whakaaro ana ahau he teina, he tuahine rānei tōku katoa.

Ka meinga e ahau tōku ao kia angitu, kia whai hua hoki kia
taea ai e au te āwhina i ētahi atu kia angitu, kia angitu hoki.

Ka aroha ahau ki ētahi atu, ā, ka whakaatu i te aroha ki a
rātou i a au e whakaatu ana i ahau anō. Ka aroha ahau ki te
Atua pērā i te aroha o ngā poropiti me te hunga tapu ki a ia,
ā, ka maka e ahau te hiahia whaiaro ki roto i te puna o tōku
.aroha ki ētahi atu

Kei tua atu i tēnei oranga memeha noa iho, e pāngia
ana e te mate, kei reira te oranga tonutanga, e kore e
rerekē. He mea hanga te tinana i ngā huānga matū e pirau
ana, e memeha haere ana, engari kei tua atu i tēnei oranga
memeha noa iho kei reira te oranga tonutanga, e te rangi i
te aroaro o te Atua. Nō reira, kua e aro nui ki tēnei tinana

memeha noa iho, ā, ko te hunga e hiahia ana ki tēnei tinana
me whakamanawanui ki ōna whakamātautau, me noho hei
.rangatira mōna
I tēnei rā ka ngana ahau ki te āwhina i te hunga e matea
.ana, me te hoatu i taku e taea ki te hunga hiakai
Kei te haumarua ahau, kei te mau tonu i roto i te tiaki a
te Atua, ā, kei muri i ngā pakitara o tōku hinengaro mārama,
kotahi ahau me te māramatanga o te pai e ārahi ana i ngā
kaipuke o ngā wairua e akina ana e ngā ngaru o te pouri i
.roto i te moana o te pōhēhē me te manukanuka
I tēnei rā ka rongohia ahau i te Atua i roto i te haruru o te
rangimārie e wiri ana i roto i ahau, e whakaoho ana i ngā
aho o tōku ngākau
Ka whakapau kaha ahau ki te whakahari i ētahi atu,
pērā i taku whai kia whakahari i ahau anō, ā, mā roto i taku
harikoa wairua ka mahi ahau ki te katoa i roto i te whare o te
aroha atua, ā, kāore au e wehi i tetahi mea engari ko au
.anake mēnā ka ngana ahau ki te tinihanga i tōku hinengaro

Mai i ngā mārā o te wairua

Kei te whakaaro koe ki te haere ki tētahi wāhi, ā, ka
hohoro koe ki te tae wawe atu ki reira. Ina tae atu koe, kāore
koe i te pai ki te wāhi nā te hiahia nui, te manukanuka, me
te raruraru pea e pā ana ki a koe. Engari, ngana kia marino,
kia marino, kia taurite. Ki te anga atu ō whakaaro ki te
manukanuka me te oho, pehia rawatia kia hoki mai rā anō tō
.rātou marino

Ka pā kino te harikoa ki te taurite o te pūnaha io nā te
mea ka tukuna he nui o te kaha ki ētahi wāhanga o te
tinana, ā, ka tangohia te wāhi tūturu o ētahi atu. Ko tēnei
kore taurite o te tohatoha kaha te take o te manukanuka. Ka
whakamarie te tinana marino, wātea hoki i ngā io, ā, ka
.whakatairanga i te oranga hinengaro
I roto i te mahi tahi me te Atua, ka tīmata te whāwhā
haere o te tirohanga ā-roto. Me tino whakapono te tangata

ka whakautua e te Atua ngā inoi katoa o te ngākau. Ko te tangata e tahuri ana ki a ia ki te rapu māramatanga, ka whakatuwheratia tōna tirohanga, ka whakamāramatia hoki .tōna hinengaro me tōna ngākau

Ina tuwhera te māramatanga, ka puta mai he kare ā-roto e puta mai ana i te ngākau, he kare ā-roto o te māramatanga hohonu me te tika. Mā roto i tēnei kare ā-roto, ka whiwhi te kaiwhai i te whakapono pumau me te arataki pakari ki te whai i te ara tika, ā, ka āta kite, ka .whakawhirinaki hoki ki tēnei kare ā-roto

Ehara tēnei i te tikanga kia whakarērea rawatia te whakaaro; mā te whakaaro marino, kore whakaaro nui ka arahi hoki ki te māramatanga. Ko te whakaaro kare ā-roto, e peia ana e te whakapehapeha me te whakanui i a ia anō, ka .arahi ki ngā māramatanga kore me ngā whakatau hē

Whakakāhoretia te ruarua whakangaro me ngā whakapono teka i roto i tō ngākau katoa, tahurihia tō ngākau me tō wairua ki te ao o te whakapono me te whakawhirinaki katoa ki te Atua. I roto i te ata noho o te whakaaroaro, ka taea e tō hinengaro te arotahi ki te pono me te māramatanga tika. I roto i tēnei wheako, ka puāwai, ka hurahia te whakapono, ā, mā te māramatanga, ka wheako koe i ngā mea kāore anō kia kitea e te kanohi, kāore anō kia rangona e te taringa, kāore anō hoki kia whakaarohia e te .hinengaro tangata

Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā tatau me ngā matapihi i roto i tōku wairua e haere atu ai .ahau ki te hari o te Atua

Pērā i te rā e whiti ana i runga i ngā rori pukumahi rawa atu, ka kite anō ahau i ngā hihi o te aroha atua i ngā wāhi .katoa e kiki ana i aku mahi o ia rā

Manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te ata, kia kawea ai ki tōu paepae tapu E te Ariki, homai he wairua atawhai ki ahau kia taea ai e au te tohatoha ki ētahi atu i aku mea, ā, āwhina mai kia kite

ahau i roto i te roto marino o tōku hinengaro i te whakaata o
te marama o tōku wairua e whiti ana i te māramatanga o tōu
.aroaro

I tēnei rā ka ruku hohonu ahau ki te moana o te
whakaaroaro me te whakaaroaro ki te Atua kia kitea rā anō e
.au ngā peara o te whakaaro nui me te hari atua

Ka aroha ahau ki a koe, e te Ariki, nui atu i ngā mea
katoa, nā te mea ki te kore koe, e kore e taea e au te aroha
.ki tētahi atu tangata, ki tētahi atu mea rānei

I roto i ngā hohonutanga o ngā maunga me ngā rangi
marino, me roto i ngā hohonutanga o tōku wairua me te ana
o te wahangu, ka rongohia ahau i te aroaro o te Atua, ka rongohia
hoki i Tōna hari tonu, ka inu ahau i Ana puna parakore e kore
.e mutu, e maroke rānei mō ake tonu atu

E aroha ana ahau ki a koe, e te Ariki, ko tōu aroha te
mea nui rawa atu i roto i ngā ngākau atawhai me ngā
ngākau aroha katoa

I tono tetahi ki te kaiako a Paramahansa kia whakaaturia
ki a ia he huarahi hei whakawhanake i tētahi tuakiri ātaahua,
ātaahua hoki, ā, ka mea ia: Me noho pūmau tō hinengaro i a
koe e taunekeneke ana me ētahi atu, nā te mea he kino ake
te ngaro o te hinengaro ki te āhua o te tangata i tētahi atu
mea. Heoi anō, ehara i te mea ko te ngaro o te hinengaro o
te hunga nunui, ko ō rātou whakaaro he mea nui ki ngā take
.hohonu

Kia mataara, kia tūpato hoki i ngā wā katoa, ā, ka waiho
koe hei aukume ātaahua

Kāore he tangata e pai ana kia warewarehia. E hiahia
ana tātou katoa kia whakaarohia, kia whai whakaaro ki ō
tātou kare ā-roto, ā, me whai whakaaro hoki tātou ki ngā
kare ā-roto o ētahi atu, kia whai whakaaro ai ki a rātou kia
tutuki ai te rangimarie me te māramatanga. Hei whakatutuki
i tēnei, me mataara, me mārama, me aro hoki ki te hunga
.katoa e karapotia ana i a koe

Kāore he mana o te hunga mate ki te tawai i ētahi atu,
engari ko te tangata kāore e aro ki a rātou ka mahi i tēnā
Ina noho koe i roto i te kamupene o ētahi atu, me aro
nui, me kaha, me te hiahia hoki ki te taunekeneke ki a rātou,
.engari kaua e kōrero mōu ake

E hiahia ana te katoa ki te kōrero mō rātou anō, engari
he huarahi ngoikore tēnei. Tukua ētahi atu kia kōrero mō
rātou anō mēnā e hiahia ana rātou; whakarongo ki ā rātou
kōrero. Tukua rātou kia kōrero mō ō rātou raruraru, ā rātou
whakatutukitanga, me ō rātou kare ā-roto, engari me kōrero
tō aukume mōu. Mā te mārama o te rama e kōrero mārama
mōna anō; me kōrero ō wiri puku mōu me te māramatanga
.ōrite

I whakakitea mai e te Atua ki ahau i roto i tētahi
moemoeā ko te hunga e mate ana i te pakanga he moemoeā
whakamataku mō te mate, engari i te ara ake o te hunga pai
i te tinana ka ara ake rātou me te mea nō tētahi moemoeā
.whakamataku, ā, ka koa rātou kua watea i taua moemoeā

Ko ō tātou wheako katoa o te ao he wāhanga o te
moemoeā o te ao. Nā te tangata i hanga te moemoeā kino o
te pakanga, engari i muri i te wehenga atu o ngā tāngata i
pāngia e tēnei moemoeā kino i ō rātou tinana, ka mōhio
rātou he moemoeā kino tēnei i ara ake ai rātou, ā, ka
mārama rātou kāore rātou i te mate. He pono hohonu tēnei
.mō te wairua

Me i mōhio te tangata kei te moemoeā rātou, e kore
rātou e pāngia e ngā wheako moemoeā whakararuraru.

Engari, ki te tutuki i a rātou te whakatutukitanga o te
moemoeā, ā, ka whiua e tetahi he patunga nui, ka rite te
matenga o taua moemoeā ki tētahi whakamātautau tūturu,
whakamataku hoki, kia oho ake rā anō rātou, kia mōhio ai
.ehara i te mea tūturu

E pā ana hoki tēnei ki te āhua i muri i te matenga. Ina
wehe atu tātou i ō tātou tinana, ka mōhio tātou kāore tō
tātou hinengaro i mate, engari kua wetekina tātou i te tinana

me ōna here me ōna herenga ā-tinana, ā, kei roto i taua
.wetekinatanga te herekoretanga nui

Kaua rawa tātou e tono mō te mate, engari me
whakarite ō tātou hinengaro mā te noho tahi me te Atua me
te whakaaroaro ki a Ia, kia taea ai e tātou te titiro atu ki te
.mate i tōna wā he moemoeā noa iho

Ka taea e au te kite i te āhua moemoeā o te ora me te
mate i ngā wā katoa e hiahia ana ahau Nō reira, kāore au e
aro nui ana ki tēnei tinana
He āhuatanga wairua kei raro i te pūnaha io e āhei ai te
tangata ki te eke ki ngā taumata teitei o te whanaketanga o
.te hinengaro

He nui ake te roro o te tangata i te roro o te nuinga o
ngā kararehe engari ko ngā tohorā me ngā arewhana, ā, he
nui ake tōna kaha ki te whakaaro. Nā tēnei ka pai te roro o
te tangata mō te tangata, he matatau ake tōna hinengaro i
ētahi atu mea ora. Mā ngā hononga uaua me te uaua o te
roro ka taea e te tangata te whakaaro hohonu me te hōhonu.
Nō reira, ko te tangata anake ka taea te eke ki ngā taumata
matatau o te māramatanga, ā, nō reira, te mōhio ki tōna
Kaihanga. Ko te tangata whakaaro nui te tangata e
whakamahi ana i ōna pūkenga hinengaro hei mahi me te
painga mō te tangata, i ngā taumata rauemi, hinengaro, me
.te wairua

I tae mai te takurua me tōna koroka makariri, mā, rite
tonu ki te rengarenga

Kua memeha haere aku hiahia mō ngā harikoa o te
raumati

I kīia mai ki ahau kia rapua te mahana o tō ngākau
atawhai

Ā, i te putanga mai o te kōanga, e kanikani ana, e
whakapaipaihia ana ki ngā momo putiputi katoa
I te kakara o ngā mara me ngā pukepuke, i kīia mai kia
aroha ahau ki a koe, e tōku Atua

Ā, ka tae mai te raumati, e waiata ana i ana rangi
matomato i roto i ngā rau ngawari, te haruru o ngā papara,
me te haruru o ngā paina
I tohe ia kia kōrerotia e au ki a koe
Ahakoa te oneone ngawari, ngawari i mirimiri i ōku
waewae tere
Ā, i tono ia kia whakatata atu rātou ki tō koutou wāhi
tapu katoa
I mea mai te kakara ngawari kia whai ahau i tōna ara
Ki tō temepara tapu i waenganui o ngā rōhi me ngā
pēhara e piupiu ana
Ā, i mea mai ngā manu kia waiata ahau ki a koe pērā i a
rātou
Me te hau e pupuhi ana i runga i ngā awaawa me ngā
manga iti
I whakaarahia e au ngā mirumiru o tōku aroha ki a koe,
ā, ka tīmata rātou te pekepeke i runga ake i tō uma nui
Ā, nā ngā muka piko o te tarutaru, i ako ahau ki te piko
Ka piko atu ahau ki a koe, e te Ariki
Ā, i kōrero mai anō hoki te whakakakara ki ahau mō te
kakara whakamiharo o tō hinu kakara
Ā, me pēhea rā e whakakī ai tōku ngākau i tō kakara
?tapu i mua i tō torona mutunga kore
Ā, ko ngā kōhatu iti, puku, manawanui i kōrero mai ki
ahau kia kite ai ahau i a koe ahakoa i roto i te hunga e ngana
ana ki te tahae i tōku harikoa
Nā ngā tau kua warewaretia i tono mai kia tukuna atu e
au ki ōku hoa tangata he karere aroha me te ngākau aroha e
takai ana i ia meneti me ia hēkona
Ā, i kī mai ia whakaaro kia rapua koe i roto i tōna
ngākau
Nā tōku aroha ahau i akiaki kia aroha ki ngā mea katoa
e ora ana i roto i a koe
Ā, ka hāhā mai taku aroha ki ahau, "Aroha mai ki ahau
"me te kaha katoa kei a au, e tōku Atua

I takoto ahau i runga i te moenga tarutaru me ngā
putiputi, ā, i moemoeā ahau he ataahua, he harikoa hoki ngā
mea katoa o te ao

I runga i ngā tarutaru roa, matomato, matotoru hoki
tōku mahunga, ā, i pupuhi mai ngā hau e kawē mai ana i te
.kakara reka

Kātahi ka akiakihia ahau ki te pā atu ki tōku ringa me
tōku tinana, ā, i miharo ahau ki te nui o tōna Kaihanga. Ae, i
miharo ahau, ko ahau nei, e tino mōhio ana ki te tūturutanga
o tōku tinana, ka waiho e ahau kia okioki ki te whenua i
tētahi rā, ko tēnei tinana ka mātao, ka mā, ka kore e
nekeneke i te wā e mate ai ahau, ināianei kei te ahua ora
tonu, ā, kei roto i a ia ngā rau o ngā kare ā-roto, ngā miriona
o ngā whakaaro, me ngā piriona o ngā wawata me ngā
.tirohanga

Ko tēnei tinana te atamira e whāia ai ngā upoko o te ao,
te wāhi e puāwai ai ngā puku o te menemene, ā, i muri iho
ka tae mai te mate. I konei, i waenganui i te kikokiko, i te
wheua, i te toto, ā, i muri i te kopare kiri ataahua, e whanga
ana ngā wuruhi o te mate me ngā kararehe o te hiahia. Ā, i
konei anō hoki, i raro i te kikokiko, kei reira tētahi ara ngaro
ki te rangatiratanga o te māramatanga. Ka memeha haere
tēnei tinana ina wehe atu tōna rangatira—te wairua—ā,
kāore e taea te whakakore. Ā, he aha ai? Ina hoha te
rangatira mārama o te kāinga tinana ki te noho i roto i te
whare paru, pakarukaru o te mea, e herea ana e ngā taura o
ngā io e hiahia ana kia tiakina tonutia, ka kitea e ia he
whakamarie i roto i tētahi atu whare i tētahi kokonga o te
whenua o te Atua—i tētahi atu ao o te oranga katoa, kei reira
te kakara o te harikoa e horapa ana ki ngā wāhi katoa, ā, e
.kore e mutu

Ka takaro te wairua ora tonu i te tūranga o te ora me te
mate me te ataata tonu, kātahi ka haere ki tōna kāinga
.mutunga kore

He mea tika kia noho tonu ngā kaimātakitaki kiriata ki te
whare pikitia mō ake tonu atu i muri i te mutunga o te
whakaaturanga? Kāore rawa. Me hoki te tangata ki te
kāinga. Waihoki, ka haere mai ngā wairua ki konei ki te
pārekareka ki te whakaaturanga kiriata o te ao, kātahi ka
haere, ka hoki mai anō. He pai ki a rātou te mātakitaki i ngā
kiriata me ngā whakaari, ā, ina hoha rātou ki ngā
whakaaturanga i moemoeātia e rātou, ā, kua mōhio ki ngā
akoranga e hiahia ana te Atua kia akohia e rātou, ka hoki
.anō rātou ki te kāinga o te harikoa mutunga kore
Ina kore ngā uara e whakatūria ki te tika, ka tuwhera
ngā āputa e pupū ake ai te mamae me te pōuri. Mena kei
runga ngā uara i te hiahia whaiaro, i te pakanga whakamate,
me te whakataetae nui, ka poke ngā hua nā te mea he poke
ngā kaupapa, ā, kāore te moni e manaakitia i roto i tēnei
.āhua

Me pure te tangata i tōna hinengaro i te hiahia whaiaro,
kaua hoki e ngana ki te whai rawa i a ia anō i runga i te
whakapaunga a ētahi atu. Ko te ngākau mārie pono he mea
wairua, ehara i te mea rauemi, ā, ko te taonga tūturu o te ao
ko te whiwhi i ngā taonga o te whakaaro nui, te mātauranga,
.me te aroha o te Atua

Me noho noa tātou, me whai tonu hoki ki te āwhina i
ētahi atu, me te whakapai ake i ō rātou āhuatanga i ngā mea
katoa e taea ana. Engari, kāore tēnei whāinga rangatira e
hototahi ki te hiahia whaiaro me te apo, me te kore e aro ki
.ētahi atu

Ko te hunga o te ao nei he kore taurite, nō reira kāore i
te kiia he angitu He toi whakamiharo te oranga māmā,
taurite, ā, he tohu angitu Ko te hunga ko tā rātou whāinga
.anake he whiwhi moni, e kore e manakohia e te Atua
He pono i whakatōkia e te Atua te kare o te hiakai ki
roto i a tātou kia taea ai e tātou te mahi me te whāngai i ō
tātou tinana, engari ehara i te mea ko te whāngai i te tinana
te kaupapa anake o te ao. He nui atu te kaupapa i ngā

whakaaro ā-tinana, ā-wā rānei, ahakoa te āhua
.whakamiharo, te kororia, me te kanapa

I pātai tētahi o ngā ākonga ki a Kaiwhakaako

Paramahansa me pēhea te wheako i te aroaro o te Atua. Ka
whakahoki ia, "I ia pō, i mua i te moe, whakaaroaro kia tae
rā anō ki te wā e rongō ai koe kua werohia tō hinengaro ki te
ao o ngā whakaaro, ā, kua uru atu ki tētahi atu ao. Heoi,
ehara i te mea koia anake. I muri i te tahuritanga o te
hinengaro ki roto, me pupū ake te hiahia, me tere haere ngā
hiahia pērā i te waipuke ki te Atua. Ina tukua katoatia e te
ākonga ia ia ki te Atua, ka rongō ia kua pā ia ki tōna aroaro
manaaki, ā, kua mōhio ki a ia. Ka kite ia i tētahi
māramatanga nui e tino kanapa ana, ā, ka kite pea ia i ngā
anahera me ngā wairua atawhai. Ka hongī rānei ia i tētahi
kakara reka o te rangi, ā, ka mōhio ia kua whakautua ia e te
Atua, ā, ka whakatuwheratia tōna māramatanga, ā, ka
whakakitea e te Atua ki a ia ngā mea ngaro o te ora. Ka
taupokina rānei ia e te rangimārie nui i a ia e whakaaroaro
ana. Ki te haere tonu ia ki te whakaaroaro, ā, ka homai e te
Atua tōna aroha nui ki a ia, ka rongō ia i te hari atua e kore e
taea te whakaahua. Ka manaakitia te tangata kua
.whakawhiwhia ki tēnei wheako harikoa

Mā te aroha atua ka huaki te kūaha o te rangi, ka tomo

te tangata rapu ki te aroaro o te Atua

Ki te inoi tetahi tangata ki te Atua, ki te tangata

atawhai, ki te tangata whakaaro nui, mō te taro o te ora
tonu, e kore ia e hoatu ki a rātou te kōhatu o te kuwaretanga
ā-tinana. Ki te rapu tetahi kaikarakia i te kai o te whakaaro
nui, e kore te Atua e tuku ki a rātou te nakahi o te tinihanga.

Ki te inoi tetahi kaikarakia ki te Atua mō te mauri o te hari
atua e tinei ai te matewai katoa, e kore ia e hoatu ki a rātou
te kopiona o te manukanuka me te mamae hinengaro. Ki te
mōhio te tangata kua tinihangatia ki te hoatu taonga pai ki ā
rātou tamariki, tera noa ake te homai e te Ariki—te puna o te

pai me te hari katoa—te mātauranga wairua me te
!māramatanga ki te hunga e aroha ana ki a ia
Ka homai e te Atua te whakaaro nui me te mātauranga
nui ki te hunga e rapu ana i aua mea, ā, ka hoatu e ia ia anō
ki te tangata e rapu pono ana, e kore e whakaae ki tētahi
whakakapinga. Ko ia e rapu ana i te Atua me tōna ngākau
katoa me tōna wairua katoa, ko ia te tangata whakaaro nui
rawa atu o te hunga whakaaro nui, ā, ko ia te tangata e
arohaina ana e te Atua. Ā, ina kaha haere te hiahia o te
tangata karakia, ka whiwhi ia i tētahi urupare onge, e
arohaina ana e te Atua, ā, ka wheako i te harikoa ahurei o te
aroha e pā ana ki te hunga e aroha ana ki te Mea e Arohaina
.ana

Ko te tangata whakaaro nui e whai wāhi ana ki tēnei
moemoeā o te ao whānui me te mōhiotanga wairua me te
hiahia atua e tipu haere ana, e tata ana ki te Atua, e
arohaina ana hoki e ia. He aroha parakore tōna, e aroha ana
ki te Atua, kāore he hiahia whaiaro, kāore hoki he
whakaritenga, pērā i te kī, hei tauira, "E te Ariki, ka karakia
ahau ki a koe mēnā ka homai e koe he hauora, he moni, me
".te oranga whakamarie ki ahau
Kei waenganui i te hunga whakaaro nui me te Atua he
aroha hohonu, he aroha mutunga kore, e kore e mutu. Ki te
inoi tetahi ki te Atua mō tētahi mea motuhake, e mōhio ana
.te Atua he nui ake te aro o te tangata ki āna taonga i a ia
Kāore he hē o te inoi a te tangata kia tutukihia ōna
hiahia, engari ina inoi rātou kia mōhio ki te Atua, kia kite
hoki i te māramatanga o tōna mata kororia, kaua rātou e
hiahia ki tētahi painga whaiaro mai i aua mea, kaua hoki ō
rātou whakaaro e herea ki ngā koha tonu, engari ki te
Kaiwhakarato tonu. Ina taea e te kai rapu tēnei mahi me te
pono, ka whiwhi aunoa rātou i ngā koha katoa mai i te puna
.o te atawhai me te moana o te taonga

I pātai tētahi o ngā ākonga ki te kaiako a Paramahansa
mō ētahi tohutohu mō te whanonga i roto i ētahi āhuatanga,
:me te mahi tahi me ētahi atu, ā, ka mea ia
Whaia te pono, kua hoki e peka ke atu i reira, ā,
karohia te kōrero i tetahi mea e whara ai koe, i ētahi atu
rānei, ahakoa he pono, mena kāore koe e peka ke atu i te
wairua o te pono. I taua wā anō, kua e anga ki te pito kē,
kua hoki e huri ki te teka hei karo i te kōrero i ngā pono
.mamae

Kia pono ki a koe anō, ki ētahi atu hoki, kua e noho roa
ki ngā mea kāore e tika ana. Kōrerotia te pono, kua hoki e
kōrero i ngā mea e whara ai, e whara ai rānei tetahi. Kua e
whakakitea ō mea ngaro katoa i runga i te pono me te
māramatanga, nā te mea ki te whakakitea e koe ō
ngoikoretanga, ka ngana rātou ki te whara, ki te tawai rānei i
a koe i ngā wā katoa e hiahia ana rātou. He aha e hoatu ai
he patu ki a rātou hei whakamahi mā rātou ki te whawhai ki
?a koe

Kōrero me mahi i roto i te huarahi e kawea mai ai te
harikoa me te rangimārie ki a koe anō me ētahi atu
He mea tika kia whakawhanakehia te māramatanga
wairua kia mōhio ai ki te rerekētanga i waenga i te pono e
hua mai ai te pai me te kōrero anō i ngā meka me te kore e
whakaaro ki ngā hua ka puta mai i aua meka, nā te mea ka
aromatawaihia ngā mea i runga i ō rātou mutunga. Kāore e
tika ana kia kōrerotia ngā mea katoa e mōhio ana koe, kāore
hoki e tika kia karohia, kia huna hoki i ngā mea e tika ana kia
.mōhiotia e ētahi atu hei painga mō rātou anō

Ki te kore koe e tino mārama, he pai ake te noho puku i
te kōrero kia mārama ra ano koe ki te pono, kia tika ai ngā
.hua mō te katoa

Me whakaaro tonu ki te Atua, me te tono i tana awhina
me tana arataki, ā, ka whakatuwheratia tō māramatanga kia
mārama ai tō tirohanga, ā, ka taea e koe te wehewehe pai
.ake

Te whakakī i ngā pūtau o te tinana ki te kaha o te taitamarikitanga

Ka rere tonu te kaha o te ao ki roto i te tinana, kāore he aukati, engari ko te nuinga o te tangata kāore e mōhio ki tēnei oranga nui. Ko te hunga e rongō ana i tēnei ka pā mai he ngaru kaha i roto i ō rātou pūtau me te ia whakahauora e .homai ana he kaha hou ki a rātou

Ka piko katoa te taiao ki te Ariki o te Ao Whānui, ā, ka rere tōna mana i roto i te tangata. Ko te raruraru kei roto i te korenga o te whakawhanake i tētahi hononga kaha i waenganui i te tangata me te pūtake o te mana katoa. E ora tika ana tātou i runga i te mana atua, ā, kāore he hua o ngā .mana katoa ki te kore te mana tautoko o te Atua

Te kai, te hāora, me te rā—ka taea e ēnei huānga te whakarato i tētahi taumata hauora ki a tātou, engari me mārama tātou ki te huarahi e whiwhi ai i te hauora katoa mai i te Pūtake Mutunga Kore. He rite ngā pūtake rauemi ki ngā pākahiko iti ka pau te utu, ko te Pūtake Mutunga Kore ia he pūkaha hiko kaha e kore e mimiti tōna mana, e whakarato tonu ana i te ora, te harikoa, me te kaha ki te wairua. Nō reira, he mea tino nui te whakawhirinaki ki te Pūtake .Mutunga Kore i ngā wā katoa e taea ana

Ko te tangata e hiahia ana me ako i te huarahi tika hei whai hua mai i taua puna nui mai i tōna pūtake, me te mōhio hoki ko te whakaaro he mea tūturu, nā te mea ko ngā āhuatanga taiao katoa he whakaaturanga o te whakaaro atua nā te mea i whakaaro te Atua ki tēnei ao i mua i tōna .hanganga

He tokomaha e whakapono ana he hua te whakaaro nō te tinana, engari ko te hanganga tino tika o te tinana, me te mahi tahi whakamiharo i waenga i ōna wāhanga me ōna whekau, e whakaatu mārama ana ko te tinana te hanganga .o tētahi hinengaro ao tino rangatira

Ko te hinengaro te mea matua e whakahaere ana i te tinana, ā, he mea tino nui kia karohia e te tangata ngā

whakaaro hinengaro o ngā ngoikoretanga o te tangata pērā i
te mate, te ngoikore, te koroheketanga, me te pouri, ā, kia
whakaū i a ia anō kei te rere te mahi mutunga kore i roto i a
ia, ā, kei roto i tēnei mahi te mātauranga, ā, ka taea te
whakakī i ngā pūtau o te tinana ki te oranga me te ora o te
.taitamarikitanga

Ko te whakaaro te roro, ngā kare ā-roto, me ngā kare ā-
roto o ia pūtau ora; kei a ia te mana ki te pupuri i te tinana
kia ora, kia mataara, kia ngoikore rānei. Ko te whakaaro te
rangatira, ā, ko ngā pūtau o te tinana ōna pononga, e
whakarongo ana ki ngā whakahau me ngā aukati a tō rātou
rangatira nui: ko te whakaaro

He nui te aro ki te kounga o te kai e kainga ana e tātou i
ia rā, ā, me aro anō hoki tātou ki te kounga o te kai
hinengaro me te kai hinengaro e whakaratohia ana e tātou ki
.ō tātou hinengaro i ia rā

E mea ana te kaipūtaiao matatika ehara te tinana i te
ngaru hikohiko engari he ngaru o te hinengaro e rere ana i te
.moana o te hinengaro atua

I ia rā, me whakapakari tātou i tō tātou kaha tinana, me
whakanui i tō tātou kaha hinengaro, me te mōhio ki a tātou
anō mā te whakaaroaro, te whakaaro tika, me ngā mahi pai,
whai hua e whai hua ai te tinana, te hinengaro, me te
.wairua

Kua manaakitia ahau e te Atua i roto i ēnei tau roa o
tōku ao. Ahakoa e kite ana te tangata i te ataata o te ngākau
māhaki i tōku mata, kei ahau tonu te hari atua, ā, e kore e
wehe atu i ahau. E rere tonu ana te awa nui o te harikoa i
raro i te onepū o tōku hinengaro, ā, e pupū ake ana hei puna
.manaaki e whakamakuku ana i ngā māra o tōku ao

E kore e taea e ngā huringa ohorere o te ao te
whakararuraru i tōku rangimārie, e kore hoki e taea e te
.wairua o te mate te tango i te hari wairua e pā ana ki ahau
He uaua ki te hanga i taua āhua kia pumau, kia kore e
taea te whakarerekē, engari ko ngā hua o te wairua e

pārekareka nei ahau ki a ia, e tohaina ana hoki ki ētahi atu,
he mea tika te whakapau kaha katoa i whakapaua e au ki
.roto

Ko te wairua atua taku e whakaaro ana, e mahi ana
hoki. Kāore te moni i te whāinga i roto i te ao, engari ko te
mahi ki ōku teina me ōku tuākana i roto i te tangata. Nō
reira, kua whakatuwherahia e te Atua ngā tatau maha o te
pai kia taea ai e au te tautoko i ahau anō me te whakatutuki
i taku misioni. Ā, i ngā wā katoa e hiahia ana ahau ki te
.āwhina, ka homai tonu mai e te Atua
Ko tāku anake hiahia he mahi māu, koia ahau i konei ai
Kei te mahi te mana o te Atua i roto i ō koutou oranga.

Ka wheakohia e koutou tēnei pono ina whakakahangia tō
koutou whakapono, ā, ka mōhio koutou kāore te taonga
pono e ahu mai i te angitu ā-ipurangi engari nō te Atua Kaha
.Rawa

Ahakoia te āhua o te ao kāore e taea te matapae, te
hurihuri, me te ngaro, ki tonu i ngā feaa me ngā momo
raruraru me ngā āwangawanga katoa, kei raro tonu tātou i
te tiakitanga tonu a te Atua. Kaua e whakanui rawa i ngā
mea, kaua hoki e ngaro tō tātou marino i mua i ngā
huihuinga, nā te mea ki te tukua e tātou te matakua kia
taupokina tātou, ka hoatu e tātou te mana ki te kino, ka
hohonu ake ōna pakiaka, e tupu ana, e tupu ana i roto i te
.oneone o te wehi me te manukanuka

Kaua tātou e tumanako ki te kitea te harikoa me te
rangimārie pumau i roto i ngā whakamātautau o te ao;
engari, me rapu, me hura hoki i roto i a tātou anō. Nō reira,
ahakoia he aha ngā wheako e pā ana ki a tātou, ka rite tā
tātou whakahaere i aua wheako ki tā tātou mātakitaki i ngā
wheako o tētahi atu i roto i te kiriata, ahakoia he pai, he
.mamae rānei

Ka taea e te tangata te huri i ō rātou wheako katoa hei
whakamātautau mamae, hei whakamātautau pōuri mena ka
tukua e rātou tōna hinengaro kia pērā. Ahakoia he pai te

hauora o te tangata, kāore e mārama ki tōna uara. Engari ki
te pāngia rātou e te mate, ka whakaiti rātou i a rātou anō, ka
maioha ki te manaakitanga o te oranga. Me mihi tātou ki te
atawhai o te Atua, me whakawhetai ki a la mō ngā
manaakitanga e homai ana e la ki a tātou, me te kore e
tatari kia puta he āhuatanga kino hei mea kia whakawhetai
.tātou, kia mōhio ai ki Tōna aroha noa

Me whakakotahi te ao i te whakaaroaro me te mahi. Ina
ngaro te taurite hinengaro o te tangata, ka ngoikore ia ki te
whakaekenga mai o ngā manukanuka, ngā kapua o te pouri,
me ngā mamae. Ā, ki te ngana ia ki te takahi i ngā ture o te
hauora, te whai rawa, me te whakaaro nui, ka tino pāngia ia
.e te mate, te rawakore, me te kuware

Me pupuri e tātou ō tātou whakaaro kia ma, kia ma ō
tātou hihiri, kia mahi hoki i roto i te huarahi e homai ai te
rangimārie o te hinengaro ki a tātou, kaua hoki e tukua ngā
āhuatanga o te ao kia whakararuraru i tō tātou rangimārie,
.kia whakangaro hoki i tō tātou harikoa
hoki i tō tātou hinengaro, ā, whakakorea te
taumahatanga o te ngoikore hinengaro me te matatika i
tukua iho i ngā tau me ngā whakatipuranga. Me tahuna ēnei
poke ki roto i ngā ahi o te whakatau hou me te mahi whai
hua. Mā tēnei huarahi hanga, ka taea e te tangata pono te
tae atu ki ngā pae tawhiti o te herekoretanga me te
.rangatiratanga

Ngā ture mutunga kore o te harikoa

E kīia ana i te wā koura o tētahi o ngā rangatira tika o
Īnia, kāore he aituā, he matenga wawe, he āhuatanga taiao
rānei i whakararuraru i te rangimārie me te rangimarie o
.tōna kingitanga

Ina noho pono ngā mema o te whānau, ka nui ake te
rangimarie, te hauora, me te aroha i roto i ia kāinga. Engari
ina mahi kino ngā mema o te whānau tetahi ki tetahi me te
hiahia whaiaro, ka kī tonu te kāinga i te ngangau me te

mauahara. Ka pā anō hoki tēnei ki ngā iwi. Ina noho pono, ka
.kite te iwi i te rangatiratanga o te Atua i runga i te whenua
He poto te wā i tēnei rā tātou e noho nei, āpōpō tātou ka
haere Ko te rapu i te Atua te mana nui rawa atu o te tangata
Me whakamahi pai tātou i te herekoretanga kua homai e te
Atua ki a tātou i tēnei ao, me te whakamahi i aua mea me te
whakaaro nui kia taea ai e tātou te wheako i ngā pono
.wairua mutunga kore

Ko te hara te mea e mamae ai te tangata. Ko te pai te
mea e hari ai rātou ake ake. Ki te kore te tangata e whai i te
rangimarie wairua i roto i ōna whakaaro me te rangimārie i
roto i a ia anō, e kore e taea e te whare hou, e te motuka
hou, e tetahi atu mea hou rānei te kawhe mai i te harikoa me
te marino ki tōna wairua; engari, ka mau tonu te mamae o
roto ahakoa kua riro mai i a ia aua mea hou me ētahi atu
.mea

Ko te harikoa pono kei roto i te kaha ki te whakahē i ngā
āhuatanga me te tu atu ki ngā whakamātautau katoa o
waho. Ka kitea ina taea e koe te whakamanawanui i te
mamae nui me ngā uauatanga nui i puta mai i te
whakahāwea me ngā ngana kino a ētahi atu ki te whara me
te mahanga i a koe, ā, ka whakautu koe ki ā rātou hara me
te aroha me te murunga hara. Ina taea e koe te pupuri i te
rangimarie o te hinengaro ahakoa ngā mamae o ngā
.āhuatanga o waho, ka reka koe i te harikoa

E mea ana ngā Karaipiture Tapu, ko te hunga e
whakahawe ana ki ngā ture a te Atua, e whai ana i ō rātou
hiahia kuware me ō rātou hiahia, e kore e kitea te harikoa, e
kore hoki e tutuki i tā rātou whāinga matua. Ka akiaki rātou i
te hunga e rapu ana i te pono kia waiho ngā Karaipiture
Tapu hei rama ārahi, hei kaiwhakawā hoki i a rātou e
whakatau ana i ngā mea me mahi me ngā mea me karo, kia
mārama hoki ki ngā mea me te mahi i runga i te whakaaro
.nui

Ko te hunga e māia ana ki a rātou anō, ko rātou te
hunga e mahi ana me te ngākau pono. Ko te harikoa ka puta
mai i ngā whakaaro parakore me ngā mahi tika. Ki te harikoa
koe i nāianei, ka harikoa koe i te heke mai, i konei me te ao
.e tū mai nei

Me kohikohi tātou i ngā hua o te waimarie mā te
kohikohi i ngā hua o te whakaaro nui i te mea e whiti ana te
rā o ngā whai wāhitanga e wātea ana. Ara, me hopu e tātou
.ngā whai wāhitanga i mua i te tomuri rawa
ki te kore koe e hopu i te Hopukia te whai wāhitanga,)

(whai wāhitanga, ka waiho hei pūtake o te pouri
Kua homai e te Atua ki a tātou ngā ture wairua e kiia nei
ko ngā whakahau. Engari kāore ēnei whakahau e arohia ana,
e takahia ana hoki i ia rā, i ia wāhi. Ki te kore te tangata e
mārama ki tōna tikanga wairua, ka amuamu tonu rātou mō
ēnei ture, ka tahuri ke atu hoki i aua ture. He ture whanonga
pumau ēnei ture e tautokona ana e ngā whakapono katoa a
Āperahama. Heoi, he maha ngā wā kāore ngā tuhinga e
whakamārama i ngā āhuatanga hinengaro o ēnei ture me
ngā painga e pā ana ki te whai i aua ture. Ka whakaae te
tangata ki ēnei ture i ngā wāhi karakia, engari kāore e whai i
aua ture i waho atu i aua ture, e whakamārama ana i tēnei
mā te kī he koretake ēnei ture, he koretake, he koretake
hoki. Heoi, ko te takahi i ēnei ture te pūtake o ngā mamae
.katoa o te ao

Engari he aha te painga o aua ture, ā, kei hea ngā
?painga o aua ture

E tohutohu ana ngā pukapuka tapu i te tangata kia
whakaaroaro ki te Atua, kia rumakina tōna hinengaro ki roto
ki a Ia, kia tukua ngā mea katoa ki a Ia, kia karakia ki a Ia me
te pono, me te kore e whakaranua ki te tinihanga, me te
.kore e poke i te tinihanga

Ko te mōhio ki te Atua te whāinga matua o te ao. Kāore
e taea te whakatutuki i ngā mahi o te ao me te kore te mana

kua homai e te Atua ki te tangata. He hapa, he hara te mahi
.i ngā mahi noa me te wareware ki te Atua
Ko te hara te tikanga o te kuware: te mahi i tētahi ara e
rerekē ana ki te pai nui o te tangata
He aha te take e pouri ai te tangata, e pōuri ai? Nā te
mea kāore rātou i mahi tika, nā te mea ehara te Atua i te
.tuatahi i roto i ō rātou ngākau
Kāore he mea i roto i te oranga o te tangata e tika ana
kia kiia he mea nui atu i te Atua. Ki te tino aroha te tangata
ki te Atua, ā, ki te whakatutuki i tana kawenga wairua ki a Ia,
ka pai ake ōna āhuatanga i ngā huarahi katoa, ā, ka noho
haumarū, ka noho pūmau hoki ia ahakoa ngā āhuatanga
.katoa e karapoti ana i a ia
Ina tīmata te tangata ki te karakia ki ngā taonga, ki te
moni, ki te rongonui, ki tētahi atu mea rānei i tua atu i te
Atua, ka pā te pouri ki a rātou. Ko te hunga e aro katoa ana
ki ēnei mea, kei te karakia tonu rātou ki a rātou, nō reira,
kāore rātou e whakatata atu ki te Atua, engari e mawhiti atu
ana i a Ia. Engari ko te hunga e whakaaroaro ana ki te Atua,
e whakaaroaro ana ki a Ia, e kōrero ana ki a Ia i roto i ō rātou
ngākau, e whakatata atu ana ki a Ia, ā, e wheako ana i te
.hari o roto i roto i tā rātou kōrero puku ki a Ia
Ko te Atua anake te kaha ki te whakatutuki i ngā
moemoeā me ngā tumanakohanga a te tangata mō te
harikoa pumau. Nō reira, kua tetahi mea e whakaaetia kia
.tangohia te tūranga o te Atua i roto i te ngākau
He tohu tapu kei reira hei āwhina i te tangata e rapu ana
kia maumahara ki te Atua, kia whakatata atu hoki ki a Ia.
Heoi, ki te tīmata te tangata ki te karakia ki ēnei tohu, ka nui
ake te kino i ō rātou painga. Me tuku te karakia ki te Atua
anake, nā te mea kāore he mea kē atu e tika ana kia
.karakiatia
Ahakoa te āhua o te karakia ritenga, e manakohia ana e
te Atua, mena ka mahia e te kaikarakia me te māramatanga
wairua me te hiahia ki a Ia. Heoi, he tokomaha te hunga

kāore e mārama ki te mauri o te karakia, ā, kua tahuri ke ō
rātou whakaaro me ō rātou ngākau i te Atua ki ngā ritenga,
.nō reira kāore e nui te painga o tā rātou karakia
Kāore ngā kaikarakia pono e tuku i ō rātou hinengaro kia
herea ki tētahi whakapakoko, ki tētahi āhua rānei, engari ka
arotahi rātou me te aroha hohonu me te aro nui ki te wairua
.atua kei muri i ngā whakapakoko me ngā āhua katoa
He Atua mutunga kore, he Atua mutunga kore, ā, kāore
he whakaahua, he whakapakoko rānei e taea te pupuri i a ia
Ka taea te kī ka whakakitea te Atua i a ia anō i roto i te
hunga katoa e aroha pono ana ki a ia, ā, e noho tahi ana me
ia, nā te mea kei ngā wāhi katoa ia, nō reira kei roto i te
katoa. Heoi, kāore i te katoa te kaha ki te whakaatu i te
aroaro atua. Ka whiti ōrite te rā ki te waro me te taimana,
engari ka whiwhi te taimana i te hihi o te rā, ka whakaata
hoki, engari kāore e taea e te waro. Waihoki, ka rumakina
ngā tāngata katoa ki te māramatanga o te Atua, engari he
tokoitī noa iho ka taea te whiwhi i taua māramatanga me te
whakaata i roto i ō rātou whakaaro me ā rātou mahi. Hei
mahi i tēnā, me pure rātou i a rātou anō mā te whakaaroaro
.me te whai i ngā whakaakoranga me ngā ture atua
Ina whakahuatia e tātou te ingoa o te Atua, me tino
mōhio tātou ki tā tātou e kōrero nei. Mēnā ka taea e koe te
kite i ngā whakaaro o te tangata i a rātou e inoi ana, ka kitea
e koe ko te nuinga kei te whakaaro ki ngā mea katoa engari
ko te Atua anake, ahakoa kei te whakahuatia e rātou tōna
.ingoa! Kāore he hua o taua inoi, kāore hoki he tikanga
Ina inoi tātou, me whakapau kaha tātou ki te arotahi i ō
tātou hinengaro katoa ki te Atua, kaua e whakahua noa i
tōna ingoa tapu me te tuku i ō tātou whakaaro kia
kopikopiko noa. I whakahuahia e tētahi o ōku whaea kēkē
āna inoi ki runga i ngā poroporo inoi, he onge noa iho te
korenga e taea te tango atu i tōna ringa. Engari i tētahi rā ka
whaki mai ia ki ahau ahakoa te mahi i tēnei tikanga inoi mō
ngā tau e whā tekau, kāore te Atua i whakautu i āna inoi.

Kāore he mea miharo! Ko āna "inoi" he tikanga manukanuka
.noa iho

Ina inoi tātou, kua e whakaaro ki tetahi mea engari ko
te Atua anake. Me whai tātou kia pono tā tātou karakia, kia
whakatapua hoki ki ā tātou inoi. He mea tino manakohia te
whakamahi i ngā poroporo inoi me te karanga tonu i te ingoa
o te Atua ina ahu mai te mahi i te ngākau, ā, e tautokona
ana e te pono me te hinengaro arotahi. Heoi, ka taea e tēnei
.mahi te noho aunoa i roto i te wā

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou
ngākau, i runga i te rōhari o te hiahia me te aroha atua;
koinei te karakia pono e pā ana ki te ngākau o te Atua. Ko te
whakahua i te ingoa o te Atua me te makariri me te
hinengaro kopikopiko he kohukohu me te kore whakaute. Ina
inoi te tangata, me whakakī te ngākau me te hinengaro i te
aroha o te Atua. Mā te arotahi hinengaro mā roto i ngā mahi
yoga teitei ake ka āwhina i a tātou ki te whakatata atu ki te
Atua, te puna nui o te kororia me te ataahua, ā, ka āwhina
.hoki i a tātou ki te whakaaroaro me te kōrero ki a ia

He mea nui kia whakatapua he rā kotahi i te wiki ki te
okiokinga wairua (ki te taea) hei whakaaroaro ki te Atua, hei
wheako hoki i te marino, te rangimārie, me te rangimārie o
roto. Ko te wā e pau ana i tēnei ara hei rongoā whakamarie
mō ngā raruraru me ngā manukanuka e pā ana ki a koe i te
.toenga o te wiki

Me noho motuhake te katoa i te rā kotahi i ia wiki, i te
"wātea wairua" rānei, hei whakaora i ō rātou patunga me
ngā mamae o te ngākau. Ina tae mai taua rā ki te
rangimārie, ki te harikoa, ki te ngākau māhaki, ka tatari koe
.ki a ia i ia wiki, i ia wiki

Ko te mokemoke te utu mō te hiranga. Ka miharo koe ki
ngā hua whakamiharo ka tutuki mō tō hinengaro, tō tinana,
me tō wairua mā tēnei okiokinga wairua me te hononga ki tō
wairua me te Atua. Ki te hiahia koe ki te harikoa pono, me

rumaki koe i a koe ki te moana o te rangimārie atua i te
.atatu i te oho ake, ā, i mua hoki i te moe i te pō
Kaua e tohutohu ngā tohunga o Īnia kia kotahi noa te rā
mokemoke, engari kia whakanuia te hiahia mō te
whakaaroaro mārie i ngā wā e whā i ia rā. I te ata, i mua i te
ara ake me te kite i tētahi atu, me pārekareka te tangata ki
te marino me te rangimārie. I te poutumarotanga, me
whakamarie te hinengaro i mua i te tina, ā, me pārekareka
anō ki te wā rangimārie i mua i te tina. Hei whakamutunga, i
mua i te moe i te pō, me hoki anō te tangata ki te
.rangimārie

Ko te hunga e ata noho puku ana i te wā mokemoke, ā,
puta noa i ēnei wā e whā o te rā, ka tino rongo rātou i te
noho tahi me te Atua. Ko te hunga kāore e taea te pupuri i
ēnei wā katoa, me whakatapua te iti rawa o ngā hāora o te
ata me te ahiahi. Mā te mahi pera, ka puta ke ō rātou oranga
hei pai ake, ā, ka kite rātou i te harikoa; ko te wheako te
.tohu pai rawa atu

Ki te tuhituhi tonu koe, ki te haina hoki i ngā haki, me te
kore e whakatakoto moni hei utu mō tō pūkete putea, ka pau
āu moni. Pērā anō hoki mō tō oranga. Ki te kore he
penapena rangimārie i roto i tō pūkete oranga, ka pau tō
kaha, ka ngaro tō marino, ā, ka memeha haere tō harikoa. I
te poto, ka pāngia koe e te pirau o te hinengaro, te tinana,
me te wairua. Engari mā te whakaaroaro hohonu ki te Atua i
.ia rā ka ea ngā ngoikoretanga o tō wairua

Ka whakaaroaro te tangata rapu pono i ia rā, ka kōrero
ki te Atua me te aroha me te hiahia nui i roto i tōna ngākau,
me te inoi ki a Ia kia whakakitea mai ia. Mena he tangata
aroha koe ki te Atua, ā, e hiahia ana koe ki te wheako i Tōna
aroaro, me rumakina tō hinengaro me tō tinana ki roto i
Tōna rangimārie, ā, ka menemene te ora ki a koe, ā, ka pai
ake ō mahi i roto i ngā huarahi maha. He onge te tangata
.marino ki te hē, ā, ka angitu i te wā e hinga ai ngā mano tini

Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki
.a la, ka pouri, ka pōuri. Ka riri rātou, ka huri hei mīhini hikoi
Ka ara ake te rā o te whakaaro nui me te rangimārie i te
rangi o te marino, ā, ka taupokina koe e ōna hihi whakaora,
mena ka whakapau kaha koe ki te wairua, ka waiho te Atua
.hei tūranga tuatahi i roto i tō ngākau

Me waiho hoki he rā whakaaroaro hei rā okiokinga
hinengaro, tinana hoki, me te whakatipu i te rangimārie o
roto. Ko ngā mahi katoa e puta ai te whakaaro nui me te
.rangimārie, he mahi manaakitanga i taua rā

Mō te whakahonore i ngā mātua, kua tūtohu ngā
pukapuka tapu kia atawhai i a rātou: "Whakahonoretia tō
"pāpā me tō whaea" me "Kia atawhai ki ngā mātua

Me whakahonore ngā matua tāne me ngā whaea
tangata hei māngai mō te Atua, nāna nei i homai ki a rātou
te taonga o te hanga i te tangata. Ko te whaea te
whakaaturanga o te aroha parakore o te Atua, nā te mea ka
murua e te whaea aroha ngā hara i te wā kāore he tangata
kē atu e muru. Ko te matua te whakaaturanga o te whakaaro
.nui me te tiaki a te Atua mō āna tamariki

Kaua te tangata e aroha ki tōna pāpā me tōna whaea i
tua atu i te Atua, engari hei whakaaturanga i taua aroha. Ko
te kaitiaki me te tangata whakaaro nui. Ko te wairua atua nui
rawa hei matua me hei whaea hei āwhina i te tamaiti, nō
.reira me whakahonoretia tēnei e ngā mātua

E tohutohu ana hoki ngā karaipiture kia kaua e patu
tangata hei patu noa iho, nā te mea ka noho ko ia hei
kaikōhuru. Kaua te tangata e tango i te ora o tētahi atu i roto
i te wā e nui ana te kare ā-roto. Heoi, ki te whakawehihia
ngā whanaunga, me whawhai te tangata ki te tiaki i te
hunga kua tukua mai e te Atua ki a rātou, he mahi tapu hoki
.te tiaki i tōna whānau me tōna whenua

Mō te aukati i te puremu, ko te kaupapa tino pai o te
hononga ā-ira tangata ko te whānautanga o ngā tamariki i
hangaia kia rite ki te ahua o te Atua, me te whakaatu i te

aroha parakore e kitea ana e ngā hoa rangatira e kite ana i
te Atua i roto i a rātou anō. Ko te hunga e noho ana i runga i
te taumata tinana anake, me te kore e aro ki te aroha pono,
ki te kaupapa teitei ake rānei i hangaia ai te hiahia ā-ira
tangata, ka puremu rātou e ai ki tēnei ture. I tēnei wā, kāore
rātou i te rerekē i ngā kararehe e makona ana i ō rātou
.hiahia ā-ira tangata, kātahi ka haere tonu
Nā te Atua tēnei hihiri auaha i roto i ngā tāne me ngā
wāhine kia whānau ai, kia whakapuaki ai hoki i te aroha pono
i roto i te marena, ā, kaua e whakamahia hētia, engari kia
.hurihia hei mahi tapu, hei mātauranga tapu hoki
Ki te taea e koe te whakahaere me te tohatoha i te
mana moepuku i roto i tō tinana, ka taea e koe te
whakawhanake i ngā pūkenga hinengaro nui mō te tuhituhi,
te tuhi, te whakaatu rānei i ngā taranata huna i roto i te tini
.o ngā huarahi
Ā, ina taea e koe te whakahaere me te whakaputa ke i
te wairua o te mahi auaha, ka wheako koe i te rangimārie
.nui, te aroha nui, me te hari wairua e piki haere ana
Ko ngā hunga tapu me ngā kaiārahi wairua kua
whakarerekē i ā rātou mahi moepuku, he hunga nunui e
kaha ana ki te mahi i ngā mahi whakamiharo me ngā mahi
whakamiharo i te ao, i roto hoki i te rapunga ngaro mō te
.pono
Nō reira, ko te whakamahinga nui rawa atu o te hiahia
moepuku ko te whakanui ake i tōna mana, arā, te
whakawhiti i tōna kaha ki tētahi kaupapa teitei ake hei
whakaatu i te whakaaro nui, i ngā whakaaro rangatira, me
ngā wawata wairua. Kaua te tangata e whiwhi i te ahua reka
mai i ngā whakaaro moepuku, kaua hoki e hiahia ki ngā mea
kua rāhuitia. Ina tutuki tēnei momo whakahaere whaiaro, ka
whai tirohanga pai te tangata mō te moepuku me tōna
.kaupapa teitei ake

Ko te noho hei pononga mā ngā take moepuku ko te
ngaronga o te hauora, te mana whakahaere i a ia anō, me te

rangimārie hinengaro, ā, i roto i ngā kupu poto, ko ngā
.āhuatanga katoa o te harikoa e hiahiatia ana e te tangata
Kei te akiaki hoki ngā pukapuka tapu i a tātou kia kaua e
tahae. Mēnā ka tahae tetahi rōpū mano tāngata i tetahi, ka
999 ngā hoariri o ia tangata. Nō reira, kaua e takahi i ngā
tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te
rangimārie, i te aroha, i te mana, i tētahi o ā rātou taonga ā-
tinana, ā-wairua rānei. Mēnā kāore koe e hiahia ki te tango i
ngā mea ehara i a koe, ka tae mai ki a koe ngā mea e
hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te
hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me
hutia ake ngā purapura o ngā hiahia kino i te hinengaro. Ko
te atawhai wairua te huarahi. Kātahi ka kukume mai te
tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e
rātou me ngā puna kāore e mōhiotia ana e rātou. He ture
tapu tēnei. Mō ngā tahae me ngā tāngata hiahia-ā-iwi, ka
pau ō rātou oranga ki te whai i ngā taonga ā-tinana, me te
titiro tonu ki ngā mea a ētahi atu, ahakoa kei te puea ake ā
.rātou ake putea i te koura
Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga,
e kore e taea e te ao te mōhio ki te harikoa
Ka puta te harikoa mā te mahi tahi wairua anake. Ka
puta mai ina rongorongo te tangata i ngā hiahia o ētahi atu me te
mea nōna ake, ā, ka mahi mā ētahi atu i a rātou e mahi ana
.mā rātou anō
Ko tētahi atu ture nui ko te karo i te whakaatu teka. Ko
te whara i tētahi tangata mā te whakapohehe i te pono he
huarahi anō tēnei hei whakararu i te rangimārie o te hāpori.
Ki te hiahia tetahi kia atawhaitia paitia, me atawhai ia i ētahi
.atu

Me kōrero tonu te pono, engari me wehewehe i
waenganui i te kī pono me te kī noa i ngā meka. He mea
mamae, he mea kore āwhina te kī he kopa, he matapo rānei
tētahi; me whai whakaaro ki ngā kare ā-roto o ētahi atu, ā,

me karo i te whakama i a rātou. Waihoki, he hē anō hoki te whakaatu i tētahi pono e taea ai te tuku i tētahi ki te kore he kaupapa rangatira. I tētahi atu taha, kaua e teka hei karo i te kōrero pono; engari, ka taea e te tangata te noho puku i tētahi wā hei karo i te whakama, i te whara rānei i tētahi atu.

Me tūpato te tangata i te hae, he mate whakangaro e ngau ana i te rangimārie o te wairua. Ka nui ake te hiahia o te tangata ki ngā mea a tētahi atu, ka nui ake te pouri me te pōuri. Ka noho te tangata hae i roto i te ao raruraru, kāore e mōhio ki te reka o te rangimārie. He pai ake mā rātou te whakaute i a rātou anō, te whakawhirinaki ki a rātou anō, me te rapu i te taonga wairua o roto.

He nui atu te mana me te uara ā-roto o te tangata i ngā mea katoa e hiahiatia ana e rātou, e hiahia ana rānei kia riro i a rātou. E kitea ana te Atua i roto i ngā tāngata katoa, i tētahi ara kāore e kitea i roto i tētahi atu tangata. He rerekē ō rātou mata i ō tētahi atu tangata, ā, he rerekē ō rātou wairua i ō tētahi atu tangata, nā te mea kei roto i a rātou te taonga nui rawa atu o ngā mea hanga katoa—ā, ko te Atua taua taonga nui rawa atu.

Kāore mātou e herea e ngā mea o mua. Ina he whakapono tika tā te tangata, ā, ka mahi i runga i tēnā, ka nui atu tōna harikoa i te hunga kāore i te whakapono, ā, kāore e mahi i ā rātou mahi i roto i te pakanga o te ao.

Kei te noho tonu te whakapono tika me te mahi tika (e tautokona ana e ngā kaupapa rangatira me ngā whakaaro pai) i ngā wāhi katoa e noho ana te harikoa, ā, ka ngaro i ngā wāhi katoa e ngaro ana te harikoa. Mai i tēnei, ka taea e tātou te whakatau ko ēnei ngā āhuatanga matua e rua mō te harikoa, e kore e taea te whakatutuki me te kore ēnei āhuatanga. Ko te hunga e hiahia ana ki te harikoa, me whiwhi noa i ēnei āhuatanga matua e rua, arā, ko ōna tūāpapa me ōna pou.

Kāore e taea e te tangata te whakahaere—i runga i tōna
hiahia—i ngā wāhanga mutunga kore o te ao tūroa, kāore
hoki e taea e rātou te whakarerekē, te muku rānei i aua
wāhanga. He mea whatu pai ēnei wāhanga ki te hanganga o
te oranga tangata, ā, kāore e taea e te tangata te mahi
motuhake mai i a rātou. Heoi, ka taea e rātou te whakahaere
.i ō rātou hinengaro kia urutau ki ēnei wāhanga
Kaua e whara i a ia

I harikoa ake ō tātou tūpuna i a tātou, ehara i te mea nā
te nui ake o ā rātou taonga me ā rātou ahua eka o te ao i a
tātou o nāianei, ehara rānei nā te mea kāore i tino pāngia e
ngā raruraru o te ao, engari nā te mea i a rātou te taurite
hinengaro i homai ai ki a rātou te whakamarie, te
.rangimārie, te ngākau māhaki, me te harikoa poto
Kāore rātou i whakawhirinaki ki ngā āhuatanga o waho
mō tō rātou harikoa, kāore hoki i hinga ki ngā āhuatanga o
waho ka tango i a rātou. He mea maori, he mea noa, he
hauora, he mea pumau hoki ō rātou kare ā-roto o te
whakamarie, o te rangimārie, o te harikoa, me te ngākau
māhaki. Me whakatipu hoki tātou i ēnei kare ā-roto mēnā e
hiahia ana tātou ki te whiwhi i te harikoa. Ā, ko wai o tātou
?kāore

Ko te aituā he hua o te whakamahinga o mua o te hiahia
noa, o te herekore rānei ki te whiriwhiri. Nā roto i ā tātou
mahi o mua o te hiahia noa, kua kawea mai e tātou, ā, kei te
kawea tonutia mai ki a tātou anō te aituā me te aituā. Heoi,
kāore tātou e herea e te aituā, kāore hoki tātou e herea
tonutia e ngā hua o ā tātou mahi. Ka taea e tātou te
whakakore i tā tātou i ruia, te muku i tā tātou i tuhi ai mēnā
e hiahia ana tātou, ā, ka whai tātou ki te whakatika i tō tātou
ara me te whakapai ake i te kounga o tā tātou kotinga. Mēnā
ka whakakorea e tātou ngā purapura o ngā mahi me ngā
hua mamae, ā, ka whakatō ki ō rātou wāhi he purapura e
tika ana mō te āhua o te wairua, ka tino kokoti tātou i ngā
hua o te harikoa mai i aua purapura pai i ruia ki te oneone o

te wairua. Me whakamahi tātou i te hiahia noa ināianeī,
ināianeī, kua āpōpō, mēnā e hiahia ana tātou ki te
whakatutuki i te harikoa nui ake, ki te whakaiti rānei i te
.mamae me te mamae

Nō reira, kei roto i te tangata ngā āhuatanga mō te
harikoa, ā, ko tāna anake he aro nui ki taua whārite kāore e
hē, ā, ka pai ngā hua ki a ia mēnā ka aromatawai pai ia, ka
aro atu hoki ki tēnā. Engari ko te tangata he kaha tōna
ngākau, e noho tahi ana ia me te Atua

Pūngao hinengaro kua arotahi

Ina arotahi koe i te hihi o te rā Mā te arotahi i tētahi karu
whakanui ki tētahi pito iti, ka puta te wera, ā, ka taea e taua
wera te mura i te rakau Kakahu, pepa, me ērā atu Waihoki,
ina arotahi koe i tō hinengaro Ko tōna pūngao kua arotahi
Hei tahu i ngā kino me ngā pūtake o te ruarua, te take o ngā
hinganga katoa, ā, hei whakakanapa i te māramatanga o te
.whakaaro nui me te kanapa me te kanapa

Ina rite te whakaaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana manaakitanga katoa, ka
mōhio ia ki te aroaro o te Atua, ā, ka mau i a ia ngā
āhuatanga katoa o te angitu. He hononga tata ēnei
āhuatanga ki te mana nui o te Atua, ka taea te waihanga i
.ngā take hou mō te angitu i roto i ngā mara katoa

Kia karaunatia e te Atua ngā mahi pai me ngā mahi
atawhai ki te angitu

Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu
mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka
hua mai he hua e whakaata ana i ngā āhuatanga o aua
.whakaaro me aua mahi

Ina titiro koe ki te rā i ngā miriona maero te tawhiti i te
wāhi, he iti ake te āhua o taua whetu nui i tō tātou Ao. Heoi,

ko te whānui o te Ao he tata ki te 7,900 maero, ko te whānui o te rā he rau ngā wā nui ake. Me i taea e koe te whakanoho i tō tātou aorangi, a Papatūānuku, ki mua tonu i te rā, ka rite ki tētahi ira iti ki a ia. Whakaarohia te whānui o te rā e horapa ana tae noa ki te horomia e tōna papatipu nui te rangi kikorangi katoa. Ko te rangi e kitea ana e tātou he wāhanga iti noa iho, he ira noa iho, o te wāhi mutunga kore e horapa ana i te ao whānui. Ahakoa ka haere tonu te whānui o te rā ki te mutunga kore, kāore tonu e taea te kapi i te mutunga kore. Ko tēnei whakaaro nui o te iti me te mutunga kore e whakawhāiti ana i te kaha o te hinengaro ki te hopu i te whānui o te ao whānui, ōna takenga mai, me .ōna rohe

Ko ia, kāore i raro i ngā rahi me ngā inenga, kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho ana i ngā wāhi katoa, e noho ana i ngā pito tawhiti rawa o te wāhi. Kei roto ia i ngā whetū tawhiti, tawhiti, pērā i a ia e noho ana i roto i a koe, i roto hoki i ahau , ā, e mōhio ana ia ki ngā wāhi katoa e nohoia ana e ia ahakoa te iti, te rahi rānei. Nō te "pukapuka "Man's Ultimate Goal

Ngā inoi

Āe, e te Ariki

Tangohia tōku ringa i te pōuri ki te māramatanga

E te marino o te ao

Ka rongo ahau i tō reo i te haruru o ngā awaawa me te

tangi a ngā manu pōuriuri

I te aue a te hau, te haruru o ngā ngaru, me te whatitiri

o ngā wiri

E te Ariki aroha

Kāore au e karakia ana ki a koe mā te kupu, engari mā

te hiahia o te ngākau e mura ana i te hiahia ki a koe

Kia kite ahau i tōu whānui

Tō aroaro tonu i muri i ngā mea katoa

Tērā pea ka mōhio ahau he wāhanga ahau nōu ake tonu

atu

E te moana e pupū ake ana
Me i taea e ngā awa piko o aku hiahia te rere i roto i ngā
koraha o ngā arai me ngā aukati
Hei whakamutunga, kua hanumi tō raruraru nui rawa
atu

Āwhina mai kia rongo ahau i tōu reo, e te Ariki
Te oro o te ao tūroa i puta mai ai te wiri o te ao whānui
Tukua ahau kia kite i tō aroaro mā te tangi
manaakitanga (Om - Amene)
waiata Tapu mō ngā reo tapu katoa
Whakawhanuihia tōku mōhioanga i a au e whakarongo
ana ki te waiata o te oranga
Kia rite ahau ki te moana nui
Me ngā nekehanga riu o te tinana e kanikani ana i runga
i tōna uma
Kia rangona te reo tapu rawa i roto i ahau
Te whakawhānui ake i tōku mōhioanga mai i te tinana
ki te ao whānui
Kia rongo ahau i te harikoa mutunga kore, i te harikoa
whānui
E pahū ana mai i te moana o te māramatanga e pupū
ake ana

E te mana mutunga kore
E te whakaaro nui mutunga kore
Whakakīia tōku wairua ki tō wiri wairua
E te reo o te kupu tapu o te ao whānui
Whakatikahia aku hapa
Me hiahia ahau
Tangohia tōku ringa i te pōuri ki te māramatanga
Ia wā ka whakaaro ahau ki a Koe, e te Ariki, ka puta mai
he waipuke o te hiahia e mura ana i roto i ahau, e wiri ana i
ōku kare ā-roto, e rere ana i tōku ngākau ki ia pūtau o tōku
.tinana, e whakakī ana i a ia ki te aroha atua
Ko taku hiahia nui kia tae atu ki te pūtake o tōu noho,
kia koa hoki ki tō aroaro

Ā, ka huaki whakarere te tatau o te wairua, ā, ka nui
!rawa tōku hari i te kitenga atu i tō māramatanga kanapa
Kāore te nuinga o te tangata e mōhio ki ngā mea o mua,
haunga ētahi tāngata whai mātauranga. Heoi, he painga anō
hoki tō tātou kore mōhio ki ngā mea o mua. Mehemea hoki i
mōhio tātou ki ngā mea katoa i mahia e tātou i tēnei ao me
ngā oranga o mua, kua taupokina tātou e te nui o ā tātou
mahi, ā, kua tino pōhēhē tātou. Ina hoki, tera pea ka
pararutiki tō tātou hiahia i te ohorere, ka kore ai e taea e
tātou te haere tonu i ā tātou mahi, ka waiho hoki tātou hei
taonga mō te ngakaukore. Ahakoa i tēnei ao, he
manaakitanga nā te Atua te warewaretanga, e ārai ana i ngā
maharatanga o mua, inā koa ko ngā mea kawa me ngā mea
mamae, kei taupokina ō tātou whakaaro me ō tātou kare ā-
.roto

Heoi, he waimarie, kei te tiaho tonu te mura o te atua i
roto i a tātou me te tumanako me te hiahia ki te haere tonu i
te haerenga mutunga kore o te ao. Me whakawhetai tātou ki
te Atua mō ēnei manaakitanga e rua: te wareware i ngā mea
.o mua me te tumanako ki ngā mea o muri mai
Kaua tātou e whakatau ko te aituā te take e ārai ana i te
hiahia. Heoi, me whakapau kaha tātou ki te ārai i ngā awe
kino e kīia ana e te nuinga o te tangata ko te aituā me te
aituā, me te whakamahi i tō tātou herekoretanga ki te
whiriwhiri i runga i ō tātou whakapono ā-roto, mena kei
runga ēnei whakapono i te whakapono pakari, ā, kei runga
hoki i ngā ture atua, ki te kore ēnei e kore e taea e te
.tangata te reka i te harikoa pono

Ina tīmata tātou i tētahi mahi, kaua tātou e matakū i
ngā āhuatanga kino, engari kia tino hihiri, me te whakapono
pūmau kāore he mea e arai ana i te whakamahi i tō tātou
hiahia me te whakamahi i tō tātou herekoretanga ki te
.whiriwhiri

Ki te kore e tutuki i a tātou tā tātou whāinga, he mea
tika kia whakaae puku tātou he arai nā tātou anō i aukati i a

tātou ki te whakatutuki. Me tohe tonu tātou, me te whakanui ake i ā tātou mahi kia tutuki ai tā tātou whāinga. Me whakaū anō hoki ki a tātou anō ahakoa te kaha me te whakamataku o ngā arai me ngā wero, kei a tātou tonu te kaha ki te tango atu i aua arai me te wikitoria. Ahakoa ka hinga tātou ahakoa ā tātou ngana katoa, kāore he take mō te ngakau pouri me te pouri, mena ka mārama tātou he kaha ake te hiahia o te tangata i te ao i whakaritea, nā tātou anō i hanga. Nō reira, kua e mutu te ngana, ahakoa te maha o ngā wā ka hinga tātou, nā te mea kei te tuwhera tonu ngā tatau. Me haere tonu tātou ki te ngana me te whakahoki i te ngana kia tae rā anō ki te wā e angitu ai tātou. Ka āwhina mai te Atua i a tātou mena ka whakawhirinaki tātou ki a ia me te whakapau kaha. Ko te tangata e hikoi ana i te ara ka tae ki tōna ūnga, ā, ko te tangata e whakawhirinaki ana ki te Atua, e kore ia e .pouri

Ina hiahia te tangata ki tētahi mea, ā, he kaha, he hiahia nui taua hiahia, e kore rawa taua hiahia e ngaro i roto i tōna hinengaro, ahakoa te wāhi e haere ana rātou, ahakoa te wāhi e tahuri ana rātou, ahakoa te aha ō rātou āwangawanga me ō rātou manukanuka. Nā tōna mahi tonu, he nui te whakatau me te kaha o taua hiahia. He kaha ake, he whai hua ake hoki tēnei hāmama hinengaro i te inoi ā-ringa, e kore e neke atu i te nekeneke o ngā ngutu. Koinei te mahi a te hunga aroha ki te Atua; ka hāmama tonu rātou i tō rātou aroha ki te Atua, ā, he pono, he kore e rangona ā rātou hāmama, puta noa i ā rātou mahi o ia rā. Kāore tēnei hāmama pono e whakararuraru i a rātou, kāore hoki e taupatupatu ki ā rātou mahi kē atu. I te tipu haere o tō rātou hiahia ki te Atua, ka kaha ake, ka hohonu haere tō rātou aroha ki a ia, kia pā atu rā anō rātou ki Tōna aroaro, kia kite i Tōna māramatanga ki te kanohi o te wairua, kia reka ai te harikoa nui, kia rongu ai i te rangimārie e kore e taea te .whakaahua

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e
tātou i te ao kia whai hua ai tātou i aua akoranga, kia whiwhi
ai hoki i te māramatanga me te wheako. Ko te tangata e
karo ana i aua akoranga ka akiakihia kia ako i aua akoranga
.ahakoa te roa o te wā

He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria e
tātou te whai wāhitanga, ka whakamahia kinotia mā te
.amuamu, te riri, me te whakaaro kino

Ina whiwhi tātou i te māramatanga pakari me te waiaro
tika mō te ao, ka ataahua te ao. Ā, kāore he raruraru

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i te ngaru
o te harikoa, te totohu rānei i raro i ngā wai pōuri o te pouri,
te toremi rānei i roto i te hōhonutanga o te hoha. I tēnei ao e
whakaatuhia ana e ngā takirua taupatupatu, ka pāngia te
tangata noa e ngā pikinga me ngā hekenga. Ka ara ake ia i
runga i te ngaru o te harikoa, ka ruku ki roto i te
hohonutanga o te kore aro, ā, ka whiua haeretia e ngā ngaru
riri o te pouri. Ā, he onge tana mōhio ki tētahi atu āhua o te
hinengaro. Ka tukua ngā āhuatanga kia hurihia te whakaaro
pēnei. Ko te tikanga he tuku i te hiahia o te tangata ki tētahi
.aituā hurihuri me te pōturi

Ko te taurite hinengaro te mea e hiahiatia ana e te
tangata kia angitu ai, kia whai hua ai hoki tōna oranga
Ka taea anake tēnei mā te arotahi i te hinengaro. Mā te
.whakahaere i ngā āheinga hinengaro

Ahakoa ngā pouri hohonu rawa ka ora i te wā, nō reira
kāore he take o te noho tonu ki te pouri i ia rā, i ia rā o ō
tātou oranga. Kāore te pouri roa mō tētahi e arohaina ana
kua wehe atu e āwhina i a ia, i a tātou rānei, ā, kāore e
whakarerekē i tetahi mea i roto i te ao tūturu. Te
whakawhanake i te matatini o te whakaiti i te whakaaro, te
whiu rānei i a koe anō. Kāore he hua o te noho tonu ki ngā

hapa me ngā hinganga o mua. Ka whakapōuri noa iho te ao,
.ka whakararu hoki i ngā pūkenga hinengaro
Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā āheinga huna i roto i te oumu o te kore aro
Me whakakore te korenga i ōna pakiaka, ā, me parau
ngā mara o te ao me te ngākau nui me te whakapau kaha,
me te whakatō ki ngā purapura o te pai kia nui ai te kotinga
.me te āwhina a te Atua

Te rino i te Hūpiri Hiriwa

I karangatia ahau ki tētahi whakanuinga tiupiri hiriwa
mō tētahi tokorua, ā, i te āhua nei ko rāua tētahi o ngā
tokorua tino harikoa, engari i taku taenga atu ki tō rāua
kāinga, ka kite ahau kei te hē tetahi mea. Ka pātai atu ahau
ki ētahi o aku ākonga tokorua kia tirohia te āhua o tā rāua
mahī tetahi ki tetahi i te ahiahi, ā, i muri mai ka kōrero mai
rāua ki ahau. Ka menemene te tāne me te wahine tetahi ki
tetahi i mua i te aroaro o ētahi atu, ka kōrero tetahi ki tetahi
me ngā kupu reka pēnei i te "Āe, e taku e aroha" me te "Ae,
e taku e aroha nei," me ētahi atu kupu hoahoa. Engari i te
wā tonu ka whakaaro rāua kei te mokemoke rāua, ka totohe
.rāua, ka tuku kupu mamae tetahi ki tetahi

I kōrero ahau ki a rātou, ka mea atu: I karanga mai
koutou i ahau kia haere ki tā koutou pāti, engari he āhua
pōrearea te āhua, ā, ki taku whakaaro he nui te ngangau i
roto i tēnei whare, ā, ki taku whakaaro he nui te rino i roto i
.tēnei tiupiri hiriwa

I te tīmatanga, i riri rātou, engari i muri mai ka whakaae
rātou he tika ahau, ā, ka whakapāha. I haere tonu ia, me te
kī: He aha te painga o te tautohetohe me te ngangau i ngā
?wā katoa

Te āhua nei kei te noho tahi kōrua kia mau tonu ai tō
kōrua ingoa hei tokorua tino pai, engari me pērā tonu kōrua
te noho tahi, me te noho i roto i te rangimārie me te

rangimarie mō tō kōrua ake harikoa me te rangimārie o te
.hinengaro

Kai aukume

Ina kōrero te tangata mō te kai, te matūkai rānei, ko te
tikanga ko te kai tinana e kainga ana hei oranga mō te
tinana. Heoi anō, tera atu anō ngā momo kai e kore e iti iho
te hiranga i te kai tinana, ā, he maha atu anō hoki, pērā i te
kai hinengaro, te kai wairua rānei. Te mahi hinengaro, te
arotahi rānei o te hinengaro, te whakaaro nui me te
.māramatanga wairua

Mā te kai tinana ka ora ai ngā pūtau o te tinana, mā te
kai hinengaro ka whakakī te hinengaro ki ngā whakaaro
hauora, ā, mā te kai whakaaro nui ka whakaora i te wairua,
.ka whakawhanake i ōna pūkenga

Ko te whāngai hinengaro ko ngā whakaaro e
whakaarohia ana e te tangata me ngā mea e riro mai ana i a
ia i ētahi atu mā te whakapā atu me te taunekeneke ki aua
.whakaaro

Mā te hunga ngākau mārie, rangatira hoki ō rātou
wairua ka āwhina i a rātou ki te hanga i ō tātou whakaaro kia
.hihiri, kia ora hoki

Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te
manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te whakahoahoa ki te momo tangata hē, ahakoa he
hoa, he whanaunga rānei. Ka puta ake ngā whakaaro
manukanuka me te wairua kino i tēnei

Ka whiwhi te tinana i te pūngao me te ora mai i ngā kai
ā-tinana, ko ngā kai aukume ia e whakarato ana i te tinana
me te hinengaro ki ngā pūngao e ngāwari ake ana te
nakunaku i ngā kai totoka me ngā kai wai, e kore nei e
.ngāwari te huri hei pūngao ora

Ina taea e koe te huri i te kuware hei whakaaro nui, te
ngoikore me te ngoikore hei hauora me te ora, ā, ka hikoi

māia, māia hoki – ahakoa ko koe anake – i ngā ara o te ora,
ā, ka wheako i te harikoa o roto i te whai i te hinengaro ora,
mataara hoki, me te whakapono pumau ki te tika o te Atua
me te wikitoria o te tika ki te hē me te pono ki te
.mānukanuka

Ā, ina ngana koe i ia rā ki te tuku i ō whakaaro ki ngā
taumata teitei ake, ki ngā taumata kua oti ake te whakapai
ake, ā, kei a koe he ngākau aroha, he ngākau whakawhetai,
me ngā whakaaro pai ki ētahi atu, ka nui te aukume o tō
whāngai hinengaro, ā, ka kukume mai koe i ngā mea
ataahua me ngā mea whai hua katoa, mai i ngā mea, i ngā
tāngata me ngā āhuatanga, e hiahiatia ana hei haere tonu i
.te haerenga ki ngā takutai o te haumaruru me te haumaruru

Ki te whakapau kaha koe ki te whiwhi i ngā mea e
hiahiatia ana e koe, ā, ki te makona koe ki ngā mea e homai
ana e te Atua, ka nui ake tō wairua, ka nui ake tō makona i
te hunga e aro nui ana ki ngā taonga o te ao, e apo ana ki
.ōna ahuareka memeha noa

Ina rapu te tangata i te Atua, ko ia anake te hoa pono, i
tua atu i ngā hoa katoa, ka taea te whakatū i te
whakahoahoa pono i roto i ngā whanaungatanga tangata
katoa: whānau, te whanaungatanga teina, te
.whanaungatanga mārena, me te whanaungatanga wairua

He mea nui te whakahoahoa i roto i ngā hononga
marena, ā, me matua hoatu te piripono hinengaro me te
piripono kare ā-roto, te kare ā-roto e kukume ana i te
.tangata, me te aroha pono me te whakahoahoa

Ko te hunga kāore e taea te wehewehe i waenga i te
aroha pono me te kukume ā-hinengaro, ka pouri tonu rātou i
.ngā wā katoa

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, ā,
ka mahi tahi rāua ki te whakamama i ngā taumahatanga o te

ao mō rāua anō, me te whakakore i ngā āwangawanga o te
.noho mā te aroha me te māramatanga hoa
Kāore he tangata e taea te whakahaere i ahau, te tango
rānei i taku hiahia, ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau

E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga kei mua i ahau. Ki te tūhura i ōku pūkenga me te
kite i tōku pūmanawa wairua, ka whakakapia e ahau ngā
herenga ā-tinana ki ngā wawata teitei ake. Ā, ka mōhio ahau
kei te taha tonu ahau i te wairua pono

I tēnei rā ka whakakīia ōku whakaaro ki te hihiri, ka

wehe atu i ngā wheako kino, ā, ka mahi i ngā mea hei
whāngai i te tinana, te hinengaro, me te wairua i runga i te
.taurite me te pumau

Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakaorangia e au ake tonu atu mā te tiaki i tōku tuakiri
wairua. Ā, ina pā mai ngā awha o ngā whakamātautau me
ngā raruraru ki ahau, ka rere ahau i roto i te kaipuke o tōku
wairua. Whiti i te moana o te ora ki ngā takutai haumarū,
.atua

Ina mahi ahau, ina waihanga, ka mahara ahau kei te
mahi te Atua mā roto i ahau; ko ia te Ariki o te ao whānui, ā,
ka taea e au te hono atu ki a ia mā te whakaaroaro hohonu
.ki a ia

E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro ki te hinganga, ki te angitu rānei, kei runga i te
whakaaro tino kaha i roto i tōku ao. Nō reira, ka ngana ahau
ki te mahara kei te totoro mai tō ringa āwhina ki ahau, ā, kei
.te whakarite i ahau mō ngā take o te angitu

Ina pā mai ngā aituā me ngā aituā ki ahau, ka
whakaarahia e au tōku wairua, ka whakapakari i tōku
whakatau ki te wikitoria i aua aituā. Ka whakamahia e au te
ngākau pono me te pono i roto i aku mahi me aku
taunekeneke ki te katoa, ā, ka tukuna e au ngā whakaaro o

te aroha me ngā wawata pai. Kātahi ka tautokona ahau e te
.Atua ki tōna mana me tōna whakaaro nui

E te Ariki, ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ki ngā whakatutukitanga nunui

Ahakoia ka tutuki ngā wawata katoa o te ao, ka kawea
mai tonutia he harikoa kore mutunga, ā, ko te kimi i te Atua
anake te harikoa pono ka kitea e au he puna mutunga kore o
te harikoa, ā, e kore e mutu te rere me te rere, i roto i ngā
.māra o te wairua me ōna mania matomato

Ngā kiwaha koura

Ko te harikoa tōku tika, tōku taonga tuku iho, me tōku
taonga huna atua. Aratakihia ahau, e te Ariki, kia kitea ai e
au i roto i ahau ngā taonga e hira ake ana i ngā moemoeā a
.ngā kīngi

* * *

Ko te atua e noho ana i roto i ngā ngākau e
whakamārama ana i roto i ana ākonga - nā roto i tana aroha
me tōna ngākau aroha - i ngā rama kanapa o te whakaaro
.nui e whakakore ana i te pōuri o te kuware

* * *

He nekehanga atamai te ora me tōna auau auau. Ka
hanga i a ia anō i roto i ngā mea kore ora, ka tango rānei i te
āhua ora, e nekeneke ana. Ka kapi te ora i ngā mea katoa, ā,
.ka horapa ki ngā mea katoa

* * *

E te Aroha Nui rawa atu, ko koe te ora tonu. Ko koe taku
whāinga me taku wawata. Meinga ahau hei rōhi puāwai i
roto i tō māra rangi, hei titi kanapa rānei i roto i te hei o tō
aroha kanapa, homai rānei ki ahau te honore nui rawa atu:
.te wāhi iti rawa i roto i tō ngākau

* * *

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te
.wāhi e taea ai e au te whakarato i te ratonga tino pai

* * *

Kia whatua he whāriki koura o ngā moemoeā ki ngā
miro hiraka o ngā maharatanga reka me ngā whakaaro kua
whakatikatikaina

* * *

He whare hanga te hinengaro kau [kāore he whakaaro
pai, he whakaaro whai hua] mō te raruraru, te manukanuka,
.te ngakau pouri, me te kore tumanako

Ki te tau te aroha whānui ki roto i tō ngākau, ka kawea
mai e ia he harikoa pumau, he harikoa hou, kāore e taea e
.tētahi atu mea te hoatu ki a koe

He tino ataahua, he reka hoki te titiro atu ki ngā putiputi
o te ora e puāwai ana i te māra o te ao tūroa. Engari he mea
whakamiharo, he mea whakahīhī hoki te puna o te ataahua
me te whakaaro nui kei tētahi wāhi, nō reira tātou i haere
.mai ai, ā, ka hoki atu tātou ki reira ka hanumi anō

I te oho ake o te ākonga i te ata, ka whakaū ia ki a ia
anō: "Ehara ahau i te tinana, he wairua ngaro ahau... Ko te
harikoa ahau... Ko te māramatanga ahau... Ko te whakaaro
nui ahau... Ko te aroha ahau. Ahakoa e noho ana ahau i roto
i tēnei tinana, he ora tonu tōku wairua, ā, kāore e pāngia e
".te pirau

Pērā i ngā pata tomairangi e āwhina ana i ngā putiputi
kia puāwai me te tupu, waihoki ka atawhai te atawhai i te
whakahoahoa me te whakatairanga i tōna tipu

* * *

He ngaru kei te mata o te moana, he ngaru hoki e ngaro
atu ana ki roto i ōna hohonutanga; i ngā āhuatanga e rua,
kei roto rāua i te moana, ā, he kotahi ki a ia. Waihoki, ko ngā
tāngata e rere ana i te wā "ora" i runga i te mata o te moana

nui, e ngaro atu ana rānei i roto i a ia i te "matenga" kei roto
.tonu i te moana mutunga kore

* * *

Kāore e kitea mārama te whakaata o te marama i roto i
te wai pōrearea, engari ina marino te mata o te wai, ka tino
mārama te whakaata o te marama. Pērā anō hoki te
hinengaro: ina marino, ka taea e koe te kite i te mata o tō
.wairua me te tino mārama me te tika

Tukuna mai, e te Ariki, ngā hihi o te rā o tō whakaaro nui
hei ārahi i ahau i aku rā harikoa o te whakatutukitanga, me
te māramatanga o te marama katoa o tō atawhai i ahau e
.haere ana i roto i ngā pō pōuri o te pouri

Ko te whakaaroaro te huarahi e hono atu ai koe ki te
hinengaro ao whānui, ā, ina hono atu koe ki taua
mōhiotanga mutunga kore, ka taea e koe te mōhio ki ngā
.mea ngaro katoa o te hanganga

Kāore te hiahia ki te whakatata atu ki te Atua, ki te
mōhio ki a ia e puta noa mai, engari me whakatipu, ā, kāore
.he uara o te ora ki te kore taua hiahia

He taunga rangitahi te ao nei, ā, ko te mahi matua a te
tangata ko te mārama ki te kaupapa me te whāinga o tēnei
haerenga. Ko taua kaupapa ko te mōhio ki te Atua, ā, kāore
.e taea te kī atu i tētahi atu mea

Ko tō rangimārie tō taonga utu nui, nō reira kaua e
.tukua kia tangohia taua taonga e tetahi

* * *

Akohia te tū takitahi, te noho haumaruru, te noho pūmau i
.roto i te pā o ōu tikanga pai me tōu mana ake

* * *

Nā te mea kei te ora te Atua, kei te ora anō hoki koe Nā
tōna oranga, kei te koa koe ki ngā whakamarie me ngā hari
.o te ao Nō reira, me nui te whakawhetai ki te Atua

Ka taea e ngā pukapuka pai te noho puku, te manaaki,
me te whakaute. Kaua e whakarērea ēnei pukapuka i ō wā
uaua, nā te mea e kore rawa rātou e whakarērea i a koe, he
.rerekē ki ngā hoa tūturu e whakarērea ana koe

Ko te tangata e hauora ana, e noho pai ana, e kaha ana
te hinengaro, engari kāore i te harikoa, kāore anō kia angitu
i te ao. Ina taea e koe te kī pono, "Kei te harikoa ahau, ā,
kāore he tangata e kaha ki te tango i tōku harikoa," kua
.kitea e koe te āhua o te Atua i roto i a koe anō

Whakanuia te marino me te rangimārie, ā, tukuna mai
ngā whakaaro aroha me ngā whakaaro pai anake mēnā kei
te hiahia koe ki te noho i roto i te rangimārie me te
rangimarie. Nohoia he oranga e ahu mai ana i te tika me te
karakia, ā, ko te hunga katoa e hono ana ki a koe ka whai
.hua mā te noho tahi me koe

Ki te kore he hoa āu, ki te moumou taima rānei ō hoa, ki
te kore rānei koe e noho tahi me rātou, tukua ngā pukapuka
[me ngā rauemi] kei roto te whakaaro nui hei hoa mōu, i a
koe e haere ana mā roto i ngā tatau o ā rātou whārangi ki
roto i tētahi ao o ngā whakaaro whakamiharo me te
.whakahihiri

Ko te kimi i te Atua ko te whiwhi i ngā mea katoa e
hiahiatia ana e te ngākau, ā, ko te wairua ko te
whakatuwhera i ngā tatau ki te hauora, ki te harikoa, me te
.angitu

Kei roto i a tātou te mura o te mana atua e hanga ana, e
.tautoko ana i te ora katoa, ā, e tatari ana kia mura

He mahi hinengaro tino whai hua te pānui pukapuka; ka
whakakorikori i te hinengaro, ā, ka noho ngāwari. Mā te
pānui pukapuka kotahi, e rua rānei hāora i ia rā ka hoatu he
pūtake mātauranga kanorau ki te tangata i roto i ētahi tau,
mena ka whiriwhiria e rātou he pukapuka whai hua. Kaua e
moumou taima, kaua hoki e whakararu i ō pūkenga
hinengaro mā te pānui pukapuka iti te utu, ngā pukapuka
.koretake rānei, kāore he kaupapa, he tikanga rānei

Mā roto i ngā akoranga o ngā pukapuka i tuhia e ngā
tāne me ngā wāhine rangatira, pūkenga, ka kitea e te hunga
whai whakaaro pāpori he kaha hou i roto i ngā pukapuka
.whai hua hei āwhina i te tangata

* * *

He mahi hinengaro tino whai hua te pānui pukapuka; ka
whakakorikori i te hinengaro, ā, ka noho ngāwari. Mā te
pānui pukapuka kotahi, e rua rānei hāora i ia rā ka hoatu he
pūtake mātauranga kanorau ki te tangata i roto i ētahi tau,
mena ka whiriwhiria e rātou he pukapuka whai hua. Kaua e
moumou taima, kaua hoki e whakararu i ō pūkenga
hinengaro mā te pānui pukapuka iti te utu, ngā pukapuka
.koretake rānei, kāore he kaupapa, he tikanga rānei

* * *

Me whakakore te hiahia whaiaro me te whakapehapeha
.nā te mea koinei ngā arai nui ki te mātauranga wairua

* * *

Ki te kore he māramatanga ki te Atua, e kī ana tēnei ao i
te pakanga, te tutu, me ngā pouri nui. Kei roto i te whakaaro
.tata ki te Atua te harikoa

* * *

Ko te hunga e mōhio ana ki te Atua, kei roto i ō rātou
ngākau te hari me te harikoa tonu. Nā te mea e rongo ana

rātou i te haumarū me te rangimarie, e kore e taea e ngā
tupuhi o te riri te whakangaeue i a rātou, e kore hoki e taea
.e te wehi te tomo ki roto i ō rātou ngākau

* * *

Ko ngā pukapuka pai ō hoa pai; mā roto i ēnei
pukapuka, ka taea e koe te whakarongo ki ngā hinengaro nui
e kōrero mārie ana ki a koe, e whakamarie ana i a koe, e
tuku ana i ngā tohutohu pai rawa atu. Ko te kore e
whakatipu i te hiahia pono ki te pānui i ngā pukapuka pai ko
.te ngaronga o te taonga tuku iho o ngā whakatipuranga

* * *

Ki te kore he āwhina a te Atua, ka hinga te tangata, nā
te mea ko te kaha me te whakaaro nui e hiahiatia ana hei
angitu i roto i te pakanga o te ao e ahu mai ana i tētahi
pūtake mutunga kore. Ina kore te tangata e aro ki te Atua,
ka motuhia e rātou te taura ora e whakarato ana i te āwhina
.me te tautoko e tika ana mō te angitu

Ko te hunga rapu e patuki ana i te tatau o ngā whai
wāhitanga wairua ka kitea e rātou kua tuwhera te tatau mō
rātou nā te mea e āwhina ana te Atua i te hunga e āwhina
.ana i a rātou anō

Ina noho tahi koe me te Atua, ka noho tahi te taiao

katoa me koe

* * *

He rite te aroha ki te pepa kirikiri e whakakanapa ana i
te hinengaro, e tango ana hoki i te taratara o te tangata

* * *

Ina kitea ohoreretia e koe te Atua i ngā wāhi katoa, ā,
ina tae mai ia ki a koe, ka whakaaweawe i a koe, ka ārahi i a
.koe, kua tīmata te kōrero o te aroha atua

* * *

Kia tiaho te aroha i roto i ngā ngākau, kia tukuna hoki
ngā hihi whakaora ki ētahi atu

* * *

Rapua te Atua i a koe e tamariki ana, e kaha ana, nā te
mea i te koroheketanga me te mate, kāore pea koe e kaha ki
te rapu i a ia. I te tau ka tīmata te tangata ki te mārāma ki te
tikanga tūturu o te ora, ka ngoikore te tinana, ā, ka pau te
toenga o ō rātou oranga ki te tiaki i ō rātou kaha tinana
.ngoikore, kaua ki te rapu i te pono

* * *

Ka tangohia e au te mea pai rawa atu i ia iwi, ā, ka
maioha ahau ki ngā āhuatanga pai o ngā iwi katoa, me te
.kore e aro ki ō rātou ngoikoretanga

* * *

Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka ki tonu rātou i te wairua
marino hohonu. Nā te mea e hono ana tēnei ia ki tōna
pūtake teitei ake, he rere tonu e tae atu ana ki ngā wairua e
noho tahi ana me taua pūtake, e āhei ai rātou ki te tuku i te
.harikoa ki te hunga e hiahia ana ki te rangimārie

* * *

E hia ngā kupu atawhai o te ngākau kua whakakorea
ngā mamae maha, e hia hoki ngā reo whakaaro nui kua
whakamārama i ngā ara pōuri ki ngā rama o te hari me te
!marino

* * *

Ka tipu ake tātou i roto i ia wheako ka pā ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
ia mamae me te mamae e pā ana ki a tātou. Ahakoa te kaha

o ēnei wheako, he rite ki te ahi e whakarewa ana i te rino, e
.huri ana hei maitai ataahua, kaha, me te maha o ngā mahi

* * *

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

* * *

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
pono, mai i te hohonutanga o te wairua e hiahia ana, ka pā
te karanga a te wairua ki te ngākau o te ao whānui, ā, ka tae
mai te whakautu, me te hari nui. Mā tēnei hāhā hinengaro e
whakatipu te hiahia kia whiwhi rā anō i te kaha e tika ana hei
.whakatutuki i te whāinga e hiahiatia ana

* * *

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
ko te whakaaro noa ki tetahi mea ka ranea hei whakatutuki i
taua mea, nā te mea ka mahi te ture atua hei painga mō te
.hunga e rite ana ki te hiahia tino nui

* * *

Ahakoā ā tātou āwangawanga, me noho te Atua ki te
tūranga tuatahi i roto i ō tātou oranga. Ko tētahi o ngā mea
tino nui o te tipu wairua ko te kōrero puku tonu ki te Atua, ka
kite koe i tētahi huringa pai whakamiharo ka tino miharo
.koe

* * *

Kaua te tangata e whakapau i ngā pūkenga hinengaro
katoa kua homai e te Atua ki a ia ki te rapu i ngā mea
memeha noa, ki te kore ka ngaro ia i roto i ngā arai o te
taonga, ā, ka hanga he here me he herenga mōna ake kāore
e hiahiatia ana e ia. Engari, me whakamahi ia i ōna pūkenga
hinengaro ki te whiwhi i ngā mea e tika ana mō te ao, me te

whai kia whanake i ōna pūkenga wairua ki te wehewehe i
.waenga i te tika me te hē, i waenga i te kino me te whai hua

* * *

Kei tua atu i ngā whakaaro me ngā ariā te pono, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

* * *

Whakatuwheratia, e te Ariki, ngā kūaha o te rangimārie,
tiakina hoki te wāhi tapu o ōku whakaaro wairua i ngā
whakaekenga a ngā kōrero kino. Ā, tukua ngā rōhi o ōku
wawata kia puāwai i roto i te māra o tōku ngākau i a au e
.tatari ana ki te ata o tōu taenga mai

* * *

Kāore e taea e te mātauranga ariā te whiwhi *
mātauranga atua, ā, he mea tika kia kaua e moumou taima
utu nui ki ngā ariā kāore e taea te whakamahi i roto i te ao
tūturu, ki te kore ka kitea koe i waenganui i ngā ngahere
hinengaro matotoru, ā, kāore e taea te whiti atu i te ao o ngā
.ariā

* * *

Ko te harikoa te hua o te wikitoria hinengaro i ngā
āhuatanga pōrearea o te ao

* * *

Ko te tangata e mōhiotia ana e te Atua, tera pea kāore e
mōhiotia e te ao

* * *

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā [me te kore whakamātautau tūturu], ka rite ia ki tētahi
taputapu hopu kōrero kawē e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, ka kiia ia e
ētahi he tohunga mātauranga, engari kāore taua
mātauranga e whakakahangia e te kitenga tika o te pono,
.kāore hoki e rite ki te whakatutukitanga wairua

* * *

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he painga o ngā whakaaro o te tangata, e pāngia ana e ngā tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te whānau, o te whenua, o te ao rānei te whakarato i te arataki pono. Nō reira, me tahuri te tangata ki te Atua, me te whakarongo ki te reo marino, marino e puta mai ana i te .hohonutanga o te wairua, he reo e rite ana ki te pono

* * *

Whakatuwheratia ō koutou ngākau ki te ringihanga atua kia rere ai i roto i a koutou, kia whakakīia ai ō koutou oranga .ki ngā manaakitanga wairua me te pai

* * *

Ahakoia te mahi e mahia ana e koe, me ngā whakatutukitanga ka taea e koe te whakatutuki, kia mahara tonu ko te Atua te pūtake e homai ana ki a koe te kaha katoa .e hiahiatia ana e koe hei mahi me te whakatutuki

* * *

Tukua ahau kia mahara ki a koe, e te Ariki, i roto i te * rawakore me te whai rawa, i roto i te mate me te ora, i roto i te kuware me te whakaaro nui, kia kite hoki ahau i tō māramatanga tapu e homai ana i te oranga me te whakaora .i tēnei wā tonu

* * *

I te mokemoke o ōku whakaaro, e hiahia ana ahau ki te whakarongo ki tō reo manaakitanga. Peia atu i ahau ngā reo kino o te whenua e huna ana i roto i ngā papa o tōku mahara. E hiahia ana ahau ki te whakarongo ki tō reo .marino, waiata ake tonu atu i roto i te marino o tōku wairua

* * *

Kua taupokina te ao e te pōuri, ā, me waiho e tātou te māramatanga o te Atua hei rama ārahi i a tātou e hiko ana i roto i ōna ara pōuri. Ko ia te marama katoa i ngā pō o te kuware me te pōuriuri, te rā o te māramatanga i ngā hāora o

te oho ake, te rama ārahi, me te Whetu Raki mō te hunga e
.whiti ana i ngā moana o te ao tūroa, te oranga poto noa

* * *

Kua tae te wā kia ara ake te tangata i tōna moe
wareware ki te ara wairua. E te Ariki, me whakaara ake e koe
tō mātou hinengaro i te hohonutanga o te mangere me te
whakaaro whaiti, ki ngā pae tawhiti o te rangimārie, te
.māramatanga, te aroha, me te atawhai tangata whānui

* * *

Ka pai ake ngā mea i te mutunga nā te mea kei muri i
ngā whakahē o te oranga tangata ngā mana me ngā
merekara a te Atua e huna ana, ā, ko te tangata kāore e tino
whakapono ki te kore e taea te karo i te āhuatanga, engari e
ngana ana ki te uru atu ki tua o te arai mā tōna hinengaro
.me tōna whakapono, ka whakatuwheratia te tatau mōna

* * *

Ehara te whakapono i te tikanga o te kore whakaaro nui,
te kore rānei e aro nui ki ngā āhuatanga. Engari, ahakoa te
aha ka puta, me whakamanawa te tangata ki a ia anō ko te
Atua anake ka taea te tautoko i a ia i roto i ngā āhuatanga
uaua, mena ka tahuri ia ki a ia me tōna ngākau katoa,
.wairua katoa, me ōna kare ā-roto katoa

* * *

Me i taea e ō tātou māia te kawē mai i te pono katoa ki
a tātou, kua kite tātou i te whenua he awa o ngā irahiko, ā,
ko ia puehu he puranga mārāma e hurihuri ana. Ko te hunga
e uru ana ki te ao o te rauemi ki te ao wairua, e mārāma ana
ki te āhua o te mānukanuka, e mōhio ana hoki ki te mauri o
.te pono

* * *

Ahakoa i roto i te ngahere o Āwherika, i runga i te papa
pakanga, e pāngia ana e te mate, e te rawakore rānei, me
whakamanawanui te tangata ko te ringa o te Atua he kaha
ake i ngā tūponotanga katoa, ā, ka taea e ia te tiaki i te
hunga e rapu piringa ana ki a ia. Kāore he huarahi tiaki e

whai hua ake ana. Ae, me whakamahi te tangata i te
whakaaro tika i roto i te whakatau i ngā kaupapa, me te
.whakawhirinaki katoa ki te āwhina a te Atua

* * *

Ko te aroha e noho ana i roto i ngā ngākau o ngā mea
hanga katoa—te aroha o ngā whaea, o ngā matua, o ngā
.hoa, me ngā whanaunga katoa—i ahu mai i te aroha atua

* * *

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti,
me te whakarite i ngā mea tino nui i runga i ngā mea tino
nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E
mea ana ngā karaipiture ki a tātou, ina pā kino tētahi mahi ki
.tētahi atu, he tohu tēnā ehara i te mahi pono

* * *

I te horapa haere o ngā hihi ora o te rā, ka horahia e au
ngā hihi o te tumanako ki roto i ngā ngākau o te hunga
rawakore me te hunga kua whakarērea [te hunga kua
whakarērea e te hāpori], ā, ka whakatōkia e au he whakatau
hou ki roto i ngā ngākau o te hunga e whakaaro ana he
.rahua rātou

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Kua e panaia tetahi i roto i tō porowhita aroha. Puritia"
te katoa i roto i tō ngākau, ā, ka puritia koe e rātou i roto i ō
".rātou

* * *

E te Ariki, āwhina mai i ahau kia whakamahia tonutia
taku hiahia ki te whakatutuki i ngā mahi pai me ngā mahi
.whai hua

Āwhina mai kia rite ahau ki tāu e pai ai, kia rite ai ōku
.whakaaro katoa ki tāu e pai ai, kia rite hoki ki tāu e pai ai

I āwhina ia i ahau ki te whakaara i te mana huna,
manaakitanga i roto i ahau kia taea ai e au te wikitoria i ngā
.uauatanga me ngā whakamātautau katoa

* * *

E ara ake ki taua tuakiri wairua maia, ngākau mahaki –
tētahi e whakakotahi ana i te kaha o ngā raiona me te
.ngākau māhaki o ngā kukupa

* * *

E kore ahau e aro ki ngā whakahē kawa, ki ngā whakahē
teka, ki ngā whakamoemiti me ngā whakapatipati hoki. Ko
taku hiahia anake he mahi i tāu e pai ai, e te Ariki, kia
.whiwhi ai i tāu manako

* * *

Kāore e taea e koe te whakaaro ki te hari nui ka whakakī
i a koe ina rongo koe i te aroaro o te Atua. Ka haurangi tō
wairua i te aroha mutunga kore o te Atua. He aroha e
miriona ngā wā e nui atu ana i te aroha tangata—he aroha e
whakatutuki ana i ō hiahia katoa, e whakakī ana hoki i tō
.ngākau ki te hari me te ngākau māhorahora

* * *

Mā te arotahi ā-roto, ka taea e koe te wheako tika i te
harikoa wairua i roto i a koe anō me te taha o koe. Mēnā ka
whakatipu koe i tēnei mōhiotanga, ka tupu pai tō tuakiri, ā,
ka whiwhi koe i te aukume kukume mō te tangata me ētahi
.atu mea ora

* * *

E te Kaitiaki Nui, kāore he aha ki ahau mēnā ka ngaro
katoa i ahau nā tōku ao i hanga, engari ka inoi atu ahau ki a
koe, ki tōku piringa kotahi, kia tiakina te rama o tōku aroha
.ki a koe i ngā hau o te mangere me te wareware

* * *

Kia inu tātou i ngā wai parakore, whakahauora o te
rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, e
whakarei ake ana i tā tātou whakatau pakari ki te whakaaro
.pai me te whai tirohanga hihiri

* * *

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua
me ngā hihiri tūturu o te tangata. Ina mārāma tō hinengaro,

ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi
ai koe. Ko te hinengaro mārama he tohu i te whanonga pai
mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro
he tikanga kei a koe te harikoa me te whiwhi i ngā
.manaakitanga a te Atua

* * *

Ngāna ki te mahi i ngā mea maia, ngā mea e pai ai te
ngākau, kāore e mahia ana e te nuinga o te tangata, ā,
hoatu te aroha me te rangimārie ki te hunga e warewarehia
.ana e ētahi atu

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Ki te kore koe e whakapau i te wā ki te whakatipu i te"
hinengaro, e kore rawa te nui o te taonga e makona ai koe.
Ehara tēnei whakatipu i te whakamamae engari he
whakangungu i te hinengaro hei whāngai i ngā whakaaro me
".ngā mahi e arahi ana ki te harikoa

Ko tō harikoa tō angitu, nō reira kaua e tukua kia
tahaetia e tetahi. Tiakina koe i te hunga e ngana ana ki te
whakararuraru i a koe. I ahau e tamariki ana, ka ngaro taku
manawanui i ngā wā katoa e horahia ana e ētahi tāngata
ngā kōrero teka mōku. Nō muri mai, ka mōhio ahau he mea
nui ake te rangimārie o tōku hinengaro i te whakaae mai a te
.tangata, i te whakamoemiti rānei

* * *

Me i mōhio koe ki te kōrero o te aroha atua e pā ana ki
ētahi o ngā tāngata karakia ki te Atua! Kāore he wheako kē
atu o te ao e taea te whakarite ki taua hari. I mōhio ahau ki
tētahi tangata tapu e mau tonu ana ki te aroha o te Atua, ā,
e whiti ana tōna mata i te aroha tapu. Kei runga tonu te
kanohi o te Atua i te hunga e aroha ana ki a Ia, ā, e kore
.rawa ia e whakarērea i a rātou mō tētahi wā poto

* * *

He tokoiti te hunga e hiahia ana ki te whakawhanake i ō
rātou kaha hinengaro me te wairua

* * *

Kaua e tukua koe kia totohu ki raro i te whakaroa. E ara
ake i te moe o te ao hoha, ka anga atu ki ngā pae tawhiti o
te ao kua whakapaingia, kei reira te whakatutukitanga, te
.harikoa, me te rangimārie

* * *

Kei roto i a koe te pūmanawa nui e tatari ana kia
whakangaohia, ā, ko koe anake te tangata e kaha ana ki te
.whakahohe me te whai hua mai i taua mea

* * *

Ko te whakaoranga mai i ngā tikanga kino me ngā
hiahia kino ka nui ake te harikoa i te angitu ā-tinana. Kei roto
i te angitu hinengaro te oranga hinengaro e kore e taea e
ngā āhuatanga o waho te tango atu. Ka taea e koe te
whakapau i tō wā katoa ki te kohi taonga, engari e kore taua
taonga e hoatu ki a koe te rangimārie me te haumarua pumau
e rapuhia ana e koe. Engari, ka nui ake te pouri nā te mea
kei roto i te hinengaro te harikoa me te rangimārie pono,
.ehara i te taonga ā-tinana
Ina pumau koe ki tō tuakiri pono, ka oti i a koe ngā mahi
katoa, ā, ka koa koe ki ngā mea pai katoa me te harikoa
.atua

* * *

Kaua e tukua te ngoikore kia uru ki roto i tō hinengaro,
kia tūpato hoki ina hono atu koe ki te hunga he whakaaro
kino, he tirohanga pōuri hoki ō rātou, kei uru ō rātou
whakaaro ngoikore ki roto i tō hinengaro, ki te kore tō
hinengaro kua eke ki tētahi taumata kaha e kore ai e taea e
ngā whakaaro o ētahi atu te whakangāwari, engari, i te
ritenga kē, ka taea e ia te whakapakari i ngā whakaaro o
ētahi atu me te whakarei ake i tō rātou whakapono ki a rātou
.anō

* * *

Ko te Atua te tuatahi, kaua hoki tātou e tīmata, e
whakamutu rānei i tō tātou rā me te kore e whakaaro ki a ia.
Me mahara tātou, ki te kore te kaha me te pūngao e riro mai
ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i
.tetahi mea. Nō reira, ko tā tātou mahi nui ko te haere ki a ia

* * *

He huarahi hei aromatawai me te whakawa i ngā
tikanga me ngā kōrero tuku iho I te tīmatanga, he
whakamārama kei ia tikanga tuku iho Mena ka kitea e tātou
kei te mau tonu te whakamārama, he tikanga, he painga
hoki tō te tikanga tuku iho Heoi, he mea kuware te whai
matapo i ngā tikanga tuku iho Me mōhio tātou ki te pono, me
te whai i taua mea, me te mārama ki ngā mea ka hari ai
.tātou, kātahi ka whakamahi

* * *

Ina kite koe i te tini o te tangata kāore i te harikoa, i te
angitu rānei, kaua e whakaaro koinei tō rātou mutunga. Ka
taea e koe te hanga i a koe anō e hiahia ana koe. Ko tō
.angitu ā-roto te mea e tino angitu ai koe

* * *

Ki te kore he mea i roto i a koe, e kore koe e harikoa.
Engari ki te kore he mea i te taha o koe, ā, e harikoa ana koe
i roto i a koe, he angitu koe. Nō reira, kāore e taea te
.whakawā i te tangata i runga i ō rātou āhuatanga o waho

* * *

I roto i te mano tini, tera pea tetahi tangata kua eke ki
te taumata wairua teitei, ā, e whiwhi ana i te rangimārie o
.roto me te harikoa wairua tino nui

* * *

E tino mōhio ana ahau ka tae mai ngā mea katoa e
hiahiatia ana e au, nō reira kāore au e manukanuka ki ngā
mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te
whakakatakata rānei, nā te mea kua maha ngā wā kua kite
ahau i te mahi me te whai huatanga o taua mana manaaki i
.roto i tōku ao

* * *

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei
te toremi rānei i te hohonutanga o te moana, e mōhio ana
ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e
pā kino ki ahau. Nā taua mātauranga ahau i homai he
.harikoa nui, e kore e taea te kōrero

* * *

Kāore e kore he wheako ahuaireka te hoko i tētahi mea
hou. Engari i muri i tētahi wā, ka memeha haere taua kare
hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa
atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e
warewaretia te pire mō taua taonga, ina koa mēnā i hokona
!e koe mā te utunga

* * *

Me whakahaere e te tangata tōna ake ao, me
whakangawari i te mea ka taea. Me penapena moni mō ngā
mea e tika ana me ngā āhuatanga ohorere, me
whakatairanga i te penapena i te whakapaunga ki ngā mea
papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina
āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi
ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e
.kore hoki koe e tangohia i tetahi mea

* * *

I roto i te hari o ngā ngākau katoa, ka rongohia ahau i te
haruru o tōu harikoa, e te Ariki, ā, i roto i te whakahoahoa o
te hunga pono katoa, ka rongohia ahau i tōu aroha ka hari
ahau, ā, ka koa tōku ngākau i te angitu me te oranga o ōku
hoa, pērā i ahau e hari ana ki tōku ake oranga me te noho
humarie. I a au e whakaoho ana i te whakaaro nui ki roto i
ētahi atu, ka whakanuia e ahau ngā taonga o tōku ake
whakaaro nui, ā, i roto i te hari o te katoa, ka kitea e ahau
.aku ake

* * *

Ko te hoariri nui rawa atu o te harikoa ko te nama moni
hei hoko taonga papai. E whakapono hē ana te tangata

kāore e taea e rātou te harikoa mēnā kāore rātou e whiwhi i
tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua
mea, e kore rātou e kite i te harikoa pono, ahakoa te harikoa
rangitahi e kawea mai ana. He aha te take o te whai i te
pōhewa o te harikoa o te ao e oati ana ka pakaru noa iho?
Me noho noa te tangata, me te kore e hiahia ki ngā taonga
.maha e hiahia ana kia aro tonu

* * *

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki
ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā,
ka tipu ake tōku harikoa ā-roto Ki te kore taua ngākau
māhorahora ā-roto, ka noho ngā ahua eka me ngā mea
whakahari o te ao hei reinga Kua mōhio ahau me te kore
taua harikoa ā-roto, kua tangohia e te kawenga o ngā
kawenga i tukua mai ki ahau tōku rangimārie, tōku harikoa
.hoki

* * *

Ki te honoa te taonga ki te mate me ngā raruraru, ka
maha ngā hua. Ko te akuaku me te hauora kei roto i ngā
kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke
kino me ngā iroriki whakamate i ngā whenua
whakawhanake, engari he nui i ētahi atu. Engari ehara te
whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā
te mea kei reira ētahi atu momo mate i ngā whenua
whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru
pūtea whakamomori nā ngā pūnaha hoko utunga - he mate
e whakararuraru ana i te moe me te whakararuraru i te
.rangimarie o te hinengaro

* * *

He wāhanga nui tātou o te hinengaro kotahi i puta mai
ai tēnei ao nui

* * *

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou,
ka whai te toenga o te kahui i taua mea, kāore he whakaroa.
He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta

ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā,
ka peke tonu atu ētahi ki te waka rererangi ka tārua. Kua
mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga
me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī
he tika, he tika rānei katoa. Engari ko wai ka mōhio? Tērā
pea he koretake, he koretake hoki ētahi o aua tikanga me
.ngā kōrero tuku iho

* * *

Ina marino te ngaru o ngā whakaaro, ka tomo tātou ki te
rangatiratanga o te rangimārie, ka pā atu ki te aroaro o te
.Atua

* * *

Whakaarohia te Atua, he whenua ataahua rānei e
whakaoho ana i te rangimārie, he wheako harikoa, he
wheako whakamīharo rānei. He mea whakahauora, he mea
.whakahauora hoki te mahi hinengaro pai, marino

* * *

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki.

Tērā pea ka whakaaro koe ko te moni te tikanga o te
harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te
pouri koe. Tērā pea ka whiwhi koe i te taonga, ā, ka ngaro tō
hauora (kāore rawa). Tērā pea he hauora pai tōu, ā, ka ngaro
tō moni. Tērā pea he taonga, he hauora hoki tōu, engari he
maha ngā raruraru e pāngia ana e koe me ētahi atu, ka tuku
atawhai noa iho, ā, ka tūtaki koe ki te mauahara me te riri. Ki
te kore te Atua, kāore he mea o tēnei ao e tino makona ai
.koe

* * *

Ka riro te whenua hei rūma whakamamae mō te hunga
e noho kuware ana ki te mahere atua. Engari ina titiro koe ki
ngā wheako o te ao hei kaiako māu, ā, ka ako koe i aua
wheako i te āhua tūturu o tēnei ao me te tūranga kua
whakaritea ki a koe i roto i te whakaari o te ao, ka riro aua
wheako hei whakamārama whai hua mō te ara ki te makona
.me te harikoa pumau

* * *

Kei reira, i tua atu i te pōuriuri, te ata noho kore, me te
korekore kāore anō kia hangaia, kei reira te mauri mutunga
kore, koia te pūtake o te oranga me te pūtake o ngā mana
.me ngā mea ora katoa, e kitea ana, e kore e kitea

* * *

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe,
hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna
e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga.
He tokoiti noa iho ngā tāngata whakaaro nui kua mārama ki
te tikanga o te mahere o te ao whānui, engari ko te nuinga o
.te iwi he matapo, kāore hoki i te mōhio ki taua kaupapa

* * *

Kāore rawa te moni i te whāinga mōku i te ao; ko taku
whāinga he mahi ki ōku teina me ōku tuākana i roto i te ao
tangata. Nō reira, i whakatuwherahia e te Atua ngā tatau
maha mōku ki te tautoko i ahau anō me te whakatutuki i
.taku misioni

* * *

I hangaia e te Atua tēnei ao kia whakahaerehia i runga i
tētahi ture pumau, kāore e rerekē. Mēnā ka takahia e tātou
tētahi o ēnei ture whānui, ka whiua tātou e tātou anō. Ka
whati ngā wheua o te tangata e peke ana i te tuanui o tētahi
whare teitei. Nō reira, kāore e taea e tātou te wareware i te
.ture o te kaha ā-papa me te kore e pāngia e ngā hua

* * *

Ina tirohia hōhonutia ngā iwi o te ao, me te tūhura i ngā
mea ngaro o ngā iwi onamata, ka puta he pikitia whānui, me
ngā rārangi honohono, ngā upoko kanorau, me ngā
taipitopito tika, ā, ka kitea e tātou he takitahi, he pāpori hoki
.te āhua o te tangata i te wā kotahi

* * *

Me i hiahia te Atua kia noho tātou i roto i te hinengaro
kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā,
.kua makona hoki tātou i ngā mahi o te ao

* * *

E whiti ana, e kanikani ana ngā hihi o te parakore, te
rangimārie, me te harikoa i tua atu i ngā moemoeā i roto i ō
tātou hohonutanga matua

* * *

I ia wheako e puta mai ana i te rangi o ō tātou oranga i
tēnei haerenga whenua, me ako tātou ki te whakawhānui
ake i tō tātou mōhiotanga me te mārama ake ki ngā
āhuatanga e karapoti nei i a tātou, e pā ana rānei ki a tātou,
.kia pai ake ai te noho tahi me te tangata me te ao

* * *

Ko te nuinga o te tangata e whai ana i ētahi atu. Me
auaha, me auaha hoki te tangata, ā, me tino matatau ki ngā
.mahi katoa

I te Rawhiti, ko te arotahi matua ko te whakatipu i te
harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua
warewarehia. I te Hauāuru, he iti noa ngā whakamarie
rauemi engari he iti noa te harikoa hinengaro. Ko te mea e
hiahiatia ana he taurite i waenga i ngā mea e rua, nā te mea
ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te
.kore taurite me te kore e taea te aro tika ki ngā tono o te ao

* * *

Ko te hari nui rawa atu - i muri i te hari atua - ko te noho
rangimārie o te tangata me ōna whanaunga tata, e noho tahi
.ana rātou i ia rā o te tau

He nui te wā e moumouhia ana e te tangata ki te oho
me te mahi ohorere, engari kāore he nui o ngā mea e tutuki
ana. He iti noa te wā hei whakaaroaro me te ngana ki te
.mārama ki ngā mea e tukuna ana e te ao

* * *

Me mahi tātou ki te hanga i ngā whare o roto o te
whakaaro nui i roto i ngā māra o te rangimārie e tupu ana, e
tiaho ana me te tini o ngā putiputi o ngā tikanga wairua
.whakamiharo

* * *

He puna nui te rangimarie o roto, ā, he puna hoki mō te
.kaha ka taea te whakahou

* * *

Ki te titiro ki te ao, ka kitea e te tangata ehara i te mea
ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me kaha
tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahiatia
ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te
mate! Ahakoa ka angitu koe i tēnei, he wā poto noa iho taua
angitu. Ka takoto te tinana—kia roa tō ora—ki te okiokinga.
Ko te hiahia kia whawhai ki ngā kaha maha, o roto, o waho
hoki, kia eke ki te angitu e hiahiatia ana. Ka mahi uaua ēnei
.kaha ki te tango i ngā whakatutukitanga tino nui

* * *

Ngāna kia noho marino i roto i ngā āhuatanga katoa, ā,
kia puāwai te purapura o tō rangimārie me te harikoa me te
.ataata o te ngākau māhaki

* * *

Ahakoa te hunga tapu nui rawa atu, kāore e tutuki i a
rātou te whakaoranga katoa ki te kore rātou e tohatoha i ō
rātou angitu—ō rātou wheako wairua me ō rātou
mātauranga teitei ake—ki ētahi atu mā te āwhina i a rātou
kia tae ki te māramatanga wairua. Koia te take e hiahia ana
te hunga kua tae ki ēnei taumata, ā, kua eke ki ēnei āhua ki
te tuku māramatanga ki te hunga e hiahia ana. Ki te hiahia
koe ki te angitu pono, ehara i te mea ko tō ake harikoa
anake te mea ka mau i a koe, engari ko te harikoa hoki o
.ētahi atu

* * *

Ka taea e te tangata whai whakaaro te whiwhi moni.
Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore
rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro;
engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te
moni i roto i ngā ringa o te hunga whaiaro me te hunga apo,
he manaakitanga, he taonga hoki i roto i ngā ringa o te
.hunga ngākau atawhai me te hunga ngākau atawhai

* * *

Ahakoia ka whiriwhiri pea tētahi kia noho puku mō te wā
roa, kia kore ai e kōrero ki tōna whānau Ahakoia ka eke pea
tēnei tangata ki tētahi taumata o te rangimārie o roto, he
whanonga whaiaro tōna, ā, he kino ki te harikoa o tōna
whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore
ō rātou whanaunga e whai hua ana i ā rātou
whakatutukitanga. Waihoki, ko te angitu o te ao ehara i te
mea ko tō tātou tika anake ki te whiwhi i te rawa; engari ko
tō tātou kawenga matatika ki ētahi atu kia āwhina i a rātou
.ki te whakapai ake i ō rātou āhuatanga pūtea me te oranga

* * *

Kei muri i ngā pakitara o tōku hinengaro mārāma ahau e
tiakina ana, kua tahuna e au te ao pōuri o mua, ā, ko te rā
.anake taku e āwangawanga nei

* * *

I tēnei rā ka mōhio ahau kei roto ahau i te māramatanga
o te pai nui rawa atu, ā, ko ahau te tohu mō te hunga e
.whawhai ana ki ngā ngaru o te moana o ngā mamae

* * *

He rerekē ngā tirohanga me ngā ariā o te tangata mō te
angitu, i runga i ō rātou wawata i te ao. He mea noa te rongo
i ētahi tāngata e whakataurite ana i te angitu ki te tahae, e
kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e
hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me
ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi
.atu

Tērā anō tētahi atu paearu mō te angitu: ina taea e
tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou
anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu,
.me te whakapuaki i ngā hua ki a rātou

Ko te angitu te tikanga o te ngākau māhaki me te
ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu
tūturu he hua o ngā mahi i ahu mai i ngā mātāpono o te tika,
ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu

hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e
tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-
hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi
.whakamāramatanga whānui mō te angitu

* * *

I tēnei ao iti nei, ka kite tātou i te roa, te whānui, me te
mātotoru, engari kei reira tētahi atu taumata kāore he
whānuitanga; he mārama, he mārama hoki ngā mea katoa—
he hinengaro me te tirohanga ngā mea katoa. Ko te reka he
tirohanga, pērā i te hongī. Ko ō tātou kare ā-roto, whakaaro,
me tinana he āhua o te hinengaro. Pērā i tā tātou e kite ai, e
rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
waihoki, i taua taumata teitei ake, ka wheako tātou i ēnei
.kare ā-roto katoa mā te hinengaro parakore

* * *

E te Ariki, meinga mātou kia hari mā te rongo i tōu tata,
wetekina mātou i ngā here o ngā hiahia, ā, homai he hari o
roto ki a mātou, kāore e pāngia e ngā wheako o te ao me
.ōna huringa

* * *

Ina hono ō tātou hinengaro ki ngā tirohanga teitei ake,
ka ara ake te māramatanga wairua i roto i a tātou, ā, ka
wheako tātou i ngā mea whakamiharo o te whakaaro nui me
.te aroha o te Atua

* * *

Ki te tino aroha tātou ki te Atua, ā, ki te tahuri ki a Ia me
ō tātou whakaaro me ō tātou ngākau katoa, ka tata tātou ki
a Ia, ā, ka kitea e tātou ko Ia te piringa nui rawa atu o te
.haumarua i te ao

* * *

I roto i te whānui, te āhua takoto kau o te wāhi, he
hononga ao tūroa me te ora tonu e hono ana i a tātou ki ngā
mea ora katoa, me ngā mea kore ora o te ao tūroa—he
ngaru o te ora nui e rere ana i roto i te ao tūroa katoa. Ko te
mutunga kore tō tātou kāinga tūturu me tō tātou nohoanga

tuturu, ā, he wā poto noa iho tō tātou noho i roto i ēnei
tinana, he rite ki te okiokinga poto mō tētahi tira e haere ana
.i te koraha

* * *

Ina hono tātou i a tātou ki ngā mana auaha o te wairua,
ka hono atu tātou ki te hinengaro ao whānui, mutunga kore,
e āhei ana ki te ārahi i a tātou me te whakaoti rapanga. Ka
rere mai te mana auaha ki a tātou, mai i te pūtake nui rawa
atu o tō tātou oranga, ā, ka taea e tātou te angitu auaha i
.roto i ngā wāhanga katoa o ā tātou mahi

* * *

Ka tupu te aroha, ka puāwai i roto i te taiao
whakawhirinaki, manawanui, me te whakaute tetahi ki tetahi

* * *

Manaakitia mātou, e te Ariki, ki te māramatanga o ngā
whakaaro parakore me ngā tikanga pai, kia tere tonu ai te
memeha atu o te pōuri o ngā tikanga kino me ngā whakaaro
hē. Āwhina mai kia aroha mātou ki a Koe me te aroha
hohonu, kia kore ai e taea e ngā tinihanga o te ao, e ngā
whakamātautau o te ao rānei te hopu i a mātou, te hopu
.rānei i ō mātou hinengaro me ō mātou ngākau

* * *

Ko ngā mea e ngāwari ana te whiwhi kāore i te tino whai
hua. E mōhio ana tātou ki tēnei mā te ako i te oranga o ngā
tāne me ngā wāhine nunui, me pēhea rātou i tino hira ai mā
te whakawhanake i ō rātou pūkenga, te whakatutuki i ā
rātou mahi, te hanga i ō rātou uara matatika, ā rātou
rangahau hōhonu, me tā rātou karo i te hiahia whaiaro. Ko
ngā hua i whiwhihia e rātou me ngā whakatutukitanga i
.tutuki i a rātou he nui rawa atu i ngā mahi i mahia e rātou

* * *

Kei roto i te herekoretanga whiriwhiri te herekoretanga
pono, e arahina ana e te whakaaro nui, e tautokona ana e te
.māramatanga, te tika, me te ngākau pakari

* * *

Ina whakaarahia e koe tō hiahia, tō whakatau, me tō
māramatanga mohio, ka tukuna ngā mana ngaro mai i te
hinengaro teitei ake - mā te māramatanga o te wairua - hei
āwhina i a koe me te whakamārama i ngā ara e anga atu
ana ki te whakamarie hinengaro me te harikoa, me te
.āwhina a te Atua

* * *

Me whakatuwhera e te tangata ngā awa o te wairua mā
roto i tana ake mahi. Kāore he tangata e whiriwhiri ana i te
mamae me te pōuri i runga i te rangimārie me te harikoa. Ko
te kuware te pūtake o te mamae, me te arai me tango atu.
He taru kino te kuware, he hohonu te pakiaka, e tupu ana i
roto i te māra o te tangata, e peia ana ngā tipu pai me te
whai hua. Me hinga te kuware me te hiahia pumau me te
whakatau pakari. Me ngaki te oneone o te hinengaro me te
arotahi hinengaro tika [ki te pai] me te whakamakuku i ngā
purapura pai ki te wai o te whakapono. Ina whiti ngā hihi ora
me te mahana o te aroha, ka tupu te purapura o te pai, ka
hinga i ngā taru me ngā tarutaru pirinoa, nā te mea kāore e
.taea te noho i te aroaro o te māramatanga

* * *

Ka memeha haere ngā ahua eka o ngā taonga, engari
ko te hari atua e kore e memeha. He hari atua mutunga
.kore, e kore e taea te whakaahua

* * *

Kaua rawa tātou e whakamahi i ngā tikanga hē hei
whakatutuki i te harikoa, kaua hoki e whakarērea te
rangimārie me te taonga wairua kei a tātou anō, hei whai i te
whakamarie tinihanga me te oranga kanapa e iri ana i mua i
a tātou e ngā mahi me ngā whanonga kino e whai pānga
.kino ana

* * *

Ko te marino te kāmera pai rawa atu hei hopu i te
aroaro o te Atua. Mā te karu o te marino parakore, tino
.arotahi, ka puta te ahua tapu me te tino mārama

* * *

Ina hoki, kei roto i a koe te whakaaro nui katoa, ā, ko
.tāu noa iho he mōhio ki tēnā

* * *

Kei roto i te whakapai ake i a koe anō te ngākau māhaki,
kia rapua ai koe e ētahi atu, kaua ko koe e rapu ana i a
rātou. Me hoatu te aroha me te whakahoahoa me te kore e
tumanakohia, me tonu rānei hei utu, nā te mea ka puta te
riri me te kawa i te tumanako. Ahakoa te whai kia whakapai
ake i a koe anō, me tū takitahi te tangata, me te haumaruru
me te rangimārie i roto i te pā o ōna tikanga pai me tōna
.mana ake

* * *

Kia rere tonu mai ngā rerenga wai o te harikoa me te
hihiri i roto i tōku ngākau, ā, kia pā mai ō rātou wai
.whakahauora ki te hunga katoa e tūtaki ana ahau

* * *

Mā te harikoa wairua ka puta te hiahia ki te āwhina i
ētahi atu i ngā huarahi katoa, ā, ka whakawhanake i te kaha
ki te maioha ki ngā ahua eka matatika kua oti te whakapai
ake e arahi ana ki te harikoa, ā, ka whakaiti i te hiahia ki ngā
.ahua eka matapōkere

* * *

Ahakoa te iti o tō tūranga, he rite tonu tōna hiranga ki
ngā tūranga nui rawa atu, arā, ko te whai wāhi atu ki te
angitu o te whakaari ao e whakaarohia ana e ngā wairua i
.runga i te atamira o te ao

* * *

He hinengaro mutunga kore, tino mutunga kore te
hinengaro whānui, e whakahou tonu ana i a ia anō, e kore e
mutu tana auahatanga, ā, mā roto i a koe ka ngana ia ki te
.whakaatu i tētahi āhuatanga ahurei o ia anō

* * *

Ki te reka koe i te aroha atua ahakoa kotahi noa iho, e
kore rawa koe e whakarērea, nā te mea kāore he mea hei
.rite i te ao whānui

* * *

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou – mā te aroha noa me te āwhina a te Atua – te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

* * *

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai hei tikanga pai, hei tikanga kino rānei i
roto i te whakaaro. Ka taea e te tangata e pāngia ana e ngā
tikanga kino nā te mea kua tukuna ki ōna pūtau roro te
mana o aua tikanga, te whakaora i a ia anō mā te kaha o te
ngākau, te whakaaroaro, te inoi pono, me te whakaū tonu i
te pai tae noa ki te hurihanga o ōna tikanga kino katoa hei
tikanga pai o te rangimārie me te ata noho. Ka puta tēnei ina
mahi te kaha ora e tika ana te whakahaere ki te
whakarerekē i te āhua rerekē o ngā pūtau roro, kia kī ai aua
pūtau i ngā mea pai katoa, i ngā mea tapu katoa, i ngā mea
.ataahua katoa

* * *

Ko te māramatanga te kanohi o roto, te tirohanga a te
wairua, me te karu tirohanga o te ngākau. Ko te taurite i
waenga i te marino o te hinengaro me te parakore o te
.hinengaro

* * *

Ia rā ka kite tātou i ngā āhuatanga rerekē, ā, i ia rā ka
kawea mai he akoranga hou hei ako. E tumanakohia ana ka
ako te tangata i te akoranga mā te arotahi ki te kaupapa
matua o tōna oranga: kia mōhio ki te pūtake o tōna oranga
.me te pūtake o tōna oranga

Kia kaha tātou ki te wareware i ngā mamae o mua, kia
kaua hoki e whakaaroaro ki aua mamae. Me te whakapau
kaha me te ngākau hihiko, kia whakahoutia ō tātou oranga,
kia whakarei ake i ō tātou angitu, kia whāngai hoki i roto i a
.tātou anō ngā tikanga pai me ngā āhuatanga rangatira
Ko te Atua tōku kaha, ā, kāore au e whakapono ki tētahi
atu kaha

Whawhaitia ngā pakanga o te ao, kia u tonu ki te
mutunga, kaua e ngenge. Kaua rawa e kī, "Kāore e kitea e
au te ara, nō reira ka mutu taku whakamātau." Inoi mō te
arataki mēnā kua hē koe, engari kaua e mutu te
whakamātau. He tokomaha e whakaae ana ki te hinganga
ina tūtaki ki ngā arai. Ko te hunga e hinga ana me hono atu
ki te hunga angitu, kaua ki te hunga hinga. Kia u ki te angitu;
.waiho tēnā hei rapunga whakaaro mōu i roto i te ao
I ia rā, me whakapakari tātou i tō tātou kaha tinana, me
whakanui i tō tātou kaha hinengaro, me te mōhio ki a tātou
anō mā te whakaaroaro, te whakaaro tika, me ngā mahi pai,
whai hua e whai hua ai te tinana, te hinengaro, me te
.wairua

Ki te hiahia koe ki te whakatū i tētahi tikanga pai, ki te
whakakore rānei i tētahi tikanga kino, arotahi ki ngā pūtau
roro kei reira ngā tikanga o ngā tikanga rerekē. Hei whakatū
i tētahi tikanga pai, tuatahi noho māriri, whakaaroaro, me te
.rapu i te arataki a te Atua

Arotahi tō hinengaro ki te pokapū kaha o te ngākau i tō
rae, i waenganui i ō tukemata, ā, whakaūtia te whanonga e
hiahia ana koe ki te whakatō ki roto i tō roro. Ina hiahia koe
ki te whakakore i ngā whanonga kino, arotahihia hoki tō aro
ki te pokapū kaha o te ngākau, ā, whakaūtia kei te mukua
.ngā awaawa katoa e mau ana aua whanonga

Mā te arotahi me te kaha o te ngākau, ka taea e koe te
ūkui i ngā awaawa hohonu o ngā tikanga tawhito kua mau
tonu

Whakaūtia anō ki a koe anō kei a koe te kaha o te
ngākau ki te tango i ngā whanonga kino mai i tō roro. Ko te
wā pai mō tēnei whakaū ko te atatu i te wā e tino kaha ana
tō ngākau me tō arotahi. Me whakaū tonu ki a koe anō kei a
koe te herekore i ngā whakahau katoa, ā, i tētahi rā ka kitea
e koe—me te āwhina a te Atua—kua tino wetekina e koe te
.whanonga e hiahia ana koe ki te whakamutu

Ahakoā he aha tāu e wehi ai, peia atu i roto i ō
whakaaro, ka waiho ki te Atua. Whakakahangia tō
whakapono ki te Atua, me te whakawhirinaki ka taea e la te
āwhina i a koe, me te mōhio he nui ngā mamae e puta mai
.ana i te manukanuka me te manukanuka
He aha koe me mamae ai ināianei i te mea kāore anō
kia puta te mea e wehingia ana e koe? Nā te mea ko te
nuinga o ō tātou raruraru i ahu mai i te wehi, ki te tangohia e
tātou te wehi i ō tātou oranga ka noho noa tātou, ā, ka tere
.tonu te whakaora

I ia pō, i mua tonu i tō haerenga ki te moe, whakaū ki a
koe anō kei a koe te Atua, e tiaki ana i a koe, e mātakitaki
ana i a koe. Whakaarohia Tōna māramatanga tiaki e karapoti
ana i a koe i ngā taha katoa, ā, ka rongo koe i Tōna tiaki
.whakamiharo

I roto i tēnei whakaari ao whānui, ka whakaarihia e te
tangata o ngā iwi katoa te whakaari o te ora i runga i te
.atamira o te wā

Me mārama tātou ki te tikanga o te ao, kaua e tino aro
nui ki ō tātou tūranga rangitahi. He maha ngā wā ka hē te
māramatanga o tātou ki te ao nā te mea ka tirohia e tātou
mā roto i ngā kanohi o te hiahia whaiaro me te tirohanga iti;
ki te titiro tātou mā roto i ngā kanohi o te wairua, ka kite
.tātou i ngā mea mai i tētahi tirohanga tino rerekē

Ina whakatuwherahia e tātou te kanohi o te whakaaro
nui, ka kite tātou i te māramatanga whānui o te Atua, ā, i
roto i taua māramatanga ka kite tātou i tō tātou āhua
wairua, he whakaata i te āhua o te hinengaro whānui e
horapa ana i ngā matūriki me ngā wāhanga katoa o te ao
.whānui

E karapotia ana tātou e ngā pono wairua, e patuki ana i
ngā tatau o ō tātou kanohi kua katia, e akiaki ana i a tātou
kia kite i te māramatanga kaua i te pōuri, kia mahi i runga i
te whakaaro nui kaua i te kuware, kia whakakīia ō tātou
ngākau ki te aroha kaua i te mauahara, kia mahi tahi hoki ki
te whakatū i te rangimārie me te kawe mai i te hua me te
haumaruru ki tō tātou ao. Ina mahia tēnei e tātou, ka ngaro te
kuware, ka ngaro ngā rerekētanga o te ao, ka kite tātou i te
kotahitanga i roto i te kanorau, ā, ka nui ake tō tātou noho
.tahi me te hiahia o te Atua

Ehara tō tātou whanaungatanga ki te Atua i te
whanaungatanga makariri, kore aroha rānei, pērā i te
whanaungatanga i waenganui i te kaituku mahi me te
kaimahi. He tamariki tātou nā ia, ā, e mau tonu ana tana
manaaki i a tātou; e whakarongo tonu ana ia ki a tātou. He
wāhanga nui tātou o tōna noho, ā, e ora ana, e ora ana hoki
tō tātou whanaungatanga ki a ia. Kua homai e ia ki a tātou
he taonga mutunga kore o te aroha, te māramatanga, te
māramatanga, te ngākau pai, me te kaha wairua, engari ko
te nuinga o tātou kua maumauria noa iho tēnei taonga ki te
.kore noa iho

E hiahia ana te Atua kia noho tātou i roto i te haumaruru,
te rangimārie, me te mahi tahi, e tika ana mō ngā mema o
tētahi whānau rangatira, aroha hoki, engari kua pihi ake, kua
whai pakiaka hoki te apo me ngā whakaaro whaiaro i roto i
.ngā wairua o te tangata, ā, kua wehewehea te whānau
E hiahia ana te Atua kia noho tātou hei rangatira, engari
kua whiriwhiria e tātou te noho hei pononga. Kua matara atu
te tangata i tōna kāinga i te rangi, kua ngaro te pararaiha o

roto, arā, te tata ki te Atua, me te Atua e tata ana ki a tātou,
ā, e kore e taea e ia te whakahoki mai i taua pararaiha me te
kore he mahi whaiaro. I hangaia tātou e te Atua i roto i tōna
āhua, engari kua ngaro atu tēnei pono i roto i ō tātou
.hinengaro

Kua tukua tātou ki te whakaaro pohehe ko tō tātou
mutunga he uaua, ā, ko tō tātou mutunga he
whakangaromanga, ā, me haehae e tātou te arai o te
whakaaro pohehe ki te maripi o te whakaaro nui kia kite ai i
.te pono kanapa i muri i te arai

Kua manaakitia ahau e te Atua i roto i ēnei tau roa o
tōku ao. Ahakoa e kite ana te tangata i te ataata o te ngākau
māhaki i tōku mata, kei ahau tonu te hari atua, ā, e kore e
wehe atu i ahau. E rere tonu ana te awa nui o te harikoa i
raro i te onepū o tōku hinengaro, ā, e pupū ake ana hei puna
.manaaki e whakamakuku ana i ngā māra o tōku ao

E kore e taea e ngā huringa ohorere o te ao te
whakararuraru i tōku rangimārie, e kore hoki e taea e te
.wairua o te mate te tango i te hari wairua e pā ana ki ahau
He uaua ki te hanga i taua āhua kia pumau, kia kore e
taea te whakarerekē, engari ko ngā hua o te wairua e
pārekareka nei ahau ki a ia, e tohaina ana hoki ki ētahi atu,
he mea tika te whakapau kaha katoa i whakapaua e au ki
.roto

Ko te wairua atua taku e whakaaro ana, e mahi ana
hoki. Kāore te moni i te whāinga i roto i te ao, engari ko te
mahī ki ōku teina me ōku tuākana i roto i te tangata. Nō
reira, kua whakatuwherahia e te Atua ngā tatau maha o te
pai kia taea ai e au te tautoko i ahau anō me te whakatutuki
i taku misioni. Ā, i ngā wā katoa e hiahia ana ahau ki te
.āwhina, ka homai tonu mai e te Atua

Ko tāku anake hiahia he mahi māu, koia ahau i konei ai
Kei te mahi te mana o te Atua i roto i ō koutou oranga.

Ka wheakohia e koutou tēnei pono ina whakakahangia tō
koutou whakapono, ā, ka mōhio koutou kāore te taonga

pono e ahu mai i te angitu ā-ipurangi engari nō te Atua Kaha
.Rawa

Ko ia wā e noho tahi ana koe me te Atua, hei painga
mōu, ā, ko ngā mea katoa e tutuki ana i a koe i runga i te
aroa, hei whakamanawareka i te Atua, ka tuhia ki roto i te
.pukapuka o te ao mutunga kore
Hoki atu ki te mokemoke o ō whakaaro hohonu, kia pai
.ai te rangimārie e rere mai ana i te puna o te wahangu
Ki te rui tātou i ngā mahi pai, ka kokoti tātou i te hari me
ngā manaakitanga; ā, ki te rui tātou i ngā mahi kino, ka
.kokoti tātou i ngā momo raruraru me ngā taumata rerekē
He rite ngā mahi pai katoa ki te toki e kerī ai tātou ki te
.oneone o te hinengaro kia hurahia ai te puna o te hari atua
Akohia te ruku ki te moana o te whakaaroaro me te
tūhuratanga, ahakoa e pā ana ki ngā pukapuka pai, ki ngā
whakapono, ki ngā raruraru, ki te rapunga whakaaro, ki te
harikoa o roto rānei, me te mōhio ko te noho mokemoke noa
.te utu mō te harikoa pono

Ahakoa te āhua o te ao kāore e taea te matapae, te
hurihuri, me te ngaro, ki tonu i ngā feaa me ngā momo
raruraru me ngā āwangawanga katoa, kei raro tonu tātou i
te tiakitanga tonu a te Atua. Kaua e whakanui rawa i ngā
mea, kaua hoki e ngaro tō tātou marino i mua i ngā
huihuinga, nā te mea ki te tukua e tātou te matakū kia
taupokina tātou, ka hoatu e tātou te mana ki te kino, ka
hohonu ake ōna pakiaka, e tupu ana, e tupu ana i roto i te
.oneone o te wehi me te manukanuka

Pātai atu ki a koe anō i ia pō: E hia te wā kua noho tahi
koe me te Atua, e hia te nui o ō whakaaro, e hia te nui o ō
whakatutukitanga, e hia te nui o ō mahi mā ētahi atu, ā, e
?hia te nui o tō whakahaere i ō hiahia

Kaua tātou e tumanako ki te kitea te harikoa me te
rangimārie pumau i roto i ngā whakamātautau o te ao;
engari, me rapu, me hura hoki i roto i a tātou anō. Nō reira,
ahakoa he aha ngā wheako e pā ana ki a tātou, ka rite tā

tātou whakahaere i aua wheako ki tā tātou mātakitaki i ngā
wheako o tētahi atu i roto i te kiriata, ahakoa he pai, he
.mamae rānei

Ka taea e te tangata te huri i ō rātou wheako katoa hei
whakamātautau mamae, hei whakamātautau pōuri mena ka
tukua e rātou tōna hinengaro kia pērā. Ahakoa he pai te
hauora o te tangata, kāore e mārāma ki tōna uara. Engari ki
te pāngia rātou e te mate, ka whakaiti rātou i a rātou anō, ka
maioha ki te manaakitanga o te oranga. Me mihi tātou ki te
atawhai o te Atua, me whakawhetai ki a la mō ngā
manaakitanga e homai ana e la ki a tātou, me te kore e
tatari kia puta he āhuatanga kino hei mea kia whakawhetai
.tātou, kia mōhio ai ki Tōna aroha noa

Me whakakotahi te ao i te whakaaroaro me te mahi. Ina
ngaro te taurite hinengaro o te tangata, ka ngoikore ia ki te
whakaekenga mai o ngā manukanuka, ngā kapua o te pouri,
me ngā mamae. Ā, ki te ngana ia ki te takahi i ngā ture o te
hauora, te whai rawa, me te whakaaro nui, ka tino pāngia ia
.e te mate, te rawakore, me te kuware

Me pupuri e tātou ō tātou whakaaro kia ma, kia ma ō
tātou hihiri, kia mahi hoki i roto i te huarahi e homai ai te
rangimārie o te hinengaro ki a tātou, kaua hoki e tukua ngā
āhuatanga o te ao kia whakararuraru i tō tātou rangimārie,
.kia whakangaro hoki i tō tātou harikoa

Ahakoa te tawhiti, e kukume mai ana ngā ngākau pouri
me ngā whakaaro maru i ahau
Whakawhanuihia ngā rohe o tō rangatiratanga kanapa o
te aroha kia uru māriri ai tō whānau, ō hoa noho, tō hāpori,
tō whenua, me ngā whenua me ngā mea ora katoa e mōhio
.ana

Me whakapakari anō hoki tātou i tō tātou hinengaro, me
te whakakore i te taumahatanga o te ngoikore o te
hinengaro me te matatika i tukua iho i ngā tau me ngā

whakatipuranga. Me tahuna ēnei poke ki roto i ngā ahi o te
whakatau hou me te mahi whai hua. Mā tēnei huarahi
hanga, ka taea e te tangata pono te tae atu ki ngā pae
.tawhiti o te herekoretanga me te rangatiratanga

Whakahohehia te mana mutunga kore i roto i a koe kia
taea ai e koe te whakaari i tō tūranga rangatira i runga i te
atamira o te ao

Ina tīmata te tangata ki te karakia ki ngā taonga, ki te
moni, ki te rongonui, ki tētahi atu mea rānei i tua atu i te
Atua, ka pā te pouri ki a rātou. Ko te hunga e aro katoa ana
ki ēnei mea, kei te karakia tonu rātou ki a rātou, nō reira,
kāore rātou e whakatata atu ki te Atua, engari e mawhiti atu
ana i a Ia. Engari ko te hunga e whakaaroaro ana ki te Atua,
e whakaaroaro ana ki a Ia, e kōrero ana ki a Ia i roto i ō rātou
ngākau, e whakatata atu ana ki a Ia, ā, e wheako ana i te
.hari o roto i roto i tā rātou kōrero puku ki a Ia

Ko te Atua anake te kaha ki te whakatutuki i ngā
moemoeā me ngā tumanakohanga a te tangata mō te
harikoa pumau. Nō reira, kua tetahi mea e whakaaetia kia
.tangohia te tūranga o te Atua i roto i te ngākau

He tohu tapu kei reira hei āwhina i te tangata e rapu ana
kia maumahara ki te Atua, kia whakatata atu hoki ki a Ia.
Heoi, ki te tīmata te tangata ki te karakia ki ēnei tohu, ka nui
ake te kino i ō rātou painga. Me tuku te karakia ki te Atua
anake, nā te mea kāore he mea kē atu e tika ana kia
.karakiatia

Ahako te āhua o te karakia ritenga, e manakohia ana e
te Atua, mena ka mahia e te kaikarakia me te māramatanga
wairua me te hiahia ki a Ia. Heoi, he tokomaha te hunga
kāore e mārama ki te mauri o te karakia, ā, kua tauri ke ō
rātou whakaaro me ō rātou ngākau i te Atua ki ngā ritenga,
.nō reira kāore e nui te painga o tā rātou karakia

Kāore ngā kaikarakia pono e tuku i ō rātou hinengaro kia
herea ki tētahi whakapakoko, ki tētahi āhua rānei, engari ka

arotahi rātou me te aroha hohonu me te aro nui ki te wairua
.atua kei muri i ngā whakapakoko me ngā āhua katoa
He Atua mutunga kore, he Atua mutunga kore, ā, kāore
he whakaahua, he whakapakoko rānei e taea te pupuri i a ia
Ka taea te kī, e whakaatu ana te Atua i a ia anō i roto i
te hunga katoa e aroha pono ana ki a ia, e noho tahi ana
hoki me ia, nā te mea kei ngā wāhi katoa ia, nō reira kei roto
i te katoa. Heoi, kāore i te katoa te kaha ki te whakaatu i te
aroaro atua. E whiti ōrite ana te rā ki te waro me te taimana,
engari ka whiwhi te taimana i te hihi o te rā, ka whakaata
.hoki, engari kāore e taea e te waro

Waihoki, ka rumakina ngā tāngata katoa ki te
māramatanga o te Atua, engari he tokoiti noa iho e āhei ana
ki te whiwhi i taua māramatanga me te whakaata i roto i ō
rātou whakaaro me ā rātou mahi. Hei whakatutuki i tēnā, me
pure rātou i a rātou anō mā te whakaaroaro me te whai i ngā
.whakaakoranga me ngā ture a te Atua

Ina whakahuatia e tātou te ingoa o te Atua, me tino
mōhio tātou ki tā tātou e kōrero nei. Mēnā ka taea e koe te
kite i ngā whakaaro o te tangata i a rātou e inoi ana, ka kitea
e koe ko te nuinga kei te whakaaro ki ngā mea katoa engari
ko te Atua anake, ahakoa kei te whakahuatia e rātou tōna
.ingoa! Kāore he hua o taua inoi, kāore hoki he tikanga
Ina inoi tātou, me whakapau kaha tātou ki te arotahi i ō
tātou hinengaro katoa ki te Atua, kaua e whakahua noa i
tōna ingoa tapu me te tuku i ō tātou whakaaro kia
kopikopiko noa. I whakahuahia e tētahi o ōku whaea kēkē
āna inoi ki runga i ngā poroporo inoi, he onge noa iho te
korenga e taea te tango atu i tōna ringa. Engari i tētahi rā ka
whaki mai ia ki ahau ahakoa te mahi i tēnei tikanga inoi mō
ngā tau e whā tekau, kāore te Atua i whakautu i āna inoi.
Kāore he mea miharo! Ko āna "inoi" he tikanga manukanuka
.noa iho

Ina inoi tātou, kaua e whakaaro ki tētahi mea engari ko
te Atua anake. Me whai tātou kia pono tā tātou karakia, kia

whakatapua hoki ki ā tātou inoi. He mea tino manakohia te
whakamahi i ngā poroporo inoi me te karanga tonu i te ingoa
o te Atua ina ahu mai te mahi i te ngākau, ā, e tautokona
ana e te pono me te hinengaro arotahi. Heoi, ka taea e tēnei
.mahi te noho aunoa i roto i te wā

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou
ngākau, me te hiahia nui me te aroha atua; he karakia pono
tēnei e pā ana ki te ngākau o te Atua. Ko te whakahua i te
ingoa o te Atua me te makariri me te hinengaro kopikopiko
he kohukohu me te kore whakaute. Ina inoi te tangata, me
.whakakī te ngākau me te hinengaro i te aroha o te Atua

E te Ariki, ko koe te Whetu Tapu o te Raki e ārahi nei i
aku whakaaro i roto i te moana pōrearea o ngā
.whakamātautau me ngā raruraru

Mā te whakamahi i ngā mahi yoga teitei ake ka āwhina i
te whakatata atu ki te Atua, te puna nui o te kororia me te
ataahua, pērā i te āwhina ki te whakaaro ki te Atua me te
.kōrero ki a ia

He mea nui kia whakatapua he rā kotahi i te wiki ki te
okiokinga wairua (ki te taea) hei whakaaroaro ki te Atua, hei
wheako hoki i te marino, te rangimārie, me te rangimārie o
roto. Ko te wā e pau ana i tēnei ara hei rongoā whakamarie
mō ngā raruraru me ngā manukanuka e pā ana ki a koe i te
.toenga o te wiki

Me noho motuhake te katoa i te rā kotahi i ia wiki, i te
"wātea wairua" rānei, hei whakaaro i ō rātou patunga me
ngā mamae o te ngākau. Ina tae mai taua rā ki te
rangimārie, ki te harikoa, ki te ngākau māhaki, ka tatari koe
.ki a ia i ia wiki, i ia wiki

Ko te mokemoke te utu mō te hiranga. Ka miharo koe ki
ngā hua whakamiharo ka tutuki mō tō hinengaro, tō tinana,
me tō wairua mā tēnei okiokinga wairua me te hononga ki tō
wairua me te Atua. Ki te hiahia koe ki te harikoa pono, me
rumaki koe i a koe ki te moana o te rangimārie atua i te
.atatu i te oho ake, ā, i mua hoki i te moe i te pō

E kī ana ngā tohunga o Īnia, kaua e kotahi noa te rā
mokemoke, engari me whakanui i te hiahia mō te
whakaaroaro mārie i ngā wā e whā i ia rā. I te ata, i mua i te
ara ake me te kite i tētahi atu, me pārekareka te tangata ki
te marino me te rangimārie. I te poutumarotanga, me
whakamarie te hinengaro i mua i te tina, ā, me pārekareka
anō ki tētahi wā rangimārie i mua i te tina. Hei
whakamutunga, i mua i te moe i te pō, me hoki anō te
.tangata ki te rangimārie

Ko te hunga e āta pupuri ana i te wā noho puku i te wā
mokemoke, ā, puta noa i ēnei wā e whā o te rā, ka tino
pāngia rātou e te rangimarie me te Atua. Ko te hunga kāore
e taea te pupuri i ēnei wā katoa, me whakatapua te iti rawa
o ngā hāora o te ata me te ahiahi ki tēnei. Mā te mahi pera,
ka hurihia ō rātou oranga kia pai ake, ā, ka pāngia rātou e te
.harikoa pono; ko te wheako te tohu pai rawa atu
Ki te tuhituhi tonu koe, ki te haina hoki i ngā haki, me te
kore e whakatakoto moni hei utu mō tō pūkete putea, ka pau
tō moni. Pērā anō hoki mō tō oranga. Ki te kore he penapena
rangimārie i roto i tō pūkete oranga, ka pau tō kaha, ka
ngaro tō marino, ā, ka memeha haere tō harikoa. I te poto,
ka pāngia koe e te pirau o te hinengaro, te tinana, me te
wairua. Engari mā te whakaaroaro hohonu ki te Atua i ia rā
.ka whakakī anō i tō pūkete kare ā-roto

Ka whakaaroaro te tangata rapu pono i ia rā, ka kōrero
ki te Atua me te aroha me te hiahia nui i roto i tōna ngākau,
me te inoi ki a ia kia whakakitea mai ia. Ki te mea he tangata
aroha koe ki te Atua, ā, e hiahia ana koe ki te wheako i Tōna
aroaro, me rumakina tō hinengaro me tō tinana ki roto i
Tōna rangimārie, ā, ka menemene te ora ki a koe, ā, ka pai
.ake ō mahi i ngā huarahi maha

Kāore te tangata marino e hē, ā, ka angitu ia i te wā e
.hinga ai ngā mano tini o ētahi atu
Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki
.a ia, ka pouri, ka pōuri. Ka riri rātou, ka huri hei mīhini hīkoi

Ka ara ake te rā o te whakaaro nui me te rangimārie i te
rangi o te marino, ā, ka horoi i a koe i roto i ōna hihi
whakaora, mena ka whakapau kaha koe ki te wairua, ka
.waiho te Atua hei tūranga tuatahi i roto i tō ngākau
Kotahi te marama e tiaho ana, he marama ake i ngā
whetū katoa. Ko te rā, he iti nei te āhua, ka pei i te pōuri i
tētahi wāhi miriona ngā wā nui atu i a ia anō. Waihoki, ko te
tangata pai, mā te noho noa i te ao, ka tukuna e ia ngā wiri e
ārai ana, e whakakore ana hoki i te maha o ngā wiri e tukuna
.ana e te hunga kino

Me waiho hoki he rā whakaaroaro hei rā okiokinga
hinengaro, tinana hoki, me te whakatipu i te rangimārie o
roto. Ko ngā mahi katoa e puta ai te whakaaro nui me te
.rangimārie, he mahi manaakitanga i taua rā
Mō te whakahonore i ngā mātua, kua tūtohu ngā
pukapuka tapu kia atawhai i a rātou: "Whakahonoretia tō
"pāpā me tō whaea" me "Kia atawhai ki ngā mātua
Me whakahonore ngā mātua tangata hei māngai mō te
Atua, nāna nei i homai ki a rātou te taonga o te hanga i te
tangata. Ko te whaea te whakaaturanga o te aroha parakore
o te Atua, nā te mea ka murua e te whaea aroha ngā hara i
te wā kāore he tangata kē atu e muru. Ko te matua te
whakaaturanga o te whakaaro nui o te Atua, me te kaitiaki o
.āna tamariki

Kaua te tangata e aroha ki tōna matua tāne me tōna
whaea i tua atu i te Atua, engari hei whakaaturanga i Tōna
aroha tiaki me te aroha whakaaro nui. Ka noho te wairua
atua nui hei matua, hei whaea hoki hei āwhina i te tamaiti;
.nō reira, me whakahonoretia tēnei e ngā mātua

E tohutohu ana hoki ngā karaipiture kia kaua e patu
tangata hei patu noa iho, nā te mea ka noho ko ia hei
kaikōhuru. Kaua te tangata e tango i te ora o tētahi atu i roto
i te wā e nui ana te kare ā-roto. Heoi, ki te whakawehihia
ngā whanaunga, me whawhai te tangata ki te tiaki i te

hunga kua tukua mai e te Atua ki a rātou, he mahi tapu hoki
.te tiaki i tōna whānau me tōna whenua

Mō te aukati i te puremu, ko te kaupapa tino pai o te
hononga ā-ira tangata ko te whānautanga o ngā tamariki i
hangaia kia rite ki te ahua o te Atua, me te whakaatu i te
aroha parakore e kitea ana e ngā hoa rangatira e kite ana i
te Atua i roto i a rātou anō. Ko te hunga e noho ana i runga i
te taumata tinana anake, me te kore e aro ki te aroha pono,
ki te kaupapa teitei ake rānei i hangaia ai te hiahia ā-ira
tangata, ka puremu rātou e ai ki tēnei ture. I tēnei wā, kāore
rātou i te rerekē i ngā kararehe e makona ana i ō rātou
.hiahia ā-ira tangata, kātahi ka haere tonu

Nā te Atua tēnei hihiri auaha i roto i ngā tāne me ngā
wāhine kia whānau ai, kia whakapuaki ai hoki i te aroha pono
i roto i te marena, ā, kua e whakamahia hētia, engari kia
.hurihia hei mahi tapu, hei mātauranga tapu hoki
Ki te taea e koe te whakahaere me te tohatoha i te
mana moepuku i roto i tō tinana, ka taea e koe te
whakawhanake i ngā pūkenga hinengaro nui mō te tuhituhi,
te tuhi, te whakaatu rānei i ngā taranata huna i roto i te tini
.o ngā huarahi

Ā, ina taea e koe te whakahaere me te whakarerekē
wairua i te mahi auaha, ka wheako koe i te rangimārie nui,
.te aroha nui, me te hari wairua e piki haere ana
Ko ngā hunga tapu me ngā kaiārahi wairua kua
whakarerekē i ā rātou mahi moepuku, he hunga nunui e
kaha ana ki te mahi i ngā mahi whakamiharo me ngā mahi
whakamiharo i te ao, i roto hoki i te rapunga ngaro mō te
.pono

Nō reira, ko te whakamahinga nui rawa atu o te hiahia
moepuku ko te whakanui ake i tōna mana, arā, te
whakawhiti i tōna kaha ki tētahi kaupapa teitei ake hei
whakaatu i te whakaaro nui, i ngā kaupapa teitei, me ngā
mātāpono wairua. Kua te tangata e whiwhi i te ahua reka
mai i ngā whakaaro moepuku, kua hoki e hiahia ki ngā mea

kua rāhuitia. Ina tutuki tēnei momo whakahaere whaiaro, ka
whai tirohanga pai te tangata mō te moepuku me tōna
.kaupapa teitei ake

Ko te noho hei pononga mā ngā take moepuku ko te
ngaronga o te hauora, te mana whakahaere i a ia anō, me te
rangimārie hinengaro, ā, i roto i ngā kupu poto, ko ngā
.āhuatanga katoa o te harikoa e hiahiatia ana e te tangata
Kei te akiaki hoki ngā pukapuka tapu i a tātou kia kaua e
tahae. Mēnā ka tahae tetahi rōpū mano tāngata i tetahi, ka
999 ngā hoariri o ia tangata. Nō reira, kaua e takahi i ngā
tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te
rangimārie, i te aroha, i te mana, i tētahi o ā rātou taonga ā-
tinana, ā-wairua rānei. Mēnā kāore koe e hiahia ki te tango i
ngā mea ehara i a koe, ka tae mai ki a koe ngā mea e
hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te
hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me
hutia ake ngā purapura o ngā hiahia kino i te hinengaro. Ko
te atawhai wairua te huarahi. Kātahi ka kukume mai te
tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e
rātou me ngā puna kāore e mōhiotia ana e rātou. He ture
tapu tēnei e kore e taea te hē. Mō ngā tahae me ngā tāngata
hiahia-ā-iwi, ka pau ō rātou oranga ki te whai i ngā taonga ā-
tinana, me te titiro tonu ki ngā mea a ētahi atu, ahakoa kei
.te puea ake ā rātou ake putea i te koura

Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga,
e kore e taea e te ao te mōhio ki te harikoa

Ka puta te harikoa mā te mahi tahi wairua anake. Ka
puta mai ina rongohia te tangata i ngā hiahia o ētahi atu me te
mea nōna ake, ā, ka mahi mā ētahi atu i a rātou e mahi ana
.mā rātou anō

Ko tētahi atu ture nui ko te karo i te whakaatu teka. Ko
te whara i tētahi mā te whakapohehe i te pono tētahi atu
huarahi hei whakararu i te rangimarie o te hāpori. Ki te
hiahia te tangata kia atawhaitia ia, me atawhai ia i ētahi atu.

Me kōrero tonu te pono, engari me wehewehe te kōrero i te pono me te kōrero noa i ngā meka. He mamae, he kino hoki te kī he kopa, he matapo rānei tētahi; me whai whakaaro ki ngā kare ā-roto o ētahi atu, ā, me karo i te whakama i a rātou. Waihoki, he hē anō hoki te whakaatu i tētahi pono e tinihanga ai i tētahi kāore he kaupapa rangatira. I tētahi atu taha, kaua te tangata e teka hei karo i te kōrero i te pono; engari, ka taea e te tangata te noho puku i ētahi wā hei karo .i te whakama, i te whara rānei i ētahi atu

Me tūpato te tangata i te hae, he mate whakangaro e ngau ana i te rangimārie o te wairua. Ka nui ake te hiahia o te tangata ki ngā mea a ētahi atu, ka nui ake te pouri me te pōuri. Ka noho te tangata hae i roto i te ao raruraru, kāore e mōhio ki te reka o te rangimārie. He pai ake mā rātou te whakaute i a rātou anō, te whakawhirinaki ki a rātou anō, me .te rapu i te taonga wairua o roto

He nui atu te mana me te uara ā-roto o te tangata i ngā mea katoa e hiahiatia ana e rātou, e hiahia ana rānei kia riro i a rātou. E kitea ana te Atua i roto i ngā tāngata katoa, i tētahi ara kāore e kitea i roto i tētahi atu tangata. Kāore ō rātou mata i rite ki ō tētahi atu, ā, kāore ō rātou wairua i rite ki ō tētahi atu, nā te mea kei roto i a rātou te taonga nui rawa atu o ngā mea hanga katoa—ā, ko te Atua taua taonga .nui rawa atu

E hiahia ana mātou kia tiaho, kia puāwai ō mātou ao i ngā mahi pai, kia kakara hoki i te hari me te harikoa, kia ora tonu ai i roto i te maharatanga o te hunga e maioha ana ki a .mātou

Ina he whakapono tika tā te tangata, ā, ka mahi i runga i tēnā, ka nui atu tōna harikoa i te hunga kāore i te whakapono, ā, kāore e mahi i ā rātou mahi i roto i te .pakanga o te ao

Kei te noho tonu te whakapono tika me te mahi tika (e tautokona ana e ngā kaupapa rangatira me ngā whakaaro

pai) i ngā wāhi katoa e noho ana te harikoa, ā, ka ngaro i ngā wāhi katoa e ngaro ana te harikoa. Mai i tēnei, ka taea e tātou te whakatau ko ēnei ngā āhuatanga matua e rua mō te harikoa, e kore e taea te whakatutuki me te kore ēnei āhuatanga. Ko te hunga e hiahia ana ki te harikoa, me whiwhi noa i ēnei āhuatanga matua e rua, arā, ko ōna .tūāpapa me ōna pou

Kāore e taea e te tangata te whakahaere, te whakarerekē, te muku rānei i ngā wāhanga mutunga kore o te ao tūroa i runga i tōna hiahia. He mea whatu pai ēnei wāhanga ki te hanganga o te oranga tangata, ā, kāore e taea e te tangata te mahi motuhake mai i a rātou. Heoi, ka taea e te tangata te whakahaere i ō rātou hinengaro kia .urutau ki ēnei wāhanga, kia kore ai e whara i a rātou I harikoa ake ō tātou tūpuna i a tātou, ehara i te mea nā te nui ake o ā rātou taonga me ā rātou ahua eka o te ao i a tātou o nāianei, ehara rānei nā te mea kāore i tino pāngia e ngā raruraru o te ao, engari nā te mea i a rātou te taurite hinengaro i homai ai ki a rātou te whakamarie, te .rangimārie, te ngākau māhaki, me te harikoa poto

Kāore rātou i whakawhirinaki ki ngā āhuatanga o waho mō tō rātou harikoa, kāore hoki i hinga ki ngā āhuatanga o waho ka tango i a rātou. He mea maori, he mea noa, he hauora, he mea pumau hoki ō rātou kare ā-roto o te whakamarie, o te rangimārie, o te harikoa, me te ngākau māhaki. Me whakatipu hoki tātou i ēnei kare ā-roto mēnā e hiahia ana tātou ki te whiwhi i te harikoa. Ā, ko wai o tātou ?kāore

Ko te aituā he hua o te whakamahinga o mua o te hiahia noa, o te herekore rānei ki te whiriwhiri. Nā roto i ā tātou mahi o mua o te hiahia noa, kua kawea mai e tātou, ā, kei te haere tonu mai te aituā me te aituā ki a tātou anō. Heoi,

kāore tātou e herea e te aituā, kāore hoki tātou e herea
tonutia e ngā hua o ā tātou mahi. Ka taea e tātou te
whakakore i tā tātou i rui ai, te muku i tā tātou i tuhi ai mēnā
e hiahia ana tātou, ā, e whai ana tātou ki te whakatika i tā
tātou huarahi me te whakapai ake i te kounga o tā tātou
.kotinga

Ki te whakakorea e tātou ngā purapura o ngā mahi e
hua kino ana, ā, ki te whakatō ki ō rātou wāhi he purapura e
tika ana mō te āhua o te wairua, ka tino kokoti tātou i ngā
hua o te harikoa mai i aua purapura pai i ruia ki te oneone o
te wairua. Me whakamahi tātou i te hiahia noa ināianei,
ināianei, kua āpōpō, ki te hiahia tātou kia nui ake te
.harikoa, kia whakaiti rānei i te mamae me te mamae
Nō reira, kei roto i te tangata ngā āhuatanga mō te
harikoa, ā, ko tāna anake he aro nui ki taua whārite kāore e
hē, ā, ka pai ngā hua ki a ia mēnā ka aromatawai pai ia, ka
.aro atu hoki ki tēnā

E te Ariki, kia kī tōku wairua i tōu ora, tōku ngākau i tōu
aroaro whakamarie me tōu aroha, tōku hinengaro i tōu
.whakaaro nui, ā, kia kī tōku wairua i tōu māramatanga atua
I roto i te oneone o ō koutou ngākau, ka tupu ngā
purapura o te aroha. Whakamakukuhia aua purapura ki ngā
.wai o te aroha whānui me te atawhai whānui

Kāore he mutunga o te mana o te hinengaro, nō reira, ki
te whakaaroaro hōhonu koe mō tētahi kaupapa, ka whiwhi
.koe i te whakautu ki tētahi pātai e pā ana ki taua kaupapa
Ki te whakatapua e te tangata āna mahi katoa ki te
mahi ki te tangata, ā, ka tutuki i a ia aua mahi me te ngākau
māhaki, he tika rawa kia whakaarohia, kia whakawhetaihia
.hoki ia

Kua tātou e noho taha kotahi. Engari, me whakataurite
ā tātou mahi, me whakarite hoki i ngā mahi me ngā
.kawenga kia rite ki te hiranga o ia mahi, o ia mahi
Ko te kawenga te mahi e mahia ana e te tangata me te
harikoa, ehara i te mea hei whiwhi taonga, ā, ko te kawenga

wairua me te kawenga matatika me noho tuatahi i roto i te
.ao

He pūmanawa tō ia tangata, kāore anō kia whakamahia.

Kei a rātou ngā kaha katoa e tika ana. Ko te hinengaro tonu
te mana nui, ā, me wetekina i ngā tikanga me ngā ariā
.tawhito, whakawhāiti hoki

Ko te awe o ngā aorangi me ngā whetū ki te oranga o te
tangata, nā ngā kaha kukume me te pana i waenganui i ngā
.aorangi me ngā tinana tangata

Mā ngā whakaaro kino ka ārahi te tangata ki tētahi taiao

kino, ka taea e rātou te whakapuaki i a rātou anō i runga i ō
rātou hiahia. Heoi anō, ka taea e te tangata te whakarerekē i
ō rātou whakaaro me ō rātou hinengaro mā te kaha o te
ngākau, ā, nō reira, ko tō rātou taiao. Ki te noho tonu te
tangata i roto i tētahi taiao kino mō te wā roa, ka tīmata taua
taiao ki te awe i a rātou i roto i te hinengaro kore. I roto i te
wā, ka ngaro katoa tō rātou herekore ki te whiriwhiri i tētahi
taiao hauora, ā, ka noho hei takawaenga mō ngā awe kino o
taua taiao kino. Ko te hunga he kaha te ngākau, i tētahi atu
.taha, kei te noho tahi rātou me te Atua

Pūngao hinengaro kua arotahi

Ina arotahi koe i te hihi o te rā mā roto i te karāhe
whakanui ki tētahi pito iti, ka puta he wera, ā, ka taea e taua
wera te mura i te rakau, i te papanga, i te pepa, me te maha
atu. Waihoki, ina arotahi tika koe i tō hinengaro, ka taea e
tōna kaha kua kukū te tahu i ngā pakiaka o te ruarua i muri i
ia hapa, ā, ka taea te whiti mārama o te māramatanga o te
.whakaaro nui

Ina hono te hinengaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana tapu katoa, ka mōhio ia ki
te aroaro o te Atua, ā, kei a ia ngā āhuatanga katoa o te
angitu. He hononga tata ēnei āhuatanga ki te mana nui o te

Atua, e āhei ana ki te waihanga i ngā whai wāhitanga hou
.mō te angitu i roto i ngā mara katoa
Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu
mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka
hua mai he hua e whakaata ana i ngā āhuatanga o aua
.whakaaro me aua mahi
Kāore ngā whakamātautau me ngā raruraru e tae mai
hei wawahi i te tangata, hei whakararuraru rānei i tōna
hiahia, engari hei mea kia mārama rātou ki te nui o te Atua,
kia whakaute hoki i Ana ture, e taea ai e rātou te
whakatutuki i te harikoa pono. Kāore te Atua e tuku mai i
ēnei whakamātautau nanakia nā te mea he mahi nā te
tangata. Ko te mea anake e hiahiatia ana e te tangata ko te
whakaara ake i tōna hinengaro i tōna moe mangere, me te
puta mai i te pōuri o te kuware ki te māramatanga o te
.mātauranga
I te nuinga o te wā, ka oati mai ō tātou kare ā-roto ki a
tātou mō ngā ahua eka poto noa iho, engari i te mutunga ka
puta mai he mamae me te mamae roa. Heoi, he iti noa iho
ngā oati mō te pai me te harikoa pono, engari i te mutunga
ka homai he harikoa parakore, he harikoa pumau. Koia ahau
i whakaaro ai ko te harikoa o roto, he harikoa pumau, ā, ko
.ngā ahua eka ā-tinana rangitahi he ngahau noa iho

Ina titiro koe ki te rā mai i ngā miriona maero te tawhiti i
te wāhi, ka āhua iti ake taua whetu nui i tō tātou Whenua
Heoi, ko te whānui o te Ao he tata ki te 7,900 maero, ko
te whānui o te Rā he rau ngā wā nui atu i tō te Ao. Mēnā ka
taea e koe te whakanoho i tō tātou aorangi, a Papatūānuku,
.ki mua tonu i te Rā, ka puta he rite ki tētahi ira iti ki te Rā

Me kī tātou kei te whānui haere te papa rā nui, ā, ka
horomia katoatia te rangi kikorangi e tōna papatipu nui. Ko
te rangi e kitea ana e tātou he wāhanga iti noa iho, he iti noa
.iho, o te wāhi e horapa ana i te ao mutunga kore
Ahakoa ka toro tonu te rā ki te wāhi mo ake tonu atu, e
.kore tonu e taea e ia te hipoki i te mutunga kore
Ko te mānukanuka o te iti me te mutunga kore e
whakawhāiti ana, e aukati ana hoki i te hinengaro kia kite i
.taua whānui o te ao

?Nō hea tēnei takoto kau kore, ā, kei hea ōna rohe
Ko ia kāore i raro i ngā rahinga, i ngā inenga rānei,
kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho
ana i ngā wāhi katoa, ā, e noho ana i ngā pito tawhiti rawa o
te ao. Kei roto ia i ngā whetū tawhiti, tawhiti rawa. Pērā i
tōna noho i roto i a koe, i roto hoki i ahau, e mōhio ana ia ki
.ngā wāhi katoa e nohoia ana e ia, ahakoa te iti, te rahi rānei

Kāore te nuinga o te tangata e mōhio ki ngā mea o mua,
engari ko ētahi tāngata whai mātauranga kua whiriwhiria.
Heoi, he painga anō hoki tō tātou kore mōhio ki ngā mea o
mua. Mehemea hoki i mōhio tātou ki ngā mea katoa i mahia
e tātou i tēnei ao me ngā oranga o mua, kua taupokina tātou
e te nui o ā tātou mahi, ā, kua tino pōhēhē tātou. Tērā pea
ka pararutiki tō tātou hiahia i te ohorere, ka kore ai e taea e
tātou te haere tonu i ā tātou mahi, ka waiho hoki tātou hei
taonga mō te ngakaukore. Ahakoa i tēnei ao, he
manaakitanga nā te Atua te warewaretanga, e ārai ana i ō
tātou whakaaro me ō tātou kare ā-roto kei pau i ngā
maharatanga o mua, inā koa ko ngā mea kawa me ngā mea
mamae. He waimarie, kei te tiaho tonu te mura o te atua i
roto i a tātou me te tumanako me te hiahia ki te haere tonu i
te haerenga mutunga kore o te ao. Me whakawhetai tātou ki

te Atua mō ēnei manaakitanga e rua: te kaha ki te wareware
.i ngā mea o mua me te tumanako mō te heke mai

Kaua tātou e whakatau ko te aituā te take e ārai ana i te
hiahia. Heoi, me whakapau kaha tātou ki te ārai i ngā awe
kino e kīia ana e te nuinga o te tangata ko te aituā me te
aituā, me te whakamahi i tō tātou herekoretanga ki te
whiriwhiri i runga i ō tātou whakapono ā-roto, mena kei
runga ēnei whakapono i te whakapono pakari, ā, kei runga
hoki i ngā ture atua, ki te kore ēnei e kore e taea e te
.tangata te reka i te harikoa pono

Ina tīmata tātou i tētahi mahi, kauatātou e matakū i
ngā āhuatanga kino, engari kia tino hihiri, me te whakapono
pūmau kāore he mea e arai ana i te whakamahi i te hiahia
.me te whakamahi i te herekoretanga ki te whiriwhiri

He rite tonu te tangata ki te rau e mānu ana i runga i te
mata o te awa, me huti atu rātou i a rātou anō i te ia o ngā
whanonga aunoa e kawea ana i a rātou ki ngā rerenga wai o
te mānukanuka me te whakangaromanga. Ko te nuinga o te
tangata te āhua nei kāore e aro, ā, ka tukua kia kahakina e
.te ia

Ki te kore e tutuki i a tātou tā tātou whāinga, he mea
tika kia whakaae puku tātou he arai nā tātou anō i aukati i a
tātou ki te whakatutuki. Me tohe tonu tātou, me te whakanui
ake i ā tātou mahi kia tutuki ai te hua e hiahiatia ana. Me
whakamana hoki tātou i a tātou anō ahakoa te kaha me te
whakamataku o ngā arai me ngā wero, kei a tātou tonu te
kaha ki te wikitoria i aua arai. Ahakoa ka hinga tātou ahakoa
ā tātou ngana katoa, kāore he take mō te ngakaukore, te

pouri rānei, mena ka mārama tātou he kaha ake te hiahia o te tangata i te ao kua whakaritea, nā tātou anō i hanga. Nō reira, kaua e mutu te ngana, ahakoa te maha o ngā wā ka hinga tātou, nā te mea kei te tuwhera tonu ngā tatau. Me haere tonu tātou ki te ngana me te whakahoki i te ngana kia tae rā anō ki te wā e angitu ai tātou. Ka āwhina mai te Atua i a tātou mena ka whakawhirinaki tātou ki a la me te whakapau kaha e tika ana. [Ko ia e hiko ana i te ara ka tae ki te ūnga, ā, ko ia e whakawhirinaki ana ki te Atua, e kore e .pouri]

Ina hiahia nui, ā, ka tohe tonu te tangata ki tētahi mea, e kore rawa taua hiahia e ngaro i roto i tōna hinengaro, ahakoa te aha te āhua o āna mahi. Nā roto i tana mahi tonu, kore e ngenge, he nui te whakatau me te kaha o taua hiahia. He kaha ake, he whai hua ake hoki tēnei hāhā o roto i te inoi ā-ringa, e neke noa ana i ngā ngutu. Koinei te āhua o te mahi a te hunga e aroha ana ki te Atua. Ka hāhā tonu rātou i tō rātou aroha ki a la, kāore e rangona ā rātou hāhā o te ngākau puta noa i ā rātou mahi o ia rā. Kāore tēnei hāhā o te ngākau e whakararuraru i a rātou, e taupatupatu rānei ki ā rātou mahi kē atu. I te tipu haere o tō rātou hiahia ki te Atua, ka hohonu haere, ka kaha haere tō rātou aroha ki a la, kia tae rā anō ki te wā e kite ai rātou i Tōna aroaro, kia kite rā anō i Tōna māramatanga ki te kanohi o te wairua. Ka pāngia rātou e te harikoa nui, ā, ka rongu i te rangimārie e kore e .taea te whakaahua

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e tātou i te ao kia whai hua ai tātou i aua akoranga, kia whiwhi ai hoki i te māramatanga me te wheako. Ko te tangata e karo ana i aua akoranga ka akiakihia ia ki te ako i aua .akoranga ahakoa te roa o te wā

He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria te
whai wāhitanga, ka whakamahia kinotia me te amuamu, te
.riri, me te whakaaro kino

Ina he māramatanga pakari tā tātou, ā, he waiaro tika
.hoki ki te ao, ka ataahua, ka kore he raruraru

-

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i ngā
ngaru o te harikoa, te totohu i roto i ngā wai pōuri o te pouri,
te toremi rānei i roto i te hōhonutanga o te hoha. I roto i
tēnei ao e taupatupatu ana ngā takirua, ka pāngia te tangata
noa e ngā pikinga me ngā hekenga—e piki ana i runga i ngā
ngaru o te harikoa, e totohu ana ki roto i te hōhonutanga o
te kore aro, e whiua ana e ngā ngaru riri o te pouri—kāore i
.te maha ngā wā ka pāngia e tētahi atu āhua o te hinengaro

Ko te tuku i ngā āhuatanga kia ārahi i ngā whakaaro o te
tangata i tēnei ara, ko te tikanga he tuku i tōna hiahia ki
tētahi ao hurihuri, e huri haere tonu ana. Ko te mea e
hiahiatia ana e te tangata kia angitu ai, kia whai hua ai te
oranga, ko te taurite hinengaro, ā, ka taea anake tēnei mā te
whakaaro arotahi me te whakahaere i ngā kaha kare ā-roto o
.te tangata

Ahakoā ngā pouri hohonu rawa ka ora i te roanga o te
wā, nō reira kāore he take o te noho tonu ki te pouri i ia rā o
ō tātou oranga. Ko te pouri tonu mō te matenga o tētahi e
arohaina ana, kāore e āwhina i a rātou, i a tātou rānei, ā,
kāore e rerekē te aha. Waihoki, ko te whakatipu i te
whakaaro whakaiti, te whiu rānei i a koe anō mō ngā hapa
me ngā hinganga o mua he mea kino; ka whakapōuri noa i
.te ao, ka whakararu hoki i ngā kaha hinengaro

Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā pūkenga huna i roto i te oumu o te kore aro

Me whakakore te korenga i ōna pakiaka, ā, me parau
ngā mara o te ao me te ngākau nui me te whakapau kaha,
me te whakatō ki ngā purapura o te pai kia nui ai te kotinga,
.me te āwhina a te Atua
Mahia tētahi mea kāore anō kia mahia e tētahi atu—he
mea ka miharo te ao. Whakaaturia kei te mahi te mana
.auaha o te Atua mā roto i a koe

Mā te hunga marino, rangatira hoki ō rātou āhua ka
āwhina i te whakaaweawe i ō tātou whakaaro, ka hauora
hoki. Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te
manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te hononga ki te momo tangata hē, ahakoā he hoa, he

whanaunga rānei, ka puta ai ngā whakaaro manukanuka me
.te wairua pōuri

Ka whiwhi te tinana i te pūngao me te mahi mai i ngā
kai ā-tinana, ko ngā kai aukume ia e whakarato ana i te
tinana me te hinengaro ki ngā utu pūngao e ngāwari ake ana
te nakunaku i ngā kai totoka me ngā kai wai e kore e taea te
.huri hei pūngao ora

Ina taea e koe te huri i te kuware hei whakaaro nui, te
ngoikore me te ngoikore hei hauora me te ora, ā, ka hikoi
māia, māia hoki—ahakoa ko koe anake—i roto i ngā ara o te
ao, ā, ka kitea te harikoa o roto i te whai i te hinengaro ora,
mataara hoki, me te whakapono pumau ki te tika o te Atua
me te wikitoria o te tika ki te hē me te pono ki te
mānukanuka, ā, ina kaha koe i ia rā ki te whakaara ake i ō
whakaaro ki ngā taumata teitei ake, ki ngā taumata pai ake,
ā, ka whai ngākau aroha, whakawhetai me ngā whakaaro pai
ki ētahi atu, ka noho tō whāngai hinengaro hei mea aukume,
ā, ka kukume mai koe i ngā mea ataahua katoa me ngā mea
whai hua—ngā mea, ngā tāngata, me ngā āhuatanga—he
mea nui mō te haere tonu o tō haerenga ki te takutai o te
haumarū me te haumarū. Ā, hei whakamutunga, ina
whakapau kaha koe ki te whiwhi i ngā mea e hiahiatia ana e
koe, ā, ka makona koe ki ngā mea e homai ana e te Atua, ka
nui ake tō wairua, ka makona koe i te hunga e pau ana i ngā
.hiahia o te ao, e apo ana hoki i ōna ahuaureka poto noa iho

Ko te aroha te piriti e hono ana i ia wairua ki ētahi atu
wairua Ko te aroha te kuaha ki ngā ngākau katoa

Ina rapu te tangata i te Atua, ko ia anake te hoa pono i
tua atu i ngā hoa katoa, ka taea te whakatū i te
whanaungatanga pono i roto i ngā whanaungatanga tangata
katoa—te whānau, te tuakana, te marena, me te wairua. He
mea nui te whanaungatanga i roto i ngā whanaungatanga
marena, ā, ko te piripono hinengaro me te kare ā-roto, te
wairua, me te aroha pono me noho hei kaupapa matua. Ko
te hunga kāore e taea te wehewehe i waenga i te aroha
.pono me te aroha tinana ka pouri tonu

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, e
mahi tahi ana, e whakamama ana i ngā taumahatanga o te
ao, e whakakore ana i ngā āwangawanga o te noho tahi me
.te aroha tetahi ki tetahi me te māramatanga hoahoa

Kāore e taea e tetahi te whakahaere i ahau, te tango
rānei i taku hiahia ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau
Ki te whakawhāitihia tō whakaaro ki te ao tūroa, ka kite
koe i ngā mea katoa mai i te tirohanga ao tūroa. Engari kia
ara ake tō hinengaro ki te āhua o te mōhiotanga wairua, ka
kite koe i te ia whānui o te māramatanga o te Atua e rere
ana i tua atu i ngā ao tūroa katoa, ā, ka kite koe i ngā mea
.katoa mai i te tirohanga wairua

E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga ki ahau ki te tūhura i ōku pūkenga me te kite i
tōku pūmanawa wairua. I tēnei rā ka whakakīia e au ōku
whakaaro ki te hihiri me te wehe atu i ngā wheako kino. Ka
mahi ahau i ngā mea hei whāngai i tōku tinana, hinengaro,
.me tōku wairua i roto i te huarahi taurite me te rangimarie

Ka whakakapia e au ngā āpitihanga ā-tinana ki ngā
wawata teitei ake
Ā, ka mōhio ahau kei te taha tonu ahau i te wairua pono

Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakawātea ahau i a au ake ake mā te whakaora i tōku
tuakiri wairua. Ā, ina tūtaki ahau ki ngā tupuhi o ngā
whakamātautau me ngā raruraru, ka rere ahau i runga i taku
.poti wairua i te moana o te ora ki ngā takutai haumarū, atua

Ina mahi ahau, ina auaha hoki, ka mahara ahau kei te
mahi te Atua mā roto i ahau. Ko ia te Ariki o te ao whānui, ā,
ka taea e au te hono atu ki a Ia mā te whakaaroaro hohonu
.ki a Ia

E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro i te hinganga, i te angitu rānei, kei runga i te
whakaaro tino kaha i roto i tōku ao. Ā, ka ngana ahau ki te
mahara kei te totoro mai tō ringa āwhina, kei te whakarite i
.te ara mō tōku angitu

Ina pā mai ngā aituā me ngā aituā ki ahau, ka huihuia e
ahau tōku kaha, ka whakapakari i taku whakatau kia
wikitoria i aua aituā. Ka pono, ka pono hoki aku mahi ki te
katoa, ā, ka horahia e ahau ngā whakaaro o te aroha me ngā
wawata pai. Kātahi ka tautokona ahau e te Atua ki tōna
.mana me tōna whakaaro nui

Ngā mate wairua me ō rātou maimoatanga

Kaiwhakaako Paramhansa Yogananda

Whakaarohia tētahi rōpū āhua tangata kāore i te taurite,
:kāore hoki i te taurite
He iti te upoko, rite te rahi ki te pīni pīni, ā, he nui te
!tinana, rite te rahi ki te kamera
Ko tētahi atu he ringa kaha tōna rite ki te ringa o
Hamahona, o Hercules rānei, ā, ko te tinana he rite ki te
!tinana o te tangata ririki
Ā, ko te tuatoru he upoko arewhana nui tōna, ā, ko te
!tinana he kiore kikokore
Kāore ianei taua tirohanga e miharo, e miharo rānei ki a
koe, e pouri rānei, mēnā ka kite ohorere koe i tētahi mano
?tini o aua mea hanga me te hanganga rerekē, pōhēhē hoki
Whakaarohia tētahi atu rōpū tāngata he noa te āhua me
te āhua, engari he kore taurite te hinengaro, he hē hoki te
.āhua
Pērā i ngā kākahu e huna ana i ngā patunga, i ngā mate
pukupuku, me ērā atu āhua tinana, waihoki ka huna e te
tinana kaha, hauora, me te mata ataahua, kanapa ngā mate
.hinengaro nui me ngā hapa whānau
Me i tūtaki koe ki tētahi rōpū nui o te iwi noa e mōhiotia
whānuitia ana e ō rātou āhua ataahua me te hauora pai, ā,
me i taea e koe te uru atu ki ō rātou tinana hinengaro mā tō
tirohanga wairua, ka miharo koe, ā, tera pea ka taupokina
.koe e te pouri nui i ngā mea ka kitea e koe
Ka taea e koe te tiro tiro i ō rātou tinana hinengaro
:penei
Ko te hinengaro e tohuhia ana e te upoko, ko ngā kare
ā-roto me ngā kare ā-roto e tohuhia ana e te tinana, ā, ko te
hiahia e tohuhia ana e ngā ringaringa me ngā waewae, he
.mea rerekē katoa, he mate, he pēpeke hoki
Ka kitea e koe he iti te mahunga o ētahi engari kāore i
te tino whanake te mātauranga, e noho ana i runga i te

tinana ngoikore kua pupuhi i ngā wawata whaiaro me ngā
.hiahia taikaha

Ka kitea hoki e koe he tinana korekore, korekore hoki te
ora o ētahi tāngata, ahakoa he tino whanake, he kaha hoki
.te mahi a ō rātou ringa

Ahakoa he roro nui, he auaha hoki tō ētahi, kua pōturi,
kua memeha haere hoki ō rātou aroha me te kaha ki te kare
ā-roto. Ā, kei reira anō tētahi atu momo tāngata he āhua noa
tō rātou tinana me tō rātou hinengaro, engari he ngoikore,
he pararutiki rānei ō rātou kaha ki te whakahaere i a rātou
.anō

Ā, ka haere tonu te rārangi o ngā kitenga. Kia ora tonu
!koe

He tini ngā hapa hinengaro o ngā tinana hinengaro
kāore i te tino whanake i ētahi āhuatanga, ā, he tino
whanake i ētahi atu, kei te kitea tonu – ahakoa he huna – i
roto i te tangata. Ka mamae te hinengaro i a rātou, ka ārai i
a rātou ki te whakaatu i ō rātou pūkenga me ō rātou
.pūkenga e tika ana kia whakaaturia

Mā te aro atu ki ētahi mate hinengaro i konei ka āwhina
pea ki te tautuhi i ngā pūtake o ngā raruraru tangata katoa,
kia mōhiotia ai e te hunga katoa e pāngia ana e ēnei mate,
ahakoa kāore i te mōhiotia, kia mārama ai rātou ki te āhua o
aua hapa, ō rātou tohu, me tō rātou urunga puku ki roto i te
hinengaro, kia taea ai e rātou te ārai i te whakangaromanga
.ngokingoki o te rangimārie me te harikoa
pouri wairua

He whānuitia tēnei mate i waenga i te hunga kāore e
mahi ana i te hinengaro me te tinana i raro i te whakapae he
nui rawa te aro ki ngā mea wairua. Ka wareware ēnei
tāngata e pāngia ana ki ngā mahi nui me ngā mahi iti o te ao
rauemi i raro i te whakapae he mahi ki te Atua, ā, ka
tuwhera rātou ki a Hātana, ka taea e ia te whakararu i a
rātou. Ka pāngia rātou e te ngakau pouri me te kore e
maioha ki ngā mea pai, ataahua rānei e karapotī ana i a

rātou. He mate hopuhopu tēnei, ā, me tūpato te hunga katoa
he wawata wairua ki tēnei mate, me te whakawātea i a rātou
anō mā te pupuri tonu i tō rātou ora me tō rātou ārai mate
kia kaha mā te whakaaro pai, te tirohanga pai, me te mahi
.hauora, whai hua

te koretake o te wairua

Ka puta tēnei hei hua o te kai matapōkere (te inu nui),
arā, te horomitanga tere o te nui o ngā raau taero hinengaro
kua oti te hanga kua rēhitatia i raro i ngā ingoa
whakamīharo, ā, e whakaatuhia ana i roto i te ahua o ngā
pukapuka wairua rūpahu me ngā akoranga a ngā "tākuta
.wairua" he mātau ki te mahi tinihanga me te makutu
Ehara i te mea ka whakamate noa tēnei mate i te hiahia
wairua ki te mōhio ki te pono, engari ka whakangaro hoki i te
kaha ki te wehewehe i waenga i te pai me te kino, i waenga i
.te pai me te kino

Ko te tangata e horomia tonu ana ngā whakaaro
whakapono, e whāngai ana hoki i ngā mea katoa e taka ana
ki roto i ōna ringa, ehara i te mea ka nui rawa tana kai engari
ka pau hoki i a ia ngā whakaaro paitini me ngā mea whai
hua, ka pā mai ki a ia te koretake o te hinengaro, ā, ka pōturi
.te mate wairua

Ko te ako nui rawa, me te haere tonu hoki i ngā momo
whakaaro wairua me ngā whakaaro rapunga whakaaro, me
te kore e mārama, e ngana rānei ki te keri me te tiro tiro i
aua whakaaro mā roto i ngā wheako whaiaro kia kitea ai
tōna tika, ka hua ake te ruarua, te kore aro, me te kore
.whakapono ki ngā mātāpono me ngā ture wairua katoa

Te ngākau nui me te āwangawanga

Ko te hunga e pangia ana e tēnei mate ka noho
maumauria, ka koretake te oranga nā te mea he nui rawa ā
rātou moni me te wā, ā, nā te mea kāore i a rātou he
.kaupapa, kāore hoki he māramatanga tika mō te ao
Ko ō rātou hiahia te mea e akiakihia ana ēnei tāngata;
ka mahia e rātou ngā mea katoa e puta ake ana ki te

hinengaro, e pai ai rātou. Ka whakakīia ō rātou oranga ki ngā
pukapuka iti te utu, ki ngā kiriata whakamīharo, me ngā
whakangahau papaku, koretake. Kāore rātou e mōhio kei te
pāngia rātou e tēnei mate kino tae noa ki te pāngia e te
ohorere nui, e te pakaru o te io rānei—arā, i muri i te pakaru
.o te kino

makariri hinengaro

He ingoa anō tō tēnei āhua: te ngakaukore. Kāore te
tangata e mōhio ana āhea ka pā mai, ka pāngia hoki e ōna
tohu mamae, pērā i te kore tumanako, te manawanui kore,
te manukanuka, me te manawanui kore. Ko te mea kino
rawa atu, he maha ngā wā ka roa, ā, he maha ngā wā ka
hoki anō te hunga i pāngia, ahakoa e whakapono ana rātou
.kua tere te ora

Te mate pōrearea hinengaro

Ka puta tēnei mate i te noho tonu ki ngā āwangawanga
o te ao. Ko te hunga e pāngia ana e tēnei mate, ka wareware
ki te whakamahi i te patu o ō rātou kaha hiahia, ā, ka tuku
noa iho rātou i ō rātou wehi tonu, kua ki te aro atu ki aua
wehi me te maia, me te whakakore atu i a rātou i te wā e
.tamariki ana

te herenga hinengaro rerekē

Ka noho taha kotahi ngā tāngata e pāngia ana e tēnei
mate ki te whai i te harikoa. E whakapono ana rātou kei roto
i te kohikohi taonga, te whiwhi rongonui, te whiwhi hauora,
te mana rānei te harikoa, ka patua e rātou ngā mea katoa—
te hauora, te ingoa pai, te rangimarie o te hinengaro, te
honore, me te mana—ki runga i te aata o tā rātou wawata
nui. Kua roa rawa, ka mōhio rātou ko te oranga taurite
anake, ko te oranga e whakaute ana i ngā ture o te taiao me
ngā ture a te Atua, e whakataurite ana i te mahi me te
rangimārie, ka taea te kawē mai i te harikoa pono me te
.whakatutuki i te kaupapa o te oranga rangatira
Ko te hunga e pāngia ana e ngā mate piripono kino ka
horomia e ngā whakaaro o te hiahia nui, ka arahi ki tētahi

tirohanga pōhēhē me te whanoke o te ao. Hei tauira, i angitu
nui tētahi kaipakihi, ā, i kohia e ia he taonga nui, engari i
mua i tana painga ki tana taonga, i pāngia ia e te pakaru o te
io nā te nui o ngā manukanuka me ngā matakū, ā, ka mate
.ia me te ngākau pouri

Ko ētahi e whakapono ana he mea tika ngā mea katoa
hei whakatutuki i te whāinga. Nā tēnei pōhēhētanga, ka
ngaro i a rātou tā rātou whāinga tūturu, ā, kāore e taea te
whakatutuki i te iti rawa o te makona, ahakoa kei a rātou
ngā mea i hiahiatia e rātou, nā te mea he whānui, he maha
ngā āhuatanga o te tangata, ā, me whai whanaketanga
.taurite i ngā taumata katoa

Te piri matapo wairua

Ko tēnei ngākau nui hē ki ētahi whakapono ka puta mai i
te piripono ki ngā whakaaro me ngā ariā motuhake, me te
kore e pātai, e tiro tiro rānei, ā, ka puta te riri me te
mauahara i roto i te hunga e pāngia ana e tēnei mate ki
tētahi whakaaro wairua tika, ki tētahi whakaaro tuwhera,
wetekina rānei. Ko tēnei noho motuhake ka arahi ki te tutu ki
ngā ture a te Atua, e whakaatuhia ana i roto i te whai
huatanga hinengaro, te oranga tinana, te hauora hinengaro
me te tinana, me te aroha me te whakaute ki ngā tāngata o
.ngā momo āhua katoa

Te whakatō i ngā mātāpono wairua

Nā te mea he mea kitea, he mamae, he kino hoki ngā
mate tinana, ka akiakihia tātou kia kaha ki te ātete atu ki
aua mate, ka ārahi i a tātou ki te ngana ki te wikitoria i aua
mate mā roto i ngā tikanga rongoā maha, mai i te whakakori
tinana me te kai hauora ki ngā momo rongoā me ngā raau
taero. Heoi, ahakoa koinei te pūtake o ngā mamae me te
wehi o te tangata, kāore e āraihia, e rongoāhia rānei me te
tere, ā, e tukuna ana kia whakangaro, kia whakangaro hoki i
.ō tātou oranga

Ka taea e ngā kaiako, ngā kaiako whakapakari tinana,
ngā kaikauwhau, ngā kaiwhakahou, ngā rata, me ngā
kaihanga ture te akiaki i te ahunga whakamua ina ako
tuatahi rātou, ka tīmata mai i a rātou anō, kātahi ka
whakaako i ētahi atu i ngā huarahi tika hei whakatipu i te
āhua o te tangata i roto i te huarahi taurite me te
rangimarie, e ai ki ngā ture o te ora me ngā mātāpono o te
oranga hauora. Koinei te mātauranga tino whai hua me te
ahurea tangata whānui e hiahiatia ana e te tangata puta noa
.i te ao

E whakaaro ana ngā whare mātauranga kāore e taea te
whakaako i ngā kaupapa wairua i roto i ngā kura tūmatanui
nā te mea e kitea ana te pōhēhē i waenga i ēnei mātāpono
me ngā whakaakoranga whakaponohere rerekē. Heoi, mēnā i
arotahi ēnei whare ki ngā mātāpono whānui o te rangimārie,
te aroha, te mahi, te whakaponohere, te tuwhera o te hinengaro,
me te whakaae ki ētahi atu—he mau tonu wairua kua
whakapumautia—ā, i whakawhanake hoki i ngā tikanga mahi
hei whakatō i ēnei mātāpono ki te whenua momona o te
hinengaro me te wairua o ngā tamariki, ka kitea he otinga
whaitake me te whakaaetia mō tēnei uauatanga e
whakaarohia ana me te whakaaro noa. He hē nui te kore aro
.ki tēnei take nā te mea he uauatanga e pā ana ki tēnei
Ko te nuinga o ngā tauira kua puta i te whare wānanga
e wehe atu ana i te whare wānanga me ō rātou mahunga
taumaha rawa, pupuhi rawa i ngā kōrero o ngā pukapuka, ā,
kāore e taea e rātou te hikoi i ngā ara o te ao, nā te mea kua
tata korekore ō rātou kaha me te whakahaere i a rātou anō i
te kore aro me te kore whakamahi. Nō reira, ka kite koe i a
rātou e mahi pōrearea ana, e heke haere ana, e tere ana ki
roto i te poka o ngā marena kore taurite, e whakamahi hē
ana i ō rātou moepuku, e whai ana i te moni, e hinga ana
hoki i roto i ā rātou mahi nā te mea kāore rātou i ako ki te
whakamahi tika i te maripi koi o ō rātou hinengaro kua

whakakoihia. Nō reira, ka haehae rātou i a rātou anō, ka
.whara i a rātou anō

He mea whakamiharo, he maha ngā taiohi e pai ana ki
te whai wāhi atu ki ngā mahi e kawē mai ana i te kino me te
mamae ki a rātou. Ko ētahi ka huri ki te tahae me ētahi atu
mahi hē, tae atu ki ngā mahi taihara, me te kore he aukati,
he ārai rānei. Ko te hunga kāore e ārai i te horapa o te kino i
roto i te hāpori ka akiaki i ngā whanonga hē o ētahi. Ko ia
tangata whai hinengaro me te whakapono pono me noho hei
tauirā pai ki ētahi atu mō te ngākau pono, te pono, te mana,
me te whakaute ki a ia anō. Kāore ngā kura, ngā kāreti, ngā
whare wānanga, me ngā umanga pāpori e whakarato ana i
ngā tikanga pūtaiao e ranea ana hei whakaiti i te hara mā te
.aro atu ki ōna pūtake, e kitea nuitia ana i roto i te hinengaro
Me whakatū hoki ngā kura motuhake hei whakaako i te
toi o te oranga harikoa me te angitu, hei whakawhanake i te
pūmanawa o te tangata, hei whakarei ake hoki i ōna ake
.āheinga

Ka rite ēnei kura ki ngā māra me ngā pāka e tipu ai, e
puāwai ai ngā hinengaro o ngā tamariki. Me āta whiriwhiri
ngā kaiako, ā, me whakarite kia whai wāhi mai te mahi tahi a
ngā mātua me te hāpori. Ka āwhina ēnei kura ki te hanga i
ngā tāngata kia whai hua ake. Me maumahara ko te oranga
wairua o te tangata i ngā wā tōmua ka whakatau i tōna
.hauora me tōna kaha ki te tipu i muri mai

He tino whai hua ngā tikanga whakangungu hinengaro
me te tinana e whakamahia ana i ngā kura o ēnei rā, engari
kāore i te whai pūtake wairua. Ki te kore te whanaketanga o
.te wairua pai, kāore e oti te tipu

Me whakaako ngā pūtaiao o te whanaketanga tinana,
hinengaro, me te wairua ki ngā taiohi he ngawari tonu ō
rātou hinengaro, he ngāwari hoki, ā, kāore anō kia
.whakamahia ō rātou mana i roto i ētahi huarahi
Whai muri i te whakangungu whānui, me whai
whakamātautau whakaaroaro tonu ngā ākonga o aua kura,

ā, ko ngā tiwhikete ka riro mai ko te hauora pai, te ingoa pai,
te whai hua, te taonga ā-tinana me te ā-wairua, te harikoa,
.te angitu, me te whakapono ki a ia anō

Ko ngā hua o te whakamātautau whakamutunga i te
mutunga o tēnei haerenga whenua ka whakatauhia i runga i
te tapeke o ngā whakatutukitanga hinengaro me te wairua
me ngā tiwhikete i riro mai i ngā whakamātautau iti puta noa
.i te oranga

Ko te hunga e tino angitu ana i tēnei whakamātautau
whakamutunga, nui rawa atu, ka whiwhi i tētahi tiwhikete
tapu mō te tū pakari ki a rātou anō, me tētahi hinengaro
.herekore, parakore, me te harikoa
Ā, kua tuhia ngā manaakitanga ake ake ki te whārangi o
te wairua

E kore tēnei taonga onge e raweketia e ngā pūrerehua
E kore hoki e tae atu ngā ringa o ngā tahae
Mā te wā rānei e whakakore
Ka mahi hei uruwhenua
Mō te mema honore i roto i te Rōpū Tika

Kei hea te takoto o te harikoa?

**E te Atua, i roto i Tōna aroha nui, ka homai e ia ki
a tātou Tōna hari me tōna whakaaweawe**

Ā, ka homai he ora tūturu ki a tātou

Te whakaaro nui pono

Me te harikoa pono

**Ka puta te māramatanga pono i roto i ngā wheako
kanorau katoa o ō tātou ao**

**Engari ko te korōria o te Atua ka whakakitea
anake i roto i te rangimārie wairua e pā ana ki te
wairua, me te ngana pono o te hinengaro ki te
whakataurite ki a ia. I reira, ka tū kanohi ki te kanohi
tātou ki te pono. I waho, he tino kaha ngā
mānukanuka, ā, he tokoiti noa iho ka mawhiti i te awe**

o te taiao o waho. Kei te haere tonu te ao me ōna uaua mutunga kore me ngā whakamātautau maha. Kei muri i ngā āhua o te ora te reo o te Atua, e karanga tonu ana ki a tātou, e kōrero ana ki a tātou mai i ngā putiputi, i ngā karaipiture, i ō tātou hinengaro, me ngā mea ataahua katoa e whai hua ai te ora.

Ko te nui ake o tā tātou aro ki ngā mea o waho, ko te iti ake o tā tātou wheako i te kororia o roto; ā, ko te nui ake o tā tātou tahuritanga ki roto, ko te iti ake o ngā uauatanga o waho e pā ana ki a tātou. He whārite pumau tēnei. Engari ko te nuinga o te tangata kāore e mōhio ki tēnei pono nā te awe o te whanaungatanga o te ao, te hāpori e noho nei rātou, me ngā whanonga kino. Ka noho te tangata i roto i te hāpori ki roto, ka aro nui ki ngā mea papaku, ka ārai i a rātou ki te whakaaroaro ki ngā pono hohonu.

Ahakoā ngā wāhi wairua, ka torohia e ētahi me te kore e hiahia pono ki te whai hua mai i tō rātou āhuarangi manaakitanga, nō reira kāore he mea nui e riro mai i a rātou i aua haerenga.

Ko te tangata e hiahia ana ki te kite i te Atua ka kitea ia i ngā wāhi katoa. He whakangaro, he kaipahua, he hiakai hoki ngā tikanga a te tangata; ka whakangaromia, ka whakangaromia, ka whakangaromia. Kua tae ki te wā kia ako te tangata ki te harikoa me te makona ki ngā mea kei a ia. Kaua tātou e hiahia ki tētahi mea nui atu i ngā mea e tae mai ana ki a tātou. He atawhai te Atua; e mōhio ana ia ki tā tātou e hiahia ana, ā, ka whakaratohia e ia i te wā tika. Ehara tēnei i te kī me whakawhirinaki tātou ki te Atua me te kore e whakapau kaha. Kāore rawa. Ko te tikanga me mahi tātou i tā tātou wāhanga ki te pai o tō tātou kaha, ā, waiho te toenga ki te Atua, e

kore rawa ia e tango i a tātou i ngā mea e hiahiatia ana e tātou, me ngā mea e tika ana kia riro i a ia.

Ko te huarahi pai rawa atu ki te hari tonu ko te rongo i te aroaro o te Atua. Ko tā tātou hiahia nui ko te mōhio ki te Atua, me te whakatau kia noho tahi me ia. Ko te Atua te mea tuatahi i roto i ō tātou whakaaro me ō tātou kare ā-roto, ā, me whakaaro tātou ki a ia hei pou kaha rawa atu, hei pou pumau hoki i roto i ō tātou oranga.

(Nō reira, kia mau ki te taura a te Atua, me te rapu piringa ki a ia)

Ko ia hoki te pou mēnā ka hinga ngā pou katoa i a koe

Kua mōhio ahau ko te kaupapa anake o te ao ko te mōhio ki te Atua. Tērā pea ētahi kāore i te tino whakapono ko te kimi i te Atua te whāinga matua o te ao. Engari kāore e taea e tetahi te whakakahore ko te kaupapa o te ao ko te kimi i te harikoa. Ā, e kī ana ahau me te tino māia me te tino pono ko te Atua te harikoa nui. Ko ia te harikoa nui. Ko ia te aroha tino, te aroha whānui. Ko ia te harikoa mutunga kore e mahue i ngā wairua o te hunga e noho tahi ana me ia. Nō reira, he aha tātou te whai ai kia eke ki taua harikoa tino pai? Kāore he tangata kē atu e taea te homai ki a tātou. Me whakatipu tonu, me te atawhai i roto i a tātou anō. Ka tohe tonu ngā kaha o te taiao ki te tuku i ngā mea ahuaireka o te ao ki te tangata, engari ko aua mea ahuaireka poto ka arahi ki te pouri, te kawa, me te pouri. Ahakoa te tangata tino waimarie, e ahua nei kei a ia ngā mea katoa, kāore pea i te tino harikoa. Kāore rātou e makona ki ngā mea o te ao mō te wā roa, nā te mea kāore ēnei mea e whakamāmā i tō rātou matewai pono, e makona rānei i tō rātou hiakai wairua.

Ko ngā taonga ā-iwi he whakaaro teka mō te rangimārie me te ngākau māhorahora noa iho. Kua pōrearea te ao katoa i te pōhēhē me te ngangau, nā ngā hiahia whaiaro me te apo e whakatupu ana i te pakanga. Kāore he mea kē atu e whakatupu ana i te pakanga.

Ko te toa tūturu i te pakanga o te ao ko te tangata e wikitoria ana i a ia anō, e hinga ana i ana hiahia. Ko te moni, te rongonui, te hiahia taikaha, me ngā mea katoa e whakahē ana i tēnei kaupapa he mea kino ki tō tātou rangimārie me tō tātou harikoa. Me i ako te tangata ki te whakaaro tonu i runga i ngā uara pono o te ao, ka kitea e rātou te harikoa e rapuhia ana e rātou, engari ka kotiti ke atu rātou i tō rātou kaupapa, ā, ka kahakina e te ia o ngā hiahia o te ao. Kua kitea e au kāore he whakamatautauranga e taea te tahuri ke i ahau i te ara kua whiriwhiria e au, kua aru hoki māku ake.

Ka taea e au te kukume i ngā mano tini ki te mana kua homai e te Atua ki ahau, engari he kino taua ara ki ahau. Ahakoa pēhea, kāore au e hiahia ki te kukume i ngā mano tini, ki te kukume i ō rātou hinengaro. Ko taku hiahia anake kia kite i ngā ākonga pono e u ana ki te Atua. Ko te hunga e aroha ana ki te Atua ka pārekareka ki ēnei whakaaro, ā, ko te hunga e mau tonu ana te hihiri ka rongu i ngā manaakitanga me te aroaro o te Atua mā roto i ēnei whakaakoranga.

Kāore e taea e te tangata te tinihanga i te Atua, nā te mea kei reira tonu ia, e mōhio ana ki ngā mea kei roto i ō rātou hinengaro me ā rātou e hiahia ana. Ina whakarērea e rātou te ao, ā, e hiahia ana ki te rangimārie wairua, ka haere mai te Atua ki a rātou. Ina pūmau taua hiahia ki te ngākau o te tangata e rapu ana i taua mea, ka haere mai te Atua ki taua ngākau, ka whakakī i te pai me te manaakitanga. Ko

te mea anake e tika ana kia ora ai ko te noho tahi me te Atua, me te whiwhi i Tōna manako. Me waiho taua rangimārie hei kawenata mutunga kore, hei oati pumau (ko te hunga e pupuri ana i te kawenata a te Atua, ā, kāore e takahi).

E hiahia ana te katoa ki te taonga nui atu i ētahi atu Ahakoa ka whiwhi rātou i te taonga, ka noho tonu rātou me te kore e makona, ka kitea he nui ake te taonga o tētahi atu. E noho ana te tangata i roto i te pōuri o te mamae i whakatupuria e rātou anō, e whakakahangia ana e ō rātou hiahia. Me makona tātou ki ā tātou taonga. Kāore ngā taonga ā-iwi e hari mai; engari, he maha ngā wā ka whakanuia e rātou ngā manukanuka, ngā āwangawanga, me ngā matakū.

Ko te ara ki te Atua te ara māmā rawa atu, engari he tokoiti noa iho e hiko ana ahakoa te maha o ngā kawa me ngā tikanga whakaponu. He pai ake te tahuri o ō tātou ngākau ki te Atua, me te tono ki a ia mō te mea pai rawa atu, te mea pumau rawa atu mō tātou. Ko te pono, kei te tatari mai te Atua ki a tātou nā te mea e hiahia ana ia kia matara atu tātou i te kino me te tūpono. E hiahia ana ia kia noho tātou ki a ia i roto i ō tātou ngākau me ō tātou hinengaro, nā te mea kāore e taea e ngā taonga iti o tēnei ao te whakamātau i te hiahia o te tangata, te whakakī rānei i te korenga wairua e kitea ana e tātou i roto rawa. Kei te kōrero tonu te Atua ki a tātou, engari he tokoiti noa iho e rongu ana i Tōna reo. He maha ngā wā ka ngaro te reo mārie i te haruru o ngā whakaaro haruru me ngā hiahia nui. Engari ina marino ngā whakaaro, ā, ka marino te hiahia, ka rongu māmā tātou i te reo o te Atua, ahakoa he mārie, he ngoikore. He pono, e mahi ana te Atua i ngā mea katoa hei āwhina i te tangata, e whakatuwhera ana i ngā tatauranga me te whakamārama i ngā ara kia kite ai tātou i te wāhi e

tika ana kia takahia e tātou, kei tūtuki, kei paheke rānei. Engari ko te nuinga o te iwi kāore e mōhio ki tēnei pono.

Kāore au e hiahia kia whakaaro te tangata ka taea e rātou te whiwhi mātauranga mā te whakarongo noa ki ētahi atu, mā te pānui pukapuka rānei. Me whakamahi i tā rātou e pānui ana, e rongo ana. He pai ake te haere ki ngā whare karakia i te noho ki te kāinga me te whakarongo ki ngā kōrero koretake. Ahakoa i roto i ngā whare karakia, me rongo te tangata i te aroaro o te Atua i roto i ō rātou ngākau, me te mōhio me pēhea te wheako. Kāore e taea e ngā pahūtanga o ngā kare ā-roto me ngā tātāritanga whakaaro nui te homai i te mātauranga e hiahia ana ō tātou wairua ki te whiwhi.

Ina tuku tātou i a tātou ki te Atua, ka poroporoaki ki ngā hiahia whaiaro, ā, ina tino mōhio tātou kei a tātou tonu te Atua, e noho ana i roto i ō tātou wairua, e whakahihiko ana i a tātou ki ngā whakaaro me ngā kare ā-roto pai, rangatira, ka whiwhi tātou i te harikoa me te herekore, ā, ka kite tātou i te putanga mai o te whakaaro nui i te pae tawhiti o te wairua.

Whakaarohia! I roto i ngā tekau tau mai i nāianei, ka noho ko tō tātou oranga hei moemoeā, ā, ko ngā mea katoa e mahia ana e tātou i nāianei ka noho hei wāhanga o taua moemoeā. Ahakoa ko ngā tino tangata nui rawa atu ka noho hei whakaaro noa iho o te hinengaro tangata. Engari i tutuki i aua tino tangata tā rātou whāinga matua nā te mea i eke rātou ki te taumata teitei rawa atu, ā, kei te ora tonu te wairua, e mōhio ana, e mārāma ana ki ngā mea katoa e tupu ana, nā te mea kua kotahi rātou i roto i te hinengaro atua. Ko te tangata e ngana ana ki te whakataurite ki a rātou mā roto i ō rātou whakaaro me ā rātou whakaakoranga, ka tino rongo ia i tō rātou

aroaro, ka whiwhi i ō rātou manaakitanga, ā, ka mōhio hohonu kei roto rātou i te hononga pono ki a rātou.

He moemoeā nui te ora. Heoi, ina titiro koe ki tō tinana ināianeī, ā, ka kite i tōna ora e ora tonu ana, ka tino whakapono koe ki te pono o tēnei moemoeā. E whakaaro ana koe me whiwhi koe i tēnei mea, i tēnā mea rānei kia harikoa ai. Ahakoa te maha o ngā hiahia e tutuki ana i a koe, e kore koe e kite i te harikoa mā roto i aua hiahia. Ko te nui haere o te whiwhi, ko te nui haere o te hiahia. Me tātari ngā hiahia, me whakangawari te ora mēnā e hiahia ana te tangata ki te noho i roto i te whakamarie, te marino, me te ngākau māhorahora.

E mea ana ngā karaipiture, ko te tangata e rere tonu ana ōna hiahia ki roto (ki tōna wairua) he tangata ia e mau ana te rangimārie o roto. I roto i tēnei, he rite rātou ki te moana, e kore e rerekē, e mimiti rānei, engari e kī tonu ana i te wai e rere tonu ana ki roto. Engari ko te tangata e hanga ana i ngā kōhao o te hiahia ki roto i te puna o tōna rangimārie, e tuku ana i ngā wai ora kia turuturu, kia maumauria, kāore ia e mōhio ki te rangimārie wairua me te harikoa o roto.

Me whai arataki tātou mai i te hunga e mōhio ana ki te Atua, e kaha ana ki te kōrero ki a ia, me te mārama ki tōna aroaro. Kua tono mai ngā poropiti kia rapu tātou i te Atua i roto i te rangimārie o roto, i te mokemoke o te wairua, kei reira te wairua pono me te hari wairua nui. E tautoko ana hoki ngā kaiako mārama o Īnia i ēnei whakaaro, ā, e whakanui ana i te hiranga o te whakaaroaro hohonu kia kite ai i te Ao Tapu i roto i ngā hohonutanga o te wairua.

He wiri ngaru ngā mea katoa o te ao, e arahina ana e te hinengaro o te Atua. Ko tēnei wiri mohio ko

te Wairua Tapu, ko te Wairua pono rānei, e taea ai e te tangata te kōrero ki a ia mā te inoi me te whakaaroaro.

I roto i te marino o tō wairua me te ngahere o tō hinengaro arotahi, he mutunga kore te aroha ki te Tino Pai me te Mutunga Kore. Engari he uaua ki te kimi i te Atua mēnā ka whaia e tātou te moni i te tuatahi. Me waiho e tātou te Atua hei wāhanga nui o ō tātou oranga, kātahi ka whiwhi tātou i ngā mea katoa e hiahiatia ana e tātou i tēnei ao. Ko te tangata e waiho ana te Atua hei wāhi pumau i roto i ō rātou ngākau, ka hoatu e te Atua ki a rātou he wāhi nui o ngā manaakitanga o te whenua me te rangi, ka whakatuwhera i mua i a rātou he pae whānui e whiti ana ngā rā o te whakaaro nui, e whakamārama ana i ō rātou ara , e whakakore ana i te pōuri e karapoti ana i a rātou. Ko te Atua te aroha mutunga kore, ā, kāore he harikoa mō te tangata engari ko te wā e aroha ana rātou ki te Atua pērā i tā rātou aroha - i te iti rawa - ki ā rātou e arohaina nuitia ana, nā te mea ki te kore te Atua, kāore tātou e mōhio ki te mauri o te aroha, e kore hoki e reka ki tōna reka.

Me ako tātou ki te whakamahi i ō tātou hiahia, me te arotahi i ō tātou hinengaro ki te rapu i te Atua me ō tātou ngākau katoa. Ko ngā mahi a te tangata e whakahaua ana e ngā hiahia, ā, ko ēnei tikanga e akiaki tonu ana i a tātou ki te mahi i ngā mea kāore tātou e hiahia ana. He pono, ko te tangata tōna hoariri ake, kāore e mōhio ana. Kāore ia e mōhio me pēhea te noho puku, kāore hoki ia e whakatapua te wā ki te Atua, engari e hiahia ana ia ki te harikoa me te urunga kua whakamanahia ki Pararaiha i te wā tonu. Kāore e taea te whakatutuki i te wheako tapu mā te pānui pukapuka anake, te whakarongo ki ngā kauwhau, te mahi rānei i ngā mahi pai. He tino whai

hua ēnei katoa, engari kāore e ranea. Ko te tae atu ki te Atua me aro nui me te whakaaroaro hohonu.

Me rapu tuatahi tātou i te manako o te Atua. Kāore e taea e tātou te whakamanawareka i te katoa, he mea e kore e taea. E ngana ana ahau kia kaua e whakapataritari i tetahi. Ka mahia e ahau taku e taea ai, ā, koinā anake taku e taea ai. Ko taku whāinga anake he whakamanawareka i te Atua. Ka whakamahia e ahau ōku ringa ki te inoi me te whakaiti i tōna aroaro, ōku waewae ki te rapu i a ia i ngā wāhi katoa, me tōku hinengaro ki te whakaaro ki a ia me te whakaaroaro ki āna mahi whakamiharo. Me noho te Atua ki te tūranga tuatahi i roto i ō tātou ngākau kia taea ai e tātou te kite i a ia hei rangimārie, hei aroha, hei māramatanga, hei atawhai, hei aroha, hei whakaaro nui. Koinei, kāore he mea kē atu, te mea i haere mai ai ahau ki te whakaatu me te kōrero ki a koutou.

Haunga te whakaaroaro, me noho tahi tātou me te tangata. Kaua e whai i te tangata, engari me whai i te Atua. Ki te kitea e koe he painga i roto i ēnei whakaaro, whakaarohia he manaakitanga nā te Atua, nā te mea nōna te mana katoa. Tuwha atu ki ētahi atu kia kitea ai e rātou i roto i aua whakaaro te mea e kitea ana e koe (Ā, mō te atawhai o tō Ariki, kōrerotia). Kaua hoki e wareware ki te āwhina i tētahi i ia rā, i ia rā, i runga i tō kaha. I te mea kei roto i taku pēke te moni, e kore ahau e mutu te hoatu, nā te mea ko te Atua taku puna e kore e mutu, e rere tonu ana.

Hei whakamutunga, me mōhio tātou ki te Atua pērā i te hunga nunui. Ka taea tēnei mā te whakaaroaro me te whakapau kaha whaiaro.

I tētahi wā, i a au e hiko ana i waho o te whare karakia, e whakaaro ana ki taku kaiako nui, ki a Sri Yuktiswar, kua mate atu i ētahi tau i mua i te

matenga. I tino pouri ahau mōna, ā, i pouri hoki ahau nā te mea kāore ia i ahau e noho tahi ana ki te pārekareka ki te ataahua me te āhuarangi o te whare karakia. Kātahi ia ka puta mai ki ahau i te rangi, ka mea mai, "E whakaaro ana koe ko koe anake te tangata e pārekareka ana ki tēnei wāhi ataahua? Kei te pārekareka ahau ki tēnei wāhi, pērā i a koe!"

Ko te tangata e rapu ana i te kotahitanga ki te Atua, me whai i roto i te mahi o ia rā o te whakaaroaro me te aroha ki a ia, me te whakawhānui i taua aroha ki te katoa Koinei anake te huarahi hei karo i te pakanga He mea nui te mahi tahi wairua Ki te kore he wairua pono, kāore he harikoa takitahi, he harikoa whānui rānei Ko te rangimarie tapu anake te otinga mō ngā raruraru tinana, pūtea, marena, matatika, me te wairua katoa.

Ka puta te harikoa i te tata ki te Atua. Kua mauheretia te tangata i muri i ngā tutaki o te kuware, ā, kua tae te wā ki te wetewete i tēnei whare herehere whakama. Me tahuri tonu te hinengaro ki te Atua, ahakoa te āhua, ā, ka kite koe i te rangimārie me te harikoa nui.

Ko te hunga e hiahia ana ki te Atua, e whakatapua ana i ō rātou oranga ki a ia, e whakatenatena ana, e whakamārama ana tetahi i tetahi, ā, e maumahara tonu ana ki te Atua, ko rātou te hunga harikoa i tēnei ao, ā, ko rātou hoki te hunga toa o te hari o te ao kei muri.

Kia tau te rangimārie ki a koe

Ka ara ake te ārai, ka mārama atu
I hangaia tātou katoa kia rite ki te ahua o te Atua. I ahu mai tātou i Tōna Wairua Tapu, ā, e noho ana Tōna mauri i

roto i a tātou i roto i tōna parakore, tōna kororia, me tōna harikoa nui whakaharahara. He pā kaha tēnei taonga tapu. Ko te whakahē a te tangata i a ia anō he tangata hara, e hē ana i ngā ara o te hara, ko tētahi o ngā hara nui rawa atu. Nā te mea i a ia e mahi ana i tēnā, e whakahē ana rātou i a rātou anō ki te kore āwhina, ki te ngakaukore, me te kore e taea te ara ake, te piki ake. He pono ka taea e te tangata te mahi i ngā mahi e rerekē ana ki ngā ture taiao me ngā ture atua, engari me huri tonu rātou i te huarahi me te tahuri ki te ara tika. I roto i tō rātou āhua parakore, he temepara tapu .te tangata, ā, e noho ana te Wairua Tapu i roto i a rātou Me maumahara tonu tātou e aroha ana te Atua ki a tātou, he mea tino tapu, he mea mutunga kore. Engari nā te mea kua homai e ia ki a tātou te whiringa tino tika kia whakatata atu ki a Ia, kia tahuri atu rānei i a Ia, e tatari ana ia kia whakapuakina e tātou tō tātou hiahia mō Tōna aroha i .mua i tōna taenga mai ki a tātou I tetahi wā ka rongo ahau i tōna reo e kōrero pōhewa ana i te wā e whakaaroaro ana: "E mea ana koe kāore ahau i a koe, engari kāore koe i titiro ki roto, kāore rawa ahau e whakarērea i a koe mō tētahi wā poto. Tomo ki te temepara o te wairua, ā, ka kite koe i ahau. Kei konei tonu ahau, hei manaaki i a koe, hei mihi atu ki a koe me te mihi o te aroha ".atua He mea nui te ngākau pono i te ara wairua. I roto i te .parakore me te pono, ka puao te ata o te wairua

Kāore he aha o tātou whakaaro tangata ki te whakataurite ki te Atua. Ko te huarahi anake e taea ai e tātou te whakatata atu ki a Ia ko te hoatu ki a Ia te aroha .parakore e homai ana e Ia ki a tātou Ka kitea e te katoa te whakaoranga i te mutunga, engari ko te hunga e hē ana i te ara ka taka ki roto i te poka o te kore aro. Ko te kore aro e aukati i a tātou ki te mōhio ki te

hiranga o te kimi i te Atua i tēnei wā tonu, i tēnei wā tonu.
Ko tō tātou ao nui, ko Papatūānuku, e rere ana i te wāhi, me
tō tātou tuakiri tangata, kāore i homai ki a tātou kia noho mō
ētahi tau ki konei, kātahi ka ngaro atu ki te kore. Engari, ko
tā tātou he whakaaroaro hohonu, he mārama hoki ki te mea
ngaro o te ao. He kuware, he whakakatakata, he moumou
taima te noho me te kore e mārama ki te kaupapa o te ao.
Kei ngā taha katoa tātou e karapoti ana i ngā mea ngaro o te
ao, ā, kua homai e te Atua ki a tātou te mātauranga hei kimi
.i āna otinga

I taku rapunga i te aroha pumau, i kite ahau i aroha te
Atua ki ahau i ngā huarahi katoa e taea te whakaaro. I aroha
.ia ki ahau hei whaea, hei matua, hei hoa hoki
,I rapua e au taua hoa pumau i tua atu i ngā hoa katoa
Mō taua hoa aroha nui e kite nei ahau i te kanapa i roto i
ngā kanohi atawhai me te aroha katoa. Kāore taua hoa atua i
.whakapōrearea i ahau, kāore hoki i whakarērea ahau e ia
Kei muri i ngā mea katoa te Atua Me whakaute, me
atawhai hoki tātou i ō tātou mātua, engari me aroha tātou ki
te Atua me ō tātou ngākau me ō tātou wairua katoa Me
mārama tātou ki te hiranga o te hononga ora ki a ia, me te
.kore e moumou taima

Ina moe tātou, kāore tātou e mōhio mēnā ka ara ake
tātou, kāore rānei. Ka wehe atu tātou i tēnei ao, takitahi.
Engari kua tēnei whakaaro e whakararuraru i a tātou. Ina
mate tātou, ka karangatia tātou kia whānau hou ki te ao, kia
tīmata ai he oranga hou mai i te wāhi i mutu ai tātou i tēnei
.ao

E kite ana ahau i te ora hei hanganga me te memeha o
ngā ngaru i runga i te mata o te moana. Ka ara ake te ngaru
tangata i te mata o te moana atua i tōna whānautanga, ā, i
tōna matenga, ka okioki ki te ngākau o te Atua. Kua mau ki
ahau tēnei pono, ā, e mōhio ana ahau kāore rawa ahau e
mate tūturu, ahakoa te matenga o te tinana. Ahakoa kei te
okioki ahau i te moana o te wairua atua, kei te ara rānei i te

tinana tinana, he kotahi ahau me te moana ao. Kāore e kitea
te harikoa nui i te ao. I taua wā anō, kāore he take e rere ai
tātou ki te ngahere ki te rapu i te kaupapa. Ka kitea e tātou
te Atua i roto i tēnei ngahere o te orange o ia rā—i roto i te
.hohonutanga o te ana o te wahangu

He maha ngā hapa a te tangata, engari he mea hanga
rātou kia rite ki te wairua atua. I hangaia e te Atua tēnei ao
tinihanga o ngā ahua eka o te ao mō te kaupapa kotahi
anake: kia mōhio ai te tangata he whakaari noa iho tēnei, kia
whakarērea ngā tinihanga, kia aroha ki te Atua anake. Koinei
te pono, ā, kāore e taea te kī atu he aha i hangaia ai tātou e
te Atua kia aroha ki ō tātou whānau, kia kite noa i a rātou e
wehe atu ana i a tātou, takitahi? Ka puta ēnei kaupapa hei
whakamōhio i a tātou ko te Atua te tino aroha ki a tātou, nui
.atu i te hunga katoa e arohaina ana e tātou

He raupapa whakaahua neke te ora, engari he uaua ki
te mārama ki tēnei pono nā te mea he tūturu ngā
mānukanuka, ā, he mānukanuka ngā mea tūturu. Ka
memeha haere te ao i roto i ō tātou hinengaro i ia pō i a
tātou e moe ana, kia mārama ai tātou ehara te ao tūroa i te
.mea tūturu

Kāore tēnei akoranga o te moe i tae mai hei
whakamataku i a tātou, engari hei mea i a tātou kia hiahia ki
te pono o te Atua Kāore he mea e makona ai te wairua
engari ko te Atua me Tōna aroha Ko te Wairua o te Atua te
pono e kore e taea te whakataurite Kāore he mea e kiia ana
he mea kore pono, ā, ko te mea pono e kore e taea te mea
kore pono Ka mārama te hunga whakaaro nui ki tēnei pono
.kanapa

He maha ngā tau kua pahure o ō tātou orange, ā, ko
ngā tau, ngā wiki, ngā rā, me ngā hāora anake e toe ana. He
aha tātou ka moumou taima ai ki ngā mea kāore e whai
hua? Me hiahia tātou ki te hono atu ki te Atua i te ao, i te pō,
ā, kia tino pono ki tēnei hiahia i mua i te paunga o te wā kua

whakaritea mō te oranga, ā, ka wehe atu tātou i tēnei ao me
.te kore e tutuki i tetahi mea nui

I taua wā tonu, ka kite ahau i te māramatanga nui o te
Atua e taupoki ana i te ao katoa. He hari nui whakaharahara!
!He māramatanga whakamiharo

E tōku Atua, e mihi ana ahau ki a koe, e piko ana ki a
koe mō ēnei manaakitanga maha o te rongo i tō aroaro
Ngā manaakitanga ki te katoa, kia mōhio ai mātou ko

Koe te pono tuturu o te ao whānui, ā, ko Koe tō mātou
.whāinga tuturu, kāore he whāinga kē atu i tua atu i tēnā
Me aroha tātou ki a ia, me kōrero ki a ia i ia hēkona o ō
tātou oranga—i te mahi, i te okiokinga, i te nekehanga me te
ata noho—me te inoi hohonu me te hiahia nui. Ko reira tātou

ka kite ai i te arai o te mānukanuka e ara ake ana, e
memeha haere ana. Kei a tātou te Atua i ia wā o ō tātou
oranga. Ko te hunga e whakaaroaro ana, e mahi tahi ana me
ia, ka kite i a ia i roto i te ataahua o ngā putiputi, te
rangatira o ngā wairua atawhai, ngā kare ā-roto
whakahirahira me te rangatira, me ngā moemoeā ataahua.

Hei whakamutunga, ka puta mai ia i muri o ngā arai
:matotoru ki te kī atu ki ngā kai rapu pono katoa
Kua roa tāua e wehe ana nā te mea i hiahia ahau kia"
homai e koe tō aroha ki ahau i runga i tō hiahia. Nāku koe i
hanga kia rite ki tōku āhua, ā, i tatari ahau kia whakamahia
e koe tō herekoretanga, ā, kia homai e koe tō aroha ki ahau i
".runga i tō hiahia ake

Me inoi tātou ki te Atua kia homai ki a tātou te koha
mutunga kore o Tōna aroha tapu. Engari ko wai ka kitea
tēnei Atua aroha me te kore e whakapau kaha? Ki te
whakapau kaha koe i te 25 ōrau o te whakapau kaha, ko te
toenga kei te Atua me tō kaiārahi wairua. Kāore au e tonu i
tetahi mea māku ake, nā te mea nō te Atua te
whakamoemiti katoa, te pūtake o te pai me te aroha noa. Kia
haere tahi Tōna aroha noa me koe, kia noho Tōna

mōhiotanga ki a koe, ā, kia kite koe i te nui o Tōna aroaro i
.roto i a koe me te hunga katoa e karapoti ana i a koe
Kāore te Atua e whakautu wawe mai ki a tātou nā te
mea e mangere ana tātou ki te whakaatu i te nui o tō tātou
hiahia ki a Ia. Kaua tātou e wehi ki te whakatata atu ki a Ia,
engari me whakaaro tātou ki a Ia hei tātou, hei Arohaina e
tātou, me te rapu tonu i a Ia me ō tātou whakaaro, mahi,
ngākau, me hinengaro, ā, ka kitea e tātou Ko Ia te piringa
.nui rawa atu o te haumarua me te rangimārie i tēnei ao
E te Ariki, ka tukuna atu e au tēnei putiputi wairua pai ki
a koe, kia whakapaipai ai rātou i te temepara o tō aroaro.
Hei hoa mō ēnei wairua, ko tō whānau, ko tō hunga aroha.
Ka waiatatia e mātou tō ingoa tapu. Whakakorea te pōuri o
te kuware ki tō māramatanga tapu. Whakakorea te pōuri i ō
mātou hinengaro ki te māramatanga kanapa mutunga kore o
tōu noho. Nāu mātou, ahakoa ō mātou āhuatanga.
Whakaaturia mai koe ki a mātou, e te Ariki o te Nui me te
Taonga. Manaakitia ia tangata o mātou. Whakaaetia ngā
kōrero a ō mātou whakaaro hiahia me ngā pā o ō mātou
ngākau aroha. Ki a koe ka tukuna atu e mātou te aroha, te
honore, me te hiahia katoa, ko koe hoki tō mātou Aroha me
.ā mātou mea katoa i tēnei ao
Manaakitia mātou ki tōu aroha noa Whakahorohia ngā
taiepa o te hiahia e wehe ana i a koe Kia noho koe hei Kīngi
atua e noho ana i runga i ō mātou wawata katoa Kia horapa
te māramatanga o tōu korōria puta noa i te ao whānui
Manaakitia mātou katoa Whakakīia mātou ki te kakara o tōu
aroaro Ā, kia mōhio ake mātou kua noho tonu koe i a mātou,
kei a mātou koe ināianei, ā, ka noho tonu koe i a mātou ake
ake
E mihi ana mātou ki a Koe mō te atawhai me te aroha
kua homai e Koe ki ō akonga pono e hiahia ana ki tō tata
mai, e tatari ana ki tō aroaro. Ko tā mātou e tumanako nei ka
tipu te porowhita o āu akonga kia taea ai e mātou te
.whakanui i tō aroaro tapu, me te koa hoki ki tō tata mai

Manaakitia mātou kia whakatuwherahia ai ō mātou
ngākau tetahi ki tetahi, kia purea ai ō mātou whakaaro, kia
tika ai mātou mō tō tiaki me tō manaakitanga. Whakaaturia
mai koe, ā roto, ā waho hoki. Whakakotahitia mātou katoa,
ā, i roto i te māramatanga o taua kotahitanga, kia mōhio
.mātou ki tōu oranga ahurei

Me te ngākau pono o ō mātou ngākau kotahi, me te
hiahia o ō mātou wairua marino, ka takoto mātou ki tō
aroaro, e rapu ana i tāu āwhina, i tāu arataki, me te mōhio
.tonu ki tō aroaro i roto i ō mātou wairua
Kia mura te ahi mutunga kore o te aroha i roto i ō mātou
ngākau, kia rongo hoki mātou i tōu tata ki a mātou ināianeī,
!ā, ake tonu atu, e tō mātou Ariki, e tō mātou Aroha

Te hiahia nui me ngā kāpū hinengaro

**He nui te korōria o te Atua Ko ia te mauri o te
pono, ā, ka kitea i tēnei ao He maha ngā inoi me ngā
tono a te tangata: mō te moni, te rongonui, te hauora
—ngā momo inoi katoa Engari ko te inoi kia noho
tuatahi i roto i ngā ngākau katoa, kia rongo ai tātou i
te aroaro o te Atua I a tātou e hikoī ana i ngā ara o te
ora i roto i te wahangu me te tino mohio, me mōhio
tātou ko te Atua te whāinga matua e taea ai e tātou
te whakamātau me te whakatutuki i ō tātou hiahia, nā
te mea kei roto i te Atua te whakautu ki ngā hiahia
katoa o te ngākau.**

**Ki te kore e taea e koe te whakatutuki i tētahi
hiahia mā roto i ō ake mahi, ka tahuri koe ki te Atua i
roto i te inoi. Nō reira, ko ia inoi e whakapuakina ana
e koe e whakaatu ana i te hiahia huna i roto. Engari ki
te kitea e koe te Atua, ka memeha haere ngā hiahia
katoa, ā, ka tutuki ngā wawata katoa.**

**Ka puta ake ngā hiahia o te ao i ngā whakaaro hē
mō te kaupapa o te ao. Ehara tēnei whenua i tō tātou
kāinga tūturu. E mea ana ngā karaipiture nō te Atua**

tātou, i hangaia tātou i tōna āhua, ā, ko tana hiahia
kia hoki tātou ki tō tātou takenga atua. Ko tā te
tangata kāore e mōhio, ki te kore ia e hoki ki tōna
pūtake atua, ka akiakihia ia ki te whawhai ki te
whakatutuki i ngā hiahia maha. Whakaarohia tēnā! He
pono kāore e taea e te tangata te kore e hiahia, ā,
kāore he he o te whai i aua hiahia. Heoi, ko te nuinga
o ngā hiahia o te tangata ka ārai i te
whakatutukitanga o te hiahia nui ki te hoki ki te Atua.
Nō reira, he kino ki te harikoa o te tangata. Ki te kore
te tangata e hiahia ki te Atua, ā, ka kitea ia, ka mura
tonu te hiahia ki tetahi mea e whakaarohia ana e ia ka
hari ai ia. Engari ko te whakatutukitanga tonu o ngā
hiahia katoa ka puta aunoa ki te hunga e kite ana i te
Atua.

E rua ngā momo hiahia: ko ngā mea e āwhina ana
i a tātou ki te kimi i te Atua, me ngā mea e ārai ana i
a tātou ki te kimi i a ia. Hei tauira, ki te hē tetahi ki a
koe, tera pea ka hiahia koe ki te rapu utu. Heoi, ki te
hinga koe i tēnei hiahia mā te whakamahi i te mana
teitei ake, e manakohia ana hoki o te aroha, kua
whakamahia e koe te taputapu hei āwhina i a koe ki
te kimi i te Atua. Me whakatutuki ngā hiahia katoa i
runga i te huarahi rangatira, nā te mea ina tutuki i
roto i ngā tikanga o te ao, ka nui haere ngā hiahia, me
ngā raruraru me te mamae. Ki te ako tātou ki te tuku i
ō tātou hiahia katoa ki te Atua, ka mahi ia ki te
whakatutuki i ō tātou hiahia pai, me te whakakore i ō
tātou hiahia kino me ō tātou hiahia whakangaro.
Kāore he parenga nui atu i te hinengaro mārama, ā,
kāore he parenga pai ake i ngā whiu o te ao i te whai i
ngā hiahia rangatira me te whakahīhi.

Ina mōhio tātou kei roto i a tātou te āhua tino tika
o te Atua, ka tutuki ō tātou hiahia katoa. I roto i taua
mōhiotanga tapu, e hipa ake ana i ngā taonga me ngā

taonga o te ao, e kore koe e whakakorikoria ahakoa ka hoatu ki a koe te ao katoa. E kore hoki te whakamoemiti e whakatupu i te whakapehapeha ki roto i a koe, e kore hoki e whara i a koe te whakapae, nā te mea ka reka koe i te hari o te Atua i roto i a koe anō, ā, koinei te mea nui rawa atu hei whakaaroaro māu i roto i tōu ao.

Me tono tuatahi tātou i te arataki a te Atua i roto i ā tātou mahi ki te whakatutuki i ō tātou hiahia tika, ā, koinei te huarahi pai ki te whiwhi whakautu ki ā tātou inoi katoa. Engari me tango te inoi i roto i te inoi. Me huri te tikanga tawhito o te inoi, ā, me tahuri tātou ki te Atua me te whakawhirinaki katoa me te whakapono pumau e whakarongo ana ia ki a tātou, ā, ka whakamana i ā tātou tono. Kāore te Atua e hiahia kia whakarērea e tātou ō tātou hiahia—ahakoa ka inoi tātou ki a ia—nā te mea ko taua hiahia te taonga tino utu nui kua riro mai i a tātou i Tōna ringa atawhai, he tika tapu i whakaarohia e ia mō tātou mai i te wā i hangaia ai tātou.

Me wehewehe te tangata i waenga i ngā inoi me ngā hiahia whaitake me ngā inoi koretake. Kia mahara ko te hiahia he mana; ki te pupuri tonu koe i tētahi hiahia—ahakoa he pai, he kino rānei, he pai, he kino rānei—ā, ka noho tonu ki taua hiahia i te ao, i te pō, ka tutuki i te mutunga. Nō reira, me tūpato te tangata, me karo hoki i te pupuri i ngā hiahia kino, nā te mea ka tutuki, ā, ka kawea mai he kino nui me te mamae nui.

I roto i te wā, ka kitea e koe ahakoa kua tutuki ō hiahia, kei te takoto kau tonu tō ngākau, ā, ka pāngia koe e te tutu o roto. Whakaarohia he ngoikore tō pūnaha nakunaku, engari e hiahia ana koe ki ngā kai parai. Ae, ka mamae koe i ia wā ka kai koe i aua kai, ahakoa te pai o te kai. Nō reira, ka rite koe ki te mea

kua hē koe. Ka whakahau te whakaaro nui mā te whakamahi i te māramatanga hei wehewehe i waenga i ngā hiahia pai me ngā hiahia kino, ā, kia tutuki ai tēnei, kua aua hiahia hē e tutuki. Kei te tangata te mana o roto o te māramatanga, ā, me whakamahi tonu i taua mana, hei ārahi i ō rātou oranga i runga i ngā whakahau a te hinengaro, arā, ko te reo o te Atua.

Kei roto i te ngākau ngā hiahia kāore anō kia tutuki He aha te kino o te pupuri i aua hiahia ki reira? Anei te whakautu:

He mana motuhake kei roto i ia hiahia: he pai, he kino rānei, he rua rānei. Ina mate te tangata—kia aroha te Atua ki a ia—kāore ēnei mana e mate ahakoa te pirau me te pirau o te tinana. Engari, ka haere tahi rātou me te wairua ki ngā wāhi katoa e haere ana ia. Ina whānau hou te tangata i roto i tētahi tinana hou, ka puta ēnei pū, ngā papa hinengaro rānei hei whanonga. Nō reira, ko te tangata i mate hei tangata inu waipiro ka mau mai i a ia te hiahia ki te waipiro ina whānau hou mai, ā, ka mau tonu tēnei hiahia kia hinga rā anō i a ia te hiahia ki te waipiro. E pā ana tēnei ki ētahi atu mea anō hoki.

Ahakoa ngā tamariki nohinohi rawa, he āhuatanga anō kei a rātou i ahu mai i ngā oranga o mua. Ko ētahi tamariki e pāngia ana e te riri nui. Ko ētahi he riri kino. Ae, kāore te Atua i hanga i a rātou pēnei. Nā ngā hiahia kāore anō kia tutuki i ngā oranga o mua i hanga ēnei āhua hinengaro, ā, nā ēnei, he āhua rerekē te wairua, ahakoa i hangaia i roto i te āhua parakore o te Atua. Ki te whakapohehetia te āhua o te Atua i roto i te tangata i tēnei ao, ahakoa nā te riri, te wehi, te hiahia rānei, ā, kāore ēnei āhua i hinga i nāiane, ka whānau anō rātou me ēnei āhua (ka whānau anō rānei rātou me ēnei āhua), me te pikau i

te taumahatanga o ēnei āhua pōuri tae noa ki te hinganga i tēnei ao, i ngā tinana ā muri ake nei rānei. Kāore he mawhiti atu i a rātou tae noa ki te hinganga.

Nō reira, he pai ake te whakatutuki i ngā hiahia katoa ināianei, te wikitoria rānei i aua hiahia

Ko te huarahi pai rawa atu ki te whakakore i aua hiahia mō ake tonu atu ko te wheako i te hari nui o te Atua. Ki te kore, ka whaiwhai, ka whakamamae hoki i te wairua ēnei hiahia kua pehia me ngā wawata kāore anō kia tutuki.

Me mārāma te tangata, mā te māramatanga me te whakaaro nui, ko te Atua anake te kaha ki te homai i te harikoa parakore, pumau tonu.

I te nuinga o te wā, ka noho huna ngā hiahia i roto i te hinengaro kore. Tērā pea ka whakaaro koe kua memeha haere, engari kāore; ko tētahi tēnei o ngā mea ngaro o te ao, he mea ngaro nui anō hoki.

Engari ka memeha haere te mea ngaro ina tātarihia e tātou te ao, ka whakaaroarohia tōna tikanga. Mēnā ka noho puku koe mō tētahi wā poto i ia rā, ka tirotirohia koe e koe anō, ka kitea e koe he maha ngā hiahia kāore anō kia tutuki. He rite ēnei hiahia ki ngā iroriki whakamate e mauria ana e te tangata ki ngā wāhi katoa e haere ana ia, i tēnei ao, i tērā ao anō hoki.

Ko te huarahi pai ki mua ko te kite—mā te whiriwhiri whakaaro nui—i ngā hiahia kino o tēnei ao, me te arotahi ki te whakatutuki i ō hiahia pai. Mena kei te hiahia koe ki te whakamomori, ki te mahi hē rānei, me peia atu taua hiahia inaianei.

Whakaponohia koe, i roto i te whakaaro me te mahi, kei a koe te mura o te atuataanga i roto i tō wairua, ā, kia mahara kua hangaia koe i te ahua o te Atua Kaha Rawa, nō reira kei a koe te mana ki te neke atu i tō āhua tinana me ō tikanga.

Kia iti ake te piri ki ngā mea papai, kia matara atu i ngā hiahia, ā, ka toa koe i te pakanga o te ao. Ki te mamae koe i te mamae uaua, ngana ki te wehe atu i te mōhiotanga tinana. Mā te māramatanga, ka taea e koe te wikitoria i ngā kare ā-roto. Ko te māramatanga whakaaro nui te ahi e tahu ana i ngā hiahia kino me ngā hiahia whakangaro, ka meinga kia pungarehu.

He mahi noa mā te tangata te penapena i ngā taonga tawhito, kua tawhito, me ngā mea kāore e hiahiatia ana ki te kokonga o te whare, ā, me te whakapaipai me te horoi i te whare i ia wā, i ia wā. Waihoki, kei te kokonga o tō hinengaro huna he maha ngā hiahia me te kino huna, ka raru pea koe i tētahi rā ki te kore koe e whakahaere tika i aua mea.

He mea nui te tātari i a koe anō i te ara wairua. Tērā pea he tangata mauahara koe, he pukuriri, he tere rānei te riri. Mena koinā, ko ēnei āhuatanga kua rongoatia i roto i tō hinengaro he hua nō ō mahi o mua. Hei whakakore i ēnei taonga kua pakaru, kua tawhito i roto i tō hinengaro, me tīmata koe ki ngā mahi pai, whai hua, me te whakatipu i te aroha ki ētahi atu. Ko te nui ake o tō aroha ki te tangata, ko te nui ake hoki o tō rātou aroha ki a koe, ā, ka rongo koe i tō rātou aroha. Engari ki te whakahe koe i a rātou, ahakoa ki a koe anō, ka rongo rātou i taua whakahe, ā, ka whakahokia mai ki a koe!

Mehemea kua mate tētahi hoariri tawhito, engari kei te pupuri tonu koe i te riri me te mauahara ki a ia. Ka mamae koe i tēnei kawa, ā, ka puta ōna pānga kino ki roto i tō tinana me tō hinengaro. He pai ake te muru i a ia mō te Atua, nā te mea mā te mahi pera, ka wātea koe i ngā hiahia kino o te rapu utu e whakangaro ana i tō rangimārie o te hinengaro, e pakaru ana hoki i tō marino. Ko te whakanui i te mauahara ki runga i te mauahara, te whakautu rānei

ki te mauahara ki te mauahara, ehara i te mea ka kaha ake te mauahara o tō hoariri ki a koe, engari ka paitini hoki tō tinana me ō kare ā-roto. Nō reira, murua te hara me te murunga hara ataahua.

I ētahi wā, me whakarērea e te tangata ngā mea katoa kia noho ko ia anake, kia whakaaroaro ai ki te kaupapa o te ao. Ko te nuinga o te tangata e rere ana i roto i te ia o ngā tikanga me ngā āhua. Ko te mea pono, kāore rātou i ora i ō rātou ake oranga, engari i ora i te ao whānui. He aha tā rātou i whakatutuki ai, ā, kei hea rātou i mutu ai?

Nō reira, he mea whakaaro nui kia tangohia e te tangata ngā mahi me ngā "mahi" o ia rā i ētahi wā, kia marino ai te ngangau o tōna hinengaro, kia mārama ai hoki ki tōna mauri, kia whakatauhia ai te whāinga e hiahia ana ia kia tutuki.

Kia maumahara ko te whakaaturanga nui rawa atu ka taea e koe te whiwhi ko tō hinengaro: ko te reo mārama, kore e taea te hē o tō wairua. Ko tā tō hinengaro e kī atu nei ko wai koe, me te kore whakapaipai, me te kore huna.

Whakaarohia te mana o Ihu Karaiti i mea ai, "E Pa, murua ō rātou hara, kāhore hoki rātou e mōhio ki te mahi i ngā mea kāhore rātou e mōhio."

Whakaarohia hoki te Poropiti nui i mea: "Kāore ianei ahau e kōrero ki a koutou he aha te mea e whakaara ake ai te tangata?" Ka mea rātou: "Āe, e te Karere a te Atua." Ka mea ia: "Kia manawanui ki te tangata e kore e mōhio ki a koe, hoatu ki te tangata e kore e hoatu ki a koe, kia mau tonu te hononga ki te tangata e momotu ana i a koe, ā, murua te hara o te tangata e hē ana ki a koe."

Mā te whakarongo ki te reo o tō hinengaro mārama ka mārama ai tō ara, ka manaaki hoki i tō ao. Ina rongo koe i te hiahia nui i roto i tō ngākau kia

tutuki ai tētahi hiahia, whakamahia tō māramatanga, ka pātai ki a koe anō: "He hiahia pai, he hiahia kino rānei tēnei e whaia ana e au kia tutuki?"

He maha ngā āhuatanga e whakakaha ana i ngā hiahia o te tangata Ina kite te tangata i tētahi tauira waka hou, ka hiahia ia ki tētahi rite ki taua waka Ina kite ia i tētahi momo whare hou, ka hiahia ia ki tētahi rite ki taua waka Ka rongonui haere tētahi momo ahua hou, ā, ka hiahia te tangata ki te hoko me te mau i taua momo kāhua!

Nō hea ngā hiahia? I pau ngā hāora ki te whakaaroaro i tēnei Ka taea e koe te whakarōpū i ō hiahia katoa? I taea e au te wehewehe i a rātou katoa, ā, ko ngā mea pai anake te pupuri. Ā, i taku taenga ki te huihuinga atua, i kitea e au kua tutuki katoa aku hiahia pai i te wā kotahi I tēnei rā kei te hiahia koe ki tētahi mea, ā, āpōpō kei te hiahia tō wairua ki tētahi atu mea Kāore e taea e tō hinengaro, i ahu mai i te Atua Kaha Rawa, te makona i ngā taonga o tēnei ao, ā, e kore rawa e makona, nā te mea, e taku hoa aroha, kua ngaro i a koe te taonga tino utu nui o tō wairua, ko ia anake kei a ia te mana ki te makona i tō hiahia me te whakatutuki i ō hiahia Ko taua taonga ngaro ko te Atua.

He pono kei reira ētahi hiahia pai, ētahi hiahia e tika ana, ā, me mahi koe ki te whakatutuki i aua hiahia. Engari i a koe e whai ana ki te whakatutuki i ō hiahia iti, kua e wareware ki te whakatutuki i tō hiahia nui ki te Atua i te tuatahi. Ko te whakapono ko ngā hiahia me ngā mahi iti me whakatutuki i te tuatahi he whakaaro pohehe, he tinihanga. Kei te maumahara tonu ahau i te tīmatanga o taku haerenga wairua he tangata whakaroa ahau, kāore hoki i whakaaroaro i ngā wā katoa, ahakoa i kī tonu ahau ki a au anō ka whai wā ahau mōna. I pahemo te tau

katoa pēnei i mua i taku mohiotanga kāore au i whakatutuki i taku i oati ai ki a au anō. I oati tonu ahau ki a au anō ko te mea tuatahi ka mahia e au i te ata ko te horoi, kātahi ka whakaaroaro ki te Atua. He maha ngā mahi o ia rā i taua wā, ā, ehara i te mea ngāwari ki te mawhiti atu i aua hiahia, ahakoa he wā poto noa iho. Nō reira, i whakatau ahau ki te mahi i aku mahi wairua i te tuatahi. Nō reira, i ako ahau i tētahi akoranga nui: ko taku mahi ki te Atua te mea tuatahi, ā, ko reira anake ka aro atu ahau ki ētahi atu mahi iti ake te hiranga.

He aha rā te Atua me whakatuwhera ai i ngā kūaha o te ao mutunga kore ki te tangata mēnā he mea nui ake i te Atua ētahi atu mahi me ngā whakaaro? Kua whakanohoia e te Atua he parirau wairua ki roto i a tātou, ā, e tumanako ana ia kia rere tātou i roto i ngā ao o te wairua. Ko ēnei parirau ko ō tātou wawata wairua, ko ō tātou whakaaro teitei, me tō tātou hiahia pono ki tō tātou pūtake atua.

Me rapu tātou i te Atua i te tuatahi. Kāore i te whakaaro nui kia tino hira ngā mahi o te ao nei, nā te mea ka taea e Azrael te karanga i te wairua i tētahi wā, ā, ka mutu katoa ngā mahi, ngā herenga, ngā āwangawanga me ngā herenga mō ake tonu atu. Nō reira, he aha rawa te take e piri pūmau ai ki te ora?

E whakaaro ana te tangata kei te whiwhi ia i te haumaru me te rangimarie o te hinengaro, kātahi ka ngaro ohorere tetahi o ōna whanaunga, ka ngaro rānei tōna hauora, tana mahi rānei, ā, ka maumauria te haumaru me te rangimarie o te hinengaro!

Aue te nui o tōku aroha ki tōku whaea! I mahara ahau ka noho tonu ia ki ahau, engari kātahi anō ka kitea kua whakarērea ahau e ia i ahau e tamariki ana! Kua tātou e wehi i te mate, engari kia rite tātou mōna.

Kāore te ao i rite ki tōna āhua Kaua e whakawhirinaki ki a ia, he mea hurihuri hoki, he tinihanga, he kī tonu i ngā pouri me ngā tumanako pakaru Kāore e kitea te tino pai i konei Kāore au e hiahia ki te hoatu ki a koe he pikitia tūturu o te ao Ehara tēnei ao i te pararaiha He taiwhanga atua tēnei e whakamātautau ai te Atua i ngā wairua kia kite ai mēnā ka hinga i a rātou ngā hiahia kino ki te pai, ā, ka meinga la—arā, kia meinga te Atua—ko tā rātou hiahia nui rawa atu, kia hoki ai rātou ki Tōna rangatiratanga.

Kī tonu te ao i ngā momo aituā me ngā katakata, ngā aituā me ngā harikoa He whāriki whānui, he hurihuri tonu, he kanapa hoki o ngā āhua maha Kāore he mea e rua e tino ōrite ana He ahurei te ao o ia tangata He rerekē ngā āhuatanga o ia tangata, he rerekē te hinengaro, he rerekē ngā hiahia Me i pāngia tātou e ngā whakamātautau ōrite i ia rā, ka ngenge tātou, ka hoha Ahakoa ko Pararaiha, me i rite tonu, ka ngaro tōna ataahua He pai ki a tātou te kanorau me te kanorau He hē rawa te ariā tuku iho o Pararaiha Me i tino hoha, kua inoi ngā tāngata tapu me ngā tāngata tapu a te Atua kia hoki mai ki te Ao ki te whakangahau i a rātou anō! Ka whakahoutia tonutia te Pararaiha i roto i te huarahi tino ataahua, ko te Ao ia ka whakahoutia tonutia, engari i roto i te huarahi hoha me te kore pai.

Ahakoa te hoha me te uaua o te ao, ka taunga te nuinga o te tangata ki tēnei mea, me te whakapono kāore he ara kē atu hei oranga. Nā te kore e taea te whakarite i tēnei ao ki te ao wairua, kāore rātou e kite i te nui o te mamae me te ngenge e huna ana i roto i ngā ao o tēnei ao.

Ko te pono, ehara te ora i te mea tūturu He whakangahau noa iho, kāore he mea atu Pērā i ngā

kiriata tawhito e tukuna anōtia ana i ia wā, i ia wā, ka pērā anō hoki ngā mahi tawhito e whakahokia ana i roto i ngā āhua rerekē Ahakoa te haere tonu o te ora, ka whakahokia anōtia ngā kaupapa ōrite i whakaatuhia i roto i ngā kiriata o mua He pono, ka whakahokia anō te hītori, ā, he taonga tuku iho noa iho ngā tāngata i roto i ngā whare taonga o te wā.

Kia tukuna ngā ohorere o te ao, kia manakohia me te harikoa, te kore whakaaro, me te wehe, kaua e pāngia e ngā kare ā-roto, me te mea kei te mātaki kiriata. He rongoā whakamiharo te kata ngākau mō ngā mate katoa o te tangata.

Me whakatata atu koe ki te ao me te ngāwari me te whakamarie. Koinei taku i ako ai i taku kaiako. I te tīmatanga o taku whakangungu wairua i roto i tōna whare karakia, i mahi ahau i aku mahi me te kanohi pōuri, kāore rawa e menemene. I tētahi rā ka kite taku kaiako i tēnei, ā, ka mea ia, "Ki te pai te Atua, kei te pai ngā mea katoa! Kei te haere koe ki tētahi tangihanga? Kāore koe i te mōhio ko te kimi i te Atua he tikanga ki te huna i ngā āwangawanga me te huna i ngā pouri katoa? Kaua e tino aro ki te ao."

I whakaakona ahau e ia ko te kawenga a te tangata kia ara ake tōna hinengaro ki runga ake i ngā mea whakararuraru me ngā raruraru o te ao, kia kitea ai e ia te herekoretanga katoa i roto i te Atua.

Me pupuri te tangata i te taurite i roto i te harikoa me te pouri, te hua me te mate, te wikitoria me te hinganga, kia taea ai e ia te aro atu ki ngā wero o te ao me te maia me te whakapono ki a ia anō.

Ko te pupuri i te rangimārie o roto ahakoa ngā āhuatanga katoa te huarahi pai ki te wikitoria i ngā hiahia tinihanga. Koinei taku i ako ai i ngā mea nunui kāore i pāngia e ngā huringa o te wā, engari i mau tonu, kāore i rerekē tae noa ki te mutunga. Ahakoa

ngā poropiti, i te wā i whakamamaetia ai rātou, kāore i ngaro tō rātou hinengaro tapu, kāore hoki i tukua tetahi kia tahae i te aroha o te Atua i a rātou. Ko te harikoa wairua he parenga manaakitanga, ko te pā kaha rawa atu o ngā mea katoa. I waenganui i ngā whakamātautau me ngā raruraru, kia mahara ki ngā manaakitanga kua homai e te Atua ki a koe. He temepara tapu tō wairua nō te Atua. Kaua e tukua te pōuri o te kuware kia poke i taua wāhi parakore. He mea whakamiharo te noho i roto i te āhua o te mōhiotanga wairua, te honore, te mana, te haumaru, me te rangimārie! Kaua e wehi, kaua e kino ki tetahi. Hoatu tō aroha ki te katoa. Kia rongo i te aroha o te Atua, kia kite i tōna aroaro i roto i ngā tāngata katoa, ā, kia waiho tō hiahia kaha hei aroaro tonu i roto i tō ngākau. Koinei te huarahi ki te noho i roto i te rangimārie me te marino i tēnei ao. Engari he uaua ki te whakamātau i tēnei ngākau māhaki i te mea kei te pupuhi ngā hau kaha o ngā hiahia i roto i te puna o te ngākau, me te whakangaeue i ōna rākau.

Ka hangaia ngā hiahia e te taiao o te tangata. Ka whānau mai i roto i ō tātou tirohanga ā-pāpāho, ā, ka herea e ngā herenga o aua tirohanga. Mā te haere ki tētahi whakaaturanga taiwhenua ka ea te hiahia mō te whakahihiri, engari i muri i te toro atu ki tētahi whakaaturanga o te ao me te mātakitaki i ngā whakaaturanga rerekē katoa, ka ngaro te ataahua me te ātaahua o te whakaaturanga iti. Nō reira, me wheako tuatahi tātou i te hari o te hononga ki te Atua kia taea ai e tātou te whakarite i taua hari ki ngā ahuareka iti o te ao. Kātahi ka teitei ake te āhua o ngā hiahia. He mutunga kore te hiahia; i te wā e ea ai tētahi hiahia, ka puta mai tētahi atu. Engari ina kitea e koe te Atua, ka ea katoa ō hiahia. "Rapua te rangatiratanga o te Atua me tana tika i te tuatahi, ā,

ka hoatu ēnei mea katoa ki a koe (Ā, ko te mea kei te Atua he pai ake, he pumau ake)" Nō reira, he aha e kore ai e rapu tuatahi i te ea o taua hiahia nui rawa atu, me te whiwhi mai i te ringa atawhai o te Atua i te mea pai rawa atu, te mea pumau rawa atu?

Ina whakautua e te Atua te inoi a te tangata e rapu ana kia mōhio ki a ia, ka tutuki tonu ana hiahia katoa ake ake.

Kei te whakaaro ētahi kāore ā rātou hiahia. Āe!

Kua kite ahau i ngā mea e tupu pinepine ana ina haere te tangata ki te māketē. Kāore pea i a rātou he hiahia motuhake ki te hoko, engari ka kitea ohoreretia e rātou tētahi mea, ā, ka whakaaro rātou, "Āe, me hoko e au!"

Ahakoā kāore e hokona tonutia, ka noho tonu i roto i ō rātou hinengaro i te ao, i te pō tae noa ki te wā ka hokona e rātou, ahakoā me nama moni rātou. Ka pārekareka ki a rātou mō tētahi wā, engari ka memeha haere tōna ataahua, ka heke te harikoa o te whiwhi i taua mea, nō reira ka hiahia rātou ki tētahi atu mea, ā, pērā tonu.

I ētahi wā ka tūtaki tātou ki tētahi e mea ana: "Āe, me i whai moni ahau pēnei, pēnei rānei (he motuka tauira motuhake rānei, he puna kaukau rānei)" ā, ina tutuki taua hiahia, ka ara ake tētahi atu hiahia mō tētahi mea hou.

He tino koretake ngā hiahia o te tangata, nō reira kāore e taea e rātou te whakatutuki i te harikoa katoa mō ō rātou rangatira.

Ka ngana te ao ki te whakararuraru i a koe kei mahara ko te hiahia pono anake ko te kimi i te Atua. Engari me whakamahara koe i a koe anō ki tēnei i ia rā. Ina whakatau te tangata ki te whakamutu i te momi hikareti, ki te mutu te kai nui, ki te mutu te teka, ki te mutu rānei te tinihanga, me whakatau tonu

rātou, kaua hoki e whakaroa. Ka mimiti, ka ngoikore te hiahia i roto i te taiao kino, ka hanga i ngā hiahia teka i roto i te tangata. Ka tangohia te mea pai mai i a rātou, ka hoatu ki a rātou te mea kino rawa. Ko te hunga e noho tahi ana me ngā tahae e whakapono ana koinei anake te huarahi ki te ora. Engari ko te noho tahi me te hunga pai ka arahi i te hinengaro ki ngā mea teitei ake, kia kore ai e taea e ngā hiahia teka te whakamatautau i te tangata. He rerekē, he rerekē hoki ngā mea katoa o tēnei ao. Engari ko ētahi wā poto o te whakaaroaro hohonu, o te ako me te whakaaroaro ki ngā kaupapa wairua parakore ka waiho hei puna whakahihiko, ka kawe i te tangata rapu pono i tērā taha o te moana o te tinihanga me te mānukanuka ki ngā takutai atua, "e kore rātou e pā ki reira e te nenge, e kore hoki e peia atu i reira."

(Kua rite te okiokinga nui rawa atu mō te hunga i mahi, ā, ko te tangata kāore i wareware ki te rapu i te pono, kua toa ia.)

Ko te harikoa pono kei roto i te hiahia nui ki te Atua, me te whakaaro tonu ki a Ia. Mā te manawanui, ka tae mai te wā ka pumau, ka kore e taea te whakakorikori i taua whakaaro, ā, kāore e taea e te mamae tinana, hinengaro, kare ā-roto rānei te tahuri ke i tō māramatanga mai i te Atua. He mea whakamiharo te noho me te māramatanga ki te Atua, te whakaaro ki a Ia, me te rongoi i a Ia i ngā wā katoa, me te noho tonu ki te wāhi tapu o tōna aroaro kore e taea te whakaeke, ki te wāhi e kore ai e taea e te mate, e tetahi atu mea rānei te tahae i tō rangimārie o roto? (Ko te hunga e whakapono ana, ā, e okioki ana ō rātou ngākau i roto i te mahara ki te Atua. He pono, i roto i te mahara ki te Atua ka okioki ai ngā ngākau.)

Ina ārai koe i ngā hiahia katoa, ka koa koe ki te aroaro mutunga kore

He tino rerekē te ao, nā te mea ka huri ngā mea katoa. Nō reira, kua e herea te kaipuke o te harikoa ki runga i te onepū e nekeneke haere ana o tēnei ao. Ka pahemo tō tātou wā, ā, ko tā tātou e kite nei i nāianeī ka ngaro i tētahi rā. He mea whakaae te huringa mena kāore koe e tuku kia whara koe. Ā, ina whara koe, ko te pōrearea o roto e pā ana ki a koe he karere ki a koe kia kua e puritia e ngā hiahia. Ina noho pūmau koe i roto i te wairua atua, ka koa koe ki ngā mea katoa me te kore he piripono, he whakawhirinakitanga rānei. Nō reira, ko te ngana ki te mōhio ki a ia he mea tino nui mō te hunga e aro nui ana; ki te kore, ka waiho te ao hei pouri nui, ka pakaru ngā tumanako i te huarahi whakamataku.

I taku hokinga atu ki Īnia i te tau 1935, i tumanako ahau ki te toro atu ki ngā wāhi i arohaina e au i taku tamarikitanga, engari i taku taenga atu, kua rerekē ngā mea katoa. Kua rerekē te āhua o te ao. Ko te pouri me te ohorere nui rawa atu i taku haerenga ki tōku whare tawhito i Aykapur, i reira ahau i takaro ai, i mātakitaki ai i ngā manu. Kotahi noa te rākau i toe i roto i ngā mea katoa i mahara ahau. Koinei te ao! Ka ngaro atu ngā mea rongonui me ngā mea e arohaina ana i tō tātou tirohanga, kotahi i muri i te kotahi. I rite ahau ki te tuku i aku mea katoa kia kite i tō mātou whare i tōna āhua o taku tamarikitanga. Heoi anō, i whakamanahia e te Atua taku hiahia, nā te mea i muri mai ka kite ahau i te whare i roto i tētahi moemoeā, i reira mātou e kaukau ana i te puna kaukau, kātahi ka piki ahau ki runga, ka takoto ki runga i te moenga, ka kai māngo, pērā i taku mahi i ngā tau maha kua pahure.

Me tirotirohia, me āta tirotirohia ngā hiahia, me whakarite kia pai, ā, ko ngā mea pai anake me pupuri,

kaua rawa aua hiahia pai e pehi i te hiahia nui ki te Atua.

Me noho ora tonu taua hiahia, me mura tonu, kaua hoki e tukua kia memeha, kia mate rānei. Kei raro te tangata i te maminga nui ina tono ia ki te Atua kia whakatutuki i ana hiahia o te ao, engari kāore e tono kia whakakitea mai ia ki a ia. Whakaarohia he tamaiti e tono tonu ana kia whakaaetia e ōna mātua āna tono, ā, ki te kore, kāore e pātai, kāore hoki e whakaaro ki aua tono. He kore whakawhetai tēnā, he whakakore i tō rāua atawhai, ā, kei roto i tēnā he akoranga mō te hunga e whakaaroaro ana.

Ina whakamahia tēnei pukapuka o te ora, ka haere tahi te tangata me te mātauranga wairua i riro mai i a ia e noho ana i te ao nei. Nō reira, me noho tonu te Atua i roto i te hinengaro o te tangata, me te karanga tonu ki a ia, me te kore e wareware ki a ia mēnā he tino āwangawanga te tangata mō tōna heke mai wairua. Ina noho tahi tātou me te Atua, ka kitea e tātou ka tutuki ngā hiahia katoa i roto i tētahi ara ngaro. Engari me rapu tuatahi tātou i te Atua. He atawhai ia, ā, kua homai e ia ngā mea katoa ki a tātou, engari ka kitea noa ia e tātou ina kore tātou e makona ki āna taonga, engari ka tahuri ki te Kaituku. Ka mōhio tātou ki a ia mēnā he pono tā tātou rapu, he ngākau nui ki te whakatata atu ki a ia, me te wheako i tōna aroaro manaaki.

Ko te arai nui rawa atu e pā ana ki te tangata ko tōna ake wairua. Ina ngana rātou ki te noho puku, ki te whakaaroaro ki ngā mea wairua, ka puta whakarere mai ngā whakaaro o te ao, ka whakararuraru i a rātou, ka aukati i a rātou ki te whakatutuki i tā rātou whāinga. Me whakangungu rātou i a rātou anō ki te whakahaere i ō rātou whakaaro me ō rātou tinana, ā, mā te mahi pera, ka

mau i a rātou he pararaiha kawē i roto i ō rātou wairua. I te ora, i te mate rānei, i te rangi, i te reinga rānei, ka haere tahi mai taua harikoa nui me rātou.

Me inoi hohonu tātou ki te Atua, me te ringihia o ō tātou hiahia nui, me te inoi ki a Ia i te reo o te ngākau, te hiahia o te wairua, me ngā hāhā o te hinengaro, kia rongo ai Ia i a tātou, kia whakautu mai hoki ki a tātou. Engari ki te inoi hapa te tangata, ā, i taua wā anō ka whakaaro ia ki tētahi atu mea—he mea e mōhiotia ana e te Atua ehara i te mea nui o taua tangata—e kore ia e whakautu mai.

Me mātua whai i te Atua tātou. Nā, kua tae te wā. Kua e tatari, he kaha rawa hoki ngā mānukanuka. Ka tere te haere o te ao, ā, he mea whakama te wehe atu i tēnei ao me te kore e mōhio ki te kaupapa o te ao. Me whakaaroaro tātou i ngā wā katoa e wātea ana tātou. Ahakoā kāore āu inoi i te tuatahi, kua e ngakaukore ki te aroha o te Atua, engari me inoi tonu. Inoi pono, me te whakawhirinaki ka whakautua tāu inoi.

Kua kite ahau i roto i tōku ao i te tohu nui rawa atu o te urupare a te Atua ki te inoi. Engari me whakapau kaha tēnei urupare, nā te mea kāore he mea nui e puta mai me te kore e tohe. He mea nui te whakaaroaro hei hura i ngā mea ngaro o te ora, hei tomo hoki ki te rangatiratanga o te Atua.

Ka ngana ngā tikanga kino me ētahi atu mea whakararuraru ki te whakararu i ō mahi, ki te whakaiti hoki i tō whakatau. Engari ki te hiahia koe kia harikoa, kia anga tonu ō whakaaro ki te Atua, ā, ka kitea e koe Ia e tata ana ki a koe.

Mā ngā hiahia mō ngā ahua eka o te ao ka hangaia he kukume aukume e kukume ana i te tangata ki tēnei ao, te ao i muri i te ao. Kāore e hiahia te hoki ki te kikokiko mō te hunga kua kitea

ō rātou hiahia i roto i te Atua. Ina hiahia rātou ki te whakatutuki i tētahi hiahia, ka whakaarohia e rātou, ā, ka puta mai ki mua i a rātou. I puta mai tōku whaea ki ahau i muri i tōna matenga, ā, i whakamarietia ahau i te kitenga i a ia, ā, i whakawhetai ahau ki te Atua mō Tōna pai. He pono, ko ia te Tino Atawhai me te Tino Aroha. E whakatutuki ana ia i ō tātou hiahia hei whakaatu i Tōna aroha me te whakawhetai ki a tātou ina hoatu e tātou ki a ia te tūranga tuatahi i roto i ō tātou ngākau.

Ina tae te tangata ki te Atua, ka riro ko ia hei rangatira mō te ora me te ao mutunga. Kaua e okioki kia mau rā anō te aroaro o te Atua i roto i ō tātou ao. Māna tātou e homai ki a ia ngā mea katoa e hiahiatia ana e tātou, ā, māna tātou e whakamātautau.

He maha, he nunui hoki ngā whakamātautau me ngā arai i te ara wairua, engari i a tātou e whiti ana i aua whakamātautau, e wikitoria ana i aua arai, me kī tātou: "E te Ariki, kua whakautua e koe aku inoi, kua whakatutukihia hoki aku hiahia nui, nō reira kua whai rawa tōku ngākau i tō aroaro, ā, kua tiaho tōku wairua i tō māramatanga"

Kia tau te rangimārie ki a koe

Mai i ngā kōrero a te kaiako a Paramhansa

Yogananda

Ka amuamu te tangata mō te whakaaro ki te whakarērea i ētahi mea o te ao, ahakoa i te ao tūturu he maha ngā mea nui e whakarērea ana e rātou, tae atu ki te rangimārie o te hinengaro, ā, i ētahi wā ka patu whakahere rātou i a rātou anō mō te moni, ka pāngia e te kino me te .ngaronga

Tukua atu koutou ki te Atua, ā, ka kitea e koutou kua
.rite tō koutou ao ki tētahi rangi waiata ataahua

Tahuri atu tō aro ki roto i tēnei ao ki te rangatiratanga
nui o te Atua kei roto i a koe

I roto i te kaipuke o te marino ka taea e koe te rere ki
taua ao kei tua atu i ā tātou moemoeā, kei reira te puna atua
e rere tonu ana mai i te hohonutanga o te ngākau me te
.wairua

E te Ariki, āwhina mai i ahau kia whai wāhi atu ahau ki
te ao i runga i te huarahi e pai ai koe, ahakoa ngoikore ahau,
ahakoa kaha, ahakoa mate ahau, ahakoa hauora, ahakoa
rongonui, ahakoa kore mōhiotia, ahakoa whai rawa, ahakoa
rawakore, me te mōhio e aroha ana koe ki ahau, ā, e kore
.rawa koe e whakarērea ahau

Tērā pea ka tangohia te taonga i te tangata, ka tangohia
rānei i a ia i tōna wehenga atu i tēnei ao, ā, e kore e taea e
ia te kawe tahi me rātou. Ko tōna uara tūturu kei roto i te
whakapaunga ki ngā mahi pai, me te kawe mai i te harikoa
ki a koe anō me ētahi atu i runga i te huarahi e pai ai te Atua
.me te hinengaro o te tangata

Ko te hunga e whakaaro ana ki tō rātou ake haumaruru
me te whakamarie anake, e wareware ana, e kore rānei e
aro ki ngā hiahia o ētahi atu, kei te rapu moni rātou i te
rawakore ka pā ki a rātou i tētahi rā. Ko te hunga e pupuri
ana i ō rātou taonga, kua e whakamahi mō ngā mahi pai,
kāore e whiwhi i te oranga i muri i te ao, engari i whānau mai
he rawakore, me ngā hiahia me ngā wawata o te hunga whai
rawa. Engari ko te hunga e tohatoha ana i ō rātou taonga me
te oranga ki ētahi atu, e kukume ana i te pai me te nui ki ngā
.wāhi katoa e haere ana rātou

Ina hoatu e koe ki te hunga e tika ana kia hoatu ki a
rātou, ka kitea e koe kei a koe tonu te Atua, e kore rawa ia e
whakarērea koe, ā, kāore koe e hiahia ki tetahi mea. Kaua e
wareware kei te tautokona tika ō tātou oranga e te Atua, ā,
ina mōhio tātou kei te Atua ō tātou hinengaro, ō tātou hiahia
me ā tātou mahi katoa, ā, kei a la te kaha e ahu mai ana, ko
reira tātou ka whiwhi tika mai i a la te arataki, ā, ka mōhio
.tātou he kotahi tō tātou oranga me Tōna ora mutunga kore

Mā te whakaaroaro ka kitea te oranga o te Atua. Kia
horoia ngā ngaru o te kare ā-roto i te puna o te hinengaro,
ka puta te harikoa atua mai i te wairua. Kei roto kē tēnei
.harikoa i te wairua, engari kua hunaia
Āe, e te Ariki Ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ki ngā whakatutukitanga nunui ake
Ahakoa ka tutuki ngā wawata katoa o te ao, heoi, ka
homai he harikoa mutunga kore - ā, mā te kimi i te Atua ka
kitea e au ngā puna mutunga kore o te harikoa, ā, e kore e
mutu te rere me te rere i roto i ngā māra me ngā mania
.matomato o te wairua

Whare: Te Tapawhā o te Wikitōria

Ki te whai te tangata i tētahi whakahihiri i muri i tētahi,
e kore rawa ia e mōhio ki te reka o te harikoa pono. Me noho
ngāwari te tangata, me te whakatata atu ki te ao me te
ngāwari. He mea tika kia noho ko ia anake, kia whakaaroaro
ki āna mahi i ia wā, i ia wā, kia mahi i te rangimārie o roto, e
whakaora ai, e whakaora ai, e whakahou ai, e whakahou ai
.hoki i te kaha

Ki te mea kei te noho tonu ngā mea whakararuraru, ā,
ka pāngia ngā kare ā-roto e ētahi atu mea whakaohoho, ka
pāngia ngā io, ka maumauria te nui o te kaha ora, ā, ka
pōuri, ka pōuri hoki te wairua. Heoi anō, kaua te tangata e
manukanuka rawa ki te whakatikatika i ētahi atu; engari, me

whakatikatika i a ia anō i mua i te ngana ki te whakatikatika i
.ētahi atu

Kia mōhiotia ko te kāinga te papa pakanga nui rawa atu.

Ko te tangata e rite ana ki te anahera i roto i tōna kāinga, ka
.rite tonu ia ki te anahera i ngā wāhi katoa

Ko te reka o te reo me te rangimārie e whakaatuhia ana
e te whanonga rangatira e hiahiatia ana i roto i te kāinga i
.tētahi atu wāhi

Pērā i te pōuri e kore e noho tonu ki te wāhi e whiti ana

te māramatanga, me memeha atu anō hoki te pōuri o te
mate ina whiti te māramatanga o te Atua i roto i ngā pūtau o
te tinana, ā, he tokoiti noa iho te hunga e mōhio ana ki tēnei
.pono

Ina hiahia nui te tangata ki te whakaora, ka inoi rātou
me te ngākau pōuri, me te whakaaro rānei kāore te Atua e
whakarongo ki ā rātou inoi, ka inoi rānei rātou engari kāore e
.tatari kia mōhio ai rātou kua tae atu ā rātou inoi ki te Atua
Pērā i te kore e taea e te tangata te whakarongo ki ngā
waiata e pāhotia ana i te rangi mā te whakamahi i tētahi
taputapu hopuoro hapa, waihoki, e kore e taea e te tangata
te hopu i ngā wiri o te hauora, te kaha, me te whakaaro nui e
puta mai ana i te Atua me tētahi taputapu hinengaro e kore
e mahi pai ana me ngā wehi, ngā āwangawanga, me ngā
.momo manukanuka, ngā feaa, me te koretake katoa

Kia mahara mātou, kia whakawhetai ki a Koe, e te Ariki,
i ngā wā o te rawakore me te whai rawa, i te mate me te ora,
i te pōuri me te māramatanga, i ngā wā katoa Kia
maumahara mātou me te whakawhetai ki ngā rā o te oranga
kua homai e Koe ki a mātou Āwhina mai kia
whakatuwherahia ngā kanohi o te whakapono kia kite ai
mātou i Tō māramatanga tapu, e whakaora nei i ngā mate
.me ngā mate katoa

Ko au te kāpene o taku kaipuke o ngā whakaaro pai, o
taku ngākau pai, o taku mahi hua, o taku mahi whai hua. Ka
ārahi ahau i te kaipuke o tōku ao, me te titiro tonu ki te

aorangi kanapa o te rangimārie i te rangi o taku
.whakaaroaro hohonu

Ka whakamahia e au aku pūkenga whakaaro auaha hei
whakatutuki i te angitu i ngā mea katoa e mahia ana e au.

Mā te Atua ahau e āwhina mēnā ka ngana anō ahau ki te
.āwhina i a au anō

I tēnei rā ka ngaki au i te māra o te ora me te kaha hou,

ka ruia ki ngā purapura o te whakaaro nui, te hauora, te
ngākau māhaki, me te harikoa. Ka whakamakuku au i ngā
purapura ki te whakapono me te whakapono ki a au anō, ā,
ka tatari au ki te atawhai o te Atua Kaha Rawa kia homai he
kotinga tika ki ahau. Ahakoa kāore au e kokoti i te kotinga e
tumanakohia ana, ka noho whakawhetai tonu ahau mō te
rangimārie o te hinengaro e puta mai ana i te kaha ki te
.mahi i taku mea pai rawa atu

Ka whakawhetai ahau ki te Atua mō taku kaha ki te
whakamātau tonu kia angitu rā anō ahau, nā Tōna aroha
noa. Ā, ka whakawhetai ahau ki a ia ina tutuki i ahau te
wawata nui o tōku ngākau. Ka tohe ahau ki te mahi i ngā
mahi rangatira, i ngā mahi tika anake, me te rapu i te pai o
.te Atua

Kī tonu te ao i ngā awha ā-taiao me ngā awha ā-tangata,

ā, ko te Atua te whakangungu rakau kaha me te piringa
haumaru mai i ngā awha, ngā awhiowhio, me ngā kino o
tēnei ao. Ahakoa kei hea te Atua, kāore he wehi, kāore he
pōuri. Ko te tangata whakapono pono e tū pakari ana, e
whakahīhī ana i roto i te pakanga o te ao me te pakanga o
ngā kaupapa, me te tino whakapono kei a ia te Atua, e tiaki
ana i a ia i te kino, ā, e kore rawa e whakarērea ia ia mō
tētahi wā poto. Nō reira, ka ngaro te wehi i roto i tōna
ngākau, ā, ka mau te tino whakapono, he parenga e kore e
.taea te whakatakoto

Ko te kore wehi ko te whakapono ki te Atua me tana
tiaki, me te whakapono ki tana tika, ki tana whakaaro nui, ki

tana atawhai, ki tana aroha, me tona aroaro i nga wahi
.katoa

Ka tangohia e te wehi te kaha hinengaro o te tangata,
ka whakapōuri i tōna hinengaro, ka whakararu i ngā
manawataki tūturu o te ngākau. Hei tāpiri, ka taea e te wehi
te whakararuraru tinana me ngā mate hinengaro. Engari i te
tuku i a ia ki te manukanuka me te here hinengaro, me
whakamanawa te tangata kei te haumarua i roto i te tiaki a
te Atua, te Kaititiro-katoa, te Karongo-katoa, kei te haumarua
i roto i Tōna pā kaha, ā, kei te karapotia e Tōna aroha me
.tōna manaaki

Ahakoia i roto i te ngahere o Āwherika, i runga i te papa
pakanga, e pāngia ana e te mate, e te rawakore rānei, me
whakamana te tangata i a ia anō he kaha ake te ringa o te
Atua i ngā tūponotanga katoa, ā, ka taea e ia te tiaki i te
hunga e rapu piringa ana ki a ia. Kāore he huarahi tiaki e
whai hua ake ana. Ae, me whakamahi te tangata i te
whakaaro tika i roto i te whakatau i ngā kaupapa, me te
whakapono katoa ki te āwhina a te Atua. Kāore te
whakapono e tohu i te kore whakaaro nui, i te mahi kuware
rānei i te aroaro o te raruraru. Engari, ahakoia te aha ka
tupu, me whakamana te tangata i a ia anō ko te Atua anake
ka taea te āwhina i roto i ngā āhuatanga uaua me te
whakamātautau mena ka tahuri te tangata ki a ia me ōna
.ngākau katoa, wairua katoa, me ōna kare ā-roto katoa

Ina pā mai ngā uauatanga pērā i te horonga, kaua tātou
e tuku i aua uauatanga kia ārai i tō tātou hiahia, kia huna
rānei i tō tātou tirohanga mārama me tō tātou huarahi
whakaaro nui, arorau. Engari, me pupuri tonu tō tātou
whakapono ki te Atua me tō tātou māramatanga ā-roto mō
te tika me te hē, ā, me whai kia kitea he ara puta. Mā te
āwhina a te Atua, ka kitea e tātou. Hei te mutunga, ka pai
ake ngā mea nā te mea kei muri i ngā whakahē o te oranga

tangata te mana me ngā mea whakamiharo a te Atua. Ko te
hunga kāore e whakaae ki te kore e taea te karo i ngā
āhuatanga, engari e ngana ana ki te tomo ki tua atu i te arai
me ō rātou hinengaro me te whakapono, ka kitea e rātou te
kuaha e tuwhera ana mō rātou—he kuaha e patuki ana ngā
.ringa whakapono katoa

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka tūtuki
tātou, ka whakaroa ki te neke whakamua Me waiho e tātou
te māramatanga o te Atua hei rama ārahi i a tātou e hikoi
ana i ngā ara pōuri o te ao Ko te Atua te marama katoa i ngā
pō o te kuware me te pōuri, te rā o te kanapa i ngā hāora o
te oho ake, te rama ārahi, me te whetu ārahi mō te hunga e
.whiti ana i ngā moana o te ao, he oranga poto noa iho

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te
tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he
painga o ngā whakaaro o te tangata, e pāngia ana e ngā
tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me
te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te
whānau, o te whenua, o te ao rānei te whakarato i te arataki
pono. Nō reira, me tahuri te tangata ki te Atua, me te
whakarongo ki te reo marino, marino e puta mai ana i te
.hohonutanga o te wairua, he reo e rite ana ki te pono

Te rerekētanga i waenga i te whakaaroaro hinengaro me
te whakaaroaro wairua

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā, ka rite rātou ki te kaituhi hikoi, e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, e whakaaro
ana ētahi he mātauranga, he mātau hoki. Engari kāore taua
mātauranga e whakakahangia e te tirohanga tika ki te pono,
kāore hoki e rite ki te whakatutukitanga wairua. Ko tēnei
momo hinengaro, hinengaro rānei, e pupuri ana i te
"whaiaro" kia herea ki te hinengaro pūoro, e herea ana e ngā
kare ā-tinana. Kāore e taea e te mātauranga ariā te whiwhi

mātauranga atua, ā, he mea tika kia kaua e moumou taima
utu nui ki ngā ariā kāore e taea te whakamahi i roto i te ao
tūturu, kei ngaro te tangata i roto i te ngahere hinengaro
.matotoru, kāore e taea te neke atu i te ao o te ariā

E kore tēnei tukanga e ārahi ki te mōhio ki te pono nā te
mea kei tua atu te pono i ngā whakaaro me ngā ariā, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

Ki te whakamahia e te tangata ōna pūkenga hinengaro
hei kohi moni me ngā taonga ā-tinana anake, ka kumea tōna
hinengaro ki te ao ā-tinana, ka mau ki ngā āhuatanga uaua
mutunga kore. Nō reira, e kī ana te hunga whakaaro nui
kaua te tangata e whakatapua ngā pūkenga hinengaro katoa
kua homai e te Atua ki a rātou ki te whai i ngā mea memeha
noa, kei ngaro rātou i roto i te arai o te hiahia ā-tinana, ā, ka
hanga he here me he here koretake mō rātou anō. Engari,
me whakamahi e rātou ō rātou pūkenga hinengaro hei
whiwhi i ngā mea e tika ana mō te ao, me te whai kia
whanake ō rātou pūkenga matatika kia taea ai te wehewehe
i waenga i te tika me te hē, me te mea kino me te mea whai
hua. Ina whakawhanakehia e rātou ō rātou māramatanga
wairua, ka taea e rātou te kite i te Atua i roto i a rātou anō,
me te kimi i ngā pono wairua e huna ana i muri i ngā arai
matotoru o te hiahia ā-tinana. Ka kiia tēnei āhua ko te
.whakaaroaro wairua

Ahakoā ā tātou āwangawanga, me waiho te Atua hei
kaupapa matua i roto i ō tātou oranga. Ko tētahi o ngā mea
tino nui o te tipu wairua ko te hononga pumau, ngākau pono
ki te Atua, e kite ai koe i tētahi panonitanga whakamiharo,
.pai hoki ka tino miharo koe

Ina hiahia te tangata ki te mātakitaki i tētahi
whakaaturanga, ki te hoko kākahu hou, ki tētahi motuka hou
rānei, ehara i te mea he pono kei te pukumahi tonu tōna

hinengaro? Mō ēnei mea, me pēhea te whakatutuki, te
whiwhi rānei i aua mea? E kore ia e okioki kia tutuki rā anō
ōna hiahia, ā, ka mahi tonu ia me te kore e ngenge ki te
.whakatutuki i aua hiahia

Nō reira, me aro nui te hinengaro o te tangata ki te
whakaaro ki te Atua, ā, ko reira ka hurihia ngā hiahia iti
katoa ki te hiahia nui ki te rongo i te Atua, me te kōrero ki a
.Ia

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
nui, hihiri e puea ake ana i te hohonutanga o te wairua e
matenui ana

Ka pā te karanga a te wairua ki te ngākau o te ao
.whānui, ā, ka tae mai te whakautu, me te hari nui

Mā te kōrero mārie ka whakatupu te kaha o te ngākau,
kia whiwhi rā anō koe i te kaha hei whakatutuki i te whāinga
.e hiahiatia ana

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
mā te whakaaro noa ki tētahi mea ka ranea hei whakatutuki
i taua mea, nā te mea ka mahi te ture atua hei tautoko i te
.hunga e rite ana ki te hiahia tino nui

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

Te mea ngaro o te tipu

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga

whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
.ia mamae me ia mamae e pā ana ki a tātou

Ahakoā te kaha o ngā whakamātautau, he rite tonu ki te
ahi e whakarewa ana i te rino, e huri ana hei maitai ataahua,
kaha, me te maha o ngā mahi. He mea whakamiharo te
whakaaro nui e hangaia ana e tātou i roto i ngā mura mura o
te wheako. Ka purea tātou e te ora, ka huri i ō tātou āhua
noa hei huānga utu nui, ka taea ai e tātou te noho me ngā
wairua he parakore pērā i ngā kohatu utu nui, he kaha pērā i
te maitai, engari he ngāwari, he pakari, e piko ana, e kore e
.whati i raro i ngā pēhanga o te raruraru me te uauatanga

Ina kite tātou i ngā kanohi kua whakapōturitia e te riri,
kua whara i te nanakia, ka hiahia tātou ki te whakakore i te
kino i roto i ō tātou wairua—he wairua kāore i pāngia e tetahi
mea engari ko ngā whakaaro kino me ngā mauahara hohonu
e huna ana i te ahua tapu tapu i roto i a tātou, pērā i te
pungarehu e whakapoke ana i te whakaata. Me whakaoho
ake ngā mahi mamae a ētahi atu i roto i a tātou i te hiahia ki
te whakapai ake i ō tātou ake whanonga me te whakahaere i
a tātou anō, kia noho ai tātou hei rangatira mō ō tātou hiahia
.tutu, kaua hei pononga mā rātou

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka kī tonu rātou i te nui o te
rangimarie. Nā te mea e hono ana taua ia ki tōna pūtake
teitei ake, e rere tonu ana, e toro atu ana ki ngā wairua i roto
i te rangimarie. Ka taea e rātou te tuku i tēnei rerenga o te
.harikoa ki ngā wairua e hiahia ana ki te rangimārie

I ia rā, ka titiro te tangata ki te whakaata kia kite i tōna
mata nā te mea e hiahia ana ia kia puta tōna āhua pai ki te

aroaro o ētahi atu. Heoi anō, he mea nui ake kia tū ia rā ki a ia anō, kia titiro ki te whakaata o te tātaritanga o roto kia kitea ai he aha kei raro i te mata kanapa! Nā te mea ko ngā mea katoa e ātaahua ana ki waho, e ahu mai ana i te āhua o roto, ā, kāore he mea e whakapoke i te whakaata parakore o te wairua pērā i ngā whakapohehe hinengaro pērā i te riri, te mauahara, te hae, me te mauahara. Ko te tangata e ngana ana ki te wetewete i a ia anō i ēnei matū, he mea tauhou ki te āhua o te wairua, ka tukua e ia te māramatanga o te .ataahua o roto kia whiti mai i roto

Mā te tātari, ka kitea e tātou e toru ngā āhuatanga o ngā raruraru tangata: ko ētahi he raruraru me ngā mate e pā ana ki te tinana tangata, ko ētahi e pā ana ki te hinengaro, me te tuatoru o ngā wāhanga e aukati ana i ngā ara o te .wairua

Ko te mate, te koroheketanga, me te mate ngā uauatanga me ngā arai e pā ana ki te tinana. Heoi, ka whakaekea te hinengaro e ngā mate hinengaro mā te pouri, te wehi, te riri, ngā hiahia kua pehia, te mauahara, te mauahara, ngā kare ā-roto, te kirika me te whakaohoho io, me te mate pukupuku hinengaro e whakararuraru ana i ngā kaha hinengaro. Ko te mate tino morearea ia, heoi, ko te mate o te wairua, e whakaatuhia ana i roto i te kuware, e .puta mai ai, e horapa ai ngā mate katoa

He nui atu te pai i te kino o te ao

Ina ngokingoki mai ngā feaa, me mahara tātou ki te oranga o ngā tāngata nunui. He pono he tangata tātou, engari kua homai e te Atua ki a tātou ngā mana whakamiharo e kore nei e whakamahia e tātou. Nō reira, he aha tātou ka wiri ai i te wehi o te koroheketanga, o te mate, me te pouri? Me mahi tātou i tā tātou e taea ai ki te tiaki i ō tātou tinana, engari kua e tukua ki ngā wehi, kua hoki e .tanumia i a tātou ki raro i ngā puranga o te kuware

Ehara te tinana i te tangata katoa

He nui ake te pai i te kino i tēnei ao nā te mea ko te
Atua te mana nui. Engari ina pā mai te kino ki a tātou, ka
whakaaro tātou kāore he mana o tātou ki te whakahaere, ki
.te mawhiti rānei i tōna ringa

E tūpono ana te pupuhi mai o ngā tupuhi kino, engari ka
taea e tātou te wikitoria i ōna pānga me te ara ake i runga
ake i a rātou

Kāore i homai he ora ki a tātou kia whakangaromia e ia,
engari kia whakatōkia ki roto i a tātou te mōhiotanga ki te ao
.mutunga kore, ā, me mahara tātou ki tēnei pono

Ki te kore he herekore o te whakaaro, kāore e taea e te
tangata te whakapuaki i a ia anō i roto i te huarahi parakore,
ohorere, me te taiao. Kia maumahara he tino herekore koe.
.He herekore tonu te mana o te hiahia

Ki te whakamahi tika koe i tō kaha hiahia, ka puta he
karma pai māu, engari ko te nuinga o te iwi kāore e hiahia ki
te huri, kāore hoki e hiahia ki te whakapau kaha, nō reira ka
hinga rātou i te aroaro o ngā uauatanga, ā, kāore e taea te
.aro atu ki ngā wero

Ko te mahi i tā te tangata e pai ai ehara i te herekore,
nā te mea he herenga te tangata e ō rātou hiahia, nō reira
kāore e taea te kī he herekore ā rātou mahi. Ko te tikanga o
te herekore ko te mahi i ngā mea katoa me te hiahia e
arahina ana e te whakaaro nui. Ka taea e te tangata te
whakahaere i ngā hua o ā rātou mahi o mua, ka whai tonu
mai i a rātou, mena ka whakahohehia e rātou tō rātou hiahia
me te whakamahi mō ngā mahi pai me ngā mahi whai hua.
Mena ka whakahaerehia e koe ō mahi me te whakaaro nui
me te kaha o te hiahia, ka ngoikore ngā kaha o ō mahi hē o
.mua, ā, ka kaha ake ngā tikanga i puta mai i ō mahi pai

E hiahia tonu ana tātou ki ngā mea kāore i a tātou, ā, ka piri ki ngā mea kāore e tino hiahiatia. Kia mau tātou i tētahi mea, ka ngaro tō tātou mana whakatau mō tētahi wā poto.

Pērā i te pononga a te hunga o te Rawhiti i ngā tikanga tawhito, waihoki ka pononga a te hunga o te Hauāuru i ngā tikanga hou. Ka hangaia e tātou tō tātou ake mutunga, ā, ka .herea e taua tikanga

He aha i whānau ai tētahi tamaiti ki roto i tētahi whānau kino, ā, i whānau tētahi ki roto i tētahi whānau pai? I whakamahia e ia o rātou tō rātou rangatiratanga ki te noho i tētahi ara i mua (i te ao o mua) ā, nā reira i puta mai ai aua .āhuatanga ki a rātou anō i tēnei ao

Kāore he herekoretanga pono ki te kore te Atua. Me whakaaro tonu tātou ki a Ia. Ahakoa ō tātou āwangawanga me ō tātou whakaaro, me noho te Atua ki te tūranga tuatahi i roto i ō tātou ngākau, ā, ina tino hono tātou ki a Ia, ka homai ki a tātou te kaha ki te whakatutuki i ngā mea e tika .ana kia mahia e tātou, i ngā wā katoa, me tana āwhina atua

He tohutohu mō te ākonga

I pātai tētahi o ngā ākonga ki te kaiako, ki a Paramhansa, kia hoatu he tohutohu mō te whakapai ake i a koe anō, ā, ka mea ia: Ki te hiahia koe kia arohaina, tīmata .mā te aroha ki ētahi atu e hiahia ana ki tō aroha

Ā, ki te mea kei te tumanako koe i ētahi atu kia pono, .kia pono ki a rātou, kia pono ai rātou ki a koe

Ki te hiahia koe ki te ārai i ētahi atu kei mahi kino, kei mahi mānumanu hoki, kaua e tukua te tinihanga kia uru ki roto i ōu ake whakaaro, kaua hoki e mahi i te ara e whara ai .ētahi atu

Ki te hiahia koe kia aroha mai ētahi ki a koe, tīmata mā
te whakaatu i te aroha ki a rātou, inā koa ki te hunga e
.karapotī ana i a koe

Ki te hiahia koe kia whakautehia koe e ētahi atu, me
whakaatu e koe te whakaute ki te hunga rangatahi me te
hunga kaumātua

Ki te hiahia koe ki te rangimārie mai i ētahi atu, me
noho koe i roto i te oranga rangimarie

Ki te hiahia koe kia whakapono te tangata, kia wairua
hoki, kia kite hoki ētahi atu he tauira pai koe, ā, ka taea e
.rātou te whakawhirinaki ki a koe

Hei whakarāpopototanga, ko ngā mea katoa e hiahia
ana koe kia whakaaturia e ētahi atu. Ko tētahi o ngā
āhuatanga pai ko te whakaatu i roto i tō koiora i te tuatahi,
ā, ka kitea e koe ka tauhohe mai te iwi ki a koe i te ara
.kotahi

Ki te taea e koe te tautuhi i ngā wāhanga o tō ao e
hiahia ana kia whakapai ake, me te kore e ngākau pouri, e
whakawhanake rānei i te whakaaro whakaiti, ā, ki te mahi
tonu koe ki te whakapai ake i tō ake āhua, ka nui ake te hua
o te wā e pau ana i a koe ki tēnei mahi i tō mōumou noa i te
hiahia kia whakapai ake ētahi atu i a rātou anō. He nui ake
te mana o tō tauira pai me tō whanonga tika ki te
whakarerekē i ētahi atu, ehara i ō hiahia, riri, me ngā kupu
.anake

E te Ariki, ko koe te pūtake o te pai katoa, me te pūtake
o te mana katoa. Manaakitia mātou kia whakaatahia ai e
mātou āu manaakitanga ki runga i a mātou i roto i tō mātou
hauora, i ō mātou wawata hinengaro, me ō mātou
whakaaturanga wairua. Ko koe te kanapa i roto i ngā whetū,
te kaha i roto i ngā ngota, te atawhai i roto i ngā ngākau, me

te ataahua i roto i te pono. Āwhina mai kia whakakīia mātou
ki tō mana nui, ki tō whakaaro nui mutunga kore, me tō pono
.mutunga kore

E te Ariki, kia mōhio mātou ko koe te puna o te ora, te
moana o te ora, me te puna o ngā māramatanga me ngā
mātauranga katoa. Whakaorangia mātou i te kuware me ōna
pānga, i ngā wehi me ngā manukanuka, ā, tukua te waipuke
o tō whakaaro nui kia horoia atu ngā paru me ngā mea
.pakarukaru katoa o ō mātou oranga

Haehaea, e te Ariki, ngā arai e huna ana i tōu mata i a
mātou Kia kite mātou i a Koe hei māramatanga kanapa, pērā
i ngā rā e kore e taea te tatau i runga i te pae o ō mātou
oranga Tukua mātou kia rongu i a Koe hei mana whakahou
tonu e whakahihiko ana i ō mātou whakaaro, e whāngai ana i
ō mātou wairua, e tautoko ana i ō mātou tinana, e
.whakatutuki ana i ā mātou moemoeā

Āmene

Ko te nuinga o te iwi kāore i te mōhio he aha ai. Mai i tō
rātou noho ki tēnei ao, e whakapono ana rātou ko te
kaupapa o te ao Ko te whakatutuki i ngā hiahia Te whiwhi i
ngā mea e tika ana mō te ao Te rapu i te ahuareka me te
aroha tangata, ā, i te mutunga ka tuku i a rātou ki te
.kaikaranga whakamutunga

Ka tīmata te oranga o te tangata hei kaiwhakarite
hōtaka me ngā hiahia me ngā kare ā-roto kāore i tutuki i
mua. Ā, ka ngana rātou – me te iti o te hiahia e toe ana ki a
rātou – mā te whai i ngā hiahia me ngā mahi a ētahi atu, ki
te hono atu rātou ki ngā kaipakihi, ka hiahia rātou kia rite ki
a rātou, ā, ki te hono atu rātou ki ngā kaitoi, ka riro te toi hei
.mea nui ki a rātou

E hiahia ana te Atua kia mahi tātou i tēnei ao, kua homai
e ia ki a tātou te hiakai e hiahia ana kia mahi tātou kia
makona ai, engari ko te rapu kai, whare, moni me ngā
taonga anake ka wareware te tangata ki te pūtake o tōna
.harikoa

He pono me mahi tātou kia tutuki ai ā tātou hiahia, kia
whai hoki kia tutuki ai ā tātou whāinga tika, engari ko te mea
tuatahi, me whakatuwhera ō tātou ngākau ki te Atua, me
rapu i tāna arataki me tāna whakaae i roto i ngā mea katoa
e mahia ana e tātou. Kātahi ka tino angitu tātou i te kura o
te ora, nā te mea ka whiwhi tātou i tā tātou arataki mai i te
Kaiwhakahaere Matua me te Kaiwhakarato e mōhio ana ki tā
tātou e hiahia ana me te mea pai mō tātou. Nō reira, me
whakawhirinaki tātou ki a Ia, me tuku hoki ki raro i tana
.whakaaro nui

Mai i ngā kauhau a te kaiako Paramahansa

Ina taupokina te harikoa o roto o te wairua e te
paparanga matotoru o ngā ahuareka ā-hinengaro poto, ka
memeha te kanapa koura o te wairua, ā, ka huna ngā
āheinga mārama o te wairua i muri i te matotoru o te matū.
Ina kukumea te hinengaro ki te hae me te hae, ā, ka kapi i
ngā kapua o te wehi me te manukanuka, ka pōuri, ka pōuri,
ka hinga. Engari ina aro atu te tangata ki te aroha, ki te
.rangimārie, me te rangimarie, ka kite ia i te harikoa nui

Ka rongo te wairua i te harikoa ina tahuri atu i ngā
hiahia tinana e konatunatua ana ki te mamae me te pōuri ki
ngā mana mārama o te wairua, e kī ana i ngā ahuareka
.whakaharahara

Ki te tino rumakina te wairua e ngā ahuareka o te ao, ka
kore e aro ki te whai i ngā harikoa teitei ake, ā, kāore e taea
te wheako i ngā ahuareka wairua. He tokomaha pea e kī ana
he mea tino kore e taea te whakarērea i ngā ahuareka o te

ao i tēnei ao, i te noho rānei i roto i te hunga e aro ana ō
rātou whakaaro ki ngā mea o te ao anake. Heoi, kāore e
hiahiatia kia whakarērea e te tangata noa te ao, ka hoki ki
ngā maunga me ngā ngahere ki te kimi i te marino me te
rangimārie. Engari, me noho tonu rātou ki tēnei ao me te
kore e tukua ōna ia kaha kia kahakina atu rātou, kei
.taupokina rātou e ngā ngaru pōrearea o tēnei ao

Kaua te tangata e whakaaro kino ki tōna taiao, ā, kaua
hoki e tukua te hiahia ki ngā taonga kia matapo i tōna
tirohanga, kei ngaro tōna hononga ki tōna wairua, ā, kāore e
taea e ia te reka o te harikoa me te kite i ngā māramatanga
.atua

He panga uaua te mārama ki te ao, me ōna āhuatanga,
me ōna whāinga, engari ehara i te mea kāore e taea te
whakaoti, ā, mā ō tātou whakaaro ahu whakamua, ka
.whakaotihia e tātou ētahi o ōna mea ngaro i ia rā, i ia rā

He mea whakamiharo ngā taputapu e ahu mai ana i ngā
mātāpono pūtaiao tika o tēnei wā, ā, mā ngā kitenga e
kawea mai ana e te pūtaiao ka mārama ake ai tā tātou
tirohanga ki ngā huarahi e taea ai te whakapai ake i te ao.
Engari ahakoa ngā taputapu katoa, ngā mea hou, me ngā
rautaki kei a tātou, kei te rite tonu tātou ki ngā pēpi i roto i
ngā ringa o te aituā, ā, he roa tonu te ara kei mua i a tātou i
.mua i te wetekina i te mana o te taiao

He pono, ehara te noho i raro i te aroha o te taiao i te
herekore. Ka taipokina, ka herea hoki ō tātou hinengaro
hihiri e te kore āwhina ina whakaaro tātou he pāngia tātou e
ngā waipuke, e ngā awhiowhio, e ngā rū whenua rānei, ina
tangohia atu rānei tātou e ngā huihuinga – me te kore take
whaitake – e ō tātou whanaunga e tata ana ki ō tātou
ngākau. Kātahi ka mōhio tātou kāore anō kia maha ngā
wikitoria kua eke ki a tātou, ā, kāore anō kia taea e tātou te
wikitoria i ngā āhuatanga kino. Ahakoa ā tātou mahi katoa ki

te hanga i te oranga kia rite ki tā tātou e hiahia ana, ka puta tonu mai ētahi āhuatanga i runga i tēnei atamira o te ao, me ngā huihuinga e arahina ana e te hinengaro kaha e kore nei e mōhiotia e tātou, e mahi motuhake ana i ō tātou whakaaro me ā tātou mahi. Ko te mea pai rawa atu ka taea e tātou ko .te mahi me te whakapai ake

Ka whakatō tātou i te witi, ka hanga paraoa, engari nā wai i hanga te purapura tuatahi? Ka kai tātou i te taro i hangaia mai i te paraoa, engari nā wai i homai te kaha ki ō tātou tinana ki te nakunaku? Ā, me pēhea te huri i te kai hei ?oranga

I ngā kokonga katoa o te ao, te āhua nei he ringa atua e kore e taea te whakarerekē. Kāore e taea e tātou te whakahaere i ā tātou mahi me te kore ia ringa, ā, me ngā tino mōhiotanga katoa kei a tātou, kāore tātou e mōhio ana āhea ka mutu te mahi a te ngākau. Nō reira te take o te whakawhirinaki māia ki te mana atua tino teitei, me te whakawhirinaki ki tō tātou ake wairua teitei, e puta mai ana i .taua mana nui e whai tauirahia ana tātou

Me whai whakaponu tātou, kaua e whakapehapeha, ā, .me haere māia i ngā ara o te ora

Kāore he matakū, kāore he wiri, kāore hoki he āwangawanga, he here rānei

Te whakatau i ngā mate pāwera

He mahi toi ātaahua te wikitoria i te aro, ā, he mea nui te whakahaere i te tere o te tauhohe hei whakawhanake i te .tuakiri taurite, whānui hoki

Ka puta te aro nui mai i te kore mārama o te māramatanga, te whakaiti i te whakaaro, te whakapehapeha nui, me te whakapehapeha nui rawa

Ina whakaaro te tangata kua whara ōna kare ā-roto, ka
pūmau taua whakaaro ki roto i tōna hinengaro, ka whakaoho
i ōna io, ka huri hei āwangawanga, ka whakakeke. Ka mura
te riri i roto i tōna ngākau nā ngā kare ā-roto kua whara.
Heoi, kei ētahi tāngata te kaha ki te whakahaere i ō rātou
kare ā-roto, nō reira kāore ō rātou tohu o waho e puta
ahakoa te riri nui i roto i a rātou. Ka whakapuakihia e ētahi
atu tō rātou riri mā roto i ngā tauhohenga tonu, e kitea ana i
roto i ngā uaua o ō rātou kanohi me ngā āhua o te kanohi,
.me roto i ngā urupare koi, huna hoki

He kino ngā hua o te nui rawa o ngā kare ā-roto; ka
whakararuraru i te āhuatanga, ka waihanga i tētahi āhua
.koretake e kore e hiahiatia ana e pā kino ana ki ētahi atu

Me whakapau kaha ki te whakahaere i a koe anō me te
marino, me te whakatipu i tētahi āhuarangi māramatanga
me te rangimarie e whakatairanga ana i te rangimārie, kaua
i te taumahatanga, ā, e whakakore ana i ngā au o te ahotea.
Ko te hunga e pena ana ka noho hei rangatira mō tō rātou
ake ao, ā, ka whakawhiwhia ki te maioha me te whakaute
.mai i te hunga e karapoti ana i a rātou

He āhuatanga e kitea ana e te nuinga o te tangata te
tairongo nui, ā, ina mura ake tēnei kare ā-roto koretake, ka
matapohia te māramatanga, ka whakapōuritia hoki ngā
kanohi o te whakaaro nui. Ko te mea kino rawa atu, ka
whakapono te tangata tairongo nui kei te tino tika tana
whakaaro, tana kare ā-roto, me tana mahi, engari tera pea
!he hē rawa tana whanonga

He tokomaha te hunga e whakapono ana me aroha
rātou ki a rātou anō ina whakahengia, ā, mā te aroha ki a
rātou anō ka whai wāhi rātou ki te whakamarie. Engari pērā i
te hunga whakamahi tarukino, ka nui ake tā rātou tango, ka
.kaha ake te waranga

He maha ngā wā ka mamae noa te tangata tino
tairongo. I te nuinga o te wā, kāore tetahi e mōhio ana ki te
take o tō rātou mamae, ki te āhua rānei o tō rātou amuamu,
ka piki ake te mamae i roto i tō rātou noho motuhake. Kāore
he mea e taea te whakatutuki mā te noho puku ki ngā kupu
whakatoi, ki ngā whakahē rānei e kitea ana. He pai ake te
aro atu ki ngā pūtake o taua tairongo mā te tātaritanga
.whāinga me te whakahaere i a koe anō

He kino ngā hua o tēnei momo mate pāwera kino; ka
pau te ngākau pērā i te ahi, ka whakangaro hoki i ngā kiko o
te rangimārie. Nō reira, me whakahaere i tēnei me te
.whakaaro nui, me te arorau, me te ngākau pakari

Ka mahi kaha ahau ki te mahi ki te katoa, engari ina
hoki ahau ki tōku mokemoke ki te whakaaroaro, kāore ahau
e tuku i tetahi kia whakararuraru i taku whakaaroaro. Tērā
pea ka tatari ētahi atu mea, engari kua taku hui o ia rā me
.te Atua e warewarehia, e warewarehia rānei

I mua i te tīmatanga o tētahi mahi, me tūpato, ā, me āta
whakaaro ki ngā hua me ōna pānga ki tō hinengaro, tinana,
me tō wairua. Ko ngā mahi e akiakihia ana e te akiaki ehara i
te mea he whakaoranga, nā te mea ko ngā mahi e takahi
ana i ngā ture o te rangimarie me te ahunga whakamua ka
aukati i te tangata takitahi. I tetahi atu taha, ko ngā mahi e
whakaaetia ana e te māramatanga me te rite ki te hinengaro
.o te tangata he pai, ā, ka puta he herekoretanga

Ina whakatau koe ki te mahi i tetahi mea pai, ki te karo
rānei i te mahi i tetahi mea kino, ā, ka piri tonu koe ki taua
whakatau, ka mahi i runga i tēnā, kia mōhio koe he nui tō
.wāhi o te herekoretanga

E hiahia ana te Atua kia whakamahia e tātou te
herekoretanga kua homai nei ki a tātou hei rapu i a Ia, hei
kimi i a Ia, engari kāore ia e hiahia kia pehia e ia ia ki runga i
.a tātou

Kāore te hiahia ki te whakatata atu ki te Atua, ki te
mōhio ki a Ia e puta noa mai, engari me whakaoho, me
atawhai. Ki te kore taua hiahia, kāore he uara, he reka rānei
.o te ora

Tukua tō māramatanga wairua kia ārahi i tō whakaaro,
.ā, ka aru te angitu i a koe i ngā wāhi katoa e haere ana koe

Ki te Atua ka whakatapua e au tōku reo, ōku ringa, ōku
waewae, tōku ngākau, tōku tinana, ōku kare ā-roto, tōku
hiahia me ngā mea katoa

Ko te aroha te patu wairua e whakamutu ai i ngā
pakanga katoa

Kei tua atu i tēnei ao he ao mutunga kore e tūtaki anō ai
tātou ki te hunga i whakaaro tātou kua wehe atu i a tātou
.ake ake

He ao hurihuri tonu tēnei ao, e whai ana te pouri i te
pouri, e tinihanga ana, e tinihanga ana. Me ngaro atu tēnei
matakite e puta mai ana i te koraha o tō tātou hinengaro, ā,
me whakaara ake tātou i a tātou anō i raro i ngā arai
.matotoru o te ao tūroa

Kaua e ngana ki te whakatakoto i ō tumanako ki tēnei
ao. Kei hea tō taurangi? Ka noho haumaruru koe ina
.whakawhirinaki koe ki te mātauranga o te Atua

He rite te mauri o te wairua ki te koura tawhito kua
tanumia ki raro i te oneone. Ina tangohia te oneone mai i te
koura, ā, ka horoia ki te wai o te whakaaroaro, ka tiaho hou
.me te parakore me te māramatanga

E te Ariki, tukua mātou kia kite i te pai, kia whakaaro ki
ngā whakaaro tika, kia hono atu ki te hunga whai āhua pai.
Āwhina mai kia whakaaro mātou ki a Koe, kia whakaaroaro ki
a Koe, e Koe te pūtake o ngā tika katoa, te pūtake hoki o ngā
.pai katoa

Te herekore i te ngoikore

Ko te huarahi pai ki te wikitoria i te ngoikore ko te mutu
te whakaaro ki taua mea; ki te kore, ka taupokina tō
hinengaro e te whakaaro o te ngoikore, ka whakahaere i tō
roto i a tātou anō. Ina kawea mai e tātou te māramatanga ki
roto i a tātou anō, ka memeha te pōuri me te mea kāore i te
.noho

He mea whakahihiri tēnei whakaaro mōku

Ina whakaurua te māramatanga ki roto i tētahi ana kua
taupokina e te pōuri mō ngā mano tau, ka memeha tonu te
pōuri. Waihoki, ka memeha haere ngā ngoikore me ngā hapa
ina tukua e tātou te māramatanga o te Atua kia tomo ki roto
i ō tātou hinengaro, ā, e kore e taea te noho tonu te pōuri o
.te kuware. Koinei te rapunga whakaaro hei oranga mō tātou

Kāore he hua o te whakaroa. Kāore te wira o te ao e
mutu te hurihuri, ā, ka tere te pahemo o ngā rā o ō tātou
oranga. Ko ia meneti e pau ana ki te whakaaro mārama me
te mahi whakaaro nui, he haumi angitu, he haumi whai hua
.hoki ki tō tātou harikoa

He tokomaha e pau ana ō rātou oranga katoa ki te
whakaaro ki te moni, ki te taatai, me te rongonui, ā, kāore i
te aro nui ki ngā mea nui e kawea mai ana i te rangimarie o te
hinengaro me te whakaara ake i ō rātou mōhiotanga ki ngā
.taumata teitei ake

Ahakoia te iti o te mahi a te tangata, ka kiia ia he angitu
ki te aroaro o te Atua mēnā e mōhio ana ia ki te whakapau i

tōna wā me te whakaaro nui, me te whakatika i ōna
.whakaaro ki ngā huarahi tika

Ina whiti te māramatanga o te Atua ki runga i te
tangata, kāore ia e whakaaro kei te hiahia ia ki tetahi mea
nā te mea ko te hari e taupoki ana i a ia ka tutuki i ana
moemoeā katoa, ā, ka meinga ia kia tino whakapono ko ia te
tangata whai rawa o te hunga whai rawa, ko ia te tangata
.harikoa o te hunga harikoa o tēnei ao

Kauhanga o te Mārama

Ko te hunga e ara ake ana ō rātou mōhiotanga wairua i
ngā whakaaro mārama, i ngā mahi pai, i ngā kare ā-roto
atawhai, me te whakaaroaro hohonu, ka taea e rātou te kite i
tō rātou wehenga atu i te tinana i te wā whakamutunga o te
wehenga atu mā te kanohi wairua. I a rātou e noho ana i te
ao nei, ka kite te yogi i te kauhanga o te kanohi wairua i te
rohe i waenga i te mea me te wairua, ā, i te wā e wehe atu ai
rātou i te Ao, ka taea e rātou te tomo ki tēnei kauhanga
kanapa ka whiti atu i tēnei ao ki te ao mutunga kore o te
Atua, arā, te māramatanga, te hari, te rangimārie, me te
.herekoretanga mutunga kore

Mārama ki runga i te mārama

Ko te kanohi te rama o te tinana

Ki te kotahi tō kanohi

Ko reira ka ki ai tō tinana katoa i te māramatanga

I roto i te pōuri te mārama e whiti ana, ā, kihai i
.mōhiotia e te pōuri

Ko te atawhai tangata ko te mārama ki ngā mamae o
ētahi atu, te whakatata atu ki a rātou, te kōrero ki a rātou, te
whakamarie pono i a rātou i roto i ō rātou aituā, te koa i roto

i ō rātou harikoa, me te whakapau kaha ki te ārai i te
.mataku, te matea, me te manukanuka i a rātou

Ko te tangata e mau ana i te wairua atawhai, kāore e
mahi i runga i ngā tātaitanga me ngā tumanakohanga iti,
engari ka whakamahia e ia tōna māramatanga me tōna
whakaaro tika, ka anga whakamua ki te āwhina i a ia anō me
ētahi atu, me te whakawhetai ki te Atua mō te angitu i tutuki
i a ia. Ahakoa kotahi, e maha rānei ngā wā ka hinga ia, kāore
ia e ngākau pouri, engari ka kaha ake tōna whakatau, ka
ruarua āna mahi me te mahi anō i te ngana, ka tūhura i ngā
whakaaro hou me ngā huarahi hou, ka arahina e te
māramatanga o te whakaaro nui, me te rapu i te āwhina a te
Atua kia tutuki rā anō tana whāinga me tana kaupapa
.rangatira

Ko te tangata e mahi ana kia hari te tangata, ka hari ia i
te Atua me te ngākau whakamarie hinengaro. Ā, ki te ngaro
tetahi mea i a ia mō te hunga e ngana ana ia ki te āwhina,
kāore ia e whakaaro he mate, nā te mea ka whiwhi ia i te pai
me te rangimārie o te hinengaro mai i te Atua. E ora ana ia
ki te aroha, ki te mahi, ki te hoatu, ki te rui i ngā purapura o
.te pai me te rangimārie ki ngā mara o te tangata

Ko te tangata e neke atu ana i tōna ao whaiaro i roto i
ōna whakaaro me ōna kare ā-roto, ka whānui ake tōna
mōhiotanga, ka whakanui ake i tōna aroha, ā, ka kite ia ko te
ao tōna kāinga, ko te tangata tōna whānau. Ka mōhio ia ko
te kaupapa o tōna noho ki tēnei ao ko te whakahou i a ia anō
i mua i te ngana ki te whakahou i ētahi atu, nā te mea ko te
tangata e whakahou ana i a ia anō ka āwhina i ētahi atu ki te
whakahou i a rātou anō mā te tauira o tōna ao. He hohonu
ake te pānga o ngā mahi ki ngā wairua o ētahi atu i ngā
.kupu

Ngā tūnga poto

:Te kanapa o te pono

Ka ngana ētahi tāngata ki te mawhiti i ō rātou raruraru mā te menemene, engari ko tēnei momo mawhiti me whai hinengaro parakore, kia kore he tinihanga, he tinihanga. Ina mahi pono te tangata ki a ia anō me ētahi atu, ā, ka mahi rangatira, ka ngākau tapatahi, ka mārama ōna kanohi, ā, ka puta he kanapa ahurei mai i a rātou—te kanapa e kore e .taea te hē o te pono

:Te pono

He maha ngā kōrero a ētahi mō te pono, engari kāore e taea te kōrero ki te katoa mō ngā mea katoa. Ina tuku tohutohu, ka hē te mārama o ētahi ki ō kupu, ā, kāore he hua o āu kōrero; he maumau tēnei mahi, he mahi kāore i te maiohatia. He koura te wahangu i ēnei wā, engari ehara .tēnei i te kī he wahangu mō te hē

:Te noho tahi i a koe anō

He mea whakamiharo te noho tahi me te tangata. E mōhio ana te nuinga o te tangata ki te uaua o te noho tahi me ētahi atu, engari kua whakaarohia e koe te noho tahi me koe anō? He tino uaua, engari ka taea. Ki te tātari koe i a koe anō, ka kitea e koe kei te taupatupatu tonu koe ki a koe anō.

Ki te kore koe e aroha ki a koe anō, e kore koe e aroha ki tētahi atu. Ā, ki te kore te tangata e noho tahi me ia anō, me ?pēhea e taea ai e ia te noho tahi me ētahi atu

He mea nui te noho tahi o te tangata me te ao whānui kia noho tahi ai. Nō reira, he mea nui kia arohaina koe, kia whakautehia hoki, nā te mea e tika ana kia arohaina koe. Me aroha ki a koe anō, nā te mea nā te Atua tātou i hanga, i homai hoki ki a tātou te pūmanawa rangatira. Ko te aroha ki tēnei āhua o roto, ko tēnei mauri e kī ana i ngā āhuatanga pai, e whakaoho ana i ngā whanonga rangatira, e purea ana

te hinengaro i ngā poke, me te ngākau i te mauahara me te
.mauahara

:Te whakatikatika i te kāpehu tuhituhi

Kāore e taea e te tangata te tinihanga i tōna hinengaro,
te whakatika i te hē, te mawhiti rānei i ngā hua o te
whanonga hē, ahakoa ka haere ia ki tētahi atu aorangi. Ka
haere tahi ngā hua o āna mahi me ia, ā, me whakatika e ia
tōna huarahi me te whakarite i tana kāpehu matatika kia
.tohu tonu ai tōna ngira ki te huarahi tika

Ko ētahi tāngata e noho ana i roto i ngā āhuatanga kino
rawa atu, engari kei te noho tahi tonu rātou me rātou anō,
ko ētahi ia kei a rātou ngā whai wāhitanga katoa me ngā
mea katoa e hiahiatia ana e rātou, engari kei te pakanga
tonu rātou ki a rātou anō. Nō reira, kaua e tatari kia huri ngā
āhuatanga. Whakaponohia koe kei te pai koe ahakoa tō
.taiao, he rerekē pea tēnei i tāu e hiahia ana

Ko te tangata e tuku ana i a ia anō ki raro i te mana o
ngā āhuatanga, ka tatari ia kia huri ngā mea, ā, ka roa tana
.tatari

E kīia ana he tangata matatau ki te kōrero i ngā reo
tekau mā waru, engari nā te rawakore rawa, kāore i taea e ia
te utu i tētahi rama hei pānui pukapuka. Nō reira ka haere ia
ki tētahi kokonga ka noho i raro i te rama tiriti ki te pānui
pukapuka. He pono, mā te kaha o te ngākau ka waihanga
huarahi, ka hanga whai wāhitanga, ka whakahou i te
tumanako, ka whakatutuki i ngā mahi, ā, ka whakatutuki i
.ngā wawata me ngā moemoeā

Ka taea te whakawhitiwhiti kōrero tūturu ki te hunga e
mōhio ana ki te Atua mā te whakapā atu ki a rātou, te pānui
whakaaroaro i ā rātou tuhinga, te whakaaroaro hōhonu rānei

ki a rātou. Ko te mea nui kia maumahara ko te mea e hangai
.ana ki ō rātou hinengaro, e hangai ana ki te Atua

Ina whakaritea ō tātou hinengaro ki ngā wairua nui e
aroha ana ki te Atua, ka āta whakarerekētia e tēnei
whakakotahitanga ō tātou oranga i roto i tētahi huarahi
whakamiharo. Kāore tēnei whakakotahitanga e
whakataurekareka i te hiahia engari e whakawhānui ana i
tōna whānuitanga, e whakapakari ana hoki i tōna mana.

Koinei te rerekētanga i waenganui i te noho tahi me te
hunga e kī ana i te whakapehapeha me te aro nui ki ngā
mea ka taea e rātou te whiwhi, me te noho tahi me te hunga
e aroha ana ki te Atua me te tangata, ko tā rātou whāinga he
hoatu me te whakaoho i te aroha atua i roto i ngā wairua o
te hunga e noho tahi ana me rātou. Ko te aukumetanga o
ēnei tāngata manaakitanga e kawe mai ana i a tātou ki te
.hononga tata ki te aukumetanga atua

Me maumahara tātou, ahakoa e whai ana tātou ki te
whakatutuki i ō tātou ake hiahia, me āwhina hoki tātou i
ētahi atu ki te whiwhi i ā rātou e hiahia ana, me te tohatoha
ki te hunga rawakore ngā mea pai o te ao e pa mai ana ki a
tātou. Kia maumahara tātou he wāhanga nui tātou o te
whānau o te ao, ā, e kore e taea e tātou te ora me te kore
.tēnei whānau nui

He aha te āhua o te ao me te kore he kāmura, he
kaihanga, he kaimahi pāmu, me ētahi atu? Mā te hoatu me
te whiwhi, me te whakawhitiwhiti ratonga, e hiahia ana te
Atua kia whakaaro tātou ki ētahi atu, kia aroha ki a rātou
anō. He hapa nui te noho mō tātou anake, me te kore e
whakaaro ki ētahi atu. Ina whakaaro tātou ki tō tātou ake
harikoa, me whakaaro anō hoki tātou ki te harikoa o ētahi
atu. Kāore e hiahiatia kia hoatu e tātou ngā mea katoa kei a
tātou hei oranga mō te whānau o te ao, nā te mea kāore e
taea. Engari, me aroha tātou ki ētahi atu, me mahi i ngā mea

ka taea e tātou hei āwhina i a rātou, hei whakamama hoki i ā
.rātou taumahatanga

He hononga kei waenganui i te angitu me te ngākau
māhorahora o te wairua, i roto i te horopaki o te taiao e noho
.ana te tangata

Ko te angitu tūturu he hua o te whanonga e rite ana ki
ngā mātāpono o te tika, ā, kei roto hoki ko te harikoa me te
oranga o ētahi atu hei wāhanga nui o te makona whaiaro. Ko
te tangata e whakamahi ana i tēnei mātāpono ki tōna oranga
tinana, hinengaro, matatika, me te wairua, ka kitea e ia he
tino whānui, he whānui hoki tēnei whakamāramatanga o te
.angitu

He rerekē ngā whakaaro o te tangata mō te angitu, i
runga i ā rātou whāinga i te ao. I ētahi wā, ka whakataurite
ētahi i te tahae, me te kī pēnei, "He tahae angitu ia!" E
whakaatu ana tēnei ehara i te mea he mea e hiahiatia ana
.ngā angitu katoa; kua tō tātou angitu e whara i ētahi atu

Ko tētahi atu tohu mō te angitu ko te kawē mai i te
rangimārie me ngā hua pai, ehara i te mea ki a tātou anake,
.engari me whakapuaki hoki e tātou aua painga ki ētahi atu

Ko te angitu pūtea ehara i te mea ko te whiwhi noa i ngā
mea e tika ana mā tātou; engari ko te whai kawenga
matatika hoki ki te āwhina i ētahi atu ki te waihanga i tētahi
oranga pai ake mō rātou anō. Ka taea e te tangata whai
mātauranga te whiwhi moni, engari ki te mea he aroha kei
roto i ō rātou ngākau, e kore e taea e rātou te whakamahi i
taua moni me te hiahia whaiaro; engari, ka tohaina e rātou ā
.rātou mea ki ētahi atu

Ka waiho te moni hei kanga i roto i ngā ringa o te hunga
apo me te hunga hiroki, engari he manaakitanga, he taonga
.hoki ki te hunga atawhai me te hunga ngākau atawhai

Ka kukume mai ngā wairua pai i ngā wairua pai, ā, ka
kukumea atu ki a rātou

Me ako tātou ki te aroha ki tō tātou hoa tata, pērā i a
tātou anō, ā, kia mahara he poto noa iho te wā e noho nei
tātou i tēnei ao, ā, muri iho ka haere tātou ki tētahi atu ao,
ko tōna taumata kei runga i te taumata o ō tātou whakaaro
me te kounga o ā tātou mahi i tēnei wā e noho ana i te ao
.nei

Ko wai ō tātou whanaunga pono? Ki te tangata
whakaaro nui, he whanaunga te katoa, ā, he "hoa tata" ia
tangata. Ae, ka taea e te tangata whakaaro nui te mārama,
ā, e mārama ana ahakoa e whiti ana te rā i tōna mārama ki
runga i te waro me te taimana, he rerekē te taimana i te
waro, engari kei a ia te kaha ahurei ki te whiwhi me te
whakaata mārama me te kanapa. Me rapu te tangata i te
hoa o te hunga he parakore ō rātou whakaaro me ō rātou
kare ā-roto, pērā i te taimana, ā, me whakatapua te wā ki te
kimi hoa pono. Ko te hunga e noho ma ana, e noho pono ana
ka kukume mai i ngā hoa e āhua ma ana, e pono ana, ko te
hunga ia e noho ana i runga i ngā kare ā-roto kāore he
.māramatanga ka kukume mai i ngā hoa o te momo tangata

Ki te mea he mea nui ki a koe ngā kaupapa me ngā
mātāpono teitei, he mea tika kia karohia te
whakawhanaungatanga ki te hunga kāore e whakaponu ana
ki aua kaupapa me ngā mātāpono, ā, e whakapoauau ana i
ngā whakaaro, e whakararuraru ana i te wairua, kia kore ai ō
rātou wiri e whakaiti i tō taumata wiri. I taua wā anō, kaua e
.aukati i tetahi i roto i tō porowhita aroha

Hei tāpiritanga, kaua te tangata e hoatu noa i te aroha,
engari me whakatū hoki i te rangimārie, kia puta ai te
rangimarie me te rangimārie ki ngā wāhi katoa e haere ana
rātou, kia whakahauora ai i te hunga e karapoti ana i a rātou
ki tō rātou atawhai. Kāore tetahi e hiahia ki te whakatata atu

ki tētahi kūnuku kakara kino—tāria mai te kīanga—ka
karohia e te katoa. Waihoki, ko te tangata maku, tere,
totohe hoki ka whakapataritari, ka pana atu i ētahi atu. E
hiahia ana tātou kia rite ki ngā rōhi puāwai e whakaputa ana
i te kakara reka e whakahari ana i te ngākau. Kia kaha tātou
ki te hora i te kakara o te rangimārie me ngā hau o te pai ki
ngā wāhi katoa e haere ana tātou, ki ngā wāhi katoa e noho
.ana tātou

Kāore te rangatiratanga o te Atua i waenganui i ngā
kapua, i tētahi wāhi motuhake rānei i te rangi. Kei tua atu i
te pōuri e kitea ana e tātou ina kati ō tātou kanohi, ā, ina
whakaaroaro tātou, ina inoi hoki, ka tuwhera te kanohi o te
wairua kei te rae i roto i a tātou, ā, ka kite tātou i te
māramatanga manaaki, ka rongo i te hari e horapa ana ki
roto i ia pūtau o te tinana, ā, ka rongo tātou kua hurahia te
arai, kua whakatuwheratia he tatau ngaro ki te
.rangatiratanga o te Atua

He hari e whakahoutia tonutia ana te Atua, he hari e
kapi ana i ngā mea katoa. Me kotahi tātou me taua hari e
.noho ana i roto i a tātou, e karapotia ana i te mutunga kore

Kei tua atu i ngā rohe wiri o te mea matotoru te
hinengaro mutunga kore, e kapi ana i ngā mea katoa, e kore
e taea te whakaahua i roto i tōna kororia katoa, tōna whānui,
me tōna mutunga kore. Koinei te rangatiratanga o te rangi,
he harikoa hinengaro mutunga kore, mutunga kore,
.mutunga kore

Ina whānui haere ngā tirohanga a te wairua, ā, ka rongo
.i tōna aroaro i ngā wāhi katoa, ka honoa ki te wairua atua

He korōria ki te Mutunga Kore, e noho ana i te pae
tawhiti, te wāhi e tūtaki ai te rangi ki te moana. He korōria ki
te Mutunga Kore, e noho ana i runga i te rangimārie i roto i a

tātou; mā te arotahi ki te Mutunga Kore i roto, ka taea e
.tātou te whiwhi i tōna mana mutunga kore

He iti noa te mātauranga e whiwhihia ana mai i te ako
pukapuka, i te ako tangata rānei, engari ko te mātauranga e
whiwhi tika mai ana i te Atua, ka homai te mana o te
whakaaro nui, te kororia o te pono, te marino o te ngākau,
.me te rangimārie o te wairua

E te Ariki, whakaakona ahau ki te inoi me te arotahi
hohonu, me te whakaranu i te whakaaroaro me ngā hiahia o
te ngākau, kia horoia hoki tōku ngākau i ia rā e tōku aroha
.parakore ki a Koe

Te wetewete i ngā here o te karma

Ahakoia he hinengaro, he tinana rānei, he mōhio, he
kore mōhio rānei, he pānga motuhake ki te oranga o te
tangata. Ehara i te mea ko ngā mahi o mua ko ngā mahi i
mahia i ngā rā, i ngā marama, i ngā tau rānei kua pahure
.anake, engari ko ngā mahi anō hoki o ngā oranga o mua

I mate koutou, ā, nāna koutou i whakaora; kātahi ka
whakamatea koutou e ia, kātahi ka whakaora anō i a koutou;
.kātahi ka whakahokia koutou ki a ia

Ngā hua pai me ngā hua kino o ngā mahi a te tangata I
tōna oranga o nāianeia, ka noho tonu ēnei tohu ki te
hinengaro kore mohio, ā, ko ngā hua e mau ana i te tangata
(e mau ana rānei i tōna wairua) mai i ngā
whakawhānaungatanga o mua e takoto moe ana pērā i ngā
purapura i te hinengaro kore mohio, e tatari ana mō ngā
āhuatanga tika Kia pihi ake, kia tupu ake i tētahi wā karma
motuhake Ko te ture o te karma, e whakataurite ana i ngā
mea, e uru ana ki te mahi me te tauhohenga, te take me te
.pānga, te rui me te hauhake

Mā roto i ngā whakaaro me ngā mahi a ia tangata ka hangaia tōna ake ao, ā, ko ngā kaha e tukuna ana e rātou, ahakoa he whakaaro nui, he wairangi rānei, ka hoki mai ki a rātou hei tīmatanga, pērā i te porowhita e whakaoti ana i a ia anō me te tino tika [Ko te pātai] me aro atu te kai rapu hihiko ki ngā hua o ā rātou mahi o mua—engari kāore i te pai ki a rātou—ki ngā hua o ā rātou mahi o mua, ki te mea rānei e kiia nei ko te inenga? Ko te whakautu kāore, ko te Atua te ture me te aroha, ā, ko te kai rapu e tahuri ana ki a ia me te hiahia pono me te whakapono katoa, e whakarite ana i ā rātou mahi ki te ture atua, e rapu ana i te aroha mutunga kore o te Atua, ka whiwhi ia i te manaakitanga atua e whakamama ana i ngā taumahatanga taimaha, e whakapai .ake ana i ngā āhuatanga

Nā te Atua tātou i whakanoho ki tēnei ao kī tonu i ngā mānukanuka, ā, e mōhio ana ia ki ō tātou mamae me ngā whakamātautau me ngā mamae e pāngia ana e tātou. Ka whakahōhonu ake te pōuri o roto o te kuware wairua e te tangata ina whakaaro rātou kei te toremi rātou i roto i te hara, kāore hoki he mana ki te mawhiti i ōna hōhonutanga. He pai ake mā rātou te whai kia whakatikatika i a rātou anō, me te rapu āwhina me te aroha mai i te ngākau o te aroha tapu, me te tumanako kia murua te hara e te Atua aroha, .atawhai, me te muru hara

Ina mōhio tātou ki tō tātou hononga tata ki te Atua, he aha te karma ka taea te here i a tātou? Kaua e tukua tetahi kia whakatenatena i a koe ko ō mamae me ō uauatanga he hua nō tō karma. Hei wairua i roto i tōu mauri, kāore he karma āu. Engari, me mōhio koe ki tēnei pono mā te whakaū ki a koe anō he kotahi koe me te mauri o te ora, te māramatanga, me ngā mana o te ao. Ki te mōhio koe ki tēnei meka, kāore he mea hei wehi māu, ā, ka whakatuwherahia e te Atua ngā tatau maha māu, ka tukuna .hoki he maha ngā whai wāhitanga ki a koe

Ki te kore koe e pai ki te āhua o tō oranga, hurihia tō
whakaaro, whakakīia ō kare ā-roto ki te kaha pai, ā, ka rongo
.koe i te rerekētanga

Kāore he take e tangi ai, e pōuri ai te tangata mō ngā
mea i ngaro i a rātou, e kī ana rānei ko ō rātou āhuatanga
pōuri nā ngā hapa i mahia e rātou i tēnei ao, i ngā wā o mua
rānei, he momo mangere wairua hoki tēnei. Me mahi rātou,
me hutia ake ngā taru i te māra o te ora, ā, ko reira ka
puāwai ngā putiputi tino reka, tino kanapa, ka hua mai i ngā
hua tino reka, tino hiahia. Mā Tōna aroha noa, te Runga
.Rawa

Ko te tuku i a tātou ki te Atua, ehara i te mea kāore e
whakamahia tō tātou hiahia hei whakapai ake i ā tātou mahi,
me te tatari kia whakatikahia e te Atua ō tātou āhuatanga
me te kore he kaha mai i a tātou, nā te mea ka āwhina te
.Atua i te hunga e āwhina ana i a rātou anō

Ko te kaupapa matua, kia ako tātou ki te haere ki te
Atua hei ārahi i ō tātou hiahia, hei manaaki, hei whakakaha
hoki i ā tātou mahi tika. Ina hinga i a tātou te arai o te kore e
pai ki te tuku, ka kitea e tātou i roto i te Atua te tiakitanga e
kore e taea e tetahi o tēnei ao te homai ki a tātou, ā, ka
kitea hoki e tātou te kaha e kore e taea e tetahi
.whakamātautau te wikitoria

Ka taea e te katoa te whakatū i tētahi whanaungatanga
motuhake ki te Atua mēnā e mōhio ana rātou ki te
whakatuwhera i ō rātou ngākau ki te Atua, me te hiahia hoki
.ki Tōna aroaro atua, e kawe mai ana i te hari me te pono

Ina hiahia nui te tangata ki te Atua, me te mōhio kāore e
taea e rātou te noho me te kore ia, ka kitea e rātou he
huarahi hei whakautu mai a te Atua. Engari me whakatipu
tuatahi rātou i taua kare ā-roto kaha, nā te mea kāore te
.whakautu e puta noa mai

Ki te kore tātou e tuku i te Atua ki te tūranga tuatahi i
roto i ō tātou ao, ka manukanuka, ka pōhēhē tō tātou
hinengaro, ā, e kore e taea e tātou te aro atu ki ngā tono
mutunga kore o te ao i runga i te whakaaro tika me te
.arorau

Ā, he aha te huarahi hei whakawhanake i taua hiahia? I
ia wā ka pā mai he aituā, he uauatanga rānei, ā, i ia wā ka
pōuri te ngākau, me tahuri tātou ki te Atua, me te tono i tāna
āwhina, me te mōhio ko te tangata e aroha ana ki te Atua, ā,
e pupuri ana i taua āwhina i roto i tōna hinengaro me tōna
ngākau, ka pai ake tōna āhua. Kei te huri haere tōna āhua
.hei pai ake

Ina whakaohokia e tātou te ea, mā roto i ā tātou inoi
pono me ā tātou karanga pono ka tangohia mai e tātou te
mauri o te whakautu atua, kei roto nei te kai, te whakaora,
.me te harikoa

Mō te hunga e hiahia ana ki te kai wairua, kāore he
pānga o ngā pōuri me ngā hinganga o mua. Ka taea te ako i
ngā akoranga mai i aua akoranga, ā, ka taea te whakamātau
anō, me te whakahoki anō i te ngana mai i te tīmatanga. Ka
tino angitu, me te āwhina a te Atua, mō te hunga katoa
kāore i te ngākau pouri i te hinganga, kāore hoki ō rātou
whakatau i ngoikore i ngā aituā, ā, e whakapono ana me te
whakapono pumau. Ka tautoko te Atua i te hunga e
manawanui ana. Ko te hunga kei te ara tika, ā, ka
whakaratohia e ia ki a rātou te tumanako, te kaha, me te
hihiri, kia tae rā anō ki tā rātou whāinga matua, kia tutuki rā
.anō te kaupapa o te ao

He kaha te whakaaro, pērā i te hiko, ā, he āhua
hinengaro anō hoki. Ka hoki anō ki te whakaaro me te āhua
.o te whakaaro

He pai, he kino hoki te hiko; ko te tangata e whakamahi
ana i te hiko me te whakaaro nui, ka whakamahia hei mahi
māna, ki te kore, ka pāngia ia e te hiko. Pērā anō hoki te
whakaaro, ki te tika te hiko, ka hari te rangatira, ki te kore ka
.raru ia

He rite te whakaaro ki te hōiho mohao, engari ehara i
te mea kāore e taea te whakaōrite, ā, ko te whakaaro pai
.tētahi huarahi hei whakahaere i te whakaaro

He hoa tata te whakaaro tika, ā, he hoariri pumau te
hinengaro mate

Ka kukume te whakaaro tika i te rangimārie me te
haumarū, ko te whakaaro kino ia ka pupuhi i ngā pere
whakamate ka tau ki runga i tōna rangatira. Nō reira te
kīanga, "He rite te utu ki te mahi." Mēnā ka tukuna e te
tangata ngā whakaaro pai, ka huri ōna whakaaro hei rama,
ka whakamārama i ngā rūma o te wairua, ka peia atu ngā
puranga o te pōuri, kia tino whakamarietia ai ia, kia tiaho
hoki ōna kanohi me te menemene o te harikoa! Kia mau
tonu te menemene ki ō kanohi. Kia tau te rangimārie ki a
.koe

He rite te ora ki te mira e huri ana i ngā purapura o te
whakamātautau hua me te whakamātautau, hei hanga i te
taro o te ora. He rite ki te huarahi piko, he putiputi ataahua i
ia taha, he pūrerehua kanapa, he rākau he hua reka kei ō
rātou manga, engari kāore e maha ana te tū. Kia pārekareka
tātou ki tōna tirohanga, kia reka hoki ki tōna reka; he pono,
he maha tonu tātou e tūpono ana ki te toro atu ki ngā wāhi
whānui ake, e whakaaro ana tātou he nui ake ngā tirohanga
ataahua i tā tātou i kite ai. Engari i a tātou e neke haere ana
i ngā ara putiputi, hua, ka kitea e tātou he rākau pouri ake i
te hou, kātahi ka ngaro ngā putiputi. Ā, me ia, ngā
.pūrerehua me ngā hua, ka kitea tātou i te koraha pakoko

He rite te oranga o te tangata ki ngā wai o te moana, ka
purea, ka hou. Ina piki koe ki te āhuarangi o runga, he rite ki
te moemoeā o te ata, e mārama haere ana i te pakeketanga,
nā te mea ka mārama ake, ka mārama ake ngā mea. He rite
ki te haerenga, ka huri te tirohanga i a tātou e haere tawhiti
ana. Kātahi ka huri ngā tirohanga i a tātou e tata atu ana ki
.reira, ā, pērā tonu

Kāore te ao e whakapōrearea i te hunga whakaaro nui,
nā te mea ka aro nui rātou ki tēnei mea, ka pārekareka ki a
rātou. Me te kore e tukua kia whakahaeretia rātou e te wai,
kia tangohia atu hoki tō rātou herekoretanga. Hei tauira, ka
pārekareka ki a rātou te wai, ka inumia, ka kaukau ki roto,
engari kāore e tukua kia toremi rātou ki roto. Ka pārekareka
ki ngā kākahu e pai ana ki a rātou. Me te kore e piri nui ki
ngā tikanga me ngā tikanga e kiia ana he papaku noa iho. Ka
pārekareka ki a rātou te kai me te kore e tukua kia pau i te
kai nui, nā te mea ka ngoikore te tinana i te kai nui, ā, ka
horomia ngā tirohanga, ā, ka whakangaromia rawatia e ia.
Nō reira, me pārekareka te tangata ki te ora, engari me te
.kore e pau ngā kare ā-roto mā te rumaki

Te noho tahi me ētahi atu. Ehara i te mea me whakaae
ki a rātou i ngā mea katoa, me te tuku rānei i ngā kaupapa
matua mō rātou anō, nā te mea he mea kore e hiahiatia
tēnei momo whakaae, ā, kāore e hangai ki te pono. Kāore
ngā kaiwhakahou me ngā tāngata nunui i whakaae ki te tini
o te tangata i tō rātou taha, heoi i mau tonu rātou ki tō rātou
kaupapa matua, nā te mea i kite rātou he tika rawa tā rātou
.mahi

Ko te mea tuatahi, me noho te tangata i roto i te
rangimārie me te Atua, kātahi me tōna hinengaro, kātahi me
.te tangata

Kaua te kaupapa e whakararuraruhia, kaua hoki e tahuri
ki ngā whakaaro huna hei whakatutuki i tētahi kaupapa, nā
.te mea kāore tēnā e tika mō te hunga whai kaupapa

Ko wai ka taea te noho i roto i te huarahi e pai ai te
Atua? Kaua e whara i ētahi atu, kāore hoki he mea e wehi ai
rātou. Ki te kore tēnei huarahi e makona ai ētahi atu, he nui
noa iho te noho whakamarie o te tangata i roto, me te rongo
i te rangimārie o roto e kore ai ia e whakaae mai i te
.tangata

Ko te kaha me te hiahia o te wairua i te tahuritanga ki te
Atua ka kiia ko te aukumetanga wairua. Ā, mā tēnei
aukumetanga ka kukume te wairua i ngā manaakitanga ki a
ia anō me ngā wiri pai, me ngā wheako pai katoa o te
.tangata, e whakamahara ana i a ia ki te pai me te tika

te aukume wairua Ko te mana tēnei e kukume mai ai, e
kukume mai ai i te tangata ki a ia anō Ngā hoa pai Me ngā
mea nui Me te māramatanga ā-roto ki ngā mea i ahu mai
tēnei mana i te mana aukume kukume o te Atua

Rama o te Rangimārie

Tangohia he kohua hinengaro Whakakīia ki tō
rangimārie

Tangohia te pounamu o ōku kare ā-roto Whakakīia ki tōu
aroha

Tangohia taku kete wairua kau, whakakīia ki ngā hua o
.tō whakaaro nui

Ringihia ngā wai o tō aroha ki roto i tōku wairua, ka
.ringihia e au ki roto i ngā kapu o te wairua matewai

Horoia ngā pakitara o te whakapehapeha. Rukuhia ahau
.ki roto i tō aroaro katoa

Te hihi o te ata o te aroha
Tukua ia kia titiro mai i te tuwhera o tōku ngākau
He whakamahara mai ki ahau i te hihi o tō aroha
E horapa ana puta noa i te rangi o tōku ao
Kua tiaho mai te māramatanga o tō aroha
I runga i ahau anō, ā, i mārama
I whakakīia tōku wāhi wairua e tōu māramatanga
Ko koe te ora e tautoko ana i tōku tinana
Me te hinengaro e whakaoho ana i ōku whakaaro
Me te whakaaro nui e whakakore ana i tōku kuware
Ka tahuna e au te rama angiangi o taku aroha
Hei pānui i te pukapuka koura
I tiakina i roto i ahau mai anō i ngā wā onamata
Ko tō aroha i mua, ā, kei te mau tonu
Te rama e kore e kitea o te rangimārie
E whakakore ana i te pōuri, e whakaatu ana i ō karere ki
ahau
Kei ngā whārangi o ngā ngākau te rangitaki
Kia whakakitea mai tōu korōria, e te Ariki
Kia memeha atu te māramatanga o tō whakaaro nui
Te kuware, te ngangau, me te hae
Mai i ngā takutai o te whenua ake ake
Hurihia tō tātou ngoikore hei kaha

Ā, i ngoikore mātou ki te whakatau

Whakakīia ō tātou tinana ki te hiko ora

Ā, whakakīia te hinengaro me te wairua ki tō
māramatanga whakaora

Hopukia mai ō mātou ringa kia kore ai mātou e toremi i
roto i ngā wai o tō kore aro, whakakīia hoki ō mātou wairua
ki tō aroha me tō whakaaro nui. Tukua mātou kia rongo kei
te tata tonu mātou ki a Koe, kia whiti tonu mai te rā o tō
.aroha ki runga i a mātou

Ka whakatakotoria e au ngā puawai o aku whakaaro
hihiri, ngunguru

I roto i te hanganga o te marino

Ka waiata tōna kakara puku

Ā, ka waiata ia mō ōu korōria

Me te kanapa o tōu māramatanga tapu

Ka kite ahau i te ataahua o tōu oranga

Ka tutuki aku moemoeā harikoa

Ina whiti tō māramatanga i roto i tōku wairua

Kei te mura ngā arai i te ahi o te whakaaro nui

Ka kite ahau i tōu kororia, ā, ka nui haere tōku hari

Kia whakamārama te Atua i a koe ki tōna māramatanga

Ngā mihi nui ki a koe e te wairua

He maha ngā tono me ngā whakaritenga a te ao e
whakatakoto ana i runga i a tātou, e whakaū ana i a tātou ki
tō rātou hiranga nui, me te kore e taea te noho me te kore o
ēnei mea, te noho rānei me te kore o ēnei mea. Engari ko te

whakaritenga matua ko te whiwhi i te rangimārie o te Atua, e kore nei ōna puna e maroke, e kore hoki tōna puna e mimiti, ā, e homai ana ki a ia te reka me te tikanga o ngā mea katoa .o te ao

Kia maumahara tātou ko te Atua te mauri o tō tātou noho, ā, ko te aroha te matapihi e titiro atu ai tātou ki tōna mata kororia. Ki te hiahia tetahi ki te rongō i te aroaro o te Atua, ā, ki te atawhai i taua hiahia nui i roto i te whakaaro me te mahi, ka whakamanahia e te Atua tā rātou tono, ā, ka āwhina i a rātou ki te haehae i ngā arai e ārai ana i a rātou ki .te kite i ngā māramatanga manaakitanga

Ko te tangata e u ana ki te anga whakamua i te ara, e kore ia e whakaroahia e tetahi mea, e kore hoki e arai i a ia e tetahi arai, kia tae ra ano ia ki tana whaingā, kia tutuki ra .ano hoki i a ia te hiahia o tona ngakau

Ngā Pērara me ngā Kohatu Wairua

Ko te hunga e whakaatu ana i ngā ngoikoretanga o ētahi atu, e whakama ai, e riri ai rātou, he tawhiti rawa atu i te whakaaro nui, i te whakaaro tika hoki. Me whakahawea tātou ki te hara, kaua ki te tangata hara, ko ia hoki tō tātou teina wairua, ahakoa te pōuri o te kuware e karapoti ana i a ia. Ko te kaupapa o te whakahē he whakaora, kaua e whakamanamana, e whara ai. Me mahi tātou ki tō tātou teina hara pērā i tā tātou e hiahia ai kia mahia mēnā kei roto .tātou i tōna tūranga me tōna āhuatanga

Ko te tangata e huna ana i ngā hapa o tōna teina i tēnei .ao, ka huna e te Atua ōna hapa i te ao kei te heke mai

Pērā i tā tātou whakawa i ētahi atu, ka whakawa anō hoki te ture wairua i a tātou ki te taumata kotahi. Kaua tātou e tumanako nui rawa atu i ētahi atu, kaua hoki e tumanako tonu ki ngā hua pai mai i tētahi atu, ahakoa kei te whakapau .kaha rātou

Ahakoia ka hinga, ka tūtuki te tangata, ka noho haumaru
ia mēnā ka whakapau kaha ia ki te piki anō i te arawhata o
.te ngākau pai me te tika

I ia rā, me ngana tātou ki te whakaara ake i te wairua o
te tūrora i te taha tinana, i te taha hinengaro, i te taha
wairua rānei i roto i tō tātou taiao, pērā i tā tātou āwhina i a
.tātou anō, i ō tātou whānau rānei

Ko te tangata e ngana ana i tēnei rā ki te ora i runga i
ngā ture atua - kua ki te oranga tawhito e kawea mai ana i te
uaua me te pōuri - ka kitea e ia ahakoia te iti o tana tūranga i
roto i te ao, he tūranga nui tonu ia i te mea e mahi ana ia i
tana mahi ki te taumata tino tika i runga anō i te tohutohu a
te kaiwhakahaere o te whakaari o te ao me te rangatira o ō
.tātou mutunga katoa: te Atua Kaha Rawa

Ina taunekeneke tātou me ētahi atu me te ngākau pono,
te aroha pono, me te whakaaro ki ngā kare ā-roto, ka kawea
mai e tātou he hoa pai ki roto i ō tātou ao, me te kore he
hiahia whaiaro, he tātaītanga whaiaro rānei e whai whakaaro
ana ki a rātou anō; ki te kore, e kore e taea e tātou te kite i ō
.tātou hoa pono

He mea tika kia whakarērea te tinihanga me te
whakahihi, kia mahi hoki i roto i te huarahi e kore ai e whara
.kino i ētahi atu

Kua ngā hoa e riri, e whakaititia, e whakahēngia rānei,
kua hoki e hoatu he take ki a rātou kia pupuri i ngā kare ā-
roto kino ki a tātou. Kua ngā hoa e tukinotia, e tukinotia, e
hoatu rānei he tohutohu kāore i tonoa mēnā kāore i tonoa.
Mēnā ka tonoa he tohutohu, me hoatu me te ngākau pono
me te atawhai, me te kore e wehi i ngā pānga. Ka āwhina
ngā hoa tetahi i tetahi mā te whakahē whai hua, te
.whakawhanaungatanga

Kāore ngā wheako uaua o te ao e tae mai hei whakararu
i tō tātou hiahia, hei hinga rānei i a tātou, engari hei
whakakoi i tō tātou whakatau me te whakapakari i tō tātou
whakapono ki te Atua me tō tātou whakapono ki a tātou anō.
E whakapono hē ana ētahi he kaha whakangaro ēnei wheako
me ngā wero, ā, ka mutu. He mea nui te hinengaro hauora
hei whakahohe i tō tātou kaha o roto kia pai ai te whakatau i
.te ao me ōna whakamātautau

Ki te kore te tangata e whakataetae ki tētahi atu e kaha
ake ana i a ia anō, e kore rātou e kaha. Waihoki, ina anga
atu tātou ki ō tātou uauatanga me te maia me te māia
.hinengaro, ka kaha ake tātou, ka manawanui ake

He wāhanga nui ō tātou hinengaro o te hinengaro
whānui o te Atua. Kei raro i te ngaru o tō tātou hinengaro te
moana o Tōna mōhiotanga mutunga kore. Ina wareware te
ngaru he wāhanga ia nō te moana nui, ka wehe atu i taua
mana moana. Nō reira, ka ngoikore ngā hinengaro o te
tangata i ngā herenga o te ao, ā, kāore e taea te mahi hua
me te whakaputa nui. Ina ruia e ngā hinengaro te puehu o te
kuware, ā, ka whatiia ngā mekameka e here ana i ō rātou
mana, ka kaha ake rātou ki te auaha me te taunekeneke pai
.ki te ao

Ina pupuri koe i tētahi whakaaro, ā, ka whakakīia ki te
ngākau kaha, ka huri taua whakaaro hei kaha hihiri. Ā, ina
hihiri te whakaaro, ka taea e ia te waihanga i te taiao tika
mō te angitu, e ai ki te mahere kāore i kitea kua tuhia ki te
.hinengaro

Ka hinga te tangata nā te mea ka tukua e rātou ngā
āhuatanga uaua o te ao me te kore e ātete atu, hei utu mō
.te ātete atu me te kore e tuku

He mea tika kia whakakorikorihia, kia whakahohehia
hoki te kaha o te hiahia

Ko te hunga e tomo ana ki te wāhi tapu o te rangimārie
ka taea te kōrero wairua ki ētahi atu wairua e aroha ana ki te
Atua, ā, ka taea e rātou te mārama ki te reo o ngā rōhi me
.ngā mea ora katoa

E te Ariki, ko koe anake te Kīngi e noho ana i runga i
tōku aroha me tōku wawata

Ko te hunga e whakaaroaro ana ka pā ki a rātou te
wairua hōhonu o te rangimārie, ā, me mau tonu tēnei marino
o roto ahakoa kei roto i te rōpū o ētahi atu. Ko ngā mea e
akohia ana i te whakaaroaro me mahi i roto i ngā mahi o ia
rā me ngā taunekenekē ki ētahi atu, me te kore e tukua
tetahi kia whakararuraru i te rangimārie, i te ata noho rānei
.o te tangata

Ki te hiahia koe ki te waihanga i tētahi whanonga pai, ki
te whakakore rānei i tētahi whanonga kino, arotahi ki ngā
.pūtau roro kei reira ngā tikanga o ngā whanonga rerekē

Hei whakatū i tētahi tikanga pai, tuatahi noho puku,
whakaaroaro, me te rapu āwhina atua. Arotahi tō hinengaro
ki te pokapū o te kaha o te ngākau, kei te rae i waenganui i ō
tukemata, ā, whakaūtia te tikanga e hiahia ana koe ki te
whakatō ki roto i tō roro. Ina hiahia koe ki te whakakore i ngā
tikanga kino, arotahihia hoki tō aro ki tēnei pokapū o te kaha
o te ngākau, ā, whakaūtia kei te mukua ngā awaawa katoa e
mau ana aua tikanga. Mā te arotahi me te kaha o te ngākau,
ka taea e koe te muku i ngā awaawa hohonu rawa o ngā
tikanga tawhito kua mau. Whakaūtia koe anō kei a koe he
nui tō kaha o te ngākau ki te tango i ngā tikanga kino mai i
.te roro

Ko te wā tino tika mō tēnei whakaū ko te atatu tonu ina
.mataara te hiahia me te aro

Me whakaū tonu ki a koe anō kua watea koe i ngā
whakahau katoa, ā, i tētahi rā ka kitea e koe - me te āwhina
a te Atua - kua watea kē koe i te whanonga i hiahia koe ki te
.whakarērea

Ahakoā he aha tāu e wehi ai, peia atu ō whakaaro i aua
mea, ka waiho ki te Atua. Whakakahangia tō whakapono ki
.te Atua, me te whakawhirinaki ka taea e la te āwhina i a koe

He nui te mamae i puta mai i te manukanuka me te
manukanuka. He aha koe me mamae ai i te mea kāore anō
kia tupu te mea e wehingia ana e koe? Whakaarohia te
mārama tiaki a te Atua e karapoti ana i a koe i ngā taha
.katoa, ā, ka rongo koe i tana tiaki whakamiharo

I te mea ko te nuinga o ō tātou manukanuka i ahu mai i
te wehi, ki te whakakorea e tātou te wehi i ō tātou oranga,
ka noho noa tātou, ā, ka tere tonu te whakaora. I ia pō, i
mua tonu i te moe, whakaū ki a koe anō kei a koe te Atua, e
.tiaki ana, e tiaki ana i a koe

I roto i tēnei whakaari ao whānui, ka whakaarohia e te
tangata o ngā iwi katoa te kōrero o te ora i runga i te
atamira o te wā. Me mārama tātou ki te tikanga o te ora, me
.te kore e tino aro nui ki ā tātou mahi poto noa iho

He maha ngā wā ka hē, ka hē hoki tā tātou tirohanga ki
te ao nā te mea ka titiro tātou ki ngā kanohi o te hiahia
whaiaro me ngā tirohanga whānui. Mēnā ka titiro tātou ki te
kanohi o te wairua, ka kite tātou i ngā mea mai i tētahi
.tirohanga tino rerekē

Ina whakatuwherahia e tātou te kanohi o te whakaaro
nui, ka kite tātou i te māramatanga whānui o te Atua, ā, i
roto i taua māramatanga ka kite tātou i tō tātou āhua
wairua, he whakaata i te āhua o te hinengaro whānui e

horapa ana i ngā matūriki me ngā wāhanga katoa o te ao
.whānui

E karapotia ana tātou e ngā pono wairua, e patuki ana i
ngā tatau o ō tātou kanohi kua katia, e akiaki ana i a tātou
kia kite i te māramatanga kaua ki te pōuri, kia mahi i runga i
te whakaaro nui kaua ki te kuware, kia whakakīia ō tātou
ngākau ki te aroha kaua ki te mauahara, kia mahi tahi ki te
whakatū i te rangimārie me te kawe mai i te hua me te
haumaruru ki tō tātou ao. Ina pērā tātou, ka ngaro te kuware,
ka ngaro ngā rerekētanga o ngā āhuatanga, ka kite tātou i te
kotahitanga i roto i te tatauranga, ā, ka nui ake tō tātou
.noho tahi me te hiahia o te Atua

Ehara tō tātou whanaungatanga ki te Atua i te
whanaungatanga makariri, kore aroha rānei, pērā i te
whanaungatanga i waenganui i te kaituku mahi me te
kaimahi. Ko tātou tōna whānau, e mau tonu ana tana
manaaki i a tātou, ā, e whakarongo tonu ana ia ki a tātou. He
wāhanga nui tātou o tōna noho, ā, e ora ana, e oraora ana
.hoki tō tātou whanaungatanga ki a ia

Kua homai e tō tātou Kaihanga ki a tātou he taonga e
kore e mutu o te aroha, te māramatanga, te māramatanga,
te ngākau pai, me te kaha wairua, heoi ko te nuinga o tātou
kua maumauria tēnei taonga ki te kore noa iho. E hiahia ana
te Atua kia noho haumaruru tātou, kia rangimārie, kia mahi
tahi hoki, e tika ana mō tētahi whānau rangatira, aroha hoki,
engari kua pū te apo me ngā whakaaro whaiaro ki roto i ō
.tātou ngākau, ā, kua ruia te ngangau i waenganui i a tātou

E hiahia ana te Atua kia waiho tātou hei rangatira,
engari kua whiriwhiria e tātou kia noho hei pononga

Kua kotiti ke te tangata i tōna kāinga i te rangi, kua
ngaro te pararaiha o roto, arā, te tata ki te Atua, me te Atua

e tata ana ki a ia, ā, e kore e taea e ia te whakahoki mai i
.taua pararaiha me te kore he mahi whaiaro

I hangaia tātou e te Atua i roto i tōna āhua, engari kua
ngaro atu tēnei pono i roto i ō tātou hinengaro. Kua hinga
tātou ki te whakaaro pohehe ko tō tātou mutunga he uaua,
ā, ko tō tātou mutunga he whakangaromanga. Me haehae e
tātou te arai o te whakaaro pohehe ki te maripi o te
.whakaaro nui kia kite ai i te pono kanapa kei muri

?Ko wai tātou, ā, he aha tō tātou āhua tūturu

He rerekētanga mārama kei te tangata, ahakoa i roto i
tōna āhua hinengaro, i tōna āhua kare ā-roto rānei, i ōna
tūranga i te ao, i te mahi me ngā mahi e whaia ana e rātou, i
ōna hiahia rānei. Engari kei raro i ēnei rerekētanga katoa e
rua ngā mea e hiahiatia ana e te tangata katoa, kāore he
rerekētanga. Ko tētahi he herekore i ngā momo mamae me
ngā hiahia katoa. Ko tētahi he harikoa mutunga kore—te
ngākau mārie, te wāhi e noho ana te rangimārie, te aroha, te
.whakaaro nui, me te harikoa

Ko te pono, ko te mea e whai ana te tangata kia tutuki
ko te Atua, ahakoa e whakamahia ana e rātou taua ingoa,
kāore rānei. E mea ana te hunga whakaaro nui ko te Atua te
mauri o te harikoa me te wairua o te harikoa. Ā, e kore te
tangata e tino makona ki te kore e tangohia tika mai i te
pūtake o te rangi. He mea nui tēnei hei mārama ki te āhua o
.te tangata

?Engari kei hea te iwi e rapu ai i tā rātou e rapu nei

E rapua ana e rātou i roto i ngā mea o te ao: i roto i ngā
taonga, i ngā āhukatanga o waho, me ngā whanaungatanga
ki ētahi atu tāngata. Engari kāore e taea te kimi i roto i
tetahi mea, i tetahi tangata, i tetahi āhukatanga rānei o tēnei
.ao, i runga i te āhua o te hanganga

Ko te hanganga e ahu mai ana i te mātāpono o te takirua. Kāore e taea te whai pikitia i te tae kotahi anake, nā te mea kāore he huarahi ki te noho me te kore tōna ritenga kē. Waihoki, kāore e taea e tetahi āhuatanga o te ao te noho motuhake mai i te takirua. Heoi, i te tiroiro i ngā hiahia e akiaki ana i te tangata, ka kitea e tātou ko te hiahia o ia tangata ki ngā mea pai, ngā mea ahuareka, ngā mea ataahua, me ngā mea pai anake, me te kore he hiahia ki te aro atu ki tetahi mea kino, kāore rānei e hiahiatia. Engari .kāore e taea

I tēnei ao takirua, kāore he harikoa mēnā kāore he mamae, kāore he māmama mēnā kāore he pōuri, kāore he pai mēnā kāore he kino, kāore he ora mēnā kāore he mate. Kāore e taea te wehe i ngā taha e rua o te moni. Ko te tikanga, ko te mea e hiahiatia ana e tātou i roto i a tātou .anō, kāore e taea te tiki mai i tēnei ao

Ka rapu te tangata—ae, ka rapu rātou me ō rātou kaha katoa—engari kāore e kitea e rātou tā rātou e rapu nei, ka puta te ngakau pouri me te kore tumanako. Ehara i te mea ka arahi noa tēnei ki te ngakau pouri engari ki te riri nui me te riri nui, ā, nō reira ka puta ngā mahi tutu. Ka puta katoa ēnei mea nā te mea kāore rātou e rapu ana i tā rātou e rapu nei i te wāhi tika, ā, nō reira, kāore e kitea e rātou te mea e .hiahiatia ana e ō rātou ngākau

Kāore te iwi o ēnei rā i te mōhio nui ki te tikanga me te .kaupapa o te ao, nō reira ka pōhēhē rātou, ka pōhēhē hoki

I roto i te āhua tūturu, he tangata whai kaupapa te tangata. Mēnā kāore he kaupapa o te ao, ā, ki te kore ō rātou hinengaro, ō rātou kaha, ō rātou hiahia, me ō rātou kare ā-roto e arahina ana i runga i te huarahi pai me te whai hua, ka tahuri rātou ki ngā ara whakangaro pērā i te waipiro me te whakamahi i ngā raau taero, te tahuri ki te tutu, me ērā atu. Ko te whāinga matua o te ao ko te mōhio ki te Atua,

ā, he kawenga ki te tangata kia whakataurite i ō rātou
tūranga me ngā mahi o waho mā roto i ngā mahi tika, ngā
tirohanga tika, ngā waiaro pai, me te whakahaere pai i ō
.rātou kare ā-roto

Kāore ēnei āhuatanga e rua o tō tātou āhua—te taha o
roto, te taha wairua me te taha o waho—e whakahē ana
mēnā ka māranga tika. Engari, e tautoko ana tētahi i tētahi, e
āwhina ana hoki i a tātou ki te whakawhanake me te
whakarei ake i ō tātou pūkenga me te pūmanawa tinana,
.hinengaro, kare ā-roto, me te wairua

E noho kau ana te tangata, kāhore he whakaoho
hinengaro, kāhore hoki he whakaoho hinengaro. E hoha ana
rātou nā te kore o te kaupapa, me te kore hoki o tētahi mea
hei homai uara me te tikanga ki ō rātou oranga. Tērā pea ka
taea e te tangata noa te mahi me te whanonga me te mea
he ora hinengaro me te hinengaro, engari kei te harikoa
?rātou

Ko te kaupapa matua o te ao ko te mōhio ko wai tātou,
me tō tātou āhua tūturu. Mēnā ka aro nui tātou ki ngā
āhuatanga hohonu o te ao, ka tino harikoa tātou, nā te mea
e hono ana te harikoa o te tangata ki te hononga ki te wairua
o te tangata, ā, ki te kore tēnei, kāore he oranga, he oranga
.rānei o te tangata

Ka whakatipuhia te wehi o te korenga, o te mate rānei
mā te whakaaroaro tonu ki taua mea kia uru mai rā anō te
whakaaro o te korenga mai i te hinengaro mōhio ki roto i te
hinengaro huna, ā, ka tae atu ki te hinengaro teitei ake.

Kātahi ka tīmata te wehi, kua whakatōkia ki roto i te
hinengaro huna me te hinengaro teitei ake, ki te whakanui
me te tipu tae noa ki te whakakī i te hinengaro mōhio ki ngā
taru o te wehi kāore e taea te whakakore ngāwari pērā i te
whakaaro tuatahi i te wā e pihi ake ana. Ka hua mai ēnei
taru kino i ngā hua paitini me te whakamate. He waimarie,

ka taea te whakakore i ōna pakiaka mai i roto mā te arotahi
kaha ki te maia me te whakatō i te mōhiotanga ki te
whakapono tino ki te Atua, ā, ka taea e ia te āwhina i te
hunga e hiahia ana ki te āwhina i a rātou anō me te tiaki i a
.rātou i te kino

I mua, e mānu ana tētahi mirumiru iti i runga i te mata o
te moana, e tūpato ana ki ngā awha me ngā uira, ka rongo ia
i tētahi reo e kōrero hāhā ana ki a ia: "E te mirumiru iti o te
"?ora, he aha te he o koe

Kāore koe i te mōhio he wāhanga koe nō te moana o te
ora? I tirotiro haere te mirumiru iti, ā, ka mōhio ia ki taua
.mea

E rere ana te hinengaro tangata pērā i te mirumiru iti I
runga i te mata o te moana o te hinengaro ao, e whakaaro
ana he mirumiru rangitahi, e wiri ana i te wehi o te mate, o
te rawakore, o te mate Āe, e mirumiru, e wehi ana koe i te
moana? Titiro ki te taha, tirohia maretia. Nekehia tō
tirohanga mai i tō taiao tata ki te ao mutunga kore o te Atua.
Ruku hohonu, whakawhānuihia tō māramatanga, kia mōhio
ai koe, kia tino mohio ai koe. He kotahi koe me Tōna moana
nui, ā, kei a koe te Atua. Māna koe e tiaki, māna koe e
.tautoko, ināianei, ā, ake tonu atu

Te karo i ngā mahanga me ngā mahanga

Ina rongo koe i tētahi hiahia nui i roto i tō ngākau e
akiaki ana i a koe kia whakatutuki i taua hiahia, whakamahia
te māramatanga, ka pātai ki a koe anō, "He hiahia pai tēnei
ka taea te whakatutuki, he hiahia kino rānei kāore e tika kia
whakautehia?" Ka whakatenatenahia e ngā hiahia kino ā-
tinana ā tātou whanonga kino mā te homai i ngā tumanako
teka me te harikoa tinihanga. I roto i ēnei āhuatanga, me
whakamahi te mana o te māramatanga hei whakaatu i te
pono. Ko ngā whanonga kino ka arahi ki te pouri. Ina

whakakitea tōna āhua tūturu, ka kore e taea te hopu i te tangata ki roto i ngā mahanga o te mamae me ngā mahanga .o te pōuri

Ngā whakaaroaro me ngā kōrero

I roto i te ora, i roto i te mate, i roto i ngā pōuri me ngā aituā, e mau tonu ana tōku whakapono ki a koe, e te Ariki, e .kaha tonu ana, e kore e taea te whakakorikori

Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā tatau me ngā matapihi i roto i tōku wairua e haere atu ai .ahau ki te hari o te Atua

Pērā i te whitinga o te rā ki ngā wāhi tino pukumahi, ka kite anō ahau i ngā hihi o te aroha atua i ngā wāhanga katoa .o tōku ao me ngā mahi o ia rā

Manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te ata, kia kawea ai ki tōu paepae tapu

Te kōrero mō te tia musk

He taonga utu nui te musk, he kakara kaha tōna, e kitea ana i roto i te pito o te tia musk e noho ana i ngā maunga .teitei o Himalayas

Kia tae te tia ki tētahi pakeke, ka tīmata te mimiti puku o te musk whakamīharo mai i tōna pito, ā, ka oho te tia i taua kakara ataahua, ka tīmata te kanikani me te rapu i te .pūtake o taua kakara reka

Ka neke haere ia i ia wāhi ki ia wāhi, e hongī ana i waenga i ngā toka me raro i ngā rākau, e rapu ana i ngā .wāhi katoa i te pūtake o taua kakara whakahihiri

Hei whakamutunga, ka riri ia, ka nui ake te āwangawanga me te manukanuka ina ngaro ana kupu, ā,

kāore e kitea e ia te mea e rapuhia ana e ia me te hiahia nui
.me te ngākau nui

I tana ngana whakamutunga ki te tae atu ki te pūtake o
te musk, ka peke atu ia i ngā pari toka teitei ki te awaawa
hohonu kia tū atu ki tōna aituā me tōna matenga, ā, i taua
wā ka taea e ngā kaiwhai te hopu i a ia me te tango i te pēke
.musk, te repe rānei i roto

I roto i tēnei whakaaro, i kōrero tētahi o ngā kaitito
:mārama i tētahi kupu pēnei

!E te tia kakariki, e te wairangi

?He aha koe i mamae ai? He aha koe i kore ai e moe

Kei te wātea tēnei musk

!Me tō pēke puku, e te kuware

Ahakoia i pā atu koe ki tō ihu

Nōu te kakara ngaro

Kua toa koe i tāu i tumanako ai

Ā, i ora koe me te kore e whakapau moni

Kāore ianei koutou e whakaaro, e aku hoa, he rite te
whanonga o te nuinga o te tangata ki te tia musk? Kei te
rapu tonu rātou i te harikoa i ngā wāhi katoa i waho atu i a
.rātou anō

Ae, e rapu ana rātou i te harikoa i roto i te tākaro, ā, e
tuku ana i a rātou anō ki te ngenge i roto i ngā hiahia me
ngā wawata. Ka piki rātou i ngā ara pahekeheke o te taonga
tae noa ki te peke atu i ngā pari o ngā tumanako teitei ki ngā
toka o te pouri me te korenga i te wā e kore ai e kitea e
rātou te harikoa pono e rongoaia ana i roto i ngā
.hohonutanga o ō rātou wairua

Ki te tahuri ō tātou whakaaro ki roto, ki te whakaaroaro
hōhonu, ka kitea e tātou i roto i te marino o te wairua te
.pūtake o te harikoa pono, pumau hoki e rapuhia ana e tātou
Kaua tātou e rite ki te tia kaka, e ngaro ana i te rapunga
i te harikoa i ngā wāhi hē. Engari, me mataara tātou, me
ngana ki te kimi i te harikoa i roto i a tātou anō, kaua i waho
.i a tātou anō

Te Kōrero mō te Pātene

I haere mai tētahi tangata ki ahau, ka mea mai he mate
:manawa mau tonu tōna, ā, ka mea atu ia

He maha ngā mea kua whakamātauria e au, engari"

"kāore e taea e au te whakakore i te mamae o te ngākau

I muri i taku whakaaroaro māriri, ka tono atu ahau kia
:kawea mai he kutikuti ki ahau. Ka titiro wiri mai ia, ka mea

Kei te whakaaro koe ki te tapahi i tōku ngākau, e te"

"?rangatira

I kata ahau, ā, ka whakahoki atu, "Ehara ahau i te
tākuta. Kua rongu koe i tētahi tangata e whakamahi ana i te
"!kutikuti hei mahi pokanga

Hei whakamutunga, ka mauria mai e ia he kutikuti me
te kore e pai, nō reira ka tapahia e au tētahi o ngā pātene o
tōna koti, ka kī atu ki a ia kia kaua e tuitui i tētahi atu pātene
hei whakakapi, kaua hoki e whakatakoto i tōna ringa ki te
wāhi i ngaro ai te pātene. I kī atu anō hoki ahau kia hoki mai
ia ki ahau i muri i ngā wiki e rua, ā, i tumanako ahau ka ora
.ia i taua wā

Ka kata te tangata, ka mea, "Ka meatia e au tāu i tono
mai ai, nā te mea e whakawhirinaki ana ahau ki a koe,
engari ki taku whakaaro koinei te rongoa tino rerekē kua
"!tohua mai ki ahau

E rua wiki i muri mai ka oma mai ia ki ahau, ka mea mai,
:me te miharo

I whakamana mai ngā tohunga kua ora ahau i te mate"
manawa. Nō reira, mō te Atua, i aha koe? I tangohia e koe
"?tētahi kēne i roto i te pātene

Ka whakahoki atu ahau me te menemene: "Āe! I takaro
"tonu tō ringa ki te pātene, ā, i rite te pātene ki te ngākau

Ko taua pātene te ira tangata i mamae ai tō ngākau. Nō
reira i tapahia e au te pātene, ā, i mea atu ki a koe kia kaua
e whakakapia, kia kaua hoki e whakapakia tō ringa ki tō
ngākau. Pērā ai, ka māmā ake te pēhanga o tō ngākau, ā, ka
!mutu te mamae i a koe

Kei te tere haere ngā mea katoa, ā, he maha ngā mea e
pukumahi ana te tangata. He pai ake te kokoti i ngā hua o te
ao i te moumou taima, te tuku i te wā kia pahemo, ā, ka
mutu karekau he hua. Engari ko te mea tika kia kokotihia e
te tangata ko te kotinga nui rawa atu o te ao: te whakatata
atu ki te Atua me te mōhio ki a Ia. Ko te huarahi anake ki te
whakatutuki i te harikoa pono ko te whakatutuki i tētahi mea
.i tēnei ao, me te angitu wairua hoki

Ko te hunga e mōhio ana ki te Atua, kāore rātou e
tīmata i ā rātou mahi o ia rā i mua i te whakaaroaro ki te
Atua, me te whakakī i ō rātou hinengaro me ō rātou tinana ki
.te kaha atua manaaki

Ahakoā ngā tono maha o te ao, ka taea e rātou te
whakararu i te hunga e rapu ana i ā rātou whāinga wairua, te
tahuri ke atu hoki i te ara i whiriwhiria e rātou. Engari ko te
hunga whai whakaaro pumau, kāore e tukua tetahi mea kia
pana atu i a rātou; ka u tonu rātou me te whakaaro pumau
.ahakoā ngā āhuatanga uaua, ngā āhuatanga kino rānei

Ahakoā ngā mea e homai ana e te ao ki a tātou, e kore e
ea te hiahia o ō tātou ngākau, e hiahia ana ki tētahi mea
pumau ake, nui ake te hiranga, ā, nui atu te utu nui atu i ngā
.taonga katoa o te ao

Ina mate te tangata—kia roa tō ora—kāore he mana o te
whenua e taea te mahi i tētahi mea mā rātou. Mā wai tātou
e āwhina i muri i tō tātou wehenga atu i tēnei ao? Te Atua Nō
reira, me mahara tonu tātou he wāhi okiokinga rangitahi noa
iho tēnei ao i runga i tō tātou haerenga ki tō tātou kāinga i te
rangi, ki reira tātou e noho tonu ai i te aroaro o te Atua
.Aroha Nui

Kāore te nui o te taonga e whakamana i te hauora, te
rangimārie, me te whai huatanga, engari mā te whiwhi i te
rangimārie me te whai huatanga ka taurite te angitu i ngā
.taumata wairua me ngā taumata rauemi

Ko te nuinga o te tangata e whakawhanake ana i te
kaha hinengaro hei whakatutuki i te angitu ā-tinana anake.
Engari ina riro te tangata hei rangatira mōna anō, ā, ka
whakahaere i ōna mana hinengaro, ka mahi i runga i te
mahere atua, ka manaakitia tōna ao, ā, ka reka ia i te wai o
te wairua i a ia e noho ana i tēnei whenua, kāore ia e noho
hei herehere o ngā tikanga me ngā hiahia, engari ka hurihia
tōna hinengaro hei ngākau o te aroaro atua, ā, ka noho ia ki
reira me te pārekareka ki ngā ahuareka hou e kore e taea te
.whakaahua

Ko te tinana te whare rongoā nui rawa atu

Kua kitea e ngā kairangahau hauora, ina pā mai te
harikoa nui ki a tātou, ka whakaputa te tinana i ngā rongoā
ārai pouri me ētahi atu matū whakaiti ahotea, he rite tonu te
kaha me te whai hua ki ērā i tohua e ngā tākuta. Ko te
tinana te rongoā nui rawa atu o te Ao, ka taea te whakaputa

i te mea tika i te wā tika ina noho tahi tātou me te taurite
.wairua kua whakatakotoria e te Atua ki roto i a tātou

Ehara i te mea he kino ngā ahotea katoa; ka whakaoho
te ahotea i te pūngao ora e rere ana i roto i ō tātou tinana, ā,
ka whakaoho i te ngohe me te nekehanga. Kua whakaatuhia
.e ngā rangahau he pai te nui o te ahotea e tika ana

Engari ka puta te raruraru ina nui ake te ahotea i te
taumata hauora

He rohe whaiaro tō tātou ki te ahotea, ā, ki te hipa atu i
taua rohe, ka nui ake te ahotea i te mea e tika ana, ā, kāore
pea tātou e mōhio ki tēnā tae noa ki te tīmatanga o te puta
mai o ngā raruraru i roto i te tinana, i ngā kare ā-roto, me te
.hinengaro

He hari, he koa te noho tahi me te Atua, engari ki te
kore te Atua, he manukanuka, he raruraru, he uauatanga,
tae noa ki te aituā. Nō reira, me pēhea tātou e kitea ai te
rangimārie me te ata noho i roto i te ao e kīia ana e ngā
?aituā me ngā aituā, ā, ka kawea mai ai he hari ki tēnei ao

Ko te whakaritenga tuatahi ko te mōhio ki ngā pēhanga
o te ao ina kei raro tātou i te awe o aua pēhanga

He Atua Whakaaro Nui, he Atua Mōhio ki ngā Mea Katoa,
ā, kua homai e ia ki ō tātou tinana ngā tohu pēnei i te
whakamarie, te kore whakamarie, te marino, me te
manukanuka, ā, me aro tātou ki ēnei tohu. He mātauranga
atua kei roto i ō tātou tinana e ngana ana ki te kōrero mai i
tētahi mea ki a tātou, ā, me whakarongo tātou ki ēnei karere
i ngā wā ahotea, i ngā wā okiokinga rānei. Ina pāngia koe e
te ahotea, arotahihia tō hinengaro ki te wāhanga o tō tinana
e pāngia ana e te ahotea, kātahi ka manawa hōhonu, ā, i te
wā kotahi, āta whakakorikoria taua wāhanga kia wiri rā anō.
Kātahi ka okioki, ka tuku i te ahotea. Mā tēnei ka āwhina i te

pupuri i te taurite kaha me te ora o te tinana, me te tiaki
.hoki i a ia mai i ngā pānga kino o te ahotea

Ka taea hoki e tātou te whakahaere i te ahotea kare ā-
roto mā te manawa. Ina pāngia koe e te wehi, e tētahi atu
kare ā-roto kino rānei, manawa māriri, hohonu, me te
manawa auau i ngā wā maha, kia wātea ai tō tinana i ia
manawa. Mā tēnei ka āwhina i te whakaroa i te tere o te pao
o te ngakau, ka whakahoki mai i te rere o te toto, ka
whakahaere i te rere o te kaha ora i roto i ō io, ā, ka āwhina i
te whakamarie i tō hinengaro me te whakamārama i ō
.whakaaro

Ehara te ora i te āhuatanga ohorere; he whakaaturanga
ataahua a te Atua, ā, me pārekareka tātou ki tēnei. Kia
mahara tātou he mana te ataata; ki te kore tātou e
.whakamahi, ka ngaro i a tātou tētahi wāhanga nui o te ao

He wairua ngā tāngata, he kare ā-roto, he ngākau aroha
hoki ō rātou, ā, he tinana tō rātou e mau ana pērā i te
kākahu, i te koti rānei. Engari, i te mea e noho ana tātou i
runga i te taumata o te tinana me ngā kare ā-roto anake, ka
taka tātou ki raro i te awe kino o te ahotea me te
.taumahatanga

Ina noho tahi tātou me tō tātou āhua tūturu, arā, te
wairua, ka rere te hari o te wairua ki roto i te ngākau, ka huri
hei aroha. Ko te rongo i tēnei aroha, e hono ana ki te
rangimārie me te ata noho o te wairua, me te mahi me te
taunekeneke i raro i tōna awe, koinei te huarahi tino pai ki te
noho ā-taiao i roto i tētahi ao kī tonu i ngā taumahatanga me
ngā whakahē. Ko te noho tahi me tēnei hari te otinga ki ngā
.raruraru o te ao

Kia mōhio: Mō te kōrero: "Ka whakaputa te tinana i
tētahi rongoā ārai pouri me ētahi atu matū hei whakaiti i te
ahotea me te mānukanuka, kāore i te iti iho te kaha me te

whai hua i ērā i tohua e ngā tākuta," ehara tēnei i te
tohutohu kia kaua e whakamahia ngā tohutohu me ngā
.rongoā hauora, nō reira me whakamārama

Ngā whārite aukume

He tangata kaha tōna aroaro, he tangata kino hoki ōna
āhua, he tangata ngākau atawhai engari he ngoikore tōna
wairua = ka kaha ake te aukume kino i te atawhai

He tangata ngoikore te ngākau me ngā āhuatanga kino
+ he tangata kaha te ngākau me ngā āhuatanga pai = ka
hinga te aukume pai i te kino

Te aukumetanga wairua ngoikore + te aukumetanga
koiora kino = te aukumetanga kino kaha

Kaha te kaha o te morare + ngoikore te kaha o te
morare = nui ake te kaha o te morare

He tangata riri, he tangata tutu + he tangata ngāwari,
he tangata atawhai = ka kaha ake te aukume o te riri i te
ngāwari

He āhua kaha, he āhua taurite, he āhua marino + he
āhua e anga atu ana ki te riri i ētahi wā = ko te aukume o te
marino te mea e kaha ana

Te ngoikore pumau + te ngoikore iti iho = te aukume
kaha o te ngoikore

Angitu kaha, pai + angitu iti iho = angitu whakarei ake

Te wiri kaha o te rahunga + te wiri kaha o te angitu = te
aukumetanga rahunga kaha, te aukumetanga angitu kaha
rānei, i runga i te taiao me ngā āhuatanga

He hinengaro kaha, he hinengaro pakari + he kuware
katoa = he mātau, he pūkenga, he kuware rānei, he
wairangi rānei

Mana wairua tino pai + mana mahi tino pai =

Aukumetanga wairua - he mana mahi tino pai

Me i kite te tangata i ngā tini o ngā mea ora o te aorangi
e karapoti ana i a rātou, tera pea ka ngana ētahi ki te kimi i
ā rātou whanaunga kua wehe atu. Kua whakatuwheratia e te
Atua ōku kanohi wairua, ā, e kite ana ahau i te tini o aua
wairua kua wehe atu i te ao whenua. Mā te arotahi hohonu ki
te kanohi wairua (te pokapū o te rae), ka taea e te tangata
te kite mā te tirohanga ā-roto i te ao kanapa e nohoia ana e
ngā wairua pai katoa kua piki ki te aorangi eterika ki te
.aroaro o te Tino Atawhai

I roto i te tangata, ko te ngākau te kaiwhiwhi ahokore, ā,
ko te kanohi wairua te kaituku. Ahakoa kāore e taea e koe te
kite i ō whanaunga kua wehe atu, ki te arotahi marie koe i ō
kare ā-roto ki te ngākau, ka taea e koe te rongō i te aroaro o
te hunga e arohaina ana e koe e noho nei i roto i ngā tinana
wairua, e pārekareka ana ki te rangimārie me te haumarū o
te Atua, e koa ana hoki ki tō rātou herekoretanga mai i ngā
here o te tinana, nō reira ka kitea e koe te whakamarie i roto
.i tō rātou rangimārie, ā, ka tau te ngākau mō rātou

Ina whakahuatia e au te ingoa o te Atua, ka rewa katoa
tōku wairua ki te hari nui. Engari i muri i te kaha nui i puta
mai ai tēnei āhua. I te tīmatanga, kāore au i te hiahia nui, nā
te mea kua ngaro haere tōku hinengaro. Engari ināianei, ina
arotahi ōku whakaaro me tōku māramatanga ki te pokapū
wairua—te āputa i waenganui i ngā tukemata—ka ngaro
katoa ngā whakaaro, ka mutu te manawa, ka mutu te pao o
te ngākau, ka marie te ngangau o te hinengaro, ā, ka heke
iho ngā āhua o te noho ki te wairua, kia kite ai ahau i te
.harikoa wairua, kia kapi ai hoki ahau i te harikoa atua

Ngā kīwaha koura

Ko te harikoa tōku tika, tōku taonga tuku iho, me tōku
taonga huna. Ārahihia ahau kia kitea i roto i ahau ngā
.taonga e hira ake ana i ngā moemoeā o ngā kīngi

* * *

He nekehanga atamai te ora me tōna auau auau. Ka
hanga i a ia anō i roto i ngā mea kore ora, ka tango rānei i te
āhua ora, e nekeneke ana. Ka kapi te ora i ngā mea katoa, ā,
.ka horapa ki ngā mea katoa

* * *

E te Aroha Nui rawa atu, ko koe te ora Ko koe taku
whāinga me taku wawata

* * *

Hangaia mai he rōhi puāwai i roto i tō māra rangi, he
pīataata rānei i roto i tō hei aroha kanapa, homai rānei te
honore nui rawa atu ki ahau: te wāhi iti rawa i roto i tō
ngākau

* * *

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te
.wāhi e taea ai e au te whakarato i te ratonga tino pai

* * *

Kia whatua he whāriki koura o ngā moemoeā ki ngā
miro hiraka o ngā maharatanga reka me ngā whakaaro kua
whakatikatikaina

* * *

He rite te aroha ki te pepa kirikiri e whakakanapa ana i
te hinengaro, e tango ana hoki i te taratara o te tangata

* * *

Ko ngā mate urutā, ngā aituā, me ngā huringa tutu o te
taiao e kawe mai ana i te whakangaromanga, te
whakangaromanga, me te whara whānui ehara i te "
whakatau atua". I ahu mai ēnei aituā i ngā whakaaro me ngā
mahi a te tangata. I ngā wāhi katoa e whakararururuhia ai te
taurite ngawari o te ao o te pai me te kino e te kohikohinga o
ngā ngaru kino me ngā wiri i puta mai i ngā whakaaro kino

me ngā mahi hē a te tangata, ka kingi te pōrearea, ā, ka
.puta te whakangaromanga whānui

* * *

Ka tangohia e au te mea pai rawa atu i ia iwi, ā, ka
maioha ahau ki ngā āhuatanga pai o ngā iwi katoa, me te
.kore e aro ki ō rātou ngoikoretanga

* * *

Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka ki tonu rātou i te wairua
marino hohonu. Nā te mea e hono ana tēnei ia ki tōna
pūtake teitei ake, he rere tonu e tae atu ana ki ngā wairua e
noho tahi ana me taua pūtake, e āhei ai rātou ki te tuku i te
.harikoa ki te hunga e hiahia ana ki te rangimārie

* * *

E hia ngā kupu atawhai o te ngākau kua whakakorea
ngā mamae maha, e hia hoki ngā reo whakaaro nui kua
whakamārama i ngā ara pōuri ki ngā rama o te hari me te
!marino

* * *

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
.ia mamae me ia mamae e pā ana ki a tātou

* * *

Ahako te kaha o ngā whakamātautau, he rite tonu ki te
ahi e whakarewa ana i te rino hei huri hei maitai ataahua,
.pakari, ā, he maha ngā whakamahinga

* * *

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihangā atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

* * *

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
pono, mai i te hohonutanga o te wairua e hiahia ana, ka pā
te karanga a te wairua ki te ngākau o te ao whānui, ā, ka tae
mai te whakautu, me te hari nui. Mā tēnei hāhā hinengaro e
whakatipu te hiahia kia whiwhi rā anō i te kaha e tika ana hei
.whakatutuki i te whāinga e hiahiatia ana

* * *

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
ko te whakaaro noa ki tetahi mea ka ranea hei whakatutuki i
taua mea, nā te mea ka mahi te ture atua hei painga mō te
.hunga e rite ana ki te hiahia tino nui

* * *

Kaua te tangata e whakapau i ngā pūkenga hinengaro
katoa kua homai e te Atua ki a ia ki te whai i ngā mea
memeha noa, kei ngaro rātou i roto i te arai o te taonga, ā,
ka hanga he here me he aukati kore e tika mā rātou anō.
Engari, me whakamahi e rātou ō rātou pūkenga hinengaro ki
te whiwhi i ngā mea e tika ana mō te ao, me te whai kia
whanake ō rātou pūkenga matatika kia taea ai te wehewehe
i waenga i te tika me te hē, me te mea kino me te mea whai
.hua

* * *

Kei tua atu i ngā whakaaro me ngā ariā te pono, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

* * *

Whakatuwheratia, e te Ariki, ngā kūaha o te rangimārie,
tiakina hoki te wāhi tapu o ōku whakaaro wairua i ngā
whakaekenga a ngā kōrero kino. Ā, tukua ngā rōhi o ōku
wawata kia puāwai i roto i te māra o tōku ngākau i a au e
.tatari ana ki te ata o tōu taenga mai

* * *

Kāore e taea e te mātauranga ariā te whiwhi
mātauranga atua, ā, he mea tika kia kaua e whakapaua te
wā utu nui ki ngā ariā kāore e taea te whakamahi i roto i te
ao tūturu, ki te kore ka kitea koe i waenganui i ngā ngahere
hinengaro matotoru, ā, kāore e taea te whiti i te ao o ngā
.ariā

* * *

Ko te harikoa te hua o te wikitoria hinengaro i ngā
āhuatanga pōrearea o te ao

* * *

Ko te tangata e mōhiotia ana e te Atua, tera pea kāore e
mōhiotia e te ao

* * *

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā [me te kore whakamātautau tūturu], ka rite ia ki tētahi
taputapu hopu kōrero kawē e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, ka kiia ia e
ētahi he tohunga mātauranga, engari kāore taua
mātauranga e whakakahangia e te kitenga tika o te pono,
.kāore hoki e rite ki te whakatutukitanga wairua

* * *

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te
tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he
painga o ngā whakaaro o te tangata, e pāngia ana e ngā
tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me
te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te
whānau, o te whenua, o te ao rānei te whakarato i te arataki
pono. Nō reira, me tahuri te tangata ki te Atua, me te

whakarongo ki te reo marino, marino e puta mai ana i te
.hohonutanga o te wairua, he reo e rite ana ki te pono

* * *

Whakatuwheratia ō koutou ngākau ki te ringihanga atua
kia rere ai i roto i a koutou, kia whakakīia ai ō koutou oranga
.ki ngā manaakitanga wairua me te pai

* * *

Ahakoia te mahi e mahia ana e koe, me ngā
whakatutukitanga ka taea e koe te whakatutuki, kia mahara
tonu ko te Atua te pūtake e homai ana ki a koe te kaha katoa
.e hiahiatia ana e koe hei mahi me te whakatutuki

* * *

Tukua ahau kia mahara ki a koe, e te Ariki, i roto i te
rawakore me te whai rawa, i roto i te mate me te ora, i roto i
te kuware me te whakaaro nui, kia kite ahau i tō
māramatanga tapu e homai ana i te oranga me te whakaora
.i roto i te wā poto

* * *

I te mokemoke o ōku whakaaro, e hiahia ana ahau ki te
whakarongo ki tō reo manaakitanga. Peia atu i ahau ngā reo
kino o te whenua e huna ana i roto i ngā papa o tōku
mahara. E hiahia ana ahau ki te whakarongo ki tō reo
.marino, reka ake tonu atu i roto i te marino o tōku wairua

* * *

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka tūpono
tātou, ka whakaroa ki te neke whakamua Me waiho e tātou
te māramatanga o te Atua hei rama ārahi i a tātou e hikoi
ana i ngā ara pōuri o te ao Ko ia te marama katoa i ngā pō o
te kuware me te pōuri, te rā o te kanapa i ngā hāora o te oho
ake, te rama ārahi, me te whetu ārahi mō te hunga e whiti
.ana i ngā moana o te ao, te oranga poto noa

* * *

Kua tae te wā kia whakaarahia e te tangata tōna hinengaro
mai i te moe o te warewaretanga ki te ara ake o te wairua

* * *

E te Ariki, kia ara ake tō mātou māramatanga mai i te
hohonutanga o te kuware me ngā whakaaro whaiti, ki ngā
pae tawhiti o te rangimārie, te māramatanga, te aroha, me
.te atawhai tangata whānui

* * *

Ka pai ake ngā mea i te mutunga nā te mea kei muri i
ngā whakahē o te oranga tangata ngā mana me ngā
merekara a te Atua e huna ana, ā, ko te tangata kāore i te
tino whakapono ki te kore e taea te karo i te āhuatanga, ā, e
ngana ana ki te uru atu ki tua o te arai mā tōna hinengaro
me tōna whakapono, ka whakatuwheratia te tatau mōna [e
.pātōtōhia ana e te ringa whakapono katoa]

* * *

Ehara te whakapono i te tikanga o te kore whakaaro nui,
te kore rānei e aro nui ki ngā āhuatanga. Engari, ahakoa te
aha ka puta, me whakamanawa te tangata ki a ia anō ko te
Atua anake ka taea te tautoko i a ia i roto i ngā āhuatanga
uaua me te ahotea mena ka tahuri ia ki a ia me tōna ngākau
.katoa, wairua katoa, me ōna kare ā-roto katoa

* * *

Me i kawea mai e ō tātou māia te pono katoa ki a tātou,
ka kite tātou i te Ao hei awa o ngā irahiko, ā, ka kite tātou i
.ia matūriki puehu hei puranga mārama e hurihuri ana

* * *

Ko te hunga e uru atu ana ki te ao tūroa me ō rātou
māramatanga mai i te ao tūroa ki te ao wairua, e mārama
ana ki te āhua o te mānukanuka, e mōhio ana hoki ki te
.mauri o te pono

* * *

Ahakoa kei roto te tangata i ngā ngahere o Āwherika,
kei te papa pakanga, e pāngia ana e te mate, e te rawakore
rānei, me whakamanawanui ia i a ia anō he kaha ake te
ringa o te Atua i te tūpono, ā, ka taea e ia te tiaki i te hunga
.e rapu piringa ana ki a ia

Kāore he huarahi whai hua ake hei tiaki i a koe anō. Ae,
me whakamahi te tangata i te arorau i roto i te whakatau i
ngā kaupapa, me te whakapono katoa ki te āwhina a te
.Atua

* * *

Ko te aroha e noho ana i roto i ngā ngākau o ngā mea
hanga katoa—te aroha o ngā whaea, o ngā matua, o ngā
.hoa, me ngā whanaunga katoa—i ahu mai i te aroha atua

* * *

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti,
me te whakarite i ngā mea tino nui i runga i ngā mea tino
nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E
mea ana ngā karaipiture ki a tātou, ina pā kino tētahi mahi ki
.tētahi atu, he tohu tēnā ehara i te mahi pono

* * *

I te horapa haere o ngā hihi ora o te rā, ka horahia e au
ngā hihi o te tumanako ki roto i ngā ngākau o te hunga
rawakore me te hunga kua whakarērea [te hunga kua
whakarērea e te hāpori], ā, ka whakatōkia e au he whakatau
hou ki roto i ngā ngākau o te hunga e whakaaro ana he
.rahua rātou

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
ākonga: "Kua e ārai i tētahi i roto i tō porowhita aroha.
Puritia te katoa i roto i tō ngākau, ā, ka puritia koe e rātou i
".roto i ō rātou

* * *

E te Ariki, āwhina mai i ahau kia whakamahia tonutia
taku hiahia ki te whakatutuki i ngā mahi pai me ngā mahi
.whai hua

Āwhina mai kia rite ahau ki tāu e pai ai, kia rite ai ōku
.whakaaro katoa ki tāu e pai ai, kia rite hoki ki tāu e pai ai

I āwhina ia i ahau ki te whakaara i te mana huna,
manaakitanga i roto i ahau kia taea ai e au te wikitoria i ngā
.uauatanga me ngā whakamātautau katoa

* * *

E ara ake ki taua tuakiri wairua maia, ngākau mahaki –
tētahi e whakakotahi ana i te kaha o ngā raiona me te
.ngākau māhaki o ngā kukupa

* * *

E kore ahau e māharahara ki ngā whakahē kawa, ki ngā
whakahē teka, ki ngā whakamoemiti me ngā whakapatipati
nui. Ko taku hiahia anake he mahi i tāu e pai ai, e te Ariki,
.kia whiwhi ai i tāu manako

* * *

Kāore e taea e koe te whakaaro ki te hari nui ka whakakī
i a koe ina rongu koe i te aroaro o te Atua. Ka haurangi tō
wairua i te aroha mutunga kore o te Atua. He aroha e hira
ake ana i te aroha tangata i ngā miriona wā - he aroha e
whakatutuki ana i ō hiahia katoa, e whakakī ana hoki i tō
.ngākau ki te hari me te ngākau māhorahora

* * *

Mā te arotahi ā-roto, ka taea e koe te wheako tika i te
harikoa wairua i roto i a koe anō me te taha o koe. Mēnā ka
whakatipu koe i tēnei mōhiotanga, ka tupu pai tō tuakiri, ā,
ka whiwhi koe i te aukume kukume mō te tangata me ētahi
.atu mea ora

* * *

E te Kaitiaki Nui, kāore he aha ki ahau mēnā ka ngaro
katoa i ahau nā tōku ao i hanga, engari ka inoi atu ahau ki a
koe, ki tōku piringa kotahi, kia tiakina te rama o tōku aroha
.ki a koe i ngā hau o te mangere me te wareware

* * *

Kia inu tātou i ngā wai parakore, whakahauora o te
rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, e
whakarei ake ana i tā tātou whakatau pakari ki te whakaaro
.pai me te whai tirohanga hihiri

* * *

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua
me ngā hihiri tūturu o te tangata. Ina mārāma tō hinengaro,
ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi
ai koe. Ko te hinengaro mārāma he tohu i te whanonga pai
mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro
he tikanga kei a koe te harikoa me te whiwhi i ngā
.manaakitanga a te Atua

* * *

Ngāna ki te mahi i ngā mea maia, ngā mea e pai ai te
ngākau, kāore e mahia ana e te nuinga o te tangata, ā,
hoatu te aroha me te rangimārie ki te hunga e warewarehia
.ana e ētahi atu

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Ki te kore koe e whakapau i te wā ki te whakatipu i te"
hinengaro, e kore rawa te nui o te taonga e makona ai koe.
Ehara tēnei whakatipu i te whakamamae engari he
whakangungu i te hinengaro hei whāngai i ngā whakaaro me
".ngā mahi e arahi ana ki te harikoa

Ko tō harikoa tō angitu, nō reira kaua e tukua kia
tahaetia e tetahi. Tiakina koe i te hunga e ngana ana ki te
whakararuraru i a koe. I ahau e tamariki ana, ka ngaro taku
manawanui i ngā wā katoa e horahia ana e ētahi tāngata
ngā kōrero teka mōku. Nō muri mai, ka mōhio ahau he mea
nui ake te rangimārie o tōku hinengaro i te whakaae mai a te
.tangata, i te whakamoemiti rānei

* * *

Me i mōhio koe ki te kōrero o te aroha atua e pā ana ki
ētahi o ngā tāngata karakia ki te Atua! Kāore he wheako kē
atu o te ao e taea te whakarite ki taua hari. I mōhio ahau ki
tētahi tangata tapu e mau tonu ana ki te aroha o te Atua, ā,

e whiti ana tōna mata i te aroha tapu. Kei runga tonu te
kanohi o te Atua i te hunga e aroha ana ki a ia, ā, e kore
.rawa ia e whakarērea i a rātou mō tētahi wā poto

* * *

He tokoiti te hunga e hiahia ana ki te whakawhanake i ō
rātou kaha hinengaro me te wairua

* * *

Kaua e tukua koe kia totohu ki raro i te whakaroa. E ara
ake i te moe o te ao hoha, ka anga atu ki ngā pae tawhiti o
te ao kua whakapaingia, kei reira te whakatutukitanga, te
.harikoa, me te rangimārie

* * *

Kei roto i a koe te pūmanawa nui e tatari ana kia
whakangaohia, ā, ko koe anake te tangata e kaha ana ki te
.whakahohe me te whai hua mai i taua mea

* * *

Ko te ti'amā i ngā whakahau a ngā tikanga kino me ngā
hiahia kino ka nui ake te hari i te angitu i te ao tūroa
Ka kawea mai e te angitu tuhituhi he harikoa hinengaro
e kore e taea e ngā āhuatanga o waho te tango atu i a koe

* * *

Ahakoia e taea e koe te whakapau i tō wā katoa ki te
kahi moni, e kore taua moni e hoatu ki a koe te rangimārie
me te haumarua pumau e rapuhia ana e koe. Engari, ka nui
ake te pouri mōu, nā te mea kei roto i te hinengaro te
harikoa me te rangimārie, ehara i te mea kei roto i ngā mea
.tonu

* * *

Kaua e tukua te ngoikore kia uru ki roto i tō hinengaro,
kia tūpato hoki ina hono atu koe ki te hunga he whakaaro
kino, he tirohanga pōuri hoki ō rātou, kei uru ō rātou
whakaaro ngoikore ki roto i tō hinengaro, ki te kore tō
hinengaro kua eke ki tētahi taumata kaha e kore ai e taea e
ngā whakaaro o ētahi atu te whakangāwari, engari, i te
ritenga kē, ka taea e ia te whakapakari i ngā whakaaro o

ētahi atu me te whakarei ake i tō rātou whakapono ki a rātou
.anō

* * *

Ko te Atua te tuatahi, kaua hoki tātou e tīmata, e
whakamutu rānei i tō tātou rā me te kore e whakaaro ki a Ia.
Me mahara tātou, ki te kore te kaha me te pūngao e riro mai
ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i
.tētahi o ā tātou mahi. Koinei tā tātou kawenga nui ki a Ia

* * *

He huarahi hei aromatawai me te whakawa i ngā
tikanga me ngā kōrero tuku iho I te tīmatanga, he
whakamārama i ia tikanga tuku iho Mena ka kitea e tātou kei
te mau tonu te whakamārama, he tikanga, he painga hoki tō
te tikanga tuku iho Heoi, he mea kuware te whai matapo i
ngā tikanga tuku iho Me mōhio tātou ki te mea tika, me te
whai i taua mea, me te mōhio ki te mea ka hari ai tātou,
.kātahi ka whakamahi

* * *

Ina kite koe i te tini o te tangata kāore i te harikoa, i te
angitu rānei, kaua e whakaaro koinei tō rātou mutunga. Ka
taea e koe te hanga i a koe anō e hiahia ana koe. Ko tō
.angitu ā-roto te mea e tino angitu ai koe

* * *

Ki te kore he mea i roto i a koe, e kore koe e harikoa.
Engari ki te kore he mea i te taha o koe, ā, e harikoa ana koe
i roto i a koe, he angitu koe. Nō reira, kāore e taea te
.whakawā i te tangata i runga i ō rātou āhuatanga o waho

* * *

I roto i te mano tini, tera pea tetahi tangata kua eke ki
te taumata wairua teitei, ā, e whiwhi ana i te rangimārie o
.roto me te harikoa wairua tino nui

* * *

E tino mōhio ana ahau ka tae mai ngā mea katoa e
hiahiatia ana e au, nō reira kāore au e manukanuka ki ngā
mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te

whakakatakata rānei, nā te mea kua maha ngā wā kua kite
ahau i te mahi me te whai huatanga o taua mana manaaki i
.roto i tōku ao

* * *

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei
te toremi rānei i te hohonutanga o te moana, e mōhio ana
ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e
pā kino ki ahau. Nā taua mātauranga ahau i homai he
.harikoa nui, e kore e taea te kōrero

* * *

Kāore e kore he wheako ahuaireka te hoko i tētahi mea
hou. Engari i muri i tētahi wā, ka memeha haere taua kare
hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa
atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e
warewaretia te pire mō taua taonga, ina koa mēnā i hokona
!e koe mā te utunga

* * *

Me whakahaere e te tangata tōna ake ao, me
whakangawari i te mea ka taea. Me penapena moni mō ngā
mea e tika ana me ngā āhuatanga ohorere, me
whakatairanga i te penapena i te whakapaunga ki ngā mea
papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina
āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi
ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e
.kore hoki koe e tangohia i tetahi mea

* * *

I roto i te hari o ngā ngākau katoa, ka rongo ahau i te
haruru o tōu harikoa, e te Ariki, ā, i roto i te whakahoahoa o
te hunga pono katoa, ka rongo ahau i tōu aroha ka hari
ahau, ā, ka koa tōku ngākau i te angitu me te oranga o ōku
hoa, pērā i ahau e hari ana ki tōku ake oranga me te noho
humarie. I a au e whakaoho ana i te whakaaro nui ki roto i
ētahi atu, ka whakanuia e ahau ngā taonga o tōku ake

whakaaro nui, ā, i roto i te hari o te katoa, ka kitea e ahau
.aku ake

* * *

Ko te hoariri nui rawa atu o te harikoa ko te nama moni
hei hoko taonga papai. E whakapono hē ana te tangata
kāore e taea e rātou te harikoa mēnā kāore rātou e whiwhi i
tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua
mea, e kore rātou e kite i te harikoa pono, ahakoa te harikoa
rangitahi e kawea mai ana. He aha te take o te whai i te
pōhewa o te harikoa o te ao e oati ana ka pakaru noa iho?
Me noho noa te tangata, me te kore e hiahia ki ngā taonga
.maha e hiahia ana kia aro tonu

* * *

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki
ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā,
ka tipu ake tōku harikoa ā-roto Ki te kore taua ngākau
māhorahora, ka noho ngā ahuareka me ngā harikoa o te ao
nei hei reinga Kua mōhio ahau me te kore taua harikoa ā-
roto, kua tangohia e te kawenga o ngā kawenga i tukua mai
.ki ahau tōku rangimārie, tōku harikoa hoki

* * *

Ki te honoa te taonga ki te mate me ngā raruraru, ka
maha ngā hua. Ko te akuaku me te hauora kei roto i ngā
kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke
kino me ngā iroriki whakamate i ngā whenua
whakawhanake, engari he nui i ētahi atu. Engari ehara te
whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā
te mea kei reira ētahi atu momo mate i ngā whenua
whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru
pūtea whakamomori nā ngā pūnaha hoko utunga - he mate
e whakararuraru ana i te moe me te whakararuraru i te
.rangimarie o te hinengaro

* * *

He wāhanga nui tātou o te hinengaro kotahi i puta mai
ai tēnei ao nui

* * *

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou,
ka whai te toenga o te kahui i taua mea, kāore he whakaroa.
He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta
ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā,
ka peke tonu atu ētahi ki te waka rererangi ka tārua. Kua
mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga
me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī
he tika, he tika rānei katoa. Engari ko wai ka mōhio? Tērā
pea he koretake, he koretake hoki ētahi o aua tikanga me
.ngā kōrero tuku iho

* * *

Ina marino te ngaru o ngā whakaaro, ka tomo tātou ki te
rangatiratanga o te rangimārie, ka pā atu ki te aroaro o te
.Atua

* * *

Whakaarohia te Atua, he whenua ataahua rānei e
whakaoho ana i te rangimārie, he wheako harikoa, he
wheako whakamīharo rānei. He mea whakahauora, he mea
.whakahauora hoki te mahi hinengaro pai, marino

* * *

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki.

Tērā pea ka whakaaro koe ko te moni te tikanga o te
harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te
pouri koe. Tērā pea ka whiwhi koe i te taonga, ā,—kāore
rawa—ka ngaro tō hauora. Tērā pea he hauora pai tōu, ā, ka
ngaro tō moni. Tērā pea he taonga, he hauora hoki tōu,
engari he maha ngā raruraru e pāngia ana e koe me ētahi
atu, ka tuku atawhai noa iho, ā, ka puta te riri me te
mauhara. Ki te kore te Atua, kāore he mea o tēnei ao e tino
.makona ai koe

* * *

Ka riro te whenua hei rūma whakamamae mō te hunga
e noho kuware ana ki te mahere atua. Engari ina titiro koe ki
ngā wheako o te ao hei kaiako māu, ā, ka ako koe i aua

wheako i te āhua tūturu o tēnei ao me te tūranga kua
whakaritea ki a koe i roto i te whakaari o te ao, ka riro aua
wheako hei whakamārama whai hua mō te ara ki te makona
.me te harikoa pumau

* * *

Kei reira, i tua atu i te pōuriuri, te ata noho kore, me te
korekore kāore anō kia hangaia, kei reira te mauri mutunga
kore, koia te pūtake o te oranga me te pūtake o ngā mana
.me ngā mea ora katoa, e kitea ana, e kore e kitea

* * *

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe,
hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna
e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga.
He tokoiti noa iho ngā tāngata whakaaro nui kua mārama ki
te tikanga o te mahere o te ao whānui, engari ko te nuinga o
.te iwi he matapo, kāore hoki i te mōhio ki taua kaupapa

* * *

Kāore rawa te moni i te whāinga mōku i te ao; ko taku
whāinga he mahi ki ōku teina me ōku tuākana i roto i te ao
tangata. Nō reira, i whakatuwherahia e te Atua ngā tatau
maha mōku ki te tautoko i ahau anō me te whakatutuki i
.taku misioni

* * *

I hangaia e te Atua tēnei ao kia whakahaerehia i runga i
tētahi ture pumau, kāore e rerekē. Mēnā ka takahia e tātou
tētahi o ēnei ture whānui, ka whiua tātou e tātou anō. Ka
whati ngā wheua o te tangata e peke ana i te tuanui o tētahi
whare teitei. Nō reira, kāore e taea e tātou te wareware i te
.ture o te kaha ā-papa me te kore e pāngia e ngā hua

* * *

Ina tirohia hōhonutia ngā iwi o te ao, me te tūhura i ngā
mea ngaro o ngā iwi onamata, ka puta he pikitia whānui, me
ngā rārangi honohono, ngā upoko kanorau, me ngā
taipitopito tika, ā, ka kitea e tātou he takitahi, he pāpori hoki
.te āhua o te tangata i te wā kotahi

* * *

Me i hiahia te Atua kia noho tātou i roto i te hinengaro
kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā,
.kua makona hoki tātou i ngā mahi o te ao

* * *

E whiti ana, e kanikani ana ngā hihi o te parakore, te
rangimārie, me te harikoa i tua atu i ngā moemoeā i roto i ō
tātou hohonutanga matua

* * *

I ia wheako e puta mai ana i te rangi o ō tātou oranga i
tēnei haerenga whenua, me ako tātou ki te whakawhānui
ake i tō tātou mōhiotanga me te mārama ake ki ngā
āhuatanga e karapoti nei i a tātou, e pā ana rānei ki a tātou,
kia pai ake ai te noho tahi me te tangata me te ao, kia
.maeneene ake ai, kia haumaruru ake ai hoki

* * *

Ko te nuinga o te tangata e whai ana i ētahi atu. Me
auaha, me auaha hoki te tangata, ā, me tino matatau ki ngā
.mahi katoa

I te Rawhiti, ko te arotahi matua ko te whakatipu i te
harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua
warewarehia. I te Hauāuru, he iti noa ngā whakamarie
rauemi engari he iti noa te harikoa hinengaro. Ko te mea e
hiahia ana he taurite i waenga i ngā mea e rua, nā te mea
ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te
.kore taurite me te kore e taea te aro tika ki ngā tono o te ao

* * *

Ko te hari nui rawa atu - i muri i te hari atua - ko te noho
rangimārie o te tangata me ōna whanaunga tata, e noho tahi
.ana rātou i ia rā o te tau

* * *

He nui te wā e moumouhia ana e te tangata ki te tere me te
mahi ohorere, engari kāore he nui o ngā mea e tutuki ana.

He iti noa te wā hei whakaaroaro, hei ngana hoki ki te
.mārama ki ngā mea e tukuna ana e te ao

* * *

Me mahi tātou ki te hanga i ngā whare o roto o te
whakaaro nui i roto i ngā māra o te rangimārie e tupu ana, e
tiahō ana me te tini o ngā putiputi o ngā tikanga wairua
.whakamiharo

* * *

He puna nui te rangimarie o roto, ā, he puna hoki mō te
.kaha ka taea te whakahou

* * *

Ki te titiro ki te ao, ka kitea e te tangata ehara i te mea
ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me kaha
tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahiatia
ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te
mate! Ahakoa ka angitu koe i tēnei, he wā poto noa iho taua
angitu. Ka takoto te tinana—kia roa tō ora—ki te okiokinga.
Ko te hiahia kia whawhai ki ngā kaha maha, o roto, o waho
hoki, kia eke ki te angitu e hiahiatia ana. Ka mahi uaua ēnei
.kaha ki te tango i ngā whakatutukitanga tino nui

* * *

Ngāna kia noho marino i roto i ngā āhuatanga katoa, ā,
kia puāwai te purapura o tō rangimārie me te harikoa me te
.ataata o te ngākau māhaki

* * *

Ahakoa te hunga tapu nui rawa, e kore e tutuki te
whakaoranga katoa ki te kore rātou e tohatoha i ō rātou
angitu ki ētahi atu, arā, ō rātou wheako wairua me te
mātauranga teitei ake, mā te āwhina i a rātou ki te whiwhi
.mātauranga tapu

* * *

Nā konei, ko te hunga e tae atu ana ki aua taumata, e
hiahia ana ki te tuku māramatanga ki te hunga e hiahia ana.
Ki te hiahia koe ki te angitu pono, ehara i te mea ko tō ake

harikoa anake te mea ka whakapūmau i a koe, engari ko te
.harikoa hoki o ētahi atu

* * *

Ka taea e te tangata whai whakaaro te whiwhi moni.

Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore
rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro;
engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te
moni i roto i ngā ringa o te hunga whaiaro me te hunga apo,
he manaakitanga, he taonga hoki i roto i ngā ringa o te
.hunga ngākau atawhai me te hunga ngākau atawhai

* * *

Tērā pea ka whiriwhiri tetahi kia noho puku mō te wā
roa, kia kore ai e kōrero ki ōna whānau i taua wā. Ahakoa ka
whiwhi pea tēnei tangata i te rangimārie o roto, he
whanonga whaiaro āna, ā, he kino ki te harikoa o tōna
whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore
ō rātou whanaunga e whai hua ana i tā rātou
.whakatutukitanga

* * *

Waihoki, ko te angitu ā-tinana ehara i te mea ko tā tātou
tika anake kia whiwhi i te oranga pai i a tātou anō, engari ko
tā tātou kawenga matatika hoki ki ētahi atu, arā, ko te
āwhina i a rātou ki te whakapai ake i ō rātou āhuatanga ā-
.tinana me ō rātou āhuatanga noho

* * *

Kei muri i ngā pakitara o tōku hinengaro mārāma ahau e
tiakina ana, kua tahuna e au te ao pōuri o mua, ā, ko te rā
.anake taku e āwangawanga nei

* * *

I tēnei rā ka mōhio ahau kei roto ahau i te māramatanga
o te pai nui rawa atu, ā, ko ahau te tohu mō te hunga e
.whawhai ana ki ngā ngaru o te moana o ngā mamae

* * *

He rerekē ngā tirohanga me ngā ariā o te tangata mō te
angitu, i runga i ō rātou wawata i te ao. He mea noa te rongō

i ētahi tāngata e whakataurite ana i te angitu ki te tahae, e
kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e
hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me
ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi
.atu

* * *

Tērā anō tētahi atu paearu mō te angitu: ina taea e
tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou
anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu,
.me te whakapuaki i ngā hua ki a rātou

* * *

Ko te angitu te tikanga o te ngākau māhaki me te
ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu
tūturu he hua o ngā mahi i ahu mai i ngā mātāpono o te tika,
ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu
hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e
tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-
hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi
.whakamāramatanga whānui mō te angitu

* * *

I tēnei ao iti nei, ka kite tātou i te roa, te whānui, me te
mātotoru, engari kei reira tētahi atu taumata kāore he
whānuitanga; he mārama, he mārama hoki ngā mea katoa—
he hinengaro me te tirohanga ngā mea katoa. Ko te reka he
tirohanga, pērā i te hongī. Ko ō tātou kare ā-roto, whakaaro,
me tinana he āhua o te hinengaro. Pērā i tā tātou e kite ai, e
rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
waihoki, i taua taumata teitei ake, ka wheako tātou i ēnei
.kare ā-roto katoa mā te hinengaro parakore

* * *

E te Ariki, meinga mātou kia hari mā te rongo i tōu tata,
wetekina mātou i ngā here o ngā hiahia, ā, homai he hari o
roto ki a mātou, kāore e pāngia e ngā wheako o te ao me
.ōna huringa

* * *

Ina hono ō tātou hinengaro ki ngā tirohanga teitei ake,
ka ara ake te māramatanga wairua i roto i a tātou, ā, ka
wheako tātou i ngā mea whakamiharo o te whakaaro nui me
.te aroha o te Atua

* * *

Ki te tino aroha tātou ki te Atua, ā, ki te tahuri ki a Ia me
ō tātou whakaaro me ō tātou ngākau katoa, ka tata tātou ki
a Ia, ā, ka kitea e tātou ko Ia te piringa nui rawa atu o te
.haumaruru i te ao

* * *

I roto i te wāhi takoto kau, takoto kau ana, he hononga
ao tūroa me te ora tonu e hono ana i a tātou ki ngā mea ora
katoa, me ngā mea kore ora o te ao whānui, he ngaru ora
.nui e rere ana i roto i ngā mea katoa o te ao

* * *

Ko te mutunga kore tō tātou kāinga tūturu, me tō tātou
nohoanga tuturu, ā, he oranga rangitahi tō tātou noho i roto i
ēnei tinana, he rite ki te okiokinga poto mō tētahi tira e
.haere ana i te koraha

* * *

Ina hono tātou i a tātou ki ngā mana auaha o te wairua,
ka hono atu tātou ki te hinengaro ao whānui, mutunga kore,
e āhei ana ki te ārahi i a tātou me te whakaoti rapanga. Ka
rere mai te mana auaha ki a tātou, mai i te pūtake nui rawa
atu o tō tātou oranga, ā, ka taea e tātou te angitu auaha i
.roto i ngā wāhanga katoa o ā tātou mahi

* * *

Ka tupu te aroha, ka puāwai i roto i te taiao
whakawhirinaki, manawanui, me te whakaute tetahi ki tetahi

* * *

Manaakitia mātou, e te Ariki, ki te māramatanga o ngā
whakaaro parakore me ngā tikanga pai, kia tere tonu ai te
memeha atu o te pōuri o ngā tikanga kino me ngā whakaaro
hē. Āwhina mai kia aroha mātou ki a Koe me te aroha
hohonu, kia kore ai e taea e ngā tinihanga o te ao, e ngā

whakamātautau o te ao rānei te hopu i a mātou, te hopu
.rānei i ō mātou hinengaro me ō mātou ngākau

* * *

Kāore i te tino whai hua ngā mea e ngāwari ana te
whiwhi. E mōhio ana tātou ki tēnei mā te ako i te oranga o
ngā tāne me ngā wāhine nunui, me pēhea rātou i tino hira ai
mā te whakawhanake i ō rātou pūkenga, te whakatutuki i ā
rātou mahi, te hanga i ō rātou uara matatika, te whai wāhi ki
te ako hōhonu, me te karo i te hiahia whaiaro. Engari ko ngā
hua i tutuki i a rātou me ngā whakatutukitanga i tutuki i a
.rātou he nui rawa atu i te kaha i whakapaua e rātou

* * *

Kei roto i te herekoretanga whiriwhiri te herekoretanga
pono, e arahina ana e te whakaaro nui, e tautokona ana e te
.māramatanga, te tika, me te ngākau pakari

* * *

Ina whakaarahia e koe tō hiahia, tō whakatau, me tō
māramatanga mohio, ka tukuna ngā mana ngaro mai i te
hinengaro teitei ake - mā te māramatanga o te wairua - hei
āwhina i a koe me te whakamārama i ngā ara e anga atu
ana ki te whakamarie hinengaro me te harikoa, me te
.āwhina a te Atua

* * *

Me whakatuwhera e te tangata ngā awa o te wairua mā
roto i tana ake mahi. Kāore he tangata e whiriwhiri ana i te
mamae me te pōuri i runga i te rangimārie me te harikoa. Ko
te kuware te pūtake o te mamae, me te arai me tango, me
whakakore. He taru kino te kuware, he hohonu te pakiaka, e
tupu ana i roto i te mārā o te tangata, ā, e peia ana ngā tipu
.pai me ngā tipu whai hua

* * *

Me hinga te kuware mā te hiahia pumau me te
whakatau pakari. Me whakatipu te oneone o te hinengaro
me te aro nui [ki te pai], me te whakamakuku i ngā purapura
pai ki te wai o te whakapono. Ina whiti ngā hihi ora me te

mahana o te aroha, ka tupu te purapura o te pai, ka hinga i
ngā taru me ngā tipu pirinoa, nā te mea kāore e taea te
.noho o te pōuri i te aroaro o te māramatanga

* * *

Ka memeha haere ngā ahua eka o ngā taonga, engari
ko te hari atua e kore e memeha. He hari atua mutunga
.kore, e kore e taea te whakaahua

* * *

Kaua rawa tātou e whakamahi i ngā tikanga hē hei
whakatutuki i te harikoa, kaua hoki e whakarērea te
rangimārie me te taonga wairua kei a tātou anō, hei whai i te
whakamarie tinihanga me te oranga kanapa e iri ana i mua i
a tātou e ngā mahi me ngā whanonga kino e whai pānga
.kino ana

* * *

Ko te marino te kāmera pai rawa atu hei hopu i te
aroaro o te Atua. Mā te karu o te marino parakore, tino
.arotahi, ka puta te ahua tapu me te tino mārama

* * *

Ina hoki, kei roto i a koe te whakaaro nui katoa, ā, ko
.tāu noa iho he mōhio ki tēnā

* * *

Kei roto i te whakapai ake i a koe anō te ngākau māhaki
pono, kia rapua ai koe e ētahi atu, kaua ko koe e rapu ana i
a rātou. Me tuku noa te aroha me te whakahoahoa, me te
kore e tumanakohia, me te kore e tono. Ka puta noa te
mamae me te pōuri i te tumanako. Ahakoa te whai kia
whakapai ake i a koe anō, me tū takitahi te tangata, me te
haumarua me te rangimārie i roto i te pā o ōna tikanga me
.tōna mana ake

* * *

Kia rere tonu mai ngā rerenga wai o te harikoa me te
hihiri i roto i tōku ngākau, ā, kia pā mai ō rātou wai
.whakahauora ki te hunga katoa e tūtaki ana ahau

* * *

Mā te harikoa wairua ka puta te hiahia ki te āwhina i
ētahi atu i ngā huarahi katoa, ā, ka whakawhanake i te kaha
ki te maioha ki ngā ahuareka matatika kua oti te whakapai
ake e arahi ana ki te harikoa, ā, ka whakaiti i te hiahia ki ngā
.ahuareka matapōkere

* * *

Ahako te iti o tō tūranga, he rite tonu tōna hiranga ki
ngā tūranga nui rawa atu, arā, ko te whai wāhi atu ki te
angitu o te whakaari ao e whakaarohia ana e ngā wairua i
.runga i te atamira o te ao

* * *

He hinengaro mutunga kore, tino mutunga kore te
hinengaro katoa, e whakahou tonu ana i a ia anō, ā, e kore
tōna auahatanga e mutu, ā, mā roto i a koe ka ngana ia ki te
.whakaatu i tētahi āhuatanga ahurei o ia anō

* * *

Ki te reka koe i te aroha atua ahako kotahi noa iho, e
kore rawa koe e whakarērea, nā te mea kāore he mea hei
.rite i te ao whānui

* * *

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou – mā te aroha noa me te āwhina a te Atua – te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

* * *

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai he whanonga pai, he whanonga kino
.rānei i roto i te whakaaro

* * *

Ko te tangata e pāngia ana e ngā whanonga kino nā te
mea kua tukuna te mana o aua whanonga ki ōna pūtau roro,
ka taea e ia te whakaora i a ia anō mā te kaha o te ngākau,
te whakaaroaro, te inoi pono, me te whakaū tonu i te pai tae
noa ki te wā e hurihia ai ōna whanonga kino katoa hei
whanonga pai o te rangimārie me te ata noho. Ka puta tēnei
ina mahi te kaha ora e tika ana te whakahaere ki te
whakarerekē i te āhua rerekē o ngā pūtau roro, kia kī ai aua
pūtau i ngā mea pai katoa, i ngā mea tapu, i ngā mea
.ataahua katoa

* * *

Ko te māramatanga te kanohi o roto, te tirohanga a te
wairua, me te karu tirohanga o te ngākau. Ko te taurite i
waenga i te marino o te hinengaro me te parakore o te
.hinengaro

* * *

Ia rā ka kite tātou i ngā āhuetanga rerekē, ā, i ia rā ka
kawea mai he akoranga hou hei ako. E tumanakohia ana ka
ako te tangata i te akoranga mā te arotahi ki te kaupapa
matua o tōna oranga: kia mōhio ki te pūtake o tōna oranga
.me te pūtake o tōna oranga

* * *

Kia kaha tātou ki te wareware i ngā mamae o mua, kia
kaua hoki e whakaaroaro ki aua mamae. Me te whakapau
kaha me te ngākau hihiko, kia whakahoutia ō tātou oranga,
kia whakarei ake i ō tātou angitu, kia whāngai hoki i roto i a
.tātou anō ngā tikanga pai me ngā āhuetanga rangatira

* * *

Ko te tangata e whakaatu ana i te ngoikore o ētahi atu,
e whakama ai, e riri ai hoki, e matara atu ana i te whakaaro
.nui, i te whakaaro tika hoki

* * *

Ngā whakataukī mō ngā wā katoa me ngā wāhi

katoa

Ko te hunga e noho tahi ana me te Atua, ka kite i te
ataahua whakamiharo, ka reka hoki i te reka whakaharahara
.e kore e taea te wheako i tētahi atu ara
I te karangatanga o tōku wairua ki a Koe, ka pakaru mai
ngā kapua o tōu wā puku, e te Atua, ā, ka ringihia te ua o
tōu aroha noa, ā, ka huri hei waipuke nui o tōu aroha noa. I
taupokina e tōu awa tapu ngā tahataha o tōku wairua, ā, ka
ruku tōku wairua ki roto i ngā wai o te mutunga kore, ā, ka
rewa te mirumiru o tōku ora iti ki roto i te moana o tōu
.oranga whānui
Nā taku kaiārahi ahau i ako ki te whakamahi i te whao o
te whakaaro nui hei hanga i ahau hei temepara e tika ana
.mō te aroaro o te Atua
Ki te hiahia koe ki te whakatutuki i tētahi whāinga
rangatira, tīmata mā te waihanga i tētahi tauira hinengaro
mōna. Ka taea e koe te whakatū pakari i tētahi aronga i roto
i tō hinengaro mēnā ka whakatō koe i tētahi whakaaro kaha
ki roto i tō hinengaro; kātahi ka rite tō tinana katoa ki taua
.whakaaro, ā, ka rite ō mahi ki taua whakaaro
Ina pā atu koe ki te ngākau atua, ka memeha haere ō
raruraru, ka whakakīia tō ngākau e te aroha, ā, ka kanikani
ngā wheako wairua whakamiharo pērā i ngā puna wai
.parakore i roto i ngā māra o tō hinengaro
He maha ngā kapua e ngana ana ki te huna i a koe, e
huna ana i a koe i ahau, engari i roto i te tomairangi o ngā
roimata o te hiahia, ka puta mai tō ingoa tapu ki ahau e
kanapa ana i roto i ngā reta koura kanapa mai i muri i ngā
.ārai me ngā arai katoa

Ko te parakore o te hinengaro he tikanga kia mārama te
mahī ki te pono
He maha ngā matea nui, me ngā mea e kiia ana e ētahi
he "mea e tika ana" kāore e hiahiatia ana, e kore rawa e
hiahiatia. Me whakangawari ake te ao mā te arotahi ki ngā

matea taketake me te whakakore i ngā mea papai kāore e
.tika ana

Āe, te teitei o tōu whenua, e te hoa, ā, te momona me
te tapu o tōu oneone! Ko te aroha tōu kai, ko te pono tōu
.inu

Ahakoā ngā rerekētanga, ka kotahi te whāinga e honoa
ai ngā tāngata tokorua: kia kitea te rangimārie me te marino
o te wairua i roto i te aroha parakore me te pono o tētahi ki
tētahi, ā, ki te kore te tangata e aroha ana e rapu i te
ahuareka i runga i te utu mō te tangata e arohaina ana,
kātahī ka puāwai ngā putiputi kakara o te whakahoahoa, ka
.horapa ō rātou kakara reka i roto i te māra o te atawhai
He rerekē te huarahi e whakangungu ai te ao i ō tātou
hinengaro, e whakawātea ana i a tātou ki ngā mea maha, ā,
ka tīmata tātou ki te whakaaro kāore e taea te whakatutuki i
te harikoa me te kore ēnei mea. Engari me whakangawari te
ao, me te oranga o ngā tamariki; ki te kore, ka ako te ao i a
.rātou mā roto i ngā pouri kawa

He tika ake, he tūturu ake te pono i te whakaaro noa
iho, i te wawata noa iho rānei, engari ko tā tātou e whakaaro
.nei, e whakaaro noa iho rānei, ka tutuki pea i ētahi wā
He mea nui te whakaaro auaha i roto i te tukanga
whakaaro auaha. Heoi anō, me pakeke te whakaaro auaha,
me huri hei whakapono pakari, ā, kāore e taea tēnei mēnā
.kāore he kaha o te hiahia

Ki te whakaaro koe i tētahi mea me tō kaha katoa, ka
huri tō whakaaro hei whakapono whaiaro, ā, ina taea e koe
te pupuri i taua whakapono

Ahakoā ngā whakaaro whakahē katoa, ka tutuki tō
whakapono i roto i te ao tūturu

Me ako te tangata ki te tū ko ia anake, me te tautokona
.e ōna ake tikanga me tōna mana ake
He hari hou te hari wairua, ā, e kitea nuitia ana i roto i te
hunga e whakaaroaro hohonu ana ki te Atua. He hari e
āwhina ana ki te whakatau tika me te mahi i ngā mea tika, ā,

ina kitea, ka memeha haere ngā hiahia me ngā hiahia kino
nā te mea ka ngaro tō rātou ataahua ki te whakatauritea ki
.te hari wairua

Nā tō tātou Kaihanga Kaha Rawa i homai te ora, te kaha,
me te whakaaro nui ki a tātou, ā, ko tā tātou mahi he aro atu
ki a Ia, me te whakaara ake i ō tātou ngākau ki a Ia i runga i
te aroha, te whakawhetai, me te mōhio ki Tōna atawhai me
.tōna atawhai

Āwhina mai, e te Atua, kia kaua e tahuna te ahi o te riri,
kei tahuna e ahau ki ngā mura o te mauahara ngā awaawa
matomato o te rangimārie i roto i ahau me ētahi atu. Āwhina
mai kia tineia te ahi o te riri ki te ua e rere tonu ana o tōku
.aroha

Kia marino, kia marino te roto o tōku ngākau māhaki me
tōku rangimārie, kaua e whakararuraruhia e ngā tupuhi o te
.riri e kore nei e kawe mai i te mamae anake

He pai ake te mahi i ngā mahi e hihirihia ana e te
kawenga, e te patunga tapu rānei i ngā hiahia whaiaro hei
mahi me te aroha ki tētahi atu tangata, i te mahi pera i
.runga i te wehi

Ahakoā ka mutu te takahi a te tangata i ngā ture a te
Atua, me mahi ia i tēnā nā te aroha ki te Atua, kaua nā te
wehi i Tana whiu

Ahakoā he aha tāu e wehi ai, tahuri ke atu ō whakaaro i
aua mea Waiho atu ki te Atua, whakakahangia hoki tō
.whakawhirinaki ki a Ia

Kei te tangata tonu te wehi, ā, ka taea te whakakore atu
.mā te whakaaro ki te Atua me te rongo i Tōna aroaro

He uaua pea i te tīmatanga te haere i ngā ara o te
ngākau pono, engari he ara manaakitanga ēnei e arahi ana
.ki te rangimārie o te hinengaro me te harikoa pono

Kia tiaho te korōria o te Atua ki ngā kokonga katoa o ō
tātou oranga, kia noho tōna aroha ki roto i ō tātou ngākau, ā,
.kia whakakīia ō tātou hinengaro e tōna māramatanga

E taku atua e aroha nei, ka puāwai ngā putiputi, ka huri
ngā wā, ā, ka kōrero katoa mōu. Ka whakakitea e te marama
katoa ngā āhuetanga o tō ataata, ā, ka haria e te rā tō rama
rangi. Ka kauhoe ahau i te moana roimata, e kī ana i te
hiahia ki a koe. I roto i ngā rau o ngā rākau me ngā uaua o te
tangata ka rere tō ora me tō hihiko, ā, ka rongo ahau i te pā
.o tō ngākau rangi e pakū ana i roto i ahau
Ina rongo ahau i tō aroaro, e rite ana ahau ki te mea kei
te ara ahau i tētahi ao kē, ā, i ētahi wā ka moemoeā ahau
mō tēnei whenua me tēnei tinana iti—ko taku ake tinana e
ara ana ahau i roto i te harikoa mutunga kore, ā, ko taku
moemoeā mō te ao whenua e whakakā ana i ngā
maharatanga harikoa o aku wā ara ake me koe. Kua hutia
ake e ahau ngā taru kino o ngā moemoeā kino i te māra o
aku moemoeā, ā, kua whakatōkia ki ō rātou wāhi ngā rōhi o
taku hihiri, ki te wāhi e kukume mai ai te kakara o taku
hiahia ki a koe, ā, ka haere mai koe ki te kawē i ahau ki ngā
.pae tawhiti o te harikoa mutunga kore
E te Atua, meinga ahau kia marama ki te parakore me
te mā, kia taea ai e au te whakaputa mai i tō maramatanga
.whakaora i roto i ahau

Whakamarietia te whakaata wiri o tōku hinengaro kia
whakaata mai ai i tō mata mutunga kore

Whakatuwheratia ngā matapihi o te whakapono kia
hongī ai ahau i te kakara o tō rangimārie

E Koe e kanapa ana i roto i a Koe, e te Ariki e kore e
taea te whakaahua, titiro mai ki ōku kanohi e hiahia ana ki a
Koe, kia kore ai ahau e kite i tētahi mea i te ao engari ko Koe
.anake

Kei muri i ngā āhuetanga me ngā āhua katoa o te ao kei
reira te reo puku o te Atua, e karanga tonu mai ana ki a
tātou mā roto i ngā putiputi, ngā pukapuka tapu, ō tātou
.hinengaro, me ngā mea ataahua katoa e whai hua ai te ora
Ko ngā mahi katoa a te tangata rapu kia eke ki ngā tihi
.wairua ka taua e te Atua mōna, ā, ka utua pai mōna

E te Ariki, e inoi atu nei mātou ki a koe kia
whakamārama i ō mātou hinengaro ki te māramatanga o tōu
pono, kia pāorooro ō mātou ngākau ki tōu aroha, kia
whakakīia hoki ō mātou wairua ki tōu hari me te nui o tōu
.atawhai

Mai i taua pae mārama e kore e taea e te hinengaro te
uru atu, ka ringihia e te Atua tōna māramatanga mutunga
kore. Ā, mai i te hinengaro ao whānui ka puta mai ngā
whakaaweawe whakahirahira me ngā mana manaakitanga,
ā, ka rere te mahi auaha ki roto i ngā hinengaro tuwhera,
.taurite hoki

Ina kitea e koe tō wairua, tō ngākau, ia mura o te hihiri,
te rangi kikorangi, ngā whetū kanapa, ngā maunga, te
whenua, ngā manu, me ngā putiputi, kua herea katoatia e te
miro kotahi o te rangi o te ao, te harikoa wairua, me te
kotahitanga o te ao whānui, ko reira koe ka mōhio ai he
.ngaru katoa ēnei i te uma o te moana atua kāore he takutai
Ki te wareware tātou ki tō tātou Kaihanga, e tika ana kia
mamae tātou. Me mārama tātou ko te Atua tō tātou aroha, e
aroha ana hoki ki a tātou, ā, mā tēnei mōhiotanga tātou e
.whakaora i ō tātou raruraru me ō tātou mamae

Ko te tangata e aroha pono ana ki te Atua, e kore e
mutu tana rapu i a ia, ahakoa kāore e kitea e ia i muri i ngā
nganatanga maha. Pērā i te ngaru e hoki ana ki te ngākau o
te moana i muri i te marino o te tupuhi, pērā anō hoki te
tangata e rapu pono ana; kei a ia te whakapono pūmau ka
hinga ngā arai, ā, ka hono atu ia ki te moana nui i te wā e
tata mai nei—ko te moana mutunga kore i ahu mai ai ia, ā, e
.hoki atu ai ia

Ina whakaaro tonu te hinengaro ki te atua e arohaina
nei, ka waiata te ngākau i ngā waiata o te hari me te harikoa
Ko te putanga wairua ko te putanga mai o te tangata
mai i tōna āhua o nāiane i ki tōna āhua ā muri ake nei

Kāore e taea e te tangata te huna i tōna āhua tūturu i
ētahi atu; ka kitea ngā wiri o ōna whakaaro i roto i āna
.whanonga, ā, ka puta mai i roto i āna mahi
He tokomaha kei a rātou te whakaaro hē mō te
herekoretanga; e whakaaro ana rātou ko te herekoretanga
he mahi i ngā mea katoa e pai ana ki te tangata, ā, ka kiia e
au tēnei herekoretanga ko te herekoretanga o ngā hiahia
.noa iho

Nā te kore mārama ki te āhua tūturu o te
herekoretanga, ka herea e ētahi mātua ā rātou tamariki ki te
tikanga tuku iho mā te whakatutuki tonu i ō rātou hiahia.
Kātahi ka tipu ake te tamaiti me te whakapono mēnā ka
tutuki ā rātou hiahia, ka harikoa rātou, ā, ko te kaupapa o te
ao he whakatutuki i ngā hiahia katoa. Heoi, i muri mai ka
kitea e rātou kua hē rātou, nā te mea he rerekē rawa te ao o
waho i te ao kāinga, ā, ka ako rātou ehara i te mea ngāwari
te whakatutuki i ngā hiahia katoa! Tērā pea ka panaia rātou
e ētahi atu ki tahaki, ka warewarehia i a rātou e whai ana i ō
rātou ake hiahia. Nō reira, ka pakeke te tamaiti, ka kore hoki
e kaha te ngākau nā te kaha o te hiahia ki te whakatutuki i ō
rātou ake hiahia. Nō reira, me āwhina e ngā mātua ā rātou
tamariki ki te whakawhanake i ō rātou hiahia me te
māramatanga kia taea ai e rātou te noho i te ao me te kore
.e taka ki roto i ōna mahanga me ōna poka
E mea ana te whaea, "Whakaakohia ia me te aroha." Ae,
he pai te atawhai i ngā tamariki me te aroha, engari ko te
nui rawa o te reka ka kino ngā niho, ā, ko te nui rawa o te
atawhai ka kino ngā tamariki. Me whai māia, me whai
whakaaro nui, engari ki te tukinotia, ka whiua te tamaiti mō
tētahi hapa, ka kino ngā hua. Me taurite te atawhai me te
whakahaere i ngā tamariki; me whakangāwari ia pāpā i tōna
āhua ki te aroha me te ngākau māhaki, ā, me whakakī ia
whaea i tōna aroha ki te whakaaro nui me te whai whakaaro
.nui

Me pupuri tonu te tangata i tētahi āhua hinengaro
pumau o te aroha me te hiahia ki te Atua. He maha ngā
mahi kua whakamatauria e au, engari ahakoa te āhua o taku
.mahi, ko te Atua tonu ōku whakaaro
Me pārekareka tātou ki tēnei mea hanga, engari kua e
tukua kia herea tātou. Nā ngā wheako ahau i ako ai he
.harikoa kore e rite ki te kitea o te Atua
I mua i te tīmatanga o ngā mahi nui, me noho mārire te
tangata, me whakamarie i ngā kare ā-roto me ngā
whakaaro, me whakaaroaro hōhonu, me te rapu āwhina atua
.kia whiwhi ai i te arataki wairua me te aronga tika
Kia māmā ahau ko te ataata i te mata o te ata, i ngā
ngutu o ngā putiputi, i ngā mata o ngā tāne me ngā wāhine
.rangatira, ko tō ataata tēnā
E kore ahau e pāngia e ngā whakaahua o ngā aituā, te
pōuri, te mate, ngā arai ohorere rānei, nā te mea e mōhio
ana ahau kāore te hinengaro whakahaere e pā tata ana ki te
hinengaro ao e mamae noa iho i ngā hinganga me ngā
.whakarihariha
Ko te tikanga o te herekore ko te kaha ki te mahi i runga
i te whakaaro nui, kua i runga i ngā whakahau a ngā kare ā-
roto, ngā tikanga, me ngā hiahia. Ko te ngohengohe ki te
whakapehapeha ka arahi ki te herehere, ko te ngohengohe
ia ki ngā akiaki a te wairua ka arahi ki te whakaoranga mai i
.ngā here
Ahakoa kei te noho ahau i roto i te whare rangatira, i te
whare iti rānei, kāore he rerekētanga ki ahau, i te mea kei
.ahau te Atua
Ka whakamahia e au aku moni whiwhi pono hei oranga
ngāwari, hei whakarērea te oranga nui
Mā te whakapono ki te Atua me te whakamahi i te kaha
o te ngākau, ka taea e te tangata te wikitoria i te mate, te
hinganga, me te kuware, mena he kaha ake ngā wiri o te
ngākau i ngā wiri o ngā mate tinana, hinengaro rānei. Ko te
roa o te mate, ko te kaha ake me te pumau o te ngākau, me

te hohonu ake me te pumau o te whakapono, kia tutuki ai te
.hua e hiahiatia ana

Whakaaweawetia ahau, e te Ariki, kia whakawhirinaki ki
a Koe anake, kua ki ngā tikanga tiaki a te tangata. Kua
ahau e tukua te wehi me te manukanuka kia whakararu i
tōku kaha mutunga kore ki te aro atu ki ngā whakamātautau
katoa o te ao. Kua ahau e whakaaro noa ki ngā aituā, ki ngā
aituā, ki ngā aituā kino hoki i te wehi kei puta mai i roto i te
whakaaro me te whakaaroaro. Ā, tukua ahau kia mōhio, e te
Ariki, ahakoa kei te ara ahau, kei te moe rānei, kei te ara
ahau, kei te ngaro rānei i roto i ngā moemoeā, kei te ora, kei
te mate rānei, kei te karapoti tonu tō aroaro tiaki i ahau, kei
.te tiaki hoki i ahau

E mea ana te hunga whakaaro nui: Ko te hua o ngā mahi
pai e akiakihia ana e te aroha ki te Atua me te ngākau pono
ko te rangimārie me te parakore. Ko te hua o ngā mahi e
akiakihia ana e ngā hiahia me ngā wawata whaiaro ko te
mamae me te mamae. Ko te hua o ngā mahi kino ko te
.kuware me te wairangi

Ka hari te tangata i ngā mahi pai, engari ko ngā mahi o
te ao e ārahihia ana e te aroha ki a ia anō ka arahi ki te
mamae me te mamae. Heoi, ka whakangaro ngā mahi kino
.tonu i te kaha o te tangata ki te mārama me te mōhio

Ki te hiahia koe ki te noho i roto i te rangimārie me te
rangimarie, me pai ō whakaaro, me hora hoki e koe ngā
whakaaro atawhai me ngā kare ā-roto o te aroha. Ki te ora
koe i te oranga pai, ka āwhina koe i ētahi atu mā roto i tō
.tauirā me tō whanonga pai

Ina pā mai te manukanuka me te pōhēhē o te
hinengaro, ka hoki ahau ki te ata noho me te whakaaroaro
kia hoki mai rā anō tōku marino, ā, ka tīmata ia rā mā te
whakaaro ki te Atua me te tono mō tāna āwhina me tāna
.arataki

Kia whakatau koe kia kua e tukua ngā taru
whakamomori o te mauahara kia tupu, kia uru ki roto i te

māra o tōu ao, he māra kī tonu i ngā mana o te wairua
rangatira. Ā, ki te nui ake tō whakatipu i ēnei āhuatanga
kakara, rite ki te rōhi, ka nui ake te whakakitenga a te Atua
.ki a koe i te mea ngaro nui o te oranga i roto i a koe
Ko te kaupapa o te ao he whakatutuki i te rangimārie, te
ngākau māhaki, te matekore, te haumarū, me te mōhio ki te
pono, ā, kei te pūtake o ēnei hiahia e whakaoho ana i roto i a
.tātou te mauri atua e hohonu ana i roto i a tātou
Kia kitea e au tōku herekoretanga i roto i a Koe, e te
Ariki, kia mōhio ai ahau ko tōku kāinga tūturu ko Tōu oranga
.katoa, ā, he wāhanga nui ahau o Tōu hinengaro ao whānui
E te moana nui, atua, tukua ngā awa o aku hiahia, e rere
ana i roto i ngā koraha o ngā arai me ngā aukati, kia hanumi
ki roto i ō hohonutanga nui⁹

I roto anake i te pā tapu ka kitea e tātou te tiakitanga
me te haumarutanga, ā, kāore he piringa haumarū atu i te
.tata ki te Atua me te pā atu ki Tōna aroaro

Nā te mea ko ngā tikanga e whakahaere ana i te
tangata e hanga ana i ō rātou hiahia, i ō rātou au, i tō rātou
āhua, me ō rātou hiahia, ki te kino aua tikanga, ka kino te
āhua, ka kino hoki ngā mahi. Nō reira, he mea tika kia
whakaritea ngā tikanga pai ki runga i te kaupapa matua, nā
te mea ka ārahi i ā tātou mahi me ō tātou whakaaro ki ngā
whāinga rangatira, ā, ka kawea mai he hauora me te harikoa
.ki a tātou

Ahakoia kei hea ngā wairua pouri me te mamae, ka kitea
e au te whakamarie i roto i te mahi me te whakamarie i a
rātou. Ka whakapau kaha ahau ki te kawea mai i te hari ki
ētahi atu, ā, ka aroha ki ō rātou kare ā-roto me te mea nōku
.ake

Kei roto i te tangata ngā pūkenga hinengaro, engari
kāore i te tino whanake i roto i te nuinga o te tangata, ā, ki
te kore e whanakehia ēnei pūkenga, ka pā mai he hua kino.
Pērā i te tinana, me whai kai tika te hinengaro, me
.whakakorikori tinana hoki kia ora ai, kia ora ai

Ka whiwhi te taimana i te māramatanga, ā, ka
whakaatahia, pērā anō hoki ngā wairua parakore, mārama e
.mōhio ana ki te Atua, e tiaho ana i tōna aroaro
E te Ariki, ko koe te taonga pono o te ao, ā, mā te kimi i
a Koe i te tuatahi ka kitea e au i roto i a Koe ngā mea katoa
.e hiahiatia ana e au

Ko te kai, te hau, me te hihi o te rā te mea e aro nui ana
te tangata ki te pupuri i te hauora pai, engari tera pea ka
heke te hauora ahakoa te nui o ēnei puna ora o waho. Ko
reira te take e hiahiatia ai te whakahou i ngā rahui pūngao o
.te tinana mai i roto

Ki te whakatata te poti o tōku hinengaro ki ngā toka o
ngā hiahia apo e pā ana ki ngā tūponotanga me ngā
mōrearea, e peia ana e ngā awha nanakia o te kuware, kia
waiho koe, e tōku Atua, hei rama mōku, ā, ārahi tonu i ahau
.ki ngā takutai o tō tika me tō pai

He rite te whakaaro ki te mura e tika ana kia
whakamahia tōna mana nui hei tahu i ngā arai e aukati ana i
.te whakatutukitanga

Ka kitea te Atua mā te aroha tapu pumau. Ina nui atu tō
tātou aroha ki te Atua i āna mea homai, ka haere mai ia ki a
tātou. Kua homai e ia ki a tātou te mana whiriwhiri me te
mana whiriwhiri kia taea ai e tātou te wehewehe i waenga i
ngā mea homai poto me ngā mea iti o te ao, me te mea
.homai o te tata ki a la me te hari o tōna aroaro manaaki
I homai he mahara ki a tātou kia taea ai e tātou te
maumahara ki ngā mea pai tae noa ki te wā ka taea ai e
tātou te maumahara ki te mea nui rawa atu: ki te Atua
E rere ana te hau o tōu aroha i roto i ahau, e te Ariki! Ā,
e kanikani ana ngā rau o tōku ao i te harikoa i tōu taenga
mai. Ka rere ō rātou haruru reka i te rangi, e karanga ana i te
hunga ngenge kia okioki i te atarangi o tōku rangimārie
.wairua

Ehara i te mea ko ngā uauatanga o te ao he whara i a
tātou; engari, ko ngā raruraru me ngā mate e homai ana he

akoranga ki a tātou. Ehara i te mea ko ō tātou wheako
mamae he whakangaro i a tātou, engari he pure i a tātou, he
tere hoki i tō tātou hokinga atu ki tō tātou pūtake parakore—
te Atua—e mahi ana i ngā huarahi katoa hei āwhina i a
tātou, hei whakahoki mai hoki i a tātou ki tō tātou kāinga i te
.rangi

Ko te mutunga kore tō tātou kāinga tūturu, ā, ko tā
tātou haerenga ki tēnei ao, me ēnei tinana tinana, he rite ki
.tētahi haerenga visa poto

E te Ariki, e mōhio ana ahau kāore te whakamoemiti e
whakanui i ahau, kāore hoki te whakahē e whakaiti i ahau.

Ko ahau i mua i tōku hinengaro, ā, i mua i a Koe ka haere
tonu ahau i tēnei ara, me te whakapau kaha ki te mahi ki te
katoa, me te whai kia whiwhi i tāu manako - kei reira tōku
.harikoa

He mea hanga ahurei koe, ā, he mea whakamiharo tō
.mauri, nō reira kia mōhio koe ki tō tuakiri tūturu

I te ata o tō taenga mai, ka puāwai ngā puku o tōku

hiahia hei putiputi kakara, kanapa

E te Ariki, kia hohoro te taenga mai o taua rā e whatu ai
ahau i tētahi hei o aua putiputi tomairangi, ka whakatakoto
.ai ki tō paepae tapu

Engari me ngana tonu ia ki te whakamanawareka i a ia
anō, engari me ngana anō hoki ia ki te kawē mai i te hari ki
ētahi atu. Ina ngana ia ki te tuku tautoko wairua, hinengaro,
rauemi rānei ki ētahi atu, ka kitea e ia kua ea āna ake hiahia,
.ā, kua kī tonu te kapu o tōna ao i te hari

Ko te hunga e wikitoria ana i te pōuri i runga i te
whenua, ka whiwhi rātou i te māramatanga o te kororia hei
wāhanga mō rātou, ā, ka whiwhi rātou i te rangimārie me te
.harikoa o roto

E te Ariki, ruia tonutia ngā purapura o āu manaakitanga
ki te oneone o tōku ngākau, kua parautia i runga i te inoi, kia
tupu ai hei rākau atarangi, ko ōna manga e hua ai ngā hua
.tino reka, tino reka hoki o te mōhio ki a koe anō

He maha tonu ngā wā ka mamae tonu tātou, engari
kāore e ngana ki te huri, koia te take kāore e kitea ai e tātou
te rangimārie me te ngākau mārie pumau. Mēnā ka tohe
tonu tātou, ka whakapau kaha, ka taea e tātou te wikitoria i
ngā uauatanga katoa. Me kaha tātou ki te neke atu i te pouri
.ki te harikoa, mai i te ngakaukore ki te māia

E te Aroha Atua, whakakotahitia tōku aroha ki tōu aroha,
whakakotahitia tōku ora ki tōu hari, tōku hinengaro ki tōu
hinengaro ao, ā, whakamātaotia tōku matewai i te puna o
.tōu hari mutunga kore

Ko te ngākau o te tangata rapu pono e hāhā tonu ana:

"E tōku Atua, e taku Aroha, kāore au e hiahia kia rumakina ki
roto i te ngangau o tēnei ao tinihanga, ko taku anake e
hiahia ana ko te whakaara i tō aroha ki roto i ngā ngākau o
te tangata. Ko tōku ngākau, ko tōku wairua, ko tōku tinana,
ko tōku hinengaro, me aku mea katoa, nōu, e te Ariki." Ka
.tae taua tangata rapu ki te Atua, ka mōhio ki a Ia

E te Ariki, homai ki a mātou he māramatanga hou, pono
hoki mō te whanaungatanga. Kia whakarērea e mātou ngā
pakanga, kia rongoātia ngā patunga o ngā iwi ki te hinu
.aroha me te whakamarie pumau o te māramatanga aroha
Manaakitia mātou kia wātea ai mātou i te mana o te

apo, te mana o te tinihanga, me te mana o ngā
mānukanuka, ā, āwhina mai kia hanga he ao hou e kore ai e
noho ko te mate, te kuware, me te hemokai he moemoeā
.noa iho nō tētahi hītori pōuri, pouri hoki

Kia whakaotihia e tātou ngā raruraru katoa, kaua e
whakamahi i ngā ariā o te ngahere, engari mā te
māramatanga, te pono, me te whakapono pumau ki a Koe
.me tō tika atua

Nā te ora tātou i huihui mai ki konei mō tētahi wā, ā,
muri iho ka wehe tātou i ō tātou ara. Engari ki te noho te
aroha o te Atua i roto i a tātou, kāore he aha ki hea tātou e
haere ai, ahakoa te tawhiti o tō tātou kotiti ketanga, ka noho

tonu tātou i roto i te porowhita o te aroha atua, ā, e kore
.rawa e tino wehea

E te Ariki, meinga ahau hei ekara o te ahunga
whakamua wairua e rere ana i runga ake i ngā ara o te
.whaiti me te tino whakatoi

Karanga mai ki ngā pae tawhiti, ki tua atu i ngā wiri
whenua me ngā kapua e ārai ana i te rā
Tukua ahau kia piki ake i ngā parirau o te taurite kia ora
tika ai, kia rere atu ai ahau ki aua rangi teitei i runga ake i
ngā tupuhi me ngā awhiowhio katoa, kei reira ngā pae
.tawhiti me ngā tirohanga whakahirahira

Ka puta te rangimārie ina whakatuwherahia ō tātou
ngākau ki te aroha me te atawhai. Ko te hunga he ngākau
aroha, he hunga mahi pai hoki, ka rongō i te rangimārie nā
te mea e noho ana i roto i a rātou te rangimārie, ā, ko te
.pūtake o te orange harikoa

Me whakaaro tonu tātou ki te ataahua atua kei muri i
ngā putiputi, te māramatanga o te ao kei muri i te rā, me te
.ora nui e pīataata ana i roto i ngā kanohi katoa

Ina tino atawhai te tangata, ā, ka whakaatu i te
whakaute ki ētahi atu, ka whakahoki mai i ngā mihi me ngā
.mihi, ka manaakitia tonutia rātou

Ka horahia e au tōku aroha ki ētahi atu kia huakina ai e
au te kuaha mō te aroha o te Atua kia tae mai ki ahau, kia
.noho hoki i roto i tōku ngākau

E te Ariki, tukua ahau hei tohu mō te hunga e toremi
ana i te hohonutanga o te pouri. Āwhina mai kia hari ai ētahi
atu, me te whakawhetai mō te hari wairua kua homai e koe
.ki ahau

Ka whakarewaina e ahau te mauahara ki te ahi o tōku
aroha, ā, ka murua e ahau ētahi atu, ka hoatu hoki te aroha
.ki ngā ngākau matewai katoa
Ko te aroha pono ko te aroha e koa ana i te whakamarie
o te tangata e arohaina ana

Kia tiaho mai tōu māramatanga ki runga i a mātou, e te Ariki, ā, kia whakakiia ō mātou ngākau e tōu aroha ake tonu atu

Ko te wairua auaha te tikanga o te whai i te mana o te whakaaro auaha e āhei ai te tangata ki te tito i tētahi mea kāore anō kia mahia e tetahi i mua. I whānau mai ia tangata .me tēnei taonga i homai e te Atua ki a ia
Ko te aroha nui ko te aroha atua, e ataahua ai te ao, e kore e taea te kī. Ina rongo koe i te Atua kei a koe, e haere mai ana ki a koe i hea koe, e ārahi ana i ō hikoinga, kua .tīmata te aroha atua

Ka tū te mana o te pono ki te hau
E te Ariki, ina pā mai ngā uauatanga rangitahi ki ahau,
tukua ahau kia mahara ki āu manaakitanga maha i runga i
ahau i ngā wā o mua, me te mōhio kāore tō āwhina e
whakarērea i ahau, ā, kei a au tonu tō manaakitanga. Ki a koe ahau e tuku atu nei i tōku whakawhetai nui mō ngā .manaakitanga katoa e puta mai ana i tōu ringa atawhai
Ka tiaho ngā pata aroha i roto i ngā wairua pai, ā, ka
.kitea te Atua i roto i te moana o te aroha anake

Ko te māramatanga te rama e whakamārama ana i te ara o te tangata, e ārahi ana hoki i a ia ki te angitu
I te puna, ka whakapaipai te Atua i te taiao ki ngā rōhi me ngā putiputi tino ataahua me ngā kākahu ataahua me .ngā tae kanapa

Ko te rangimārie te karere tuatahi e whakapuaki ana i te
whakatatanga atu ki te Aroaro Atua. Muri iho, ka huri te
rangimārie hei māramatanga e kanapa atu ana i te hari
.mutunga kore

Ina ruku hohonu ahau ki te moana o te whakaaroaro, ka rongo ahau i te rere o te manaakitanga i roto i ahau, ā, ka "rongo ahau i te reo hāhā e mea ana, "Kua tata ahau
Me tahuri te tangata ki roto, ki te wāhi e whakapuakina ai e te wairua ia ia anō. Mai i te hohonutanga o te wairua ka .puea ake ngā wheako katoa o te ao o roto

Ina kitea e te wairua ia ia anō me te hinengaro atua, ka
.nui te hari me te whānui ki te wāhi mutunga kore
Ki te whakamahia e koe ngā tikanga me ngā rauemi
katoa o waho e wātea ana ki a koe, me ō pūkenga tūturu, hei
wikitoria i ngā arai katoa e tū mai ana i tō ara, ka
whakawhanakehia e koe ngā mana kua homai e te Atua ki a
koe: aua mana mutunga kore e pupū ake ana i ngā
.hohonutanga hohonu o tōu tinana
Ko te aroha e hiko ana i te ara koura e arahi ana ki te
Atua

Ka horahia e au te hihi o ngā hiahia pai me ngā
whakaaro pai ki ngā wāhi katoa i ngokingoki mai ai te pōuri o
.te māranga kore

Ina pā mai ngā uauatanga ki a koe, heoi kāore koe e
mutu te ngana me te whakapau kaha, ahakoa ngā arai me
ngā aukati katoa, ko reira te Atua e whakautu mai ai ki a
.koe, ā, ka karaunatia ō mahi ki te angitu
E te Ariki, ka hutia e ahau te putiputi o te hiahia i te
māra o tōku ngākau, ka whakatakotoria hei whakahere
.aroha ki tōu paepae tapu

Nā te mea ko ō tātou whakaaro me ā tātou kupu ngā
purapura hei kawe mai i te kotinga o te heke mai, ka tīmata
ahau i tēnei rā ki te whakakī i tōku hinengaro ki ngā
.whakaaro pai, pai

Ka rere ahau, ka rere i te papa o tōku hinengaro ki
runga, ki raro, ki te raki, ki te matau, ki roto, ki waho, ki ngā
wāhi katoa, kia kitea ai i ngā kokonga katoa o te wāhi i noho
.ahau i te aroaro o te Atua, ā, kei te noho tonu ahau
Noho i ia wā me te mōhio ki tō whanaungatanga ki te
Tino Mutunga Kore. Kāore he mutunga o tō hinengaro, ā, ka
kimo, ka tiaho ngā mea katoa pērā i ngā whetū i te rangi o
.tōu oranga

Ko te wehe, ko te kore piripono rānei, te ara whakaaro
nui e takahia ana e te kaiwhai, e hiahia ana ki te ara ake i
runga ake i ngā mea iti hei painga mō ngā mea nui ake.

Kāore ia e herea ki ngā ahuareka ā-tinana poto noa iho hei
whai i te harikoa o roto hou. Ehara te wehe i te mutunga i
roto i a ia anō, engari ka whakatakoto i te ara mō te putanga
.mai o ngā painga me ngā mana wairua o te wairua
Ka anga whakamua te toa wairua me ngā hikoinga maia

i runga i ngā ara o te ora

Me whakamahi pai te tangata i tōna ao o nāianei, me
whakatuwhera ngā matapihi o tōna ngākau, me whakaara,
.me whakaora anō hoki i ngā āheinga moe o tōna wairua
Kei muri i ngā kopare o te huringa me te whakaputanga

kei reira te aroaro o te Atua. Ā, ko te tangata e taea te
whakau i te whakaata o tōna hinengaro, me te ārai i tōna
wiri, ka kite ia i roto i taua whakaata mārama te mata o te
.mea e arohaina nei e te ao tūroa

He kaha ake te aroha i te mate me ngā

whakangaromanga o te wā

Ko te tātaritanga whaiaro te kī ki te angitu, ā, ko te
whakaaroaro he whakaata e kite ai tātou i ngā kokonga o
roto e huna ana i tā tātou tirohanga. Me tātari tātou i ō tātou
ngoikoretanga, me wehewehe i waenga i ngā ia pai me ngā
ia kino, me te tautuhi i ngā arai ki te ahunga whakamua me
.te angitu

Āe, he mīharo koe, e te hoa! E inu ana koe i ngā wai o te

aroha pono, o te aroha, ā, e whakamakuku ana ō rau i te
tomairangi o te reka o roto, o waho hoki e puta mai ana i te
.hohonutanga o ngā ngākau pono, pono

I kite ahau i tētahi pōpokorua iti e ngana ana ki te piki i

tētahi puranga onepu, ā, ka whakaaro ahau: me whakaaro
pea te pōpokorua kei te piki ia i ngā Himalayas! Tērā pea he
nui rawa te puranga onepu ki te pōpokorua, engari ki ōku
kanohi kāore. Waihoki, ko ngā miriona o ō tātou tau rā he iti
.iho i te meneti i roto i te hinengaro o te Atua

Me whakangungu tātou i a tātou anō ki te whakaaro ki

.ngā mea nunui pēnei i te mutunga kore me te mutunga kore

I kopikopiko ahau i te ao mutunga kore, ā, i kite ahau i
te kohu kanapa i te whenua mārama, ā, i roto i taua kanapa
ora i pānui ahau i ngā tikanga o ngā mea ngaro kua tuhia ki
.ngā whārangi o te wā

Ina moe koe, ka whakamarie koe i ngā whakaaro me
ngā kare ā-roto. Engari ina whakamarie koe i ngā whakaaro
me ngā kare ā-roto mā te whakaaroaro, ko te mea tuatahi ka
pā ki a koe ko te rangimārie, ā, ka hanga noa ō uaua kanohi i
te ataata e whakaata ana i te rangimārie o roto. Engari me
titiro koe ki tua atu i tēnei rangimārie kia kite ai koe i te
parakore o tō wairua—he parakore kāore i poke i ngā
whakaohoho a-kanohi, i ngā tauhohenga aunoa rānei ki ngā
whakaaro e pā ana ki ngā kare ā-roto. Ko te āhua ka pā ki a
.koe ko te harikoa tonu, e whakahoutia tonutia ana
Ki te whakatakoto koe i tētahi peihana wai ki raro i te
mārama o te marama, kātahi ka whakaohokia, ka hangaia
he āhua pōturi o te marama. Ina tau te wai ki roto i te
peihana, ka mārama te whakaata. Ko ngā wā e marino ana
te wai i roto i te peihana, e whakaata ana i te mata o te
marama me te tino mārama, ka taea te whakarite ki tētahi
āhua o te rangimārie whakaaroaro me tētahi āhua o te ata
noho hohonu. I roto i te rangimārie o te whakaaroaro, ka
mutu te rere o ngā ngaru o ngā kare ā-roto me ngā
whakaaro mai i te hinengaro. Ā, i roto i tēnei āhua hohonu o
te rangimārie, ka kite te tangata whakaaroaro, i roto i taua
ata noho, i te marama katoa o te aroaro atua e whakaatahia
.ana i roto i te roto o te wairua

E whā ngā āhua e mōhiotia ana e te tangata noa: te
harikoa ina tutuki te hiahia; te pouri ina whakakahoretia; te
hoha ina kore e harikoa, e pouri rānei; me te rangimārie ina
wikitoria i ēnei kare ā-roto, i ēnei āhua hinengaro rānei o te
.harikoa, te mamea, me te hoha
He āhua tino hiahiatia te rangimārie, e puta mai ana i te
korenga o te pouri me te harikoa, me te korenga o te hoha.
Ka huri haere tonu ēnei āhua, ka ngaru hoki i runga i te mata

o te wairua. I muri i te ekenga i ngā ngaru pōrearea o te
mamae me te harikoa, tae atu ki ngā ruku maha ki roto i te
hohonutanga o te nenge, ka hari te rere i runga i te moana
marino o te rangimārie. Engari he nui ake i te rangimārie te
harikoa wairua—te harikoa o te wairua—te harikoa mutunga
kore. He hari pumau e kore e memeha engari ka noho tonu
ki te wairua mō ake tonu atu. Ka taea anake te whakatutuki i
.tēnei hari nui mā te mōhio ki te aroaro o te Atua

Ko te ataata pono he ataata o te harikoa wairua e puta
mai ana i te whakaaroaro me te whakaaro ki te Atua me te
.rongo i Tōna aroaro

E pupū ake ana taku ataata i te harikoa nui i roto i ahau
—he harikoa e wātea ana ki te katoa He rite ki te kakara e
pupū ake ana i te ngākau o te rōhi e puāwai ana He karanga
tēnei harikoa nui ki ētahi atu kia rumakina rātou ki roto i ngā
.wai tapu o te harikoa

I roto i te māramatanga o te murunga hara tapu, ka
memeha haere te pōuri o te mauahara i kohia i roto i ngā tau
.maha

Ka hohoro te whakatutuki a te Atua i ngā hiahia katoa o
āna kaikarakia nā te mea kua wetekina e rātou ngā
whakaaro whaiaro e whakararuraru ana i ngā mahi, e
.whakapōrearea ana hoki i ngā tumanakohanga

Ko ia e tiakina ana e te Atua, kāore he mea e taea te
whakangaro

Kāore tātou i te mokemoke i tēnei ao, kei a tātou hoki te
Atua, ā, he whanaungatanga pumau, piripono, hoahoa hoki e
.whiwhi ai tātou i te tautoko me te hari

E te whetu tiaho o te arataki i ngā rangi o te whakaaro
nui, e karanga ana tō uira kanapa i ahau kia tūhura i ō pae
maunga tapu, ā, e tere ana taku manu hiahia, e wero ana i
te āhuarangi pōuriuri, e akiaki ana i te hiahia ki a koe, kia
.tau hoki ki roto i tō kanapa tapu rawa

Ka tīmata te whanaketanga me te puāwai o te tuakiri o
te tangata ina taea e ia te rongo - mā roto i ngā kare ā-roto,

mā roto i ngā kare ā-roto - ehara i te tinana totoka engari ko
.te ia wairua mutunga kore i roto i te tinana

Ina puea ake te ngākau o te ākonga i te aroha ki te
Atua, ka tiaho tōna mata me te ataata o te rangimārie me te
whakaaro nui, ā, ka pakaru, ka ngaro rawa ngā paparanga o
.te kuware e taupoki ana i tōna wairua

Ina titiro koe ki tētahi putiputi, ki tētahi rākau rānei, ka
mōhio koe kāore ēnei mea ora ataahua i puta mai i a rātou
anō, ko te Atua te mea nāna i hanga, i homai hoki ki a rātou
.te kakara me te ataahua whakaharahara

Me mahi tonu i ō mahi, ahakoa iti, ahakoa nunui, me te
aro nui, me te mahara ko te Atua te kaiarahi i ō hikoinga, hei
.whakakaha i ō mahi kia tutuki ai ō wawata rangatira

Ina hono te tangata ki tōna wairua, ka hoki mai ngā wā
kua warewaretia, kua ngaro, me ngā mana ora tonu o te
wairua ki tōna hinengaro. I roto i te whakaaroaro, ka mahara
.te tangata he wairua ora tonu rātou, ehara i te tinana mate
I ngā wāhi katoa ka kitea e tātou te tangata, te pai me
te kino, e rapu ana i te harikoa i tā rātou ake ara. Kāore he
tangata e hiahia ana ki te whara i a rātou anō. He aha rā te
take e mahi ai ētahi tātanga i ngā huarahi e mamae ai, e
pōuri ai rātou? Nā te mea ko aua mahi he mea ārahi e te
.kuware me te pohehe

E te Ariki, e inoi atu nei mātou ki a koe, kia tiaho mai ki
runga i a mātou ki te māramatanga o tōu whakaaro nui, kia
tangohia atu hoki i a mātou te pōuri o te kuware me te
.pohehe

Me tūpato te tangata mātau, kaua e matakū, ā, me
whakawhanake i roto i a ia te māia me te kore whakaaro
pōrearea, kia kore ai ia e tūtaki ki ngā āhuatanga ka
.whakaoho i te wehi me te manukanuka

Kāore te whakaaro nui e whakawhirinaki ana ki te
werohanga o ngā mōhiotanga mai i waho, engari ki te mana
o te whakaae ā-roto, e whakatau ana i te nui o te

mōhiotanga pono ka taea te whiwhi me te tere o te
.whakatutuki i taua mōhiotanga

He atamira noa iho tēnei ao e mahi ai tātou i ā tātou
mahī i raro i te arataki a te Kaiwhakahaere Atua. Me mahi
pai tātou ahakoa te āhua o ngā mahi kua tohaina mai ki a
tātou, me te maumahara tonu ko tō tātou āhua taketake ko
.te harikoa mutunga kore

Ko te tangata whakaaro nui rawa atu ko ia e rapu ana
kia mōhio ki te Atua; ā, ko te tangata angitu rawa atu ko ia
.kua kitea te Atua

E te Atua e arohaina nei, kia noho koe i te tūranga
tuatahi i roto i ō mātou ao, kia whakakīia ō mātou ngākau e
tō aroha whakaora, ā, kia whakakorea e tō māramatanga
.tapu te pōuri o ngā manukanuka i roto i ō mātou wairua
Ko te tikanga herekore ko te mahi i runga i te hinengaro,
kaua i runga i ngā whakahau a te tikanga me te hiahia. Ko te
whakarongo ki te whakapehapeha me ōna hiahia ka whānau
mai he here, ko te whakarongo ki ngā akiaki a te whakaaro
.nui ka puta mai he here

Ka kitea te rangimārie o te hinengaro mā te
whakawhanake i ngā āhuatanga pai me te āta whakaaro, ā,
ina tino tipu, e kore e taea te tango atu i tōna rangatira ki te
.kore ia e whakarērea i runga i tōna ake hiahia

Ko te nuinga o te iwi e rapu ana i te harikoa mā te
whakamahi i ngā tikanga hē. Ko ētahi e whakapono ana ka
taea e rātou te whakaneke rua i tō rātou harikoa mā te
tango i ngā whanonga hē me ngā mahi hauora e ahua nei he
kupu whakaari kanapa mō te harikoa nui me te pumau, ā, ka
mamingatia rātou e aua kupu whakaari teka, nā te mea
kāore e taea te reka o te harikoa pono i roto i te reinga o ngā
.mānukanuka teka me ngā mahi hē

He mutunga kore ia meneti nā te mea ka taea te
wheako i te mutunga kore i roto i taua meneti. He matapihi
ngā rā, ngā meneti, me ngā hāora e kitea ai e tātou te
mutunga kore. He poto te ora, engari i te wā kotahi, he

mutunga kore, he mutunga kore. He ora tonu te wairua, ā, i
tēnei wāhanga poto o te oranga tangata, me whakamahi pai
tātou i ngā pūmanawa me ngā whai wāhitanga katoa e
.wātea ana

He rite ngā kupu wairua ki ngā purapura e hiahia ana ki
te oneone momona kia pihi ai, kia tupu ai, kia puāwai ai, kia
.hua ai hoki

Ko te tipu wairua me whakaaroaro anō, me whakarite
anō i ngā kaupapa matua o te ao, me tautuhi me te
whakakore i ngā whanonga kino, me te whai i ngā ture
hauora e hangai ana ki te whanaketanga o te māramatanga
.wairua me te tipu haere o te kaha hinengaro

Ina pā te hari o te Atua ki te ākongā, ka kitea e ia kua
tino pono te Atua ki a ia i tetahi atu mea, ā, ka mōhio ia he
hari nui te pā atu ki te aroaro o te Atua, kāore e taea te rite
.ki te pai o ngā kare ā-roto

Ka mahi te Atua ki te whakaara i te hinengaro wairua o
te tangata, me te ārahi i tōna hiahia ki te huarahi tika mā te
ataahua o te ngākau pono, te nui o te manawanui, te mana o
.te whakaaro nui, me te kororia o te harikoa wairua

E kore ahau e whakaaro he tauhou ētahi atu nā te mea
e whakaaro ana ahau he teina, he tuahine rānei tōku katoa.

Ka meinga e ahau tōku ao kia angitu, kia whai hua hoki kia
taea ai e au te āwhina i ētahi atu kia angitu, kia angitu hoki.

Ka aroha ahau ki ētahi atu, ā, ka whakaatu i te aroha ki a
rātou i a au e whakaatu ana i ahau anō. Ka aroha ahau ki te
Atua pērā i te aroha o ngā poropiti me te hunga tapu ki a ia,
ā, ka maka e ahau te hiahia whaiaro ki roto i te puna o tōku
.aroha ki ētahi atu

Kei tua atu i tēnei oranga memeha noa iho, e pāngia
ana e te mate, kei reira te oranga tonutanga, e kore e
rerekē. He mea hanga te tinana i ngā huānga matū e pirau
ana, e memeha haere ana, engari kei tua atu i tēnei oranga
memeha noa iho kei reira te oranga tonutanga, e te rangi i
te aroaro o te Atua. Nō reira, kua e aro nui ki tēnei tinana

memeha noa iho, ā, ko te hunga e hiahia ana ki tēnei tinana
me whakamanawanui ki ōna whakamātautau, me noho hei
.rangatira mōna
I tēnei rā ka ngana ahau ki te āwhina i te hunga e matea
.ana, me te hoatu i taku e taea ki te hunga hiakai
Kei te haumarua ahau, kei te mau tonu i roto i te tiaki a
te Atua, ā, kei muri i ngā pakitara o tōku hinengaro mārama,
kotahi ahau me te māramatanga o te pai e ārahi ana i ngā
kaipuke o ngā wairua e akina ana e ngā ngaru o te pouri i
.roto i te moana o te pōhēhē me te manukanuka
I tēnei rā ka rongohia ahau i te Atua i roto i te haruru o te
rangimārie e wiri ana i roto i ahau, e whakaoho ana i ngā
aho o tōku ngākau
Ka whakapau kaha ahau ki te whakahari i ētahi atu,
pērā i taku whai kia whakahari i ahau anō, ā, mā roto i taku
harikoa wairua ka mahi ahau ki te katoa i roto i te whare o te
aroha atua, ā, kāore au e wehi i tetahi mea engari ko au
.anake mēnā ka ngana ahau ki te tinihanga i tōku hinengaro

Mai i ngā mārā o te wairua

Kei te whakaaro koe ki te haere ki tētahi wāhi, ā, ka
hohoro koe ki te tae wawe atu ki reira. Ina tae atu koe, kāore
koe i te pai ki te wāhi nā te hiahia nui, te manukanuka, me
te raruraru pea e pā ana ki a koe. Engari, ngana kia marino,
kia marino, kia taurite. Ki te anga atu ō whakaaro ki te
manukanuka me te oho, pehia rawatia kia hoki mai rā anō tō
.rātou marino
Ka pā kino te harikoa ki te taurite o te pūnaha io nā te
mea ka tukuna he nui o te kaha ki ētahi wāhanga o te
tinana, ā, ka tangohia te wāhi tūturu o ētahi atu. Ko tēnei
kore taurite o te tohatoha kaha te take o te manukanuka. Ka
whakamarie te tinana marino, wātea hoki i ngā io, ā, ka
.whakatairanga i te oranga hinengaro
I roto i te mahi tahi me te Atua, ka tīmata te whāwhā
haere o te tirohanga ā-roto. Me tino whakapono te tangata

ka whakautua e te Atua ngā inoi katoa o te ngākau. Ko te tangata e tahuri ana ki a ia ki te rapu māramatanga, ka whakatuwheratia tōna tirohanga, ka whakamāramatia hoki .tōna hinengaro me tōna ngākau

Ina tuwhera te māramatanga, ka puta mai he kare ā-roto e puta mai ana i te ngākau, he kare ā-roto o te māramatanga hohonu me te tika. Mā roto i tēnei kare ā-roto, ka whiwhi te kaiwhai i te whakapono pumau me te arataki pakari ki te whai i te ara tika, ā, ka āta kite, ka .whakawhirinaki hoki ki tēnei kare ā-roto

Ehara tēnei i te tikanga kia whakarērea rawatia te whakaaro; mā te whakaaro marino, kore whakaaro nui ka arahi hoki ki te māramatanga. Ko te whakaaro kare ā-roto, e peia ana e te whakapehapeha me te whakanui i a ia anō, ka .arahi ki ngā māramatanga kore me ngā whakatau hē

Whakakāhoretia te ruarua whakangaro me ngā whakapono teka i roto i tō ngākau katoa, tahurihia tō ngākau me tō wairua ki te ao o te whakapono me te whakawhirinaki katoa ki te Atua. I roto i te ata noho o te whakaaroaro, ka taea e tō hinengaro te arotahi ki te pono me te māramatanga tika. I roto i tēnei wheako, ka puāwai, ka hurahia te whakapono, ā, mā te māramatanga, ka wheako koe i ngā mea kāore anō kia kitea e te kanohi, kāore anō kia rangona e te taringa, kāore anō hoki kia whakaarohia e te .hinengaro tangata

Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā tatau me ngā matapihi i roto i tōku wairua e haere atu ai .ahau ki te hari o te Atua

Pērā i te rā e whiti ana i runga i ngā rori pukumahi rawa atu, ka kite anō ahau i ngā hihi o te aroha atua i ngā wāhi .katoa e kiki ana i aku mahi o ia rā

Manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te ata, kia kawea ai ki tōu paepae tapu E te Ariki, homai he wairua atawhai ki ahau kia taea ai e au te tohatoha ki ētahi atu i aku mea, ā, āwhina mai kia kite

ahau i roto i te roto marino o tōku hinengaro i te whakaata o
te marama o tōku wairua e whiti ana i te māramatanga o tōu
.aroaro

I tēnei rā ka ruku hohonu ahau ki te moana o te
whakaaroaro me te whakaaroaro ki te Atua kia kitea rā anō e
.au ngā peara o te whakaaro nui me te hari atua

Ka aroha ahau ki a koe, e te Ariki, nui atu i ngā mea
katoa, nā te mea ki te kore koe, e kore e taea e au te aroha
.ki tētahi atu tangata, ki tētahi atu mea rānei

I roto i ngā hohonutanga o ngā maunga me ngā rangi
marino, me roto i ngā hohonutanga o tōku wairua me te ana
o te wahangu, ka rongohia ahau i te aroaro o te Atua, ka rongohia
hoki i Tōna hari tonu, ka inu ahau i Ana puna parakore e kore
.e mutu, e maroke rānei mō ake tonu atu

E aroha ana ahau ki a koe, e te Ariki, ko tōu aroha te
mea nui rawa atu i roto i ngā ngākau atawhai me ngā
ngākau aroha katoa

I tono tetahi ki te kaiako a Paramahansa kia whakaaturia
ki a ia he huarahi hei whakawhanake i tētahi tuakiri ātaahua,
ātaahua hoki, ā, ka mea ia: Me noho pūmau tō hinengaro i a
koe e taunekeneke ana me ētahi atu, nā te mea he kino ake
te ngaro o te hinengaro ki te āhua o te tangata i tētahi atu
mea. Heoi anō, ehara i te mea ko te ngaro o te hinengaro o
te hunga nunui, ko ō rātou whakaaro he mea nui ki ngā take
.hohonu

Kia mataara, kia tūpato hoki i ngā wā katoa, ā, ka waiho
koe hei aukume ātaahua

Kāore he tangata e pai ana kia warewarehia. E hiahia
ana tātou katoa kia whakaarohia, kia whai whakaaro ki ō
tātou kare ā-roto, ā, me whai whakaaro hoki tātou ki ngā
kare ā-roto o ētahi atu, kia whai whakaaro ai ki a rātou kia
tutuki ai te rangimarie me te māramatanga. Hei whakatutuki
i tēnei, me mataara, me mārama, me aro hoki ki te hunga
.katoa e karapotia ana i a koe

Kāore he mana o te hunga mate ki te tawai i ētahi atu,
engari ko te tangata kāore e aro ki a rātou ka mahi i tēnā
Ina noho koe i roto i te kamupene o ētahi atu, me aro
nui, me kaha, me te hiahia hoki ki te taunekeneke ki a rātou,
.engari kaua e kōrero mōu ake

E hiahia ana te katoa ki te kōrero mō rātou anō, engari
he huarahi ngoikore tēnei. Tukua ētahi atu kia kōrero mō
rātou anō mēnā e hiahia ana rātou; whakarongo ki ā rātou
kōrero. Tukua rātou kia kōrero mō ō rātou raruraru, ā rātou
whakatutukitanga, me ō rātou kare ā-roto, engari me kōrero
tō aukume mōu. Mā te mārama o te rama e kōrero mārama
mōna anō; me kōrero ō wiri puku mōu me te māramatanga
.ōrite

I whakakitea mai e te Atua ki ahau i roto i tētahi
moemoeā ko te hunga e mate ana i te pakanga he moemoeā
whakamataku mō te mate, engari i te ara ake o te hunga pai
i te tinana ka ara ake rātou me te mea nō tētahi moemoeā
.whakamataku, ā, ka koa rātou kua watea i taua moemoeā

Ko ō tātou wheako katoa o te ao he wāhanga o te
moemoeā o te ao. Nā te tangata i hanga te moemoeā kino o
te pakanga, engari i muri i te wehenga atu o ngā tāngata i
pāngia e tēnei moemoeā kino i ō rātou tinana, ka mōhio
rātou he moemoeā kino tēnei i ara ake ai rātou, ā, ka
mārama rātou kāore rātou i te mate. He pono hohonu tēnei
.mō te wairua

Me i mōhio te tangata kei te moemoeā rātou, e kore
rātou e pāngia e ngā wheako moemoeā whakararuraru.

Engari, ki te tutuki i a rātou te whakatutukitanga o te
moemoeā, ā, ka whiua e tetahi he patunga nui, ka rite te
matenga o taua moemoeā ki tētahi whakamātautau tūturu,
whakamataku hoki, kia oho ake rā anō rātou, kia mōhio ai
.ehara i te mea tūturu

E pā ana hoki tēnei ki te āhua i muri i te matenga. Ina
wehe atu tātou i ō tātou tinana, ka mōhio tātou kāore tō
tātou hinengaro i mate, engari kua wetekina tātou i te tinana

me ōna here me ōna herenga ā-tinana, ā, kei roto i taua
.wetekinatanga te herekoretanga nui

Kaua rawa tātou e tono mō te mate, engari me
whakarite ō tātou hinengaro mā te noho tahi me te Atua me
te whakaaroaro ki a Ia, kia taea ai e tātou te titiro atu ki te
.mate i tōna wā he moemoeā noa iho

Ka taea e au te kite i te āhua moemoeā o te ora me te
mate i ngā wā katoa e hiahia ana ahau Nō reira, kāore au e
aro nui ana ki tēnei tinana
He āhuatanga wairua kei raro i te pūnaha io e āhei ai te
tangata ki te eke ki ngā taumata teitei o te whanaketanga o
.te hinengaro

He nui ake te roro o te tangata i te roro o te nuinga o
ngā kararehe engari ko ngā tohorā me ngā arewhana, ā, he
nui ake tōna kaha ki te whakaaro. Nā tēnei ka pai te roro o
te tangata mō te tangata, he matatau ake tōna hinengaro i
ētahi atu mea ora. Mā ngā hononga uaua me te uaua o te
roro ka taea e te tangata te whakaaro hohonu me te hōhonu.
Nō reira, ko te tangata anake ka taea te eke ki ngā taumata
matatau o te māramatanga, ā, nō reira, te mōhio ki tōna
Kaihanga. Ko te tangata whakaaro nui te tangata e
whakamahi ana i ōna pūkenga hinengaro hei mahi me te
painga mō te tangata, i ngā taumata rauemi, hinengaro, me
.te wairua

I tae mai te takurua me tōna koroka makariri, mā, rite
tonu ki te rengarenga

Kua memeha haere aku hiahia mō ngā harikoa o te
raumati

I kīia mai ki ahau kia rapua te mahana o tō ngākau
atawhai

Ā, i te putanga mai o te kōanga, e kanikani ana, e
whakapaipaihia ana ki ngā momo putiputi katoa
I te kakara o ngā mara me ngā pukepuke, i kīia mai kia
aroha ahau ki a koe, e tōku Atua

Ā, ka tae mai te raumati, e waiata ana i ana rangi
matomato i roto i ngā rau ngawari, te haruru o ngā papara,
me te haruru o ngā paina
I tohe ia kia kōrerotia e au ki a koe
Ahakoa te oneone ngawari, ngawari i mirimiri i ōku
waewae tere
Ā, i tono ia kia whakatata atu rātou ki tō koutou wāhi
tapu katoa
I mea mai te kakara ngawari kia whai ahau i tōna ara
Ki tō temepara tapu i waenganui o ngā rōhi me ngā
pēhara e piupiu ana
Ā, i mea mai ngā manu kia waiata ahau ki a koe pērā i a
rātou
Me te hau e pupuhi ana i runga i ngā awaawa me ngā
manga iti
I whakaarahia e au ngā mirumiru o tōku aroha ki a koe,
ā, ka tīmata rātou te pekepeke i runga ake i tō uma nui
Ā, nā ngā muka piko o te tarutaru, i ako ahau ki te piko
Ka piko atu ahau ki a koe, e te Ariki
Ā, i kōrero mai anō hoki te whakakakara ki ahau mō te
kakara whakamiharo o tō hinu kakara
Ā, me pēhea rā e whakakī ai tōku ngākau i tō kakara
?tapu i mua i tō torona mutunga kore
Ā, ko ngā kōhatu iti, puku, manawanui i kōrero mai ki
ahau kia kite ai ahau i a koe ahakoa i roto i te hunga e ngana
ana ki te tahae i tōku harikoa
Nā ngā tau kua warewaretia i tono mai kia tukuna atu e
au ki ōku hoa tangata he karere aroha me te ngākau aroha e
takai ana i ia meneti me ia hēkona
Ā, i kī mai ia whakaaro kia rapua koe i roto i tōna
ngākau
Nā tōku aroha ahau i akiaki kia aroha ki ngā mea katoa
e ora ana i roto i a koe
Ā, ka hāhā mai taku aroha ki ahau, "Aroha mai ki ahau
"me te kaha katoa kei a au, e tōku Atua

I takoto ahau i runga i te moenga tarutaru me ngā
putiputi, ā, i moemoeā ahau he ataahua, he harikoa hoki ngā
mea katoa o te ao

I runga i ngā tarutaru roa, matomato, matotoru hoki
tōku mahunga, ā, i pupuhi mai ngā hau e kawē mai ana i te
.kakara reka

Kātahi ka akiakihia ahau ki te pā atu ki tōku ringa me
tōku tinana, ā, i miharo ahau ki te nui o tōna Kaihanga. Ae, i
miharo ahau, ko ahau nei, e tino mōhio ana ki te tūturutanga
o tōku tinana, ka waiho e ahau kia okioki ki te whenua i
tētahi rā, ko tēnei tinana ka mātao, ka mā, ka kore e
nekeneke i te wā e mate ai ahau, ināianei kei te ahua ora
tonu, ā, kei roto i a ia ngā rau o ngā kare ā-roto, ngā miriona
o ngā whakaaro, me ngā piriona o ngā wawata me ngā
.tirohanga

Ko tēnei tinana te atamira e whāia ai ngā upoko o te ao,
te wāhi e puāwai ai ngā puku o te menemene, ā, i muri iho
ka tae mai te mate. I konei, i waenganui i te kikokiko, i te
wheua, i te toto, ā, i muri i te kopare kiri ataahua, e whanga
ana ngā wuruhi o te mate me ngā kararehe o te hiahia. Ā, i
konei anō hoki, i raro i te kikokiko, kei reira tētahi ara ngaro
ki te rangatiratanga o te māramatanga. Ka memeha haere
tēnei tinana ina wehe atu tōna rangatira—te wairua—ā,
kāore e taea te whakakore. Ā, he aha ai? Ina hoha te
rangatira mārama o te kāinga tinana ki te noho i roto i te
whare paru, pakarukaru o te mea, e herea ana e ngā taura o
ngā io e hiahia ana kia tiakina tonutia, ka kitea e ia he
whakamarie i roto i tētahi atu whare i tētahi kokonga o te
whenua o te Atua—i tētahi atu ao o te oranga katoa, kei reira
te kakara o te harikoa e horapa ana ki ngā wāhi katoa, ā, e
.kore e mutu

Ka takaro te wairua ora tonu i te tūranga o te ora me te
mate me te ataata tonu, kātahi ka haere ki tōna kāinga
.mutunga kore

He mea tika kia noho tonu ngā kaimātakitaki kiriata ki te
whare pikitia mō ake tonu atu i muri i te mutunga o te
whakaaturanga? Kāore rawa. Me hoki te tangata ki te
kāinga. Waihoki, ka haere mai ngā wairua ki konei ki te
pārekareka ki te whakaaturanga kiriata o te ao, kātahi ka
haere, ka hoki mai anō. He pai ki a rātou te mātakitaki i ngā
kiriata me ngā whakaari, ā, ina hoha rātou ki ngā
whakaaturanga i moemoeātia e rātou, ā, kua mōhio ki ngā
akoranga e hiahia ana te Atua kia akohia e rātou, ka hoki
.anō rātou ki te kāinga o te harikoa mutunga kore
Ina kore ngā uara e whakatūria ki te tika, ka tuwhera
ngā āputa e pupū ake ai te mamae me te pōuri. Mena kei
runga ngā uara i te hiahia whaiaro, i te pakanga whakamate,
me te whakataetae nui, ka poke ngā hua nā te mea he poke
ngā kaupapa, ā, kāore te moni e manaakitia i roto i tēnei
.āhua

Me pure te tangata i tōna hinengaro i te hiahia whaiaro,
kaua hoki e ngana ki te whai rawa i a ia anō i runga i te
whakapaunga a ētahi atu. Ko te ngākau mārie pono he mea
wairua, ehara i te mea rauemi, ā, ko te taonga tūturu o te ao
ko te whiwhi i ngā taonga o te whakaaro nui, te mātauranga,
.me te aroha o te Atua

Me noho noa tātou, me whai tonu hoki ki te āwhina i
ētahi atu, me te whakapai ake i ō rātou āhuatanga i ngā mea
katoa e taea ana. Engari, kāore tēnei whāinga rangatira e
hototahi ki te hiahia whaiaro me te apo, me te kore e aro ki
.ētahi atu

Ko te hunga o te ao nei he kore taurite, nō reira kāore i
te kiia he angitu He toi whakamiharo te oranga māmā,
taurite, ā, he tohu angitu Ko te hunga ko tā rātou whāinga
.anake he whiwhi moni, e kore e manakohia e te Atua
He pono i whakatōkia e te Atua te kare o te hiakai ki
roto i a tātou kia taea ai e tātou te mahi me te whāngai i ō
tātou tinana, engari ehara i te mea ko te whāngai i te tinana
te kaupapa anake o te ao. He nui atu te kaupapa i ngā

whakaaro ā-tinana, ā-wā rānei, ahakoa te āhua
.whakamiharo, te kororia, me te kanapa

I pātai tētahi o ngā ākonga ki a Kaiwhakaako

Paramahansa me pēhea te wheako i te aroaro o te Atua. Ka
whakahoki ia, "I ia pō, i mua i te moe, whakaaroaro kia tae
rā anō ki te wā e rongō ai koe kua werohia tō hinengaro ki te
ao o ngā whakaaro, ā, kua uru atu ki tētahi atu ao. Heoi,
ehara i te mea koia anake. I muri i te tahuritanga o te
hinengaro ki roto, me pupū ake te hiahia, me tere haere ngā
hiahia pērā i te waipuke ki te Atua. Ina tukua katoatia e te
ākonga ia ia ki te Atua, ka rongō ia kua pā ia ki tōna aroaro
manaaki, ā, kua mōhio ki a ia. Ka kite ia i tētahi
māramatanga nui e tino kanapa ana, ā, ka kite pea ia i ngā
anahera me ngā wairua atawhai. Ka hongī rānei ia i tētahi
kakara reka o te rangi, ā, ka mōhio ia kua whakautua ia e te
Atua, ā, ka whakatuwheratia tōna māramatanga, ā, ka
whakakitea e te Atua ki a ia ngā mea ngaro o te ora. Ka
taupokina rānei ia e te rangimārie nui i a ia e whakaaroaro
ana. Ki te haere tonu ia ki te whakaaroaro, ā, ka homai e te
Atua tōna aroha nui ki a ia, ka rongō ia i te hari atua e kore e
taea te whakaahua. Ka manaakitia te tangata kua
.whakawhiwhia ki tēnei wheako harikoa

Mā te aroha atua ka huaki te kūaha o te rangi, ka tomo

te tangata rapu ki te aroaro o te Atua

Ki te inoi tetahi tangata ki te Atua, ki te tangata

atawhai, ki te tangata whakaaro nui, mō te taro o te ora
tonu, e kore ia e hoatu ki a rātou te kōhatu o te kuwaretanga
ā-tinana. Ki te rapu tetahi kaikarakia i te kai o te whakaaro
nui, e kore te Atua e tuku ki a rātou te nakahi o te tinihanga.

Ki te inoi tetahi kaikarakia ki te Atua mō te mauri o te hari
atua e tinei ai te matewai katoa, e kore ia e hoatu ki a rātou
te kopiona o te manukanuka me te mamae hinengaro. Ki te
mōhio te tangata kua tinihangatia ki te hoatu taonga pai ki ā
rātou tamariki, tera noa ake te homai e te Ariki—te puna o te

pai me te hari katoa—te mātauranga wairua me te
!māramatanga ki te hunga e aroha ana ki a ia
Ka homai e te Atua te whakaaro nui me te mātauranga
nui ki te hunga e rapu ana i aua mea, ā, ka hoatu e ia ia anō
ki te tangata e rapu pono ana, e kore e whakaae ki tētahi
whakakapinga. Ko ia e rapu ana i te Atua me tōna ngākau
katoa me tōna wairua katoa, ko ia te tangata whakaaro nui
rawa atu o te hunga whakaaro nui, ā, ko ia te tangata e
arohaina ana e te Atua. Ā, ina kaha haere te hiahia o te
tangata karakia, ka whiwhi ia i tētahi urupare onge, e
arohaina ana e te Atua, ā, ka wheako i te harikoa ahurei o te
aroha e pā ana ki te hunga e aroha ana ki te Mea e Arohaina
.ana

Ko te tangata whakaaro nui e whai wāhi ana ki tēnei
moemoeā o te ao whānui me te mōhiotanga wairua me te
hiahia atua e tipu haere ana, e tata ana ki te Atua, e
arohaina ana hoki e ia. He aroha parakore tōna, e aroha ana
ki te Atua, kāore he hiahia whaiaro, kāore hoki he
whakaritenga, pērā i te kī, hei tauira, "E te Ariki, ka karakia
ahau ki a koe mēnā ka homai e koe he hauora, he moni, me
".te oranga whakamarie ki ahau
Kei waenganui i te hunga whakaaro nui me te Atua he
aroha hohonu, he aroha mutunga kore, e kore e mutu. Ki te
inoi tetahi ki te Atua mō tētahi mea motuhake, e mōhio ana
.te Atua he nui ake te aro o te tangata ki āna taonga i a ia
Kāore he hē o te inoi a te tangata kia tutukihia ōna
hiahia, engari ina inoi rātou kia mōhio ki te Atua, kia kite
hoki i te māramatanga o tōna mata kororia, kaua rātou e
hiahia ki tētahi painga whaiaro mai i aua mea, kaua hoki ō
rātou whakaaro e herea ki ngā koha tonu, engari ki te
Kaiwhakarato tonu. Ina taea e te kai rapu tēnei mahi me te
pono, ka whiwhi aunoa rātou i ngā koha katoa mai i te puna
.o te atawhai me te moana o te taonga

I pātai tētahi o ngā ākonga ki te kaiako a Paramahansa
mō ētahi tohutohu mō te whanonga i roto i ētahi āhuatanga,
:me te mahi tahi me ētahi atu, ā, ka mea ia
Whaia te pono, kua hoki e peka ke atu i reira, ā,
karohia te kōrero i tetahi mea e whara ai koe, i ētahi atu
rānei, ahakoa he pono, mena kāore koe e peka ke atu i te
wairua o te pono. I taua wā anō, kua e anga ki te pito kē,
kua hoki e huri ki te teka hei karo i te kōrero i ngā pono
.mamae

Kia pono ki a koe anō, ki ētahi atu hoki, kua e noho roa
ki ngā mea kāore e tika ana. Kōrerotia te pono, kua hoki e
kōrero i ngā mea e whara ai, e whara ai rānei tetahi. Kua e
whakakitea ō mea ngaro katoa i runga i te pono me te
māramatanga, nā te mea ki te whakakitea e koe ō
ngoikoretanga, ka ngana rātou ki te whara, ki te tawai rānei i
a koe i ngā wā katoa e hiahia ana rātou. He aha e hoatu ai
he patu ki a rātou hei whakamahi mā rātou ki te whawhai ki
?a koe

Kōrero me mahi i roto i te huarahi e kawea mai ai te
harikoa me te rangimārie ki a koe anō me ētahi atu
He mea tika kia whakawhanakehia te māramatanga
wairua kia mōhio ai ki te rerekētanga i waenga i te pono e
hua mai ai te pai me te kōrero anō i ngā meka me te kore e
whakaaro ki ngā hua ka puta mai i aua meka, nā te mea ka
aromatawaihia ngā mea i runga i ō rātou mutunga. Kāore e
tika ana kia kōrerotia ngā mea katoa e mōhio ana koe, kāore
hoki e tika kia karohia, kia huna hoki i ngā mea e tika ana kia
.mōhiotia e ētahi atu hei painga mō rātou anō

Ki te kore koe e tino mārama, he pai ake te noho puku i
te kōrero kia mārama ra ano koe ki te pono, kia tika ai ngā
.hua mō te katoa

Me whakaaro tonu ki te Atua, me te tono i tana awhina
me tana arataki, ā, ka whakatuwheratia tō māramatanga kia
mārama ai tō tirohanga, ā, ka taea e koe te wehewehe pai
.ake

Te whakakī i ngā pūtau o te tinana ki te kaha o te taitamarikitanga

Ka rere tonu te kaha o te ao ki roto i te tinana, kāore he aukati, engari ko te nuinga o te tangata kāore e mōhio ki tēnei oranga nui. Ko te hunga e rongō ana i tēnei ka pā mai he ngaru kaha i roto i ō rātou pūtau me te ia whakahauora e .homai ana he kaha hou ki a rātou

Ka piko katoa te taiao ki te Ariki o te Ao Whānui, ā, ka rere tōna mana i roto i te tangata. Ko te raruraru kei roto i te korenga o te whakawhanake i tētahi hononga kaha i waenganui i te tangata me te pūtake o te mana katoa. E ora tika ana tātou i runga i te mana atua, ā, kāore he hua o ngā .mana katoa ki te kore te mana tautoko o te Atua

Te kai, te hāora, me te rā—ka taea e ēnei huānga te whakarato i tētahi taumata hauora ki a tātou, engari me mārama tātou ki te huarahi e whiwhi ai i te hauora katoa mai i te Pūtake Mutunga Kore. He rite ngā pūtake rauemi ki ngā pākahiko iti ka pau te utu, ko te Pūtake Mutunga Kore ia he pūkaha hiko kaha e kore e mimiti tōna mana, e whakarato tonu ana i te ora, te harikoa, me te kaha ki te wairua. Nō reira, he mea tino nui te whakawhirinaki ki te Pūtake .Mutunga Kore i ngā wā katoa e taea ana

Ko te tangata e hiahia ana me ako i te huarahi tika hei whai hua mai i taua puna nui mai i tōna pūtake, me te mōhio hoki ko te whakaaro he mea tūturu, nā te mea ko ngā āhuatanga taiao katoa he whakaaturanga o te whakaaro atua nā te mea i whakaaro te Atua ki tēnei ao i mua i tōna .hanganga

He tokomaha e whakaponono ana he hua te whakaaro nō te tinana, engari ko te hanganga tino tika o te tinana, me te mahi tahi whakamiharo i waenga i ōna wāhanga me ōna whekau, e whakaatu mārama ana ko te tinana te hanganga .o tētahi hinengaro ao tino rangatira

Ko te hinengaro te mea matua e whakahaere ana i te tinana, ā, he mea tino nui kia karohia e te tangata ngā

whakaaro hinengaro o ngā ngoikoretanga o te tangata pērā i
te mate, te ngoikore, te koroheketanga, me te pouri, ā, kia
whakaū i a ia anō kei te rere te mahi mutunga kore i roto i a
ia, ā, kei roto i tēnei mahi te mātauranga, ā, ka taea te
whakakī i ngā pūtau o te tinana ki te oranga me te ora o te
.taitamarikitanga

Ko te whakaaro te roro, ngā kare ā-roto, me ngā kare ā-
roto o ia pūtau ora; kei a ia te mana ki te pupuri i te tinana
kia ora, kia mataara, kia ngoikore rānei. Ko te whakaaro te
rangatira, ā, ko ngā pūtau o te tinana ōna pononga, e
whakarongo ana ki ngā whakahau me ngā aukati a tō rātou
rangatira nui: ko te whakaaro

He nui te aro ki te kounga o te kai e kainga ana e tātou i
ia rā, ā, me aro anō hoki tātou ki te kounga o te kai
hinengaro me te kai hinengaro e whakaratohia ana e tātou ki
.ō tātou hinengaro i ia rā

E mea ana te kaipūtaiao matatika ehara te tinana i te
ngaru hikohiko engari he ngaru o te hinengaro e rere ana i te
.moana o te hinengaro atua

I ia rā, me whakapakari tātou i tō tātou kaha tinana, me
whakanui i tō tātou kaha hinengaro, me te mōhio ki a tātou
anō mā te whakaaroaro, te whakaaro tika, me ngā mahi pai,
whai hua e whai hua ai te tinana, te hinengaro, me te
.wairua

Kua manaakitia ahau e te Atua i roto i ēnei tau roa o
tōku ao. Ahakoa e kite ana te tangata i te ataata o te ngākau
māhaki i tōku mata, kei ahau tonu te hari atua, ā, e kore e
wehe atu i ahau. E rere tonu ana te awa nui o te harikoa i
raro i te onepū o tōku hinengaro, ā, e pupū ake ana hei puna
.manaaki e whakamakuku ana i ngā māra o tōku ao

E kore e taea e ngā huringa ohorere o te ao te
whakararuraru i tōku rangimārie, e kore hoki e taea e te
.wairua o te mate te tango i te hari wairua e pā ana ki ahau
He uaua ki te hanga i taua āhua kia pumau, kia kore e
taea te whakarerekē, engari ko ngā hua o te wairua e

pārekareka nei ahau ki a ia, e tohaina ana hoki ki ētahi atu,
he mea tika te whakapau kaha katoa i whakapaua e au ki
.roto

Ko te wairua atua taku e whakaaro ana, e mahi ana
hoki. Kāore te moni i te whāinga i roto i te ao, engari ko te
mahi ki ōku teina me ōku tuākana i roto i te tangata. Nō
reira, kua whakatuwherahia e te Atua ngā tatau maha o te
pai kia taea ai e au te tautoko i ahau anō me te whakatutuki
i taku misioni. Ā, i ngā wā katoa e hiahia ana ahau ki te
.āwhina, ka homai tonu mai e te Atua
Ko tāku anake hiahia he mahi māu, koia ahau i konei ai
Kei te mahi te mana o te Atua i roto i ō koutou oranga.

Ka wheakohia e koutou tēnei pono ina whakakahangia tō
koutou whakapono, ā, ka mōhio koutou kāore te taonga
pono e ahu mai i te angitu ā-ipurangi engari nō te Atua Kaha
.Rawa

Ahakoia te āhua o te ao kāore e taea te matapae, te
hurihuri, me te ngaro, ki tonu i ngā feaa me ngā momo
raruraru me ngā āwangawanga katoa, kei raro tonu tātou i
te tiakitanga tonu a te Atua. Kaua e whakanui rawa i ngā
mea, kaua hoki e ngaro tō tātou marino i mua i ngā
huihuinga, nā te mea ki te tukua e tātou te matakua kia
taupokina tātou, ka hoatu e tātou te mana ki te kino, ka
hohonu ake ōna pakiaka, e tupu ana, e tupu ana i roto i te
.oneone o te wehi me te manukanuka

Kaua tātou e tumanako ki te kitea te harikoa me te
rangimārie pumau i roto i ngā whakamātautau o te ao;
engari, me rapu, me hura hoki i roto i a tātou anō. Nō reira,
ahakoia he aha ngā wheako e pā ana ki a tātou, ka rite tā
tātou whakahaere i aua wheako ki tā tātou mātakitaki i ngā
wheako o tētahi atu i roto i te kiriata, ahakoia he pai, he
.mamae rānei

Ka taea e te tangata te huri i ō rātou wheako katoa hei
whakamātautau mamae, hei whakamātautau pōuri mena ka
tukua e rātou tōna hinengaro kia pērā. Ahakoia he pai te

hauora o te tangata, kāore e mārama ki tōna uara. Engari ki
te pāngia rātou e te mate, ka whakaiti rātou i a rātou anō, ka
maioha ki te manaakitanga o te oranga. Me mihi tātou ki te
atawhai o te Atua, me whakawhetai ki a la mō ngā
manaakitanga e homai ana e la ki a tātou, me te kore e
tatari kia puta he āhuatanga kino hei mea kia whakawhetai
.tātou, kia mōhio ai ki Tōna aroha noa

Me whakakotahi te ao i te whakaaroaro me te mahi. Ina
ngaro te taurite hinengaro o te tangata, ka ngoikore ia ki te
whakaekenga mai o ngā manukanuka, ngā kapua o te pouri,
me ngā mamae. Ā, ki te ngana ia ki te takahi i ngā ture o te
hauora, te whai rawa, me te whakaaro nui, ka tino pāngia ia
.e te mate, te rawakore, me te kuware

Me pupuri e tātou ō tātou whakaaro kia ma, kia ma ō
tātou hihiri, kia mahi hoki i roto i te huarahi e homai ai te
rangimārie o te hinengaro ki a tātou, kaua hoki e tukua ngā
āhuatanga o te ao kia whakararuraru i tō tātou rangimārie,
.kia whakangaro hoki i tō tātou harikoa
hoki i tō tātou hinengaro, ā, whakakorea te
taumahatanga o te ngoikore hinengaro me te matatika i
tukua iho i ngā tau me ngā whakatipuranga. Me tahuna ēnei
poke ki roto i ngā ahi o te whakatau hou me te mahi whai
hua. Mā tēnei huarahi hanga, ka taea e te tangata pono te
tae atu ki ngā pae tawhiti o te herekoretanga me te
.rangatiratanga

Ngā ture mutunga kore o te harikoa

E kīia ana i te wā koura o tētahi o ngā rangatira tika o
Īnia, kāore he aituā, he matenga wawe, he āhuatanga taiao
rānei i whakararuraru i te rangimārie me te rangimarie o
.tōna kingitanga

Ina noho pono ngā mema o te whānau, ka nui ake te
rangimarie, te hauora, me te aroha i roto i ia kāinga. Engari
ina mahi kino ngā mema o te whānau tetahi ki tetahi me te
hiahia whaiaro, ka kī tonu te kāinga i te ngangau me te

mauahara. Ka pā anō hoki tēnei ki ngā iwi. Ina noho pono, ka
.kite te iwi i te rangatiratanga o te Atua i runga i te whenua
He poto te wā i tēnei rā tātou e noho nei, āpōpō tātou ka
haere Ko te rapu i te Atua te mana nui rawa atu o te tangata
Me whakamahi pai tātou i te herekoretanga kua homai e te
Atua ki a tātou i tēnei ao, me te whakamahi i aua mea me te
whakaaro nui kia taea ai e tātou te wheako i ngā pono
.wairua mutunga kore

Ko te hara te mea e mamae ai te tangata. Ko te pai te
mea e hari ai rātou ake ake. Ki te kore te tangata e whai i te
rangimarie wairua i roto i ōna whakaaro me te rangimārie i
roto i a ia anō, e kore e taea e te whare hou, e te motuka
hou, e tetahi atu mea hou rānei te kawe mai i te harikoa me
te marino ki tōna wairua; engari, ka mau tonu te mamae o
roto ahakoa kua riro mai i a ia aua mea hou me ētahi atu
.mea

Ko te harikoa pono kei roto i te kaha ki te whakahē i ngā
āhuatanga me te tu atu ki ngā whakamātautau katoa o
waho. Ka kitea ina taea e koe te whakamanawanui i te
mamae nui me ngā uauatanga nui i puta mai i te
whakahāwea me ngā ngana kino a ētahi atu ki te whara me
te mahanga i a koe, ā, ka whakautu koe ki ā rātou hara me
te aroha me te murunga hara. Ina taea e koe te pupuri i te
rangimarie o te hinengaro ahakoa ngā mamae o ngā
.āhuatanga o waho, ka reka koe i te harikoa

E mea ana ngā Karaipiture Tapu, ko te hunga e
whakahaweana ki ngā ture a te Atua, e whai ana i ō rātou
hiahia kuware me ō rātou hiahia, e kore e kitea te harikoa, e
kore hoki e tutuki i tā rātou whāinga matua. Ka akiaki rātou i
te hunga e rapu ana i te pono kia waiho ngā Karaipiture
Tapu hei rama ārahi, hei kaiwhakawā hoki i a rātou e
whakatau ana i ngā mea me mahi me ngā mea me karo, kia
mārama hoki ki ngā mea me te mahi i runga i te whakaaro
.nui

Ko te hunga e māia ana ki a rātou anō, ko rātou te
hunga e mahi ana me te ngākau pono. Ko te harikoa ka puta
mai i ngā whakaaro parakore me ngā mahi tika. Ki te harikoa
koe i nāianei, ka harikoa koe i te heke mai, i konei me te ao
.e tū mai nei

Me kohikohi tātou i ngā hua o te waimarie mā te
kohikohi i ngā hua o te whakaaro nui i te mea e whiti ana te
rā o ngā whai wāhitanga e wātea ana. Ara, me hopu e tātou
.ngā whai wāhitanga i mua i te tomuri rawa
ki te kore koe e hopu i te Hopukia te whai wāhitanga,)

(whai wāhitanga, ka waiho hei pūtake o te pouri
Kua homai e te Atua ki a tātou ngā ture wairua e kiia nei
ko ngā whakahau. Engari kāore ēnei whakahau e arohia ana,
e takahia ana hoki i ia rā, i ia wāhi. Ki te kore te tangata e
mārama ki tōna tikanga wairua, ka amuamu tonu rātou mō
ēnei ture, ka tahuri ke atu hoki i aua ture. He ture whanonga
pumau ēnei ture e tautokona ana e ngā whakapono katoa a
Āperahama. Heoi, he maha ngā wā kāore ngā tuhinga e
whakamārama i ngā āhuatanga hinengaro o ēnei ture me
ngā painga e pā ana ki te whai i aua ture. Ka whakaae te
tangata ki ēnei ture i ngā wāhi karakia, engari kāore e whai i
aua ture i waho atu i aua ture, e whakamārama ana i tēnei
mā te kī he koretake ēnei ture, he koretake, he koretake
hoki. Heoi, ko te takahi i ēnei ture te pūtake o ngā mamae
.katoa o te ao

Engari he aha te painga o aua ture, ā, kei hea ngā
?painga o aua ture

E tohutohu ana ngā pukapuka tapu i te tangata kia
whakaaroaro ki te Atua, kia rumakina tōna hinengaro ki roto
ki a ia, kia tukua ngā mea katoa ki a ia, kia karakia ki a ia me
te pono, me te kore e whakaranua ki te tinihanga, me te
.kore e poke i te tinihanga

Ko te mōhio ki te Atua te whāinga matua o te ao. Kāore
e taea te whakatutuki i ngā mahi o te ao me te kore te mana

kua homai e te Atua ki te tangata. He hapa, he hara te mahi
.i ngā mahi noa me te wareware ki te Atua
Ko te hara te tikanga o te kuware: te mahi i tētahi ara e
rerekē ana ki te pai nui o te tangata
He aha te take e pouri ai te tangata, e pōuri ai? Nā te
mea kāore rātou i mahi tika, nā te mea ehara te Atua i te
.tuatahi i roto i ō rātou ngākau
Kāore he mea i roto i te oranga o te tangata e tika ana
kia kiia he mea nui atu i te Atua. Ki te tino aroha te tangata
ki te Atua, ā, ki te whakatutuki i tana kawenga wairua ki a Ia,
ka pai ake ōna āhuatanga i ngā huarahi katoa, ā, ka noho
haumarū, ka noho pūmau hoki ia ahakoa ngā āhuatanga
.katoa e karapoti ana i a ia
Ina tīmata te tangata ki te karakia ki ngā taonga, ki te
moni, ki te rongonui, ki tētahi atu mea rānei i tua atu i te
Atua, ka pā te pouri ki a rātou. Ko te hunga e aro katoa ana
ki ēnei mea, kei te karakia tonu rātou ki a rātou, nō reira,
kāore rātou e whakatata atu ki te Atua, engari e mawhiti atu
ana i a Ia. Engari ko te hunga e whakaaroaro ana ki te Atua,
e whakaaroaro ana ki a Ia, e kōrero ana ki a Ia i roto i ō rātou
ngākau, e whakatata atu ana ki a Ia, ā, e wheako ana i te
.hari o roto i roto i tā rātou kōrero puku ki a Ia
Ko te Atua anake te kaha ki te whakatutuki i ngā
moemoeā me ngā tumanakohanga a te tangata mō te
harikoa pumau. Nō reira, kua tetahi mea e whakaaetia kia
.tangohia te tūranga o te Atua i roto i te ngākau
He tohu tapu kei reira hei āwhina i te tangata e rapu ana
kia maumahara ki te Atua, kia whakatata atu hoki ki a Ia.
Heoi, ki te tīmata te tangata ki te karakia ki ēnei tohu, ka nui
ake te kino i ō rātou painga. Me tuku te karakia ki te Atua
anake, nā te mea kāore he mea kē atu e tika ana kia
.karakiatia
Ahakoa te āhua o te karakia ritenga, e manakohia ana e
te Atua, mena ka mahia e te kaikarakia me te māramatanga
wairua me te hiahia ki a Ia. Heoi, he tokomaha te hunga

kāore e mārama ki te mauri o te karakia, ā, kua tahuri ke ō
rātou whakaaro me ō rātou ngākau i te Atua ki ngā ritenga,
.nō reira kāore e nui te painga o tā rātou karakia
Kāore ngā kaikarakia pono e tuku i ō rātou hinengaro kia
herea ki tētahi whakapakoko, ki tētahi āhua rānei, engari ka
arotahi rātou me te aroha hohonu me te aro nui ki te wairua
.atua kei muri i ngā whakapakoko me ngā āhua katoa
He Atua mutunga kore, he Atua mutunga kore, ā, kāore
he whakaahua, he whakapakoko rānei e taea te pupuri i a ia
Ka taea te kī ka whakakitea te Atua i a ia anō i roto i te
hunga katoa e aroha pono ana ki a ia, ā, e noho tahi ana me
ia, nā te mea kei ngā wāhi katoa ia, nō reira kei roto i te
katoa. Heoi, kāore i te katoa te kaha ki te whakaatu i te
aroaro atua. Ka whiti ōrite te rā ki te waro me te taimana,
engari ka whiwhi te taimana i te hihi o te rā, ka whakaata
hoki, engari kāore e taea e te waro. Waihoki, ka rumakina
ngā tāngata katoa ki te māramatanga o te Atua, engari he
tokoitī noa iho ka taea te whiwhi i taua māramatanga me te
whakaata i roto i ō rātou whakaaro me ā rātou mahi. Hei
mahi i tēnā, me pure rātou i a rātou anō mā te whakaaroaro
.me te whai i ngā whakaakoranga me ngā ture atua
Ina whakahuatia e tātou te ingoa o te Atua, me tino
mōhio tātou ki tā tātou e kōrero nei. Mēnā ka taea e koe te
kite i ngā whakaaro o te tangata i a rātou e inoi ana, ka kitea
e koe ko te nuinga kei te whakaaro ki ngā mea katoa engari
ko te Atua anake, ahakoa kei te whakahuatia e rātou tōna
.ingoa! Kāore he hua o taua inoi, kāore hoki he tikanga
Ina inoi tātou, me whakapau kaha tātou ki te arotahi i ō
tātou hinengaro katoa ki te Atua, kaua e whakahua noa i
tōna ingoa tapu me te tuku i ō tātou whakaaro kia
kopikopiko noa. I whakahuahia e tētahi o ōku whaea kēkē
āna inoi ki runga i ngā poroporo inoi, he onge noa iho te
korenga e taea te tango atu i tōna ringa. Engari i tētahi rā ka
whaki mai ia ki ahau ahakoa te mahi i tēnei tikanga inoi mō
ngā tau e whā tekau, kāore te Atua i whakautu i āna inoi.

Kāore he mea miharo! Ko āna "inoi" he tikanga manukanuka
.noa iho

Ina inoi tātou, kua e whakaaro ki tetahi mea engari ko
te Atua anake. Me whai tātou kia pono tā tātou karakia, kia
whakatapua hoki ki ā tātou inoi. He mea tino manakohia te
whakamahi i ngā poroporo inoi me te karanga tonu i te ingoa
o te Atua ina ahu mai te mahi i te ngākau, ā, e tautokona
ana e te pono me te hinengaro arotahi. Heoi, ka taea e tēnei
.mahi te noho aunoa i roto i te wā

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou
ngākau, i runga i te rōhari o te hiahia me te aroha atua;
koinei te karakia pono e pā ana ki te ngākau o te Atua. Ko te
whakahua i te ingoa o te Atua me te makariri me te
hinengaro kopikopiko he kohukohu me te kore whakaute. Ina
inoi te tangata, me whakakī te ngākau me te hinengaro i te
aroha o te Atua. Mā te arotahi hinengaro mā roto i ngā mahi
yoga teitei ake ka āwhina i a tātou ki te whakatata atu ki te
Atua, te puna nui o te kororia me te ataahua, ā, ka āwhina
.hoki i a tātou ki te whakaaroaro me te kōrero ki a ia

He mea nui kia whakatapua he rā kotahi i te wiki ki te
okiokinga wairua (ki te taea) hei whakaaroaro ki te Atua, hei
wheako hoki i te marino, te rangimārie, me te rangimārie o
roto. Ko te wā e pau ana i tēnei ara hei rongoā whakamarie
mō ngā raruraru me ngā manukanuka e pā ana ki a koe i te
.toenga o te wiki

Me noho motuhake te katoa i te rā kotahi i ia wiki, i te
"wātea wairua" rānei, hei whakaora i ō rātou patunga me
ngā mamae o te ngākau. Ina tae mai taua rā ki te
rangimārie, ki te harikoa, ki te ngākau māhaki, ka tatari koe
.ki a ia i ia wiki, i ia wiki

Ko te mokemoke te utu mō te hiranga. Ka miharo koe ki
ngā hua whakamiharo ka tutuki mō tō hinengaro, tō tinana,
me tō wairua mā tēnei okiokinga wairua me te hononga ki tō
wairua me te Atua. Ki te hiahia koe ki te harikoa pono, me

rumaki koe i a koe ki te moana o te rangimārie atua i te
.atatu i te oho ake, ā, i mua hoki i te moe i te pō
Kaua e tohutohu ngā tohunga o Īnia kia kotahi noa te rā
mokemoke, engari kia whakanuia te hiahia mō te
whakaaroaro mārie i ngā wā e whā i ia rā. I te ata, i mua i te
ara ake me te kite i tētahi atu, me pārekareka te tangata ki
te marino me te rangimārie. I te poutumarotanga, me
whakamarie te hinengaro i mua i te tina, ā, me pārekareka
anō ki te wā rangimārie i mua i te tina. Hei whakamutunga, i
mua i te moe i te pō, me hoki anō te tangata ki te
.rangimārie

Ko te hunga e ata noho puku ana i te wā mokemoke, ā,
puta noa i ēnei wā e whā o te rā, ka tino rongo rātou i te
noho tahi me te Atua. Ko te hunga kāore e taea te pupuri i
ēnei wā katoa, me whakatapua te iti rawa o ngā hāora o te
ata me te ahiahi. Mā te mahi pera, ka puta ke ō rātou oranga
hei pai ake, ā, ka kite rātou i te harikoa; ko te wheako te
.tohu pai rawa atu

Ki te tuhituhi tonu koe, ki te haina hoki i ngā haki, me te
kore e whakatakoto moni hei utu mō tō pūkete putea, ka pau
āu moni. Pērā anō hoki mō tō oranga. Ki te kore he
penapena rangimārie i roto i tō pūkete oranga, ka pau tō
kaha, ka ngaro tō marino, ā, ka memeha haere tō harikoa. I
te poto, ka pāngia koe e te pirau o te hinengaro, te tinana,
me te wairua. Engari mā te whakaaroaro hohonu ki te Atua i
.ia rā ka ea ngā ngoikoretanga o tō wairua

Ka whakaaroaro te tangata rapu pono i ia rā, ka kōrero
ki te Atua me te aroha me te hiahia nui i roto i tōna ngākau,
me te inoi ki a Ia kia whakakitea mai ia. Mena he tangata
aroha koe ki te Atua, ā, e hiahia ana koe ki te wheako i Tōna
aroaro, me rumakina tō hinengaro me tō tinana ki roto i
Tōna rangimārie, ā, ka menemene te ora ki a koe, ā, ka pai
ake ō mahi i roto i ngā huarahi maha. He onge te tangata
.marino ki te hē, ā, ka angitu i te wā e hinga ai ngā mano tini

Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki
.a la, ka pouri, ka pōuri. Ka riri rātou, ka huri hei mīhini hiko
Ka ara ake te rā o te whakaaro nui me te rangimārie i te
rangi o te marino, ā, ka taupokina koe e ōna hihi whakaora,
mena ka whakapau kaha koe ki te wairua, ka waiho te Atua
.hei tūranga tuatahi i roto i tō ngākau

Me waiho hoki he rā whakaaroaro hei rā okiokinga
hinengaro, tinana hoki, me te whakatipu i te rangimārie o
roto. Ko ngā mahi katoa e puta ai te whakaaro nui me te
.rangimārie, he mahi manaakitanga i taua rā

Mō te whakahonore i ngā mātua, kua tūtohu ngā
pukapuka tapu kia atawhai i a rātou: "Whakahonoretia tō
"pāpā me tō whaea" me "Kia atawhai ki ngā mātua
Me whakahonore ngā matua tāne me ngā whaea
tangata hei māngai mō te Atua, nāna nei i homai ki a rātou
te taonga o te hanga i te tangata. Ko te whaea te
whakaaturanga o te aroha parakore o te Atua, nā te mea ka
murua e te whaea aroha ngā hara i te wā kāore he tangata
kē atu e muru. Ko te matua te whakaaturanga o te whakaaro
.nui me te tiaki a te Atua mō āna tamariki

Kaua te tangata e aroha ki tōna pāpā me tōna whaea i
tua atu i te Atua, engari hei whakaaturanga i taua aroha. Ko
te kaitiaki me te tangata whakaaro nui. Ko te wairua atua nui
rawa hei matua me hei whaea hei āwhina i te tamaiti, nō
.reira me whakahonoretia tēnei e ngā mātua

E tohutohu ana hoki ngā karaipiture kia kaua e patu
tangata hei patu noa iho, nā te mea ka noho ko ia hei
kaikōhuru. Kaua te tangata e tango i te ora o tētahi atu i roto
i te wā e nui ana te kare ā-roto. Heoi, ki te whakawehihia
ngā whanaunga, me whawhai te tangata ki te tiaki i te
hunga kua tukua mai e te Atua ki a rātou, he mahi tapu hoki
.te tiaki i tōna whānau me tōna whenua

Mō te aukati i te puremu, ko te kaupapa tino pai o te
hononga ā-ira tangata ko te whānautanga o ngā tamariki i
hangaia kia rite ki te ahua o te Atua, me te whakaatu i te

aroha parakore e kitea ana e ngā hoa rangatira e kite ana i
te Atua i roto i a rātou anō. Ko te hunga e noho ana i runga i
te taumata tinana anake, me te kore e aro ki te aroha pono,
ki te kaupapa teitei ake rānei i hangaia ai te hiahia ā-ira
tangata, ka puremu rātou e ai ki tēnei ture. I tēnei wā, kāore
rātou i te rerekē i ngā kararehe e makona ana i ō rātou
.hiahia ā-ira tangata, kātahi ka haere tonu
Nā te Atua tēnei hihiri auaha i roto i ngā tāne me ngā
wāhine kia whānau ai, kia whakapuaki ai hoki i te aroha pono
i roto i te marena, ā, kaua e whakamahia hētia, engari kia
.hurihia hei mahi tapu, hei mātauranga tapu hoki
Ki te taea e koe te whakahaere me te tohatoha i te
mana moepuku i roto i tō tinana, ka taea e koe te
whakawhanake i ngā pūkenga hinengaro nui mō te tuhituhi,
te tuhi, te whakaatu rānei i ngā taranata huna i roto i te tini
.o ngā huarahi
Ā, ina taea e koe te whakahaere me te whakaputa ke i
te wairua o te mahi auaha, ka wheako koe i te rangimārie
.nui, te aroha nui, me te hari wairua e piki haere ana
Ko ngā hunga tapu me ngā kaiārahi wairua kua
whakarerekē i ā rātou mahi moepuku, he hunga nunui e
kaha ana ki te mahi i ngā mahi whakamiharo me ngā mahi
whakamiharo i te ao, i roto hoki i te rapunga ngaro mō te
.pono
Nō reira, ko te whakamahinga nui rawa atu o te hiahia
moepuku ko te whakanui ake i tōna mana, arā, te
whakawhiti i tōna kaha ki tētahi kaupapa teitei ake hei
whakaatu i te whakaaro nui, i ngā whakaaro rangatira, me
ngā wawata wairua. Kaua te tangata e whiwhi i te ahua reka
mai i ngā whakaaro moepuku, kaua hoki e hiahia ki ngā mea
kua rāhuitia. Ina tutuki tēnei momo whakahaere whaiaro, ka
whai tirohanga pai te tangata mō te moepuku me tōna
.kaupapa teitei ake
Ko te noho hei pononga mā ngā take moepuku ko te
ngaronga o te hauora, te mana whakahaere i a ia anō, me te

rangimārie hinengaro, ā, i roto i ngā kupu poto, ko ngā
.āhuatanga katoa o te harikoa e hiahiatia ana e te tangata
Kei te akiaki hoki ngā pukapuka tapu i a tātou kia kaua e
tahae. Mēnā ka tahae tetahi rōpū mano tāngata i tetahi, ka
999 ngā hoariri o ia tangata. Nō reira, kaua e takahi i ngā
tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te
rangimārie, i te aroha, i te mana, i tētahi o ā rātou taonga ā-
tinana, ā-wairua rānei. Mēnā kāore koe e hiahia ki te tango i
ngā mea ehara i a koe, ka tae mai ki a koe ngā mea e
hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te
hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me
hutia ake ngā purapura o ngā hiahia kino i te hinengaro. Ko
te atawhai wairua te huarahi. Kātahi ka kukume mai te
tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e
rātou me ngā puna kāore e mōhiotia ana e rātou. He ture
tapu tēnei. Mō ngā tahae me ngā tāngata hiahia-ā-iwi, ka
pau ō rātou oranga ki te whai i ngā taonga ā-tinana, me te
titiro tonu ki ngā mea a ētahi atu, ahakoa kei te puea ake ā
.rātou ake putea i te koura
Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga,
e kore e taea e te ao te mōhio ki te harikoa
Ka puta te harikoa mā te mahi tahi wairua anake. Ka
puta mai ina rongo te tangata i ngā hiahia o ētahi atu me te
mea nōna ake, ā, ka mahi mā ētahi atu i a rātou e mahi ana
.mā rātou anō
Ko tētahi atu ture nui ko te karo i te whakaatu teka. Ko
te whara i tētahi tangata mā te whakapohehe i te pono he
huarahi anō tēnei hei whakararu i te rangimarie o te hāpori.
Ki te hiahia tetahi kia atawhaitia paitia, me atawhai ia i ētahi
.atu

Me kōrero tonu te pono, engari me wehewehe i
waenganui i te kī pono me te kī noa i ngā meka. He mea
mamae, he mea kore āwhina te kī he kopa, he matapo rānei
tētahi; me whai whakaaro ki ngā kare ā-roto o ētahi atu, ā,

me karo i te whakama i a rātou. Waihoki, he hē anō hoki te whakaatu i tētahi pono e taea ai te tuku i tētahi ki te kore he kaupapa rangatira. I tētahi atu taha, kaua e teka hei karo i te kōrero pono; engari, ka taea e te tangata te noho puku i tētahi wā hei karo i te whakama, i te whara rānei i tētahi atu.

Me tūpato te tangata i te hae, he mate whakangaro e ngau ana i te rangimārie o te wairua. Ka nui ake te hiahia o te tangata ki ngā mea a tētahi atu, ka nui ake te pouri me te pōuri. Ka noho te tangata hae i roto i te ao raruraru, kāore e mōhio ki te reka o te rangimārie. He pai ake mā rātou te whakaute i a rātou anō, te whakawhirinaki ki a rātou anō, me te rapu i te taonga wairua o roto.

He nui atu te mana me te uara ā-roto o te tangata i ngā mea katoa e hiahiatia ana e rātou, e hiahia ana rānei kia riro i a rātou. E kitea ana te Atua i roto i ngā tāngata katoa, i tētahi ara kāore e kitea i roto i tētahi atu tangata. He rerekē ō rātou mata i ō tētahi atu tangata, ā, he rerekē ō rātou wairua i ō tētahi atu tangata, nā te mea kei roto i a rātou te taonga nui rawa atu o ngā mea hanga katoa—ā, ko te Atua taua taonga nui rawa atu.

Kāore mātou e herea e ngā mea o mua. Ina he whakapono tika tā te tangata, ā, ka mahi i runga i tēnā, ka nui atu tōna harikoa i te hunga kāore i te whakapono, ā, kāore e mahi i ā rātou mahi i roto i te pakanga o te ao.

Kei te noho tonu te whakapono tika me te mahi tika (e tautokona ana e ngā kaupapa rangatira me ngā whakaaro pai) i ngā wāhi katoa e noho ana te harikoa, ā, ka ngaro i ngā wāhi katoa e ngaro ana te harikoa. Mai i tēnei, ka taea e tātou te whakatau ko ēnei ngā āhuatanga matua e rua mō te harikoa, e kore e taea te whakatutuki me te kore ēnei āhuatanga. Ko te hunga e hiahia ana ki te harikoa, me whiwhi noa i ēnei āhuatanga matua e rua, arā, ko ōna tūāpapa me ōna pou.

Kāore e taea e te tangata te whakahaere—i runga i tōna
hiahia—i ngā wāhanga mutunga kore o te ao tūroa, kāore
hoki e taea e rātou te whakarerekē, te muku rānei i aua
wāhanga. He mea whatu pai ēnei wāhanga ki te hanganga o
te oranga tangata, ā, kāore e taea e te tangata te mahi
motuhake mai i a rātou. Heoi, ka taea e rātou te whakahaere
.i ō rātou hinengaro kia urutau ki ēnei wāhanga
Kaua e whara i a ia

I harikoa ake ō tātou tūpuna i a tātou, ehara i te mea nā
te nui ake o ā rātou taonga me ā rātou ahua eka o te ao i a
tātou o nāianei, ehara rānei nā te mea kāore i tino pāngia e
ngā raruraru o te ao, engari nā te mea i a rātou te taurite
hinengaro i homai ai ki a rātou te whakamarie, te
.rangimārie, te ngākau māhaki, me te harikoa poto
Kāore rātou i whakawhirinaki ki ngā āhuatanga o waho
mō tō rātou harikoa, kāore hoki i hinga ki ngā āhuatanga o
waho ka tango i a rātou. He mea maori, he mea noa, he
hauora, he mea pumau hoki ō rātou kare ā-roto o te
whakamarie, o te rangimārie, o te harikoa, me te ngākau
māhaki. Me whakatipu hoki tātou i ēnei kare ā-roto mēnā e
hiahia ana tātou ki te whiwhi i te harikoa. Ā, ko wai o tātou
?kāore

Ko te aituā he hua o te whakamahinga o mua o te hiahia
noa, o te herekore rānei ki te whiriwhiri. Nā roto i ā tātou
mahi o mua o te hiahia noa, kua kawea mai e tātou, ā, kei te
kawea tonutia mai ki a tātou anō te aituā me te aituā. Heoi,
kāore tātou e herea e te aituā, kāore hoki tātou e herea
tonutia e ngā hua o ā tātou mahi. Ka taea e tātou te
whakakore i tā tātou i ruia, te muku i tā tātou i tuhi ai mēnā
e hiahia ana tātou, ā, ka whai tātou ki te whakatika i tō tātou
ara me te whakapai ake i te kounga o tā tātou kotinga. Mēnā
ka whakakorea e tātou ngā purapura o ngā mahi me ngā
hua mamae, ā, ka whakatō ki ō rātou wāhi he purapura e
tika ana mō te āhua o te wairua, ka tino kokoti tātou i ngā
hua o te harikoa mai i aua purapura pai i ruia ki te oneone o

te wairua. Me whakamahi tātou i te hiahia noa ināianeī,
ināianeī, kua āpōpō, mēnā e hiahia ana tātou ki te
whakatutuki i te harikoa nui ake, ki te whakaiti rānei i te
.mamae me te mamae

Nō reira, kei roto i te tangata ngā āhuatanga mō te
harikoa, ā, ko tāna anake he aro nui ki taua whārite kāore e
hē, ā, ka pai ngā hua ki a ia mēnā ka aromatawai pai ia, ka
aro atu hoki ki tēnā. Engari ko te tangata he kaha tōna
ngākau, e noho tahi ana ia me te Atua

Pūngao hinengaro kua arotahi

Ina arotahi koe i te hihi o te rā Mā te arotahi i tētahi karu
whakanui ki tētahi pito iti, ka puta te wera, ā, ka taea e taua
wera te mura i te rakau Kakahu, pepa, me ērā atu Waihoki,
ina arotahi koe i tō hinengaro Ko tōna pūngao kua arotahi
Hei tahu i ngā kino me ngā pūtake o te ruarua, te take o ngā
hinganga katoa, ā, hei whakakanapa i te māramatanga o te
.whakaaro nui me te kanapa me te kanapa

Ina rite te whakaaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana manaakitanga katoa, ka
mōhio ia ki te aroaro o te Atua, ā, ka mau i a ia ngā
āhuatanga katoa o te angitu. He hononga tata ēnei
āhuatanga ki te mana nui o te Atua, ka taea te waihanga i
.ngā take hou mō te angitu i roto i ngā mara katoa

Kia karaunatia e te Atua ngā mahi pai me ngā mahi
atawhai ki te angitu

Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu
mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka
hua mai he hua e whakaata ana i ngā āhuatanga o aua
.whakaaro me aua mahi

Ina titiro koe ki te rā i ngā miriona maero te tawhiti i te
wāhi, he iti ake te āhua o taua whetu nui i tō tātou Ao. Heoi,

ko te whānui o te Ao he tata ki te 7,900 maero, ko te whānui o te rā he rau ngā wā nui ake. Me i taea e koe te whakanoho i tō tātou aorangi, a Papatūānuku, ki mua tonu i te rā, ka rite ki tētahi ira iti ki a ia. Whakaarohia te whānui o te rā e horapa ana tae noa ki te horomia e tōna papatipu nui te rangi kikorangi katoa. Ko te rangi e kitea ana e tātou he wāhanga iti noa iho, he ira noa iho, o te wāhi mutunga kore e horapa ana i te ao whānui. Ahakoa ka haere tonu te whānui o te rā ki te mutunga kore, kāore tonu e taea te kapi i te mutunga kore. Ko tēnei whakaaro nui o te iti me te mutunga kore e whakawhāiti ana i te kaha o te hinengaro ki te hopu i te whānui o te ao whānui, ōna takenga mai, me .ōna rohe

Ko ia, kāore i raro i ngā rahi me ngā inenga, kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho ana i ngā wāhi katoa, e noho ana i ngā pito tawhiti rawa o te wāhi. Kei roto ia i ngā whetū tawhiti, tawhiti, pērā i a ia e noho ana i roto i a koe, i roto hoki i ahau , ā, e mōhio ana ia ki ngā wāhi katoa e nohoia ana e ia ahakoa te iti, te rahi rānei. Nō te "pukapuka "Man's Ultimate Goal

Ngā inoi

Āe, e te Ariki

Tangohia tōku ringa i te pōuri ki te māramatanga

E te marino o te ao

Ka rongo ahau i tō reo i te haruru o ngā awaawa me te

tangi a ngā manu pōuriuri

I te aue a te hau, te haruru o ngā ngaru, me te whatitiri

o ngā wiri

E te Ariki aroha

Kāore au e karakia ana ki a koe mā te kupu, engari mā

te hiahia o te ngākau e mura ana i te hiahia nui ki a koe

Kia kite ahau i tōu whānui

Tō aroaro tonu i muri i ngā mea katoa

Tērā pea ka mōhio ahau he wāhanga ahau nōu ake tonu

atu

E te moana e pupū ake ana
Me i taea e ngā awa piko o aku hiahia te rere i roto i ngā
koraha o ngā arai me ngā aukati
Hei whakamutunga, kua hanumi tō raruraru nui rawa
atu

Āwhina mai kia rongo ahau i tōu reo, e te Ariki
Te oro o te ao tūroa i puta mai ai te wiri o te ao whānui
Tukua ahau kia kite i tō aroaro mā te tangi
manaakitanga (Om - Amene)
waiata Tapu mō ngā reo tapu katoa
Whakawhanuihia tōku mōhioanga i a au e whakarongo
ana ki te waiata o te oranga
Kia rite ahau ki te moana nui
Me ngā nekehanga riu o te tinana e kanikani ana i runga
i tōna uma

Kia rangona te reo tapu rawa i roto i ahau
Te whakawhānui ake i tōku mōhioanga mai i te tinana
ki te ao whānui
Kia rongo ahau i te harikoa mutunga kore, i te harikoa
whānui

E pahū ana mai i te moana o te māramatanga e pupū
ake ana

E te mana mutunga kore
E te whakaaro nui mutunga kore
Whakakīia tōku wairua ki tō wiri wairua
E te reo o te kupu tapu o te ao whānui
Whakatikahia aku hapa
Me hiahia ahau

Tangohia tōku ringa i te pōuri ki te māramatanga
Ia wā ka whakaaro ahau ki a Koe, e te Ariki, ka puta mai
he waipuke o te hiahia nui i roto i ahau, e wiri ana i ōku kare
ā-roto, e rere ana i tōku ngākau ki ia pūtau o tōku tinana, e
.whakakī ana i a ia ki te aroha atua
Ko taku hiahia nui kia tae atu ki te pūtake o tōu noho,
kia koa hoki ki tō aroaro

Ā, ka huaki whakarere te tatau o te wairua, ā, ka nui
!rawa tōku hari i te kitenga atu i tō māramatanga kanapa
Kāore te nuinga o te tangata e mōhio ki ngā mea o mua,
haunga ētahi tāngata whai mātauranga. Heoi, he painga anō
hoki tō tātou kore mōhio ki ngā mea o mua. Mehemea hoki i
mōhio tātou ki ngā mea katoa i mahia e tātou i tēnei ao me
ngā oranga o mua, kua taupokina tātou e te nui o ā tātou
mahi, ā, kua tino pōhēhē tātou. Ina hoki, tera pea ka
pararutiki tō tātou hiahia i te ohorere, ka kore ai e taea e
tātou te haere tonu i ā tātou mahi, ka waiho hoki tātou hei
taonga mō te ngakaukore. Ahakoa i tēnei ao, he
manaakitanga nā te Atua te warewaretanga, e ārai ana i ngā
maharatanga o mua, inā koa ko ngā mea kawa me ngā mea
mamae, kei taupokina ō tātou whakaaro me ō tātou kare ā-
.roto

Heoi, he waimarie, kei te tiaho tonu te mura o te atua i
roto i a tātou me te tumanako me te hiahia ki te haere tonu i
te haerenga mutunga kore o te ao. Me whakawhetai tātou ki
te Atua mō ēnei manaakitanga e rua: te wareware i ngā mea
.o mua me te tumanako ki ngā mea o muri mai
Kaua tātou e whakatau ko te aituā te take e ārai ana i te
hiahia. Heoi, me whakapau kaha tātou ki te ārai i ngā awe
kino e kīia ana e te nuinga o te tangata ko te aituā me te
aituā, me te whakamahi i tō tātou herekoretanga ki te
whiriwhiri i runga i ō tātou whakapono ā-roto, mena kei
runga ēnei whakapono i te whakapono pakari, ā, kei runga
hoki i ngā ture atua, ki te kore ēnei e kore e taea e te
.tangata te reka i te harikoa pono

Ina tīmata tātou i tētahi mahi, kaua tātou e matakū i
ngā āhuatanga kino, engari kia tino hihiri, me te whakapono
pūmau kāore he mea e arai ana i te whakamahi i tō tātou
hiahia me te whakamahi i tō tātou herekoretanga ki te
.whiriwhiri

Ki te kore e tutuki i a tātou tā tātou whāinga, he mea
tika kia whakaae puku tātou he arai nā tātou anō i aukati i a

tātou ki te whakatutuki. Me tohe tonu tātou, me te whakanui ake i ā tātou mahi kia tutuki ai tā tātou whāinga. Me whakaū anō hoki ki a tātou anō ahakoa te kaha me te whakamataku o ngā arai me ngā wero, kei a tātou tonu te kaha ki te tango atu i aua arai me te wikitoria. Ahakoa ka hinga tātou ahakoa ā tātou ngana katoa, kāore he take mō te ngakau pouri me te pouri, mena ka mārama tātou he kaha ake te hiahia o te tangata i te ao i whakaritea, nā tātou anō i hanga. Nō reira, kua e mutu te ngana, ahakoa te maha o ngā wā ka hinga tātou, nā te mea kei te tuwhera tonu ngā tatau. Me haere tonu tātou ki te ngana me te whakahoki i te ngana kia tae rā anō ki te wā e angitu ai tātou. Ka āwhina mai te Atua i a tātou mena ka whakawhirinaki tātou ki a ia me te whakapau kaha. Ko te tangata e hikoi ana i te ara ka tae ki tōna ūnga, ā, ko te tangata e whakawhirinaki ana ki te Atua, e kore ia e .pouri

Ina hiahia te tangata ki tētahi mea, ā, he kaha, he hiahia nui taua hiahia, e kore rawa taua hiahia e ngaro i roto i tōna hinengaro, ahakoa te wāhi e haere ana rātou, ahakoa te wāhi e tahuri ana rātou, ahakoa te aha ō rātou āwangawanga me ō rātou manukanuka. Nā tōna mahi tonu, he nui te whakatau me te kaha o taua hiahia. He kaha ake, he whai hua ake hoki tēnei hāmama hinengaro i te inoi ā-ringa, e kore e neke atu i te nekeneke o ngā ngutu. Koinei te mahi a te hunga aroha ki te Atua; ka hāmama tonu rātou i tō rātou aroha ki te Atua, ā, he pono, he kore e rangona ā rātou hāmama, puta noa i ā rātou mahi o ia rā. Kāore tēnei hāmama pono e whakararuraru i a rātou, kāore hoki e taupatupatu ki ā rātou mahi kē atu. I te tipu haere o tō rātou hiahia ki te Atua, ka kaha ake, ka hohonu haere tō rātou aroha ki a ia, kia pā atu rā anō rātou ki Tōna aroaro, kia kite i Tōna māramatanga ki te kanohi o te wairua, kia reka ai te harikoa nui, kia rongu ai i te rangimārie e kore e taea te .whakaahua

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e
tātou i te ao kia whai hua ai tātou i aua akoranga, kia whiwhi
ai hoki i te māramatanga me te wheako. Ko te tangata e
karo ana i aua akoranga ka akiakihia kia ako i aua akoranga
.ahakoa te roa o te wā

He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria e
tātou te whai wāhitanga, ka whakamahia kinotia mā te
.amuamu, te riri, me te whakaaro kino

Ina whiwhi tātou i te māramatanga pakari me te waiaro
tika mō te ao, ka ataahua te ao. Ā, kāore he raruraru

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i te ngaru
o te harikoa, te totohu rānei i raro i ngā wai pōuri o te pouri,
te toremi rānei i roto i te hōhonutanga o te hoha. I tēnei ao e
whakaatuhia ana e ngā takirua taupatupatu, ka pāngia te
tangata noa e ngā pikinga me ngā hekenga. Ka ara ake ia i
runga i te ngaru o te harikoa, ka ruku ki roto i te
hohonutanga o te kore aro, ā, ka whiua haeretia e ngā ngaru
riri o te pouri. Ā, he onge tana mōhio ki tētahi atu āhua o te
hinengaro. Ka tukua ngā āhuatanga kia hurihia te whakaaro
pēnei. Ko te tikanga he tuku i te hiahia o te tangata ki tētahi
.aituā hurihuri me te pōturi

Ko te taurite hinengaro te mea e hiahiatia ana e te
tangata kia angitu ai, kia whai hua ai hoki tōna oranga
Ka taea anake tēnei mā te arotahi i te hinengaro. Mā te
.whakahaere i ngā āheinga hinengaro

Ahakoa ngā pouri hohonu rawa ka ora i te wā, nō reira
kāore he take o te noho tonu ki te pouri i ia rā, i ia rā o ō
tātou oranga. Kāore te pouri roa mō tētahi e arohaina ana
kua wehe atu e āwhina i a ia, i a tātou rānei, ā, kāore e
whakarerekē i tetahi mea i roto i te ao tūturu. Te
whakawhanake i te matatini o te whakaiti i te whakaaro, te
whiu rānei i a koe anō. Kāore he hua o te noho tonu ki ngā

hapa me ngā hinganga o mua. Ka whakapōuri noa iho te ao,
.ka whakararu hoki i ngā pūkenga hinengaro
Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā āheinga huna i roto i te oumu o te kore aro
Me whakakore te korenga i ōna pakiaka, ā, me parau
ngā mara o te ao me te ngākau nui me te whakapau kaha,
me te whakatō ki ngā purapura o te pai kia nui ai te kotinga
.me te āwhina a te Atua

Te rino i te Hūpiri Hiriwa

I karangatia ahau ki tētahi whakanuinga tiupiri hiriwa
mō tētahi tokorua, ā, i te āhua nei ko rāua tētahi o ngā
tokorua tino harikoa, engari i taku taenga atu ki tō rāua
kāinga, ka kite ahau kei te hē tetahi mea. Ka pātai atu ahau
ki ētahi o aku ākonga tokorua kia tirohia te āhua o tā rāua
mahi tetahi ki tetahi i te ahiahi, ā, i muri mai ka kōrero mai
rāua ki ahau. Ka menemene te tāne me te wahine tetahi ki
tetahi i mua i te aroaro o ētahi atu, ka kōrero tetahi ki tetahi
me ngā kupu reka pēnei i te "Āe, e taku e aroha" me te "Ae,
e taku e aroha nei," me ētahi atu kupu hoahoa. Engari i te
wā tonu ka whakaaro rāua kei te mokemoke rāua, ka totohe
.rāua, ka tuku kupu mamae tetahi ki tetahi

I kōrero ahau ki a rātou, ka mea atu: I karanga mai
koutou i ahau kia haere ki tā koutou pāti, engari he āhua
pōrearea te āhua, ā, ki taku whakaaro he nui te ngangau i
roto i tēnei whare, ā, ki taku whakaaro he nui te rino i roto i
.tēnei tiupiri hiriwa

I te tīmatanga, i riri rātou, engari i muri mai ka whakaae
rātou he tika ahau, ā, ka whakapāha. I haere tonu ia, me te
kī: He aha te painga o te tautohetohe me te ngangau i ngā
?wā katoa

Te āhua nei kei te noho tahi kōrua kia mau tonu ai tō
kōrua ingoa hei tokorua tino pai, engari me pērā tonu kōrua
te noho tahi, me te noho i roto i te rangimārie me te

rangimarie mō tō kōrua ake harikoa me te rangimārie o te
.hinengaro

Kai aukume

Ina kōrero te tangata mō te kai, te matūkai rānei, ko te
tikanga ko te kai tinana e kainga ana hei oranga mō te
tinana. Heoi anō, tera atu anō ngā momo kai e kore e iti iho
te hiranga i te kai tinana, ā, he maha atu anō hoki, pērā i te
kai hinengaro, te kai wairua rānei. Te mahi hinengaro, te
arotahi rānei o te hinengaro, te whakaaro nui me te
.māramatanga wairua

Mā te kai tinana ka ora ai ngā pūtau o te tinana, mā te
kai hinengaro ka whakakī te hinengaro ki ngā whakaaro
hauora, ā, mā te kai whakaaro nui ka whakaora i te wairua,
.ka whakawhanake i ōna pūkenga

Ko te whāngai hinengaro ko ngā whakaaro e
whakaarohia ana e te tangata me ngā mea e riro mai ana i a
ia i ētahi atu mā te whakapā atu me te taunekeneke ki aua
.whakaaro

Mā te hunga ngākau mārie, rangatira hoki ō rātou
wairua ka āwhina i a rātou ki te hanga i ō tātou whakaaro kia
.hihiri, kia ora hoki

Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te
manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te whakahoahoa ki te momo tangata hē, ahakoa he
hoa, he whanaunga rānei. Ka puta ake ngā whakaaro
manukanuka me te wairua kino i tēnei

Ka whiwhi te tinana i te pūngao me te ora mai i ngā kai
ā-tinana, ko ngā kai aukume ia e whakarato ana i te tinana
me te hinengaro ki ngā pūngao e ngāwari ake ana te
nakunaku i ngā kai totoka me ngā kai wai, e kore nei e
.ngāwari te huri hei pūngao ora

Ina taea e koe te huri i te kuware hei whakaaro nui, te
ngoikore me te ngoikore hei hauora me te ora, ā, ka hikoi

māia, māia hoki – ahakoa ko koe anake – i ngā ara o te ora,
ā, ka wheako i te harikoa o roto i te whai i te hinengaro ora,
mataara hoki, me te whakapono pumau ki te tika o te Atua
me te wikitoria o te tika ki te hē me te pono ki te
.mānukanuka

Ā, ina ngana koe i ia rā ki te tuku i ō whakaaro ki ngā
taumata teitei ake, ki ngā taumata kua oti ake te whakapai
ake, ā, kei a koe he ngākau aroha, he ngākau whakawhetai,
me ngā whakaaro pai ki ētahi atu, ka nui te aukume o tō
whāngai hinengaro, ā, ka kukume mai koe i ngā mea
ataahua me ngā mea whai hua katoa, mai i ngā mea, i ngā
tāngata me ngā āhuatanga, e hiahiatia ana hei haere tonu i
.te haerenga ki ngā takutai o te haumaruru me te haumaruru

Ki te whakapau kaha koe ki te whiwhi i ngā mea e
hiahiatia ana e koe, ā, ki te makona koe ki ngā mea e homai
ana e te Atua, ka nui ake tō wairua, ka nui ake tō makona i
te hunga e aro nui ana ki ngā taonga o te ao, e apo ana ki
.ōna ahuareka memeha noa

Ina rapu te tangata i te Atua, ko ia anake te hoa pono, i
tua atu i ngā hoa katoa, ka taea te whakatū i te
whakahoahoa pono i roto i ngā whanaungatanga tangata
katoa: whānau, te whanaungatanga teina, te
.whanaungatanga mārena, me te whanaungatanga wairua

He mea nui te whakahoahoa i roto i ngā hononga
marena, ā, me matua hoatu te piripono hinengaro me te
piripono kare ā-roto, te kare ā-roto e kukume ana i te
.tangata, me te aroha pono me te whakahoahoa

Ko te hunga kāore e taea te wehewehe i waenga i te
aroha pono me te kukume ā-hinengaro, ka pouri tonu rātou i
.ngā wā katoa

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, ā,
ka mahi tahi rāua ki te whakamama i ngā taumahatanga o te

ao mō rāua anō, me te whakakore i ngā āwangawanga o te
.noho mā te aroha me te māramatanga hoa
Kāore he tangata e taea te whakahaere i ahau, te tango
rānei i taku hiahia, ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau

E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga kei mua i ahau. Ki te tūhura i ōku pūkenga me te
kite i tōku pūmanawa wairua, ka whakakapia e ahau ngā
herenga ā-tinana ki ngā wawata teitei ake. Ā, ka mōhio ahau
kei te taha tonu ahau i te wairua pono

I tēnei rā ka whakakīia ōku whakaaro ki te hihiri, ka

wehe atu i ngā wheako kino, ā, ka mahi i ngā mea hei
whāngai i te tinana, te hinengaro, me te wairua i runga i te
.taurite me te pumau

Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakaorangia e au ake tonu atu mā te tiaki i tōku tuakiri
wairua. Ā, ina pā mai ngā awha o ngā whakamātautau me
ngā raruraru ki ahau, ka rere ahau i roto i te kaipuke o tōku
wairua. Whiti i te moana o te ora ki ngā takutai haumarū,
.atua

Ina mahi ahau, ina waihanga, ka mahara ahau kei te
mahi te Atua mā roto i ahau; ko ia te Ariki o te ao whānui, ā,
ka taea e au te hono atu ki a ia mā te whakaaroaro hohonu
.ki a ia

E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro ki te hinganga, ki te angitu rānei, kei runga i te
whakaaro tino kaha i roto i tōku ao. Nō reira, ka ngana ahau
ki te mahara kei te totoro mai tō ringa āwhina ki ahau, ā, kei
.te whakarite i ahau mō ngā take o te angitu

Ina pā mai ngā aituā me ngā aituā ki ahau, ka
whakaarahia e au tōku wairua, ka whakapakari i tōku
whakatau ki te wikitoria i aua aituā. Ka whakamahia e au te
ngākau pono me te pono i roto i aku mahi me aku
taunekeneke ki te katoa, ā, ka tukuna e au ngā whakaaro o

te aroha me ngā wawata pai. Kātahi ka tautokona ahau e te
.Atua ki tōna mana me tōna whakaaro nui

E te Ariki, ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ki ngā whakatutukitanga nunui

Ahakoia ka tutuki ngā wawata katoa o te ao, ka kawea
mai tonutia he harikoa kore mutunga, ā, ko te kimi i te Atua
anake te harikoa pono ka kitea e au he puna mutunga kore o
te harikoa, ā, e kore e mutu te rere me te rere, i roto i ngā
.māra o te wairua me ōna mania matomato

Ngā kiwaha koura

Ko te harikoa tōku tika, tōku taonga tuku iho, me tōku
taonga huna atua. Aratakihia ahau, e te Ariki, kia kitea ai e
au i roto i ahau ngā taonga e hira ake ana i ngā moemoeā a
.ngā kīngi

* * *

Ko te atua e noho ana i roto i ngā ngākau e
whakamārama ana i roto i ana ākonga - nā roto i tana aroha
me tōna ngākau aroha - i ngā rama kanapa o te whakaaro
.nui e whakakore ana i te pōuri o te kuware

* * *

He nekehanga atamai te ora me tōna auau auau. Ka
hanga i a ia anō i roto i ngā mea kore ora, ka tango rānei i te
āhua ora, e nekeneke ana. Ka kapi te ora i ngā mea katoa, ā,
.ka horapa ki ngā mea katoa

* * *

E te Aroha Nui rawa atu, ko koe te ora tonu. Ko koe taku
whāinga me taku wawata. Meinga ahau hei rōhi puāwai i
roto i tō māra rangi, hei titi kanapa rānei i roto i te hei o tō
aroha kanapa, homai rānei ki ahau te honore nui rawa atu:
.te wāhi iti rawa i roto i tō ngākau

* * *

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te
.wāhi e taea ai e au te whakarato i te ratonga tino pai

* * *

Kia whatua he whāriki koura o ngā moemoeā ki ngā
miro hiraka o ngā maharatanga reka me ngā whakaaro kua
whakatikatikaina

* * *

He whare hanga te hinengaro kau [kāore he whakaaro
pai, he whakaaro whai hua] mō te raruraru, te manukanuka,
.te ngakau pouri, me te kore tumanako

Ki te tau te aroha whānui ki roto i tō ngākau, ka kawea
mai e ia he harikoa pumau, he harikoa hou, kāore e taea e
.tētahi atu mea te hoatu ki a koe

He tino ataahua, he reka hoki te titiro atu ki ngā putiputi
o te ora e puāwai ana i te māra o te ao tūroa. Engari he mea
whakamiharo, he mea whakahīhī hoki te puna o te ataahua
me te whakaaro nui kei tētahi wāhi, nō reira tātou i haere
.mai ai, ā, ka hoki atu tātou ki reira ka hanumi anō

I te oho ake o te ākonga i te ata, ka whakaū ia ki a ia
anō: "Ehara ahau i te tinana, he wairua ngaro ahau... Ko te
harikoa ahau... Ko te māramatanga ahau... Ko te whakaaro
nui ahau... Ko te aroha ahau. Ahakoa e noho ana ahau i roto
i tēnei tinana, he ora tonu tōku wairua, ā, kāore e pāngia e
".te pirau

Pērā i ngā pata tomairangi e āwhina ana i ngā putiputi
kia puāwai me te tupu, waihoki ka atawhai te atawhai i te
whakahoahoa me te whakatairanga i tōna tipu

* * *

He ngaru kei te mata o te moana, he ngaru hoki e ngaro
atu ana ki roto i ōna hohonutanga; i ngā āhuatanga e rua,
kei roto rāua i te moana, ā, he kotahi ki a ia. Waihoki, ko ngā
tāngata e rere ana i te wā "ora" i runga i te mata o te moana

nui, e ngaro atu ana rānei i roto i a ia i te "matenga" kei roto
.tonu i te moana mutunga kore

* * *

Kāore e kitea mārama te whakaata o te marama i roto i
te wai pōrearea, engari ina marino te mata o te wai, ka tino
mārama te whakaata o te marama. Pērā anō hoki te
hinengaro: ina marino, ka taea e koe te kite i te mata o tō
.wairua me te tino mārama me te tika

Tukuna mai, e te Ariki, ngā hihi o te rā o tō whakaaro nui
hei ārahi i ahau i aku rā harikoa o te whakatutukitanga, me
te māramatanga o te marama katoa o tō atawhai i ahau e
.haere ana i roto i ngā pō pōuri o te pouri

Ko te whakaaroaro te huarahi e hono atu ai koe ki te
hinengaro ao whānui, ā, ina hono atu koe ki taua
mōhiotanga mutunga kore, ka taea e koe te mōhio ki ngā
.mea ngaro katoa o te hanganga

Kāore te hiahia ki te whakatata atu ki te Atua, ki te
mōhio ki a ia e puta noa mai, engari me whakatipu, ā, kāore
.he uara o te ora ki te kore taua hiahia

He taunga rangitahi te ao nei, ā, ko te mahi matua a te
tangata ko te mārama ki te kaupapa me te whāinga o tēnei
haerenga. Ko taua kaupapa ko te mōhio ki te Atua, ā, kāore
.e taea te kī atu i tētahi atu mea

Ko tō rangimārie tō taonga utu nui, nō reira kaua e
.tukua kia tangohia taua taonga e tetahi

* * *

Akohia te tū takitahi, te noho haumaruru, te noho pūmau i
.roto i te pā o ōu tikanga pai me tōu mana ake

* * *

Nā te mea kei te ora te Atua, kei te ora anō hoki koe Nā
tōna oranga, kei te koa koe ki ngā whakamarie me ngā hari
.o te ao Nō reira, me nui te whakawhetai ki te Atua

Ka taea e ngā pukapuka pai te noho puku, te manaaki,
me te whakaute. Kaua e whakarērea ēnei pukapuka i ō wā
uaua, nā te mea e kore rawa rātou e whakarērea i a koe, he
.rerekē ki ngā hoa tūturu e whakarērea ana koe

Ko te tangata e hauora ana, e noho pai ana, e kaha ana
te hinengaro, engari kāore i te harikoa, kāore anō kia angitu
i te ao. Ina taea e koe te kī pono, "Kei te harikoa ahau, ā,
kāore he tangata e kaha ki te tango i tōku harikoa," kua
.kitea e koe te āhua o te Atua i roto i a koe anō

Whakanuia te marino me te rangimārie, ā, tukuna mai
ngā whakaaro aroha me ngā whakaaro pai anake mēnā kei
te hiahia koe ki te noho i roto i te rangimārie me te
rangimarie. Nohoia he oranga e ahu mai ana i te tika me te
karakia, ā, ko te hunga katoa e hono ana ki a koe ka whai
.hua mā te noho tahi me koe

Ki te kore he hoa āu, ki te moumou taima rānei ō hoa, ki
te kore rānei koe e noho tahi me rātou, tukua ngā pukapuka
[me ngā rauemi] kei roto te whakaaro nui hei hoa mōu, i a
koe e haere ana mā roto i ngā tatau o ā rātou whārangi ki
roto i tētahi ao o ngā whakaaro whakamiharo me te
.whakahihiri

Ko te kimi i te Atua ko te whiwhi i ngā mea katoa e
hiahiatia ana e te ngākau, ā, ko te wairua ko te
whakatuwhera i ngā tatau ki te hauora, ki te harikoa, me te
.angitu

Kei roto i a tātou te mura o te mana atua e hanga ana, e
.tautoko ana i te ora katoa, ā, e tatari ana kia mura

He mahi hinengaro tino whai hua te pānui pukapuka; ka
whakakorikori i te hinengaro, ā, ka noho ngāwari. Mā te
pānui pukapuka kotahi, e rua rānei hāora i ia rā ka hoatu he
pūtake mātauranga kanorau ki te tangata i roto i ētahi tau,
mena ka whiriwhiria e rātou he pukapuka whai hua. Kaua e
moumou taima, kaua hoki e whakararu i ō pūkenga
hinengaro mā te pānui pukapuka iti te utu, ngā pukapuka
.koretake rānei, kāore he kaupapa, he tikanga rānei

Mā roto i ngā akoranga o ngā pukapuka i tuhia e ngā
tāne me ngā wāhine rangatira, pūkenga, ka kitea e te hunga
whai whakaaro pāpori he kaha hou i roto i ngā pukapuka
.whai hua hei āwhina i te tangata

* * *

He mahi hinengaro tino whai hua te pānui pukapuka; ka
whakakorikori i te hinengaro, ā, ka noho ngāwari. Mā te
pānui pukapuka kotahi, e rua rānei hāora i ia rā ka hoatu he
pūtake mātauranga kanorau ki te tangata i roto i ētahi tau,
mena ka whiriwhiria e rātou he pukapuka whai hua. Kaua e
moumou taima, kaua hoki e whakararu i ō pūkenga
hinengaro mā te pānui pukapuka iti te utu, ngā pukapuka
.koretake rānei, kāore he kaupapa, he tikanga rānei

* * *

Me whakakore te hiahia whaiaro me te whakapehapeha
.nā te mea koinei ngā arai nui ki te mātauranga wairua

* * *

Ki te kore he māramatanga ki te Atua, e kī ana tēnei ao i
te pakanga, te tutu, me ngā pouri nui. Kei roto i te whakaaro
.tata ki te Atua te harikoa

* * *

Ko te hunga e mōhio ana ki te Atua, kei roto i ō rātou
ngākau te hari me te harikoa tonu. Nā te mea e rongo ana

rātou i te haumarū me te rangimarie, e kore e taea e ngā
tupuhi o te riri te whakangaeue i a rātou, e kore hoki e taea
.e te wehi te tomo ki roto i ō rātou ngākau

* * *

Ko ngā pukapuka pai ō hoa pai; mā roto i ēnei
pukapuka, ka taea e koe te whakarongo ki ngā hinengaro nui
e kōrero mārie ana ki a koe, e whakamarie ana i a koe, e
tuku ana i ngā tohutohu pai rawa atu. Ko te kore e
whakatipu i te hiahia pono ki te pānui i ngā pukapuka pai ko
.te ngaronga o te taonga tuku iho o ngā whakatipuranga

* * *

Ki te kore he āwhina a te Atua, ka hinga te tangata, nā
te mea ko te kaha me te whakaaro nui e hiahiatia ana hei
angitu i roto i te pakanga o te ao e ahu mai ana i tētahi
pūtake mutunga kore. Ina kore te tangata e aro ki te Atua,
ka motuhia e rātou te taura ora e whakarato ana i te āwhina
.me te tautoko e tika ana mō te angitu

Ko te hunga rapu e patuki ana i te tatau o ngā whai
wāhitanga wairua ka kitea e rātou kua tuwhera te tatau mō
rātou nā te mea e āwhina ana te Atua i te hunga e āwhina
.ana i a rātou anō

Ina noho tahi koe me te Atua, ka noho tahi te taiao

katoa me koe

* * *

He rite te aroha ki te pepa kirikiri e whakakanapa ana i
te hinengaro, e tango ana hoki i te taratara o te tangata

* * *

Ina kitea ohoreretia e koe te Atua i ngā wāhi katoa, ā,
ina tae mai ia ki a koe, ka whakaaweawe i a koe, ka ārahi i a
.koe, kua tīmata te kōrero o te aroha atua

* * *

Kia tiaho te aroha i roto i ngā ngākau, kia tukuna hoki
ngā hihi whakaora ki ētahi atu

* * *

Rapua te Atua i a koe e tamariki ana, e kaha ana, nā te
mea i te koroheketanga me te mate, kāore pea koe e kaha ki
te rapu i a ia. I te tau ka tīmata te tangata ki te mārāma ki te
tikanga tūturu o te ora, ka ngoikore te tinana, ā, ka pau te
toenga o ō rātou oranga ki te tiaki i ō rātou kaha tinana
.ngoikore, kaua ki te rapu i te pono

* * *

Ka tangohia e au te mea pai rawa atu i ia iwi, ā, ka
maioha ahau ki ngā āhuetanga pai o ngā iwi katoa, me te
.kore e aro ki ō rātou ngoikoretanga

* * *

Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka ki tonu rātou i te wairua
marino hohonu. Nā te mea e hono ana tēnei ia ki tōna
pūtake teitei ake, he rere tonu e tae atu ana ki ngā wairua e
noho tahi ana me taua pūtake, e āhei ai rātou ki te tuku i te
.harikoa ki te hunga e hiahia ana ki te rangimārie

* * *

E hia ngā kupu atawhai o te ngākau kua whakakorea
ngā mamae maha, e hia hoki ngā reo whakaaro nui kua
whakamārama i ngā ara pōuri ki ngā rama o te hari me te
!marino

* * *

Ka tipu ake tātou i roto i ia wheako ka pā ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
ia mamae me te mamae e pā ana ki a tātou. Ahakoa te kaha

o ēnei wheako, he rite ki te ahi e whakarewa ana i te rino, e
.huri ana hei maitai ataahua, kaha, me te maha o ngā mahi

* * *

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

* * *

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
pono, mai i te hohonutanga o te wairua e hiahia ana, ka pā
te karanga a te wairua ki te ngākau o te ao whānui, ā, ka tae
mai te whakautu, me te hari nui. Mā tēnei hāhā hinengaro e
whakatipu te hiahia kia whiwhi rā anō i te kaha e tika ana hei
.whakatutuki i te whāinga e hiahiatia ana

* * *

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
ko te whakaaro noa ki tetahi mea ka ranea hei whakatutuki i
taua mea, nā te mea ka mahi te ture atua hei painga mō te
.hunga e rite ana ki te hiahia tino nui

* * *

Ahakoā ā tātou āwangawanga, me noho te Atua ki te
tūranga tuatahi i roto i ō tātou oranga. Ko tētahi o ngā mea
tino nui o te tipu wairua ko te kōrero puku tonu ki te Atua, ka
kite koe i tētahi huringa pai whakamiharo ka tino miharo
.koe

* * *

Kaua te tangata e whakapau i ngā pūkenga hinengaro
katoa kua homai e te Atua ki a ia ki te rapu i ngā mea
memeha noa, ki te kore ka ngaro ia i roto i ngā arai o te
taonga, ā, ka hanga he here me he herenga mōna ake kāore
e hiahiatia ana e ia. Engari, me whakamahi ia i ōna pūkenga
hinengaro ki te whiwhi i ngā mea e tika ana mō te ao, me te

whai kia whanake i ōna pūkenga wairua ki te wehewehe i
.waenga i te tika me te hē, i waenga i te kino me te whai hua

* * *

Kei tua atu i ngā whakaaro me ngā ariā te pono, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

* * *

Whakatuwheratia, e te Ariki, ngā kūaha o te rangimārie,
tiakina hoki te wāhi tapu o ōku whakaaro wairua i ngā
whakaekenga a ngā kōrero kino. Ā, tukua ngā rōhi o ōku
wawata kia puāwai i roto i te māra o tōku ngākau i a au e
.tatari ana ki te ata o tōu taenga mai

* * *

Kāore e taea e te mātauranga ariā te whiwhi *
mātauranga atua, ā, he mea tika kia kaua e moumou taima
utu nui ki ngā ariā kāore e taea te whakamahi i roto i te ao
tūturu, ki te kore ka kitea koe i waenganui i ngā ngahere
hinengaro matotoru, ā, kāore e taea te whiti atu i te ao o ngā
.ariā

* * *

Ko te harikoa te hua o te wikitoria hinengaro i ngā
āhuatanga pōrearea o te ao

* * *

Ko te tangata e mōhiotia ana e te Atua, tera pea kāore e
mōhiotia e te ao

* * *

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā [me te kore whakamātautau tūturu], ka rite ia ki tētahi
taputapu hopu kōrero kawē e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, ka kiia ia e
ētahi he tohunga mātauranga, engari kāore taua
mātauranga e whakakahangia e te kitenga tika o te pono,
.kāore hoki e rite ki te whakatutukitanga wairua

* * *

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he painga o ngā whakaaro o te tangata, e pāngia ana e ngā tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te whānau, o te whenua, o te ao rānei te whakarato i te arataki pono. Nō reira, me tahuri te tangata ki te Atua, me te whakarongo ki te reo marino, marino e puta mai ana i te .hohonutanga o te wairua, he reo e rite ana ki te pono

* * *

Whakatuwheratia ō koutou ngākau ki te ringihanga atua kia rere ai i roto i a koutou, kia whakakīia ai ō koutou oranga .ki ngā manaakitanga wairua me te pai

* * *

Ahakoia te mahi e mahia ana e koe, me ngā whakatutukitanga ka taea e koe te whakatutuki, kia mahara tonu ko te Atua te pūtake e homai ana ki a koe te kaha katoa .e hiahiatia ana e koe hei mahi me te whakatutuki

* * *

Tukua ahau kia mahara ki a koe, e te Ariki, i roto i te * rawakore me te whai rawa, i roto i te mate me te ora, i roto i te kuware me te whakaaro nui, kia kite hoki ahau i tō māramatanga tapu e homai ana i te oranga me te whakaora .i tēnei wā tonu

* * *

I te mokemoke o ōku whakaaro, e hiahia ana ahau ki te whakarongo ki tō reo manaakitanga. Peia atu i ahau ngā reo kino o te whenua e huna ana i roto i ngā papa o tōku mahara. E hiahia ana ahau ki te whakarongo ki tō reo .marino, waiata ake tonu atu i roto i te marino o tōku wairua

* * *

Kua taupokina te ao e te pōuri, ā, me waiho e tātou te māramatanga o te Atua hei rama ārahi i a tātou e hiko ana i roto i ōna ara pōuri. Ko ia te marama katoa i ngā pō o te kuware me te pōuriuri, te rā o te māramatanga i ngā hāora o

te oho ake, te rama ārahi, me te Whetu Raki mō te hunga e
.whiti ana i ngā moana o te ao tūroa, te oranga poto noa

* * *

Kua tae te wā kia ara ake te tangata i tōna moe
wareware ki te ara wairua. E te Ariki, me whakaara ake e koe
tō mātou hinengaro i te hohonutanga o te mangere me te
whakaaro whaiti, ki ngā pae tawhiti o te rangimārie, te
.māramatanga, te aroha, me te atawhai tangata whānui

* * *

Ka pai ake ngā mea i te mutunga nā te mea kei muri i
ngā whakahē o te oranga tangata ngā mana me ngā
merekara a te Atua e huna ana, ā, ko te tangata kāore e tino
whakapono ki te kore e taea te karo i te āhuatanga, engari e
ngana ana ki te uru atu ki tua o te arai mā tōna hinengaro
.me tōna whakapono, ka whakatuwheratia te tatau mōna

* * *

Ehara te whakapono i te tikanga o te kore whakaaro nui,
te kore rānei e aro nui ki ngā āhuatanga. Engari, ahakoa te
aha ka puta, me whakamanawa te tangata ki a ia anō ko te
Atua anake ka taea te tautoko i a ia i roto i ngā āhuatanga
uaua, mena ka tahuri ia ki a ia me tōna ngākau katoa,
.wairua katoa, me ōna kare ā-roto katoa

* * *

Me i taea e ō tātou māia te kawe mai i te pono katoa ki
a tātou, kua kite tātou i te whenua he awa o ngā irahiko, ā,
ko ia puehu he puranga mārāma e hurihuri ana. Ko te hunga
e uru ana ki te ao o te rauemi ki te ao wairua, e mārāma ana
ki te āhua o te mānukanuka, e mōhio ana hoki ki te mauri o
.te pono

* * *

Ahakoa i roto i te ngahere o Āwherika, i runga i te papa
pakanga, e pāngia ana e te mate, e te rawakore rānei, me
whakamanawanui te tangata ko te ringa o te Atua he kaha
ake i ngā tūponotanga katoa, ā, ka taea e ia te tiaki i te
hunga e rapu piringa ana ki a ia. Kāore he huarahi tiaki e

whai hua ake ana. Ae, me whakamahi te tangata i te
whakaaro tika i roto i te whakatau i ngā kaupapa, me te
.whakawhirinaki katoa ki te āwhina a te Atua

* * *

Ko te aroha e noho ana i roto i ngā ngākau o ngā mea
hanga katoa—te aroha o ngā whaea, o ngā matua, o ngā
.hoa, me ngā whanaunga katoa—i ahu mai i te aroha atua

* * *

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti,
me te whakarite i ngā mea tino nui i runga i ngā mea tino
nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E
mea ana ngā karaipiture ki a tātou, ina pā kino tētahi mahi ki
.tētahi atu, he tohu tēnā ehara i te mahi pono

* * *

I te horapa haere o ngā hihi ora o te rā, ka horahia e au
ngā hihi o te tumanako ki roto i ngā ngākau o te hunga
rawakore me te hunga kua whakarērea [te hunga kua
whakarērea e te hāpori], ā, ka whakatōkia e au he whakatau
hou ki roto i ngā ngākau o te hunga e whakaaro ana he
.rahua rātou

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna

:ākonga

Kua e panaia tetahi i roto i tō porowhita aroha. Puritia"
te katoa i roto i tō ngākau, ā, ka puritia koe e rātou i roto i ō
".rātou

* * *

E te Ariki, āwhina mai i ahau kia whakamahia tonutia
taku hiahia ki te whakatutuki i ngā mahi pai me ngā mahi
.whai hua

Āwhina mai kia rite ahau ki tāu e pai ai, kia rite ai ōku
.whakaaro katoa ki tāu e pai ai, kia rite hoki ki tāu e pai ai

I āwhina ia i ahau ki te whakaara i te mana huna,
manaakitanga i roto i ahau kia taea ai e au te wikitoria i ngā
.uauatanga me ngā whakamātautau katoa

* * *

E ara ake ki taua tuakiri wairua maia, ngākau mahaki –
tētahi e whakakotahi ana i te kaha o ngā raiona me te
.ngākau māhaki o ngā kukupa

* * *

E kore ahau e aro ki ngā whakahē kawa, ki ngā whakahē
teka, ki ngā whakamoemiti me ngā whakapatipati hoki. Ko
taku hiahia anake he mahi i tāu e pai ai, e te Ariki, kia
.whiwhi ai i tāu manako

* * *

Kāore e taea e koe te whakaaro ki te hari nui ka whakakī
i a koe ina rongo koe i te aroaro o te Atua. Ka haurangi tō
wairua i te aroha mutunga kore o te Atua. He aroha e
miriona ngā wā e nui atu ana i te aroha tangata—he aroha e
whakatutuki ana i ō hiahia katoa, e whakakī ana hoki i tō
.ngākau ki te hari me te ngākau māhorahora

* * *

Mā te arotahi ā-roto, ka taea e koe te wheako tika i te
harikoa wairua i roto i a koe anō me te taha o koe. Mēnā ka
whakatipu koe i tēnei mōhiotanga, ka tupu pai tō tuakiri, ā,
ka whiwhi koe i te aukume kukume mō te tangata me ētahi
.atu mea ora

* * *

E te Kaitiaki Nui, kāore he aha ki ahau mēnā ka ngaro
katoa i ahau nā tōku ao i hanga, engari ka inoi atu ahau ki a
koe, ki tōku piringa kotahi, kia tiakina te rama o tōku aroha
.ki a koe i ngā hau o te mangere me te wareware

* * *

Kia inu tātou i ngā wai parakore, whakahauora o te
rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, e
whakarei ake ana i tā tātou whakatau pakari ki te whakaaro
.pai me te whai tirohanga hihiri

* * *

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua
me ngā hihiri tūturu o te tangata. Ina mārāma tō hinengaro,

ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi
ai koe. Ko te hinengaro mārama he tohu i te whanonga pai
mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro
he tikanga kei a koe te harikoa me te whiwhi i ngā
.manaakitanga a te Atua

* * *

Ngāna ki te mahi i ngā mea maia, ngā mea e pai ai te
ngākau, kāore e mahia ana e te nuinga o te tangata, ā,
hoatu te aroha me te rangimārie ki te hunga e warewarehia
.ana e ētahi atu

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Ki te kore koe e whakapau i te wā ki te whakatipu i te"
hinengaro, e kore rawa te nui o te taonga e makona ai koe.
Ehara tēnei whakatipu i te whakamamae engari he
whakangungu i te hinengaro hei whāngai i ngā whakaaro me
".ngā mahi e arahi ana ki te harikoa

Ko tō harikoa tō angitu, nō reira kaua e tukua kia
tahaetia e tetahi. Tiakina koe i te hunga e ngana ana ki te
whakararuraru i a koe. I ahau e tamariki ana, ka ngaro taku
manawanui i ngā wā katoa e horahia ana e ētahi tāngata
ngā kōrero teka mōku. Nō muri mai, ka mōhio ahau he mea
nui ake te rangimārie o tōku hinengaro i te whakaae mai a te
.tangata, i te whakamoemiti rānei

* * *

Me i mōhio koe ki te kōrero o te aroha atua e pā ana ki
ētahi o ngā tāngata karakia ki te Atua! Kāore he wheako kē
atu o te ao e taea te whakarite ki taua hari. I mōhio ahau ki
tētahi tangata tapu e mau tonu ana ki te aroha o te Atua, ā,
e whiti ana tōna mata i te aroha tapu. Kei runga tonu te
kanohi o te Atua i te hunga e aroha ana ki a Ia, ā, e kore
.rawa ia e whakarērea i a rātou mō tētahi wā poto

* * *

He tokoiti te hunga e hiahia ana ki te whakawhanake i ō
rātou kaha hinengaro me te wairua

* * *

Kaua e tukua koe kia totohu ki raro i te whakaroa. E ara
ake i te moe o te ao hoha, ka anga atu ki ngā pae tawhiti o
te ao kua whakapaingia, kei reira te whakatutukitanga, te
.harikoa, me te rangimārie

* * *

Kei roto i a koe te pūmanawa nui e tatari ana kia
whakangaohia, ā, ko koe anake te tangata e kaha ana ki te
.whakahohe me te whai hua mai i taua mea

* * *

Ko te whakaoranga mai i ngā tikanga kino me ngā
hiahia kino ka nui ake te harikoa i te angitu ā-tinana. Kei roto
i te angitu hinengaro te oranga hinengaro e kore e taea e
ngā āhuatanga o waho te tango atu. Ka taea e koe te
whakapau i tō wā katoa ki te kohi taonga, engari e kore taua
taonga e hoatu ki a koe te rangimārie me te haumaruru pumau
e rapuhia ana e koe. Engari, ka nui ake te pouri nā te mea
kei roto i te hinengaro te harikoa me te rangimārie pono,
.ehara i te taonga ā-tinana
Ina pumau koe ki tō tuakiri pono, ka oti i a koe ngā mahi
katoa, ā, ka koa koe ki ngā mea pai katoa me te harikoa
.atua

* * *

Kaua e tukua te ngoikore kia uru ki roto i tō hinengaro,
kia tūpato hoki ina hono atu koe ki te hunga he whakaaro
kino, he tirohanga pōuri hoki ō rātou, kei uru ō rātou
whakaaro ngoikore ki roto i tō hinengaro, ki te kore tō
hinengaro kua eke ki tētahi taumata kaha e kore ai e taea e
ngā whakaaro o ētahi atu te whakangāwari, engari, i te
ritenga kē, ka taea e ia te whakapakari i ngā whakaaro o
ētahi atu me te whakarei ake i tō rātou whakapono ki a rātou
.anō

* * *

Ko te Atua te tuatahi, kaua hoki tātou e tīmata, e
whakamutu rānei i tō tātou rā me te kore e whakaaro ki a ia.
Me mahara tātou, ki te kore te kaha me te pūngao e riro mai
ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i
.tetahi mea. Nō reira, ko tā tātou mahi nui ko te haere ki a ia

* * *

He huarahi hei aromatawai me te whakawa i ngā
tikanga me ngā kōrero tuku iho I te tīmatanga, he
whakamārama kei ia tikanga tuku iho Mena ka kitea e tātou
kei te mau tonu te whakamārama, he tikanga, he painga
hoki tō te tikanga tuku iho Heoi, he mea kuware te whai
matapo i ngā tikanga tuku iho Me mōhio tātou ki te pono, me
te whai i taua mea, me te mārama ki ngā mea ka hari ai
.tātou, kātahi ka whakamahi

* * *

Ina kite koe i te tini o te tangata kāore i te harikoa, i te
angitu rānei, kaua e whakaaro koinei tō rātou mutunga. Ka
taea e koe te hanga i a koe anō e hiahia ana koe. Ko tō
.angitu ā-roto te mea e tino angitu ai koe

* * *

Ki te kore he mea i roto i a koe, e kore koe e harikoa.
Engari ki te kore he mea i te taha o koe, ā, e harikoa ana koe
i roto i a koe, he angitu koe. Nō reira, kāore e taea te
.whakawā i te tangata i runga i ō rātou āhuatanga o waho

* * *

I roto i te mano tini, tera pea tetahi tangata kua eke ki
te taumata wairua teitei, ā, e whiwhi ana i te rangimārie o
.roto me te harikoa wairua tino nui

* * *

E tino mōhio ana ahau ka tae mai ngā mea katoa e
hiahiatia ana e au, nō reira kāore au e manukanuka ki ngā
mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te
whakakatakata rānei, nā te mea kua maha ngā wā kua kite
ahau i te mahi me te whai huatanga o taua mana manaaki i
.roto i tōku ao

* * *

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei
te toremi rānei i te hohonutanga o te moana, e mōhio ana
ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e
pā kino ki ahau. Nā taua mātauranga ahau i homai he
.harikoa nui, e kore e taea te kōrero

* * *

Kāore e kore he wheako ahuaireka te hoko i tētahi mea
hou. Engari i muri i tētahi wā, ka memeha haere taua kare
hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa
atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e
warewaretia te pire mō taua taonga, ina koa mēnā i hokona
!e koe mā te utunga

* * *

Me whakahaere e te tangata tōna ake ao, me
whakangawari i te mea ka taea. Me penapena moni mō ngā
mea e tika ana me ngā āhuatanga ohorere, me
whakatairanga i te penapena i te whakapaunga ki ngā mea
papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina
āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi
ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e
.kore hoki koe e tangohia i tetahi mea

* * *

I roto i te hari o ngā ngākau katoa, ka rongohia ahau i te
haruru o tōu harikoa, e te Ariki, ā, i roto i te whakahoahoa o
te hunga pono katoa, ka rongohia ahau i tōu aroha ka hari
ahau, ā, ka koa tōku ngākau i te angitu me te oranga o ōku
hoa, pērā i ahau e hari ana ki tōku ake oranga me te noho
humarie. I a au e whakaoho ana i te whakaaro nui ki roto i
ētahi atu, ka whakanuia e ahau ngā taonga o tōku ake
whakaaro nui, ā, i roto i te hari o te katoa, ka kitea e ahau
.aku ake

* * *

Ko te hoariri nui rawa atu o te harikoa ko te nama moni
hei hoko taonga papai. E whakapono hē ana te tangata

kāore e taea e rātou te harikoa mēnā kāore rātou e whiwhi i
tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua
mea, e kore rātou e kite i te harikoa pono, ahakoa te harikoa
rangitahi e kawea mai ana. He aha te take o te whai i te
pōhewa o te harikoa o te ao e oati ana ka pakaru noa iho?
Me noho noa te tangata, me te kore e hiahia ki ngā taonga
.maha e hiahia ana kia aro tonu

* * *

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki
ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā,
ka tipu ake tōku harikoa ā-roto Ki te kore taua ngākau
māhorahora ā-roto, ka noho ngā ahua eka me ngā mea
whakahari o te ao hei reinga Kua mōhio ahau me te kore
taua harikoa ā-roto, kua tangohia e te kawenga o ngā
kawenga i tukua mai ki ahau tōku rangimārie, tōku harikoa
.hoki

* * *

Ki te honoa te taonga ki te mate me ngā raruraru, ka
maha ngā hua. Ko te akuaku me te hauora kei roto i ngā
kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke
kino me ngā iroriki whakamate i ngā whenua
whakawhanake, engari he nui i ētahi atu. Engari ehara te
whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā
te mea kei reira ētahi atu momo mate i ngā whenua
whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru
pūtea whakamomori nā ngā pūnaha hoko utunga - he mate
e whakararuraru ana i te moe me te whakararuraru i te
.rangimarie o te hinengaro

* * *

He wāhanga nui tātou o te hinengaro kotahi i puta mai
ai tēnei ao nui

* * *

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou,
ka whai te toenga o te kahui i taua mea, kāore he whakaroa.
He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta

ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā,
ka peke tonu atu ētahi ki te waka rererangi ka tārua. Kua
mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga
me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī
he tika, he tika rānei katoa. Engari ko wai ka mōhio? Tērā
pea he koretake, he koretake hoki ētahi o aua tikanga me
.ngā kōrero tuku iho

* * *

Ina marino te ngaru o ngā whakaaro, ka tomo tātou ki te
rangatiratanga o te rangimārie, ka pā atu ki te aroaro o te
.Atua

* * *

Whakaarohia te Atua, he whenua ataahua rānei e
whakaoho ana i te rangimārie, he wheako harikoa, he
wheako whakamīharo rānei. He mea whakahauora, he mea
.whakahauora hoki te mahi hinengaro pai, marino

* * *

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki.

Tērā pea ka whakaaro koe ko te moni te tikanga o te
harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te
pouri koe. Tērā pea ka whiwhi koe i te taonga, ā, ka ngaro tō
hauora (kāore rawa). Tērā pea he hauora pai tōu, ā, ka ngaro
tō moni. Tērā pea he taonga, he hauora hoki tōu, engari he
maha ngā raruraru e pāngia ana e koe me ētahi atu, ka tuku
atawhai noa iho, ā, ka tūtaki koe ki te mauahara me te riri. Ki
te kore te Atua, kāore he mea o tēnei ao e tino makona ai
.koe

* * *

Ka riro te whenua hei rūma whakamamae mō te hunga
e noho kuware ana ki te mahere atua. Engari ina titiro koe ki
ngā wheako o te ao hei kaiako māu, ā, ka ako koe i aua
wheako i te āhua tūturu o tēnei ao me te tūranga kua
whakaritea ki a koe i roto i te whakaari o te ao, ka riro aua
wheako hei whakamārama whai hua mō te ara ki te makona
.me te harikoa pumau

* * *

Kei reira, i tua atu i te pōuriuri, te ata noho kore, me te
korekore kāore anō kia hangaia, kei reira te mauri mutunga
kore, koia te pūtake o te oranga me te pūtake o ngā mana
.me ngā mea ora katoa, e kitea ana, e kore e kitea

* * *

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe,
hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna
e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga.
He tokoiti noa iho ngā tāngata whakaaro nui kua mārama ki
te tikanga o te mahere o te ao whānui, engari ko te nuinga o
.te iwi he matapo, kāore hoki i te mōhio ki taua kaupapa

* * *

Kāore rawa te moni i te whāinga mōku i te ao; ko taku
whāinga he mahi ki ōku teina me ōku tuākana i roto i te ao
tangata. Nō reira, i whakatuwherahia e te Atua ngā tatau
maha mōku ki te tautoko i ahau anō me te whakatutuki i
.taku misioni

* * *

I hangaia e te Atua tēnei ao kia whakahaerehia i runga i
tētahi ture pumau, kāore e rerekē. Mēnā ka takahia e tātou
tētahi o ēnei ture whānui, ka whiua tātou e tātou anō. Ka
whati ngā wheua o te tangata e peke ana i te tuanui o tētahi
whare teitei. Nō reira, kāore e taea e tātou te wareware i te
.ture o te kaha ā-papa me te kore e pāngia e ngā hua

* * *

Ina tirohia hōhonutia ngā iwi o te ao, me te tūhura i ngā
mea ngaro o ngā iwi onamata, ka puta he pikitia whānui, me
ngā rārangi honohono, ngā upoko kanorau, me ngā
taipitopito tika, ā, ka kitea e tātou he takitahi, he pāpori hoki
.te āhua o te tangata i te wā kotahi

* * *

Me i hiahia te Atua kia noho tātou i roto i te hinengaro
kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā,
.kua makona hoki tātou i ngā mahi o te ao

* * *

E whiti ana, e kanikani ana ngā hihi o te parakore, te
rangimārie, me te harikoa i tua atu i ngā moemoeā i roto i ō
tātou hohonutanga matua

* * *

I ia wheako e puta mai ana i te rangi o ō tātou oranga i
tēnei haerenga whenua, me ako tātou ki te whakawhānui
ake i tō tātou mōhiotanga me te mārama ake ki ngā
āhuatanga e karapoti nei i a tātou, e pā ana rānei ki a tātou,
.kia pai ake ai te noho tahi me te tangata me te ao

* * *

Ko te nuinga o te tangata e whai ana i ētahi atu. Me
auaha, me auaha hoki te tangata, ā, me tino matatau ki ngā
.mahi katoa

I te Rawhiti, ko te arotahi matua ko te whakatipu i te
harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua
warewarehia. I te Hauāuru, he iti noa ngā whakamarie
rauemi engari he iti noa te harikoa hinengaro. Ko te mea e
hiahiatia ana he taurite i waenga i ngā mea e rua, nā te mea
ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te
.kore taurite me te kore e taea te aro tika ki ngā tono o te ao

* * *

Ko te hari nui rawa atu - i muri i te hari atua - ko te noho
rangimārie o te tangata me ōna whanaunga tata, e noho tahi
.ana rātou i ia rā o te tau

He nui te wā e moumouhia ana e te tangata ki te oho
me te mahi ohorere, engari kāore he nui o ngā mea e tutuki
ana. He iti noa te wā hei whakaaroaro me te ngana ki te
.mārama ki ngā mea e tukuna ana e te ao

* * *

Me mahi tātou ki te hanga i ngā whare o roto o te
whakaaro nui i roto i ngā māra o te rangimārie e tupu ana, e
tiaho ana me te tini o ngā putiputi o ngā tikanga wairua
.whakamiharo

* * *

He puna nui te rangimarie o roto, ā, he puna hoki mō te
.kaha ka taea te whakahou

* * *

Ki te titiro ki te ao, ka kitea e te tangata ehara i te mea
ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me kaha
tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahia-
tia ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te
mate! Ahakoa ka angitu koe i tēnei, he wā poto noa iho taua
angitu. Ka takoto te tinana—kia roa tō ora—ki te okiokinga.
Ko te hiahia kia whawhai ki ngā kaha maha, o roto, o waho
hoki, kia eke ki te angitu e hiahia-
tia ana. Ka mahi uaua ēnei
.kaha ki te tango i ngā whakatutukitanga tino nui

* * *

Ngāna kia noho marino i roto i ngā āhuatanga katoa, ā,
kia puāwai te purapura o tō rangimārie me te harikoa me te
.ataata o te ngākau māhaki

* * *

Ahakoa te hunga tapu nui rawa atu, kāore e tutuki i a
rātou te whakaoranga katoa ki te kore rātou e tohatoha i ō
rātou angitu—ō rātou wheako wairua me ō rātou
mātauranga teitei ake—ki ētahi atu mā te āwhina i a rātou
kia tae ki te māramatanga wairua. Koia te take e hiahia ana
te hunga kua tae ki ēnei taumata, ā, kua eke ki ēnei āhua ki
te tuku māramatanga ki te hunga e hiahia ana. Ki te hiahia
koe ki te angitu pono, ehara i te mea ko tō ake harikoa
anake te mea ka mau i a koe, engari ko te harikoa hoki o
.ētahi atu

* * *

Ka taea e te tangata whai whakaaro te whiwhi moni.
Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore
rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro;
engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te
moni i roto i ngā ringa o te hunga whaiaro me te hunga apo,
he manaakitanga, he taonga hoki i roto i ngā ringa o te
.hunga ngākau atawhai me te hunga ngākau atawhai

* * *

Ahakoia ka whiriwhiri pea tētahi kia noho puku mō te wā
roa, kia kore ai e kōrero ki tōna whānau Ahakoia ka eke pea
tēnei tangata ki tētahi taumata o te rangimārie o roto, he
whanonga whaiaro tōna, ā, he kino ki te harikoa o tōna
whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore
ō rātou whanaunga e whai hua ana i ā rātou
whakatutukitanga. Waihoki, ko te angitu o te ao ehara i te
mea ko tō tātou tika anake ki te whiwhi i te rawa; engari ko
tō tātou kawenga matatika ki ētahi atu kia āwhina i a rātou
.ki te whakapai ake i ō rātou āhuatanga pūtea me te oranga

* * *

Kei muri i ngā pakitara o tōku hinengaro mārāma ahau e
tiakina ana, kua tahuna e au te ao pōuri o mua, ā, ko te rā
.anake taku e āwangawanga nei

* * *

I tēnei rā ka mōhio ahau kei roto ahau i te māramatanga
o te pai nui rawa atu, ā, ko ahau te tohu mō te hunga e
.whawhai ana ki ngā ngaru o te moana o ngā mamae

* * *

He rerekē ngā tirohanga me ngā ariā o te tangata mō te
angitu, i runga i ō rātou wawata i te ao. He mea noa te rongo
i ētahi tātanga e whakataurite ana i te angitu ki te tahae, e
kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e
hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me
ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi
.atu

Tērā anō tētahi atu paearu mō te angitu: ina taea e
tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou
anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu,
.me te whakapuaki i ngā hua ki a rātou

Ko te angitu te tikanga o te ngākau māhaki me te
ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu
tūturu he hua o ngā mahi i ahu mai i ngā mātāpono o te tika,
ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu

hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e
tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-
hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi
.whakamāramatanga whānui mō te angitu

* * *

I tēnei ao iti nei, ka kite tātou i te roa, te whānui, me te
mātotoru, engari kei reira tētahi atu taumata kāore he
whānuitanga; he mārama, he mārama hoki ngā mea katoa—
he hinengaro me te tirohanga ngā mea katoa. Ko te reka he
tirohanga, pērā i te hongī. Ko ō tātou kare ā-roto, whakaaro,
me tinana he āhua o te hinengaro. Pērā i tā tātou e kite ai, e
rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
waihoki, i taua taumata teitei ake, ka wheako tātou i ēnei
.kare ā-roto katoa mā te hinengaro parakore

* * *

E te Ariki, meinga mātou kia hari mā te rongo i tōu tata,
wetekina mātou i ngā here o ngā hiahia, ā, homai he hari o
roto ki a mātou, kāore e pāngia e ngā wheako o te ao me
.ōna huringa

* * *

Ina hono ō tātou hinengaro ki ngā tirohanga teitei ake,
ka ara ake te māramatanga wairua i roto i a tātou, ā, ka
wheako tātou i ngā mea whakamiharo o te whakaaro nui me
.te aroha o te Atua

* * *

Ki te tino aroha tātou ki te Atua, ā, ki te tahuri ki a Ia me
ō tātou whakaaro me ō tātou ngākau katoa, ka tata tātou ki
a Ia, ā, ka kitea e tātou ko Ia te piringa nui rawa atu o te
.haumarua i te ao

* * *

I roto i te whānui, te āhua takoto kau o te wāhi, he
hononga ao tūroa me te ora tonu e hono ana i a tātou ki ngā
mea ora katoa, me ngā mea kore ora o te ao tūroa—he
ngaru o te ora nui e rere ana i roto i te ao tūroa katoa. Ko te
mutunga kore tō tātou kāinga tūturu me tō tātou nohoanga

tuturu, ā, he wā poto noa iho tō tātou noho i roto i ēnei
tinana, he rite ki te okiokinga poto mō tētahi tira e haere ana
.i te koraha

* * *

Ina hono tātou i a tātou ki ngā mana auaha o te wairua,
ka hono atu tātou ki te hinengaro ao whānui, mutunga kore,
e āhei ana ki te ārahi i a tātou me te whakaoti rapanga. Ka
rere mai te mana auaha ki a tātou, mai i te pūtake nui rawa
atu o tō tātou oranga, ā, ka taea e tātou te angitu auaha i
.roto i ngā wāhanga katoa o ā tātou mahi

* * *

Ka tupu te aroha, ka puāwai i roto i te taiao
whakawhirinaki, manawanui, me te whakaute tetahi ki tetahi

* * *

Manaakitia mātou, e te Ariki, ki te māramatanga o ngā
whakaaro parakore me ngā tikanga pai, kia tere tonu ai te
memeha atu o te pōuri o ngā tikanga kino me ngā whakaaro
hē. Āwhina mai kia aroha mātou ki a Koe me te aroha
hohonu, kia kore ai e taea e ngā tinihanga o te ao, e ngā
whakamātautau o te ao rānei te hopu i a mātou, te hopu
.rānei i ō mātou hinengaro me ō mātou ngākau

* * *

Ko ngā mea e ngāwari ana te whiwhi kāore i te tino whai
hua. E mōhio ana tātou ki tēnei mā te ako i te oranga o ngā
tāne me ngā wāhine nunui, me pēhea rātou i tino hira ai mā
te whakawhanake i ō rātou pūkenga, te whakatutuki i ā
rātou mahi, te hanga i ō rātou uara matatika, ā rātou
rangahau hōhonu, me tā rātou karo i te hiahia whaiaro. Ko
ngā hua i whiwhihia e rātou me ngā whakatutukitanga i
.tutuki i a rātou he nui rawa atu i ngā mahi i mahia e rātou

* * *

Kei roto i te herekoretanga whiriwhiri te herekoretanga
pono, e arahina ana e te whakaaro nui, e tautokona ana e te
.māramatanga, te tika, me te ngākau pakari

* * *

Ina whakaarahia e koe tō hiahia, tō whakatau, me tō
māramatanga mohio, ka tukuna ngā mana ngaro mai i te
hinengaro teitei ake - mā te māramatanga o te wairua - hei
āwhina i a koe me te whakamārama i ngā ara e anga atu
ana ki te whakamarie hinengaro me te harikoa, me te
.āwhina a te Atua

* * *

Me whakatuwhera e te tangata ngā awa o te wairua mā
roto i tana ake mahi. Kāore he tangata e whiriwhiri ana i te
mamae me te pōuri i runga i te rangimārie me te harikoa. Ko
te kuware te pūtake o te mamae, me te arai me tango atu.
He taru kino te kuware, he hohonu te pakiaka, e tupu ana i
roto i te māra o te tangata, e peia ana ngā tipu pai me te
whai hua. Me hinga te kuware me te hiahia pumau me te
whakatau pakari. Me ngaki te oneone o te hinengaro me te
arotahi hinengaro tika [ki te pai] me te whakamakuku i ngā
purapura pai ki te wai o te whakapono. Ina whiti ngā hihi ora
me te mahana o te aroha, ka tupu te purapura o te pai, ka
hinga i ngā taru me ngā tarutaru pirinoa, nā te mea kāore e
.taea te noho i te aroaro o te māramatanga

* * *

Ka memeha haere ngā ahuaireka o ngā taonga, engari
ko te hari atua e kore e memeha. He hari atua mutunga
.kore, e kore e taea te whakaahua

* * *

Kaua rawa tātou e whakamahi i ngā tikanga hē hei
whakatutuki i te harikoa, kaua hoki e whakarērea te
rangimārie me te taonga wairua kei a tātou anō, hei whai i te
whakamarie tinihanga me te oranga kanapa e iri ana i mua i
a tātou e ngā mahi me ngā whanonga kino e whai pānga
.kino ana

* * *

Ko te marino te kāmera pai rawa atu hei hopu i te
aroaro o te Atua. Mā te karu o te marino parakore, tino
.arotahi, ka puta te ahua tapu me te tino mārama

* * *

Ina hoki, kei roto i a koe te whakaaro nui katoa, ā, ko
.tāu noa iho he mōhio ki tēnā

* * *

Kei roto i te whakapai ake i a koe anō te ngākau māhaki,
kia rapua ai koe e ētahi atu, kaua ko koe e rapu ana i a
rātou. Me hoatu te aroha me te whakahoahoa me te kore e
tumanakohia, me tonu rānei hei utu, nā te mea ka puta te
riri me te kawa i te tumanako. Ahakoa te whai kia whakapai
ake i a koe anō, me tū takitahi te tangata, me te haumaruru
me te rangimārie i roto i te pā o ōna tikanga pai me tōna
.mana ake

* * *

Kia rere tonu mai ngā rerenga wai o te harikoa me te
hihiri i roto i tōku ngākau, ā, kia pā mai ō rātou wai
.whakahauora ki te hunga katoa e tūtaki ana ahau

* * *

Mā te harikoa wairua ka puta te hiahia ki te āwhina i
ētahi atu i ngā huarahi katoa, ā, ka whakawhanake i te kaha
ki te maioha ki ngā ahuareka matatika kua oti te whakapai
ake e arahi ana ki te harikoa, ā, ka whakaiti i te hiahia ki ngā
.ahuareka matapōkere

* * *

Ahakoa te iti o tō tūranga, he rite tonu tōna hiranga ki
ngā tūranga nui rawa atu, arā, ko te whai wāhi atu ki te
angitu o te whakaari ao e whakaarohia ana e ngā wairua i
.runga i te atamira o te ao

* * *

He hinengaro mutunga kore, tino mutunga kore te
hinengaro whānui, e whakahou tonu ana i a ia anō, e kore e
mutu tana auahatanga, ā, mā roto i a koe ka ngana ia ki te
.whakaatu i tētahi āhuatanga ahurei o ia anō

* * *

Ki te reka koe i te aroha atua ahakoa kotahi noa iho, e
kore rawa koe e whakarērea, nā te mea kāore he mea hei
.rite i te ao whānui

* * *

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou – mā te aroha noa me te āwhina a te Atua – te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

* * *

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai he whanonga pai, he whanonga kino
rānei i roto i te whakaaro. Ka taea e te tangata e pāngia ana
e ngā whanonga kino nā te mea kua tukuna ki ōna pūtau
roro te mana o aua whanonga, te whakaora i a ia anō mā te
kaha o te ngākau, te whakaaroaro, te inoi pono, me te
whakaū tonu i te pai tae noa ki te hurihanga o ōna
whanonga kino katoa hei whanonga pai o te rangimārie me
te ata noho. Ka puta tēnei ina mahi te kaha ora e tika ana te
whakahaere ki te whakarerekē i te āhua rerekē o ngā pūtau
roro, kia kī ai aua pūtau i ngā mea pai katoa, i ngā mea tapu
.katoa, i ngā mea ataahua katoa

* * *

Ko te māramatanga te kanohi o roto, te tirohanga a te
wairua, me te karu tirohanga o te ngākau. Ko te taurite i
waenga i te marino o te hinengaro me te parakore o te
.hinengaro

* * *

Ia rā ka kite tātou i ngā āhuatanga rerekē, ā, i ia rā ka
kawea mai he akoranga hou hei ako. E tumanakohia ana ka
ako te tangata i te akoranga mā te arotahi ki te kaupapa
matua o tōna oranga: kia mōhio ki te pūtake o tōna oranga
.me te pūtake o tōna oranga

Kia kaha tātou ki te wareware i ngā mamae o mua, kia
kaua hoki e whakaaroaro ki aua mamae. Me te whakapau
kaha me te ngākau hihiko, kia whakahoutia ō tātou oranga,
kia whakarei ake i ō tātou angitu, kia whāngai hoki i roto i a
.tātou anō ngā tikanga pai me ngā āhuatanga rangatira
Ko te Atua tōku kaha, ā, kāore au e whakapono ki tētahi
atu kaha

Whawhaitia ngā pakanga o te ao, kia u tonu ki te
mutunga, kaua e ngenge. Kaua rawa e kī, "Kāore e kitea e
au te ara, nō reira ka mutu taku whakamātau." Inoi mō te
arataki mēnā kua hē koe, engari kaua e mutu te
whakamātau. He tokomaha e whakaae ana ki te hinganga
ina tūtaki ki ngā arai. Ko te hunga e hinga ana me hono atu
ki te hunga angitu, kaua ki te hunga hinga. Kia u ki te angitu;
.waiho tēnā hei rapunga whakaaro mōu i roto i te ao
I ia rā, me whakapakari tātou i tō tātou kaha tinana, me
whakanui i tō tātou kaha hinengaro, me te mōhio ki a tātou
anō mā te whakaaroaro, te whakaaro tika, me ngā mahi pai,
whai hua e whai hua ai te tinana, te hinengaro, me te
.wairua

Ki te hiahia koe ki te whakatū i tētahi tikanga pai, ki te
whakakore rānei i tētahi tikanga kino, arotahi ki ngā pūtau
roro kei reira ngā tikanga o ngā tikanga rerekē. Hei whakatū
i tētahi tikanga pai, tuatahi noho māriri, whakaaroaro, me te
.rapu i te arataki a te Atua

Arotahi tō hinengaro ki te pokapū kaha o te ngākau i tō
rae, i waenganui i ō tukemata, ā, whakaūtia te whanonga e
hiahia ana koe ki te whakatō ki roto i tō roro. Ina hiahia koe
ki te whakakore i ngā whanonga kino, arotahihia hoki tō aro
ki te pokapū kaha o te ngākau, ā, whakaūtia kei te mukua
.ngā awaawa katoa e mau ana aua whanonga

Mā te arotahi me te kaha o te ngākau, ka taea e koe te
ūkui i ngā awaawa hohonu o ngā tikanga tawhito kua mau
tonu

Whakaūtia anō ki a koe anō kei a koe te kaha o te
ngākau ki te tango i ngā whanonga kino mai i tō roro. Ko te
wā pai mō tēnei whakaū ko te atatu i te wā e tino kaha ana
tō ngākau me tō arotahi. Me whakaū tonu ki a koe anō kei a
koe te herekore i ngā whakahau katoa, ā, i tētahi rā ka kitea
e koe—me te āwhina a te Atua—kua tino wetekina e koe te
.whanonga e hiahia ana koe ki te whakamutu

Ahakoā he aha tāu e wehi ai, peia atu i roto i ō
whakaaro, ka waiho ki te Atua. Whakakahangia tō
whakapono ki te Atua, me te whakawhirinaki ka taea e la te
āwhina i a koe, me te mōhio he nui ngā mamae e puta mai
.ana i te manukanuka me te manukanuka
He aha koe me mamae ai ināianei i te mea kāore anō
kia puta te mea e wehingia ana e koe? Nā te mea ko te
nuinga o ō tātou raruraru i ahu mai i te wehi, ki te tangohia e
tātou te wehi i ō tātou oranga ka noho noa tātou, ā, ka tere
.tonu te whakaora

I ia pō, i mua tonu i tō haerenga ki te moe, whakaū ki a
koe anō kei a koe te Atua, e tiaki ana i a koe, e mātakitaki
ana i a koe. Whakaarohia Tōna māramatanga tiaki e karapoti
ana i a koe i ngā taha katoa, ā, ka rongo koe i Tōna tiaki
.whakamiharo

I roto i tēnei whakaari ao whānui, ka whakaarihia e te
tangata o ngā iwi katoa te whakaari o te ora i runga i te
.atamira o te wā

Me mārama tātou ki te tikanga o te ao, kaua e tino aro
nui ki ō tātou tūranga rangitahi. He maha ngā wā ka hē te
māramatanga o tātou ki te ao nā te mea ka tirohia e tātou
mā roto i ngā kanohi o te hiahia whaiaro me te tirohanga iti;
ki te titiro tātou mā roto i ngā kanohi o te wairua, ka kite
.tātou i ngā mea mai i tētahi tirohanga tino rerekē

Ina whakatuwherahia e tātou te kanohi o te whakaaro
nui, ka kite tātou i te māramatanga whānui o te Atua, ā, i
roto i taua māramatanga ka kite tātou i tō tātou āhua
wairua, he whakaata i te āhua o te hinengaro whānui e
horapa ana i ngā matūriki me ngā wāhanga katoa o te ao
.whānui

E karapotia ana tātou e ngā pono wairua, e patuki ana i
ngā tatau o ō tātou kanohi kua katia, e akiaki ana i a tātou
kia kite i te māramatanga kaua i te pōuri, kia mahi i runga i
te whakaaro nui kaua i te kuware, kia whakakīia ō tātou
ngākau ki te aroha kaua i te mauahara, kia mahi tahi hoki ki
te whakatū i te rangimārie me te kawe mai i te hua me te
haumaruru ki tō tātou ao. Ina mahia tēnei e tātou, ka ngaro te
kuware, ka ngaro ngā rerekētanga o te ao, ka kite tātou i te
kotahitanga i roto i te kanorau, ā, ka nui ake tō tātou noho
.tahi me te hiahia o te Atua

Ehara tō tātou whanaungatanga ki te Atua i te
whanaungatanga makariri, kore aroha rānei, pērā i te
whanaungatanga i waenganui i te kaituku mahi me te
kaimahi. He tamariki tātou nā ia, ā, e mau tonu ana tana
manaaki i a tātou; e whakarongo tonu ana ia ki a tātou. He
wāhanga nui tātou o tōna noho, ā, e ora ana, e ora ana hoki
tō tātou whanaungatanga ki a ia. Kua homai e ia ki a tātou
he taonga mutunga kore o te aroha, te māramatanga, te
māramatanga, te ngākau pai, me te kaha wairua, engari ko
te nuinga o tātou kua maumauria noa iho tēnei taonga ki te
.kore noa iho

E hiahia ana te Atua kia noho tātou i roto i te haumaruru,
te rangimārie, me te mahi tahi, e tika ana mō ngā mema o
tētahi whānau rangatira, aroha hoki, engari kua pihi ake, kua
whai pakiaka hoki te apo me ngā whakaaro whaiaro i roto i
.ngā wairua o te tangata, ā, kua wehewehea te whānau
E hiahia ana te Atua kia noho tātou hei rangatira, engari
kua whiriwhiria e tātou te noho hei pononga. Kua matara atu
te tangata i tōna kāinga i te rangi, kua ngaro te pararaiha o

roto, arā, te tata ki te Atua, me te Atua e tata ana ki a tātou,
ā, e kore e taea e ia te whakahoki mai i taua pararaiha me te
kore he mahi whaiaro. I hangaia tātou e te Atua i roto i tōna
āhua, engari kua ngaro atu tēnei pono i roto i ō tātou
.hinengaro

Kua tukua tātou ki te whakaaro pohehe ko tō tātou
mutunga he uaua, ā, ko tō tātou mutunga he
whakangaromanga, ā, me haehae e tātou te arai o te
whakaaro pohehe ki te maripi o te whakaaro nui kia kite ai i
.te pono kanapa i muri i te arai

Kua manaakitia ahau e te Atua i roto i ēnei tau roa o
tōku ao. Ahakoa e kite ana te tangata i te ataata o te ngākau
māhaki i tōku mata, kei ahau tonu te hari atua, ā, e kore e
wehe atu i ahau. E rere tonu ana te awa nui o te harikoa i
raro i te onepū o tōku hinengaro, ā, e pupū ake ana hei puna
.manaaki e whakamakuku ana i ngā māra o tōku ao

E kore e taea e ngā huringa ohorere o te ao te
whakararuraru i tōku rangimārie, e kore hoki e taea e te
.wairua o te mate te tango i te hari wairua e pā ana ki ahau
He uaua ki te hanga i taua āhua kia pumau, kia kore e
taea te whakarerekē, engari ko ngā hua o te wairua e
pārekareka nei ahau ki a ia, e tohaina ana hoki ki ētahi atu,
he mea tika te whakapau kaha katoa i whakapaua e au ki
.roto

Ko te wairua atua taku e whakaaro ana, e mahi ana
hoki. Kāore te moni i te whāinga i roto i te ao, engari ko te
mahī ki ōku teina me ōku tuākana i roto i te tangata. Nō
reira, kua whakatuwherahia e te Atua ngā tatau maha o te
pai kia taea ai e au te tautoko i ahau anō me te whakatutuki
i taku misioni. Ā, i ngā wā katoa e hiahia ana ahau ki te
.āwhina, ka homai tonu mai e te Atua

Ko tāku anake hiahia he mahi māu, koia ahau i konei ai
Kei te mahi te mana o te Atua i roto i ō koutou oranga.

Ka wheakohia e koutou tēnei pono ina whakakahangia tō
koutou whakapono, ā, ka mōhio koutou kāore te taonga

pono e ahu mai i te angitu ā-ipurangi engari nō te Atua Kaha
.Rawa

Ko ia wā e noho tahi ana koe me te Atua, hei painga
mōu, ā, ko ngā mea katoa e tutuki ana i a koe i runga i te
aroa, hei whakamanawareka i te Atua, ka tuhia ki roto i te
.pukapuka o te ao mutunga kore
Hoki atu ki te mokemoke o ō whakaaro hohonu, kia pai
.ai te rangimārie e rere mai ana i te puna o te wahangu
Ki te rui tātou i ngā mahi pai, ka kokoti tātou i te hari me
ngā manaakitanga; ā, ki te rui tātou i ngā mahi kino, ka
.kokoti tātou i ngā momo raruraru me ngā taumata rerekē
He rite ngā mahi pai katoa ki te toki e kerī ai tātou ki te
.oneone o te hinengaro kia hurahia ai te puna o te hari atua
Akohia te ruku ki te moana o te whakaaroaro me te
tūhuratanga, ahakoa e pā ana ki ngā pukapuka pai, ki ngā
whakapono, ki ngā raruraru, ki te rapunga whakaaro, ki te
harikoa o roto rānei, me te mōhio ko te noho mokemoke noa
.te utu mō te harikoa pono

Ahakoa te āhua o te ao kāore e taea te matapae, te
hurihuri, me te ngaro, ki tonu i ngā feaa me ngā momo
raruraru me ngā āwangawanga katoa, kei raro tonu tātou i
te tiakitanga tonu a te Atua. Kaua e whakanui rawa i ngā
mea, kaua hoki e ngaro tō tātou marino i mua i ngā
huihuinga, nā te mea ki te tukua e tātou te matakū kia
taupokina tātou, ka hoatu e tātou te mana ki te kino, ka
hohonu ake ōna pakiaka, e tupu ana, e tupu ana i roto i te
.oneone o te wehi me te manukanuka

Pātai atu ki a koe anō i ia pō: E hia te wā kua noho tahi
koe me te Atua, e hia te nui o ō whakaaro, e hia te nui o ō
whakatutukitanga, e hia te nui o ō mahi mā ētahi atu, ā, e
?hia te nui o tō whakahaere i ō hiahia

Kaua tātou e tumanako ki te kitea te harikoa me te
rangimārie pumau i roto i ngā whakamātautau o te ao;
engari, me rapu, me hura hoki i roto i a tātou anō. Nō reira,
ahakoa he aha ngā wheako e pā ana ki a tātou, ka rite tā

tātou whakahaere i aua wheako ki tā tātou mātakitaki i ngā
wheako o tētahi atu i roto i te kiriata, ahakoa he pai, he
.mamae rānei

Ka taea e te tangata te huri i ō rātou wheako katoa hei
whakamātautau mamae, hei whakamātautau pōuri mena ka
tukua e rātou tōna hinengaro kia pērā. Ahakoa he pai te
hauora o te tangata, kāore e mārāma ki tōna uara. Engari ki
te pāngia rātou e te mate, ka whakaiti rātou i a rātou anō, ka
maioha ki te manaakitanga o te oranga. Me mihi tātou ki te
atawhai o te Atua, me whakawhetai ki a la mō ngā
manaakitanga e homai ana e la ki a tātou, me te kore e
tatari kia puta he āhuatanga kino hei mea kia whakawhetai
.tātou, kia mōhio ai ki Tōna aroha noa

Me whakakotahi te ao i te whakaaroaro me te mahi. Ina
ngaro te taurite hinengaro o te tangata, ka ngoikore ia ki te
whakaekenga mai o ngā manukanuka, ngā kapua o te pouri,
me ngā mamae. Ā, ki te ngana ia ki te takahi i ngā ture o te
hauora, te whai rawa, me te whakaaro nui, ka tino pāngia ia
.e te mate, te rawakore, me te kuware

Me pupuri e tātou ō tātou whakaaro kia ma, kia ma ō
tātou hihiri, kia mahi hoki i roto i te huarahi e homai ai te
rangimārie o te hinengaro ki a tātou, kaua hoki e tukua ngā
āhuatanga o te ao kia whakararuraru i tō tātou rangimārie,
.kia whakangaro hoki i tō tātou harikoa

Ahakoa te tawhiti, e kukume mai ana ngā ngākau pouri
me ngā whakaaro maru i ahau
Whakawhanuihia ngā rohe o tō rangatiratanga kanapa o
te aroha kia uru māriri ai tō whānau, ō hoa noho, tō hāpori,
tō whenua, me ngā whenua me ngā mea ora katoa e mōhio
.ana

Me whakapakari anō hoki tātou i tō tātou hinengaro, me
te whakakore i te taumahatanga o te ngoikore o te
hinengaro me te matatika i tukua iho i ngā tau me ngā

whakatipuranga. Me tahuna ēnei poke ki roto i ngā ahi o te
whakatau hou me te mahi whai hua. Mā tēnei huarahi
hanga, ka taea e te tangata pono te tae atu ki ngā pae
.tawhiti o te herekoretanga me te rangatiratanga

Whakahohehia te mana mutunga kore i roto i a koe kia
taea ai e koe te whakaari i tō tūranga rangatira i runga i te
atamira o te ao

Ina tīmata te tangata ki te karakia ki ngā taonga, ki te
moni, ki te rongonui, ki tētahi atu mea rānei i tua atu i te
Atua, ka pā te pouri ki a rātou. Ko te hunga e aro katoa ana
ki ēnei mea, kei te karakia tonu rātou ki a rātou, nō reira,
kāore rātou e whakatata atu ki te Atua, engari e mawhiti atu
ana i a la. Engari ko te hunga e whakaaroaro ana ki te Atua,
e whakaaroaro ana ki a la, e kōrero ana ki a la i roto i ō rātou
ngākau, e whakatata atu ana ki a la, ā, e wheako ana i te
.hari o roto i roto i tā rātou kōrero puku ki a la

Ko te Atua anake te kaha ki te whakatutuki i ngā
moemoeā me ngā tumanakohanga a te tangata mō te
harikoa pumau. Nō reira, kua tetahi mea e whakaaetia kia
.tangohia te tūranga o te Atua i roto i te ngākau

He tohu tapu kei reira hei āwhina i te tangata e rapu ana
kia maumahara ki te Atua, kia whakatata atu hoki ki a la.
Heoi, ki te tīmata te tangata ki te karakia ki ēnei tohu, ka nui
ake te kino i ō rātou painga. Me tuku te karakia ki te Atua
anake, nā te mea kāore he mea kē atu e tika ana kia
.karakiatia

Ahako te āhua o te karakia ritenga, e manakohia ana e
te Atua, mena ka mahia e te kaikarakia me te māramatanga
wairua me te hiahia ki a la. Heoi, he tokomaha te hunga
kāore e mārama ki te mauri o te karakia, ā, kua tauri ke ō
rātou whakaaro me ō rātou ngākau i te Atua ki ngā ritenga,
.nō reira kāore e nui te painga o tā rātou karakia

Kāore ngā kaikarakia pono e tuku i ō rātou hinengaro kia
herea ki tētahi whakapakoko, ki tētahi āhua rānei, engari ka

arotahi rātou me te aroha hohonu me te aro nui ki te wairua
.atua kei muri i ngā whakapakoko me ngā āhua katoa
He Atua mutunga kore, he Atua mutunga kore, ā, kāore
he whakaahua, he whakapakoko rānei e taea te pupuri i a ia
Ka taea te kī, e whakaatu ana te Atua i a ia anō i roto i
te hunga katoa e aroha pono ana ki a ia, e noho tahi ana
hoki me ia, nā te mea kei ngā wāhi katoa ia, nō reira kei roto
i te katoa. Heoi, kāore i te katoa te kaha ki te whakaatu i te
aroaro atua. E whiti ōrite ana te rā ki te waro me te taimana,
engari ka whiwhi te taimana i te hihi o te rā, ka whakaata
.hoki, engari kāore e taea e te waro

Waihoki, ka rumakina ngā tāngata katoa ki te
māramatanga o te Atua, engari he tokoiti noa iho e āhei ana
ki te whiwhi i taua māramatanga me te whakaata i roto i ō
rātou whakaaro me ā rātou mahi. Hei whakatutuki i tēnā, me
pure rātou i a rātou anō mā te whakaaroaro me te whai i ngā
.whakaakoranga me ngā ture a te Atua

Ina whakahuatia e tātou te ingoa o te Atua, me tino
mōhio tātou ki tā tātou e kōrero nei. Mēnā ka taea e koe te
kite i ngā whakaaro o te tangata i a rātou e inoi ana, ka kitea
e koe ko te nuinga kei te whakaaro ki ngā mea katoa engari
ko te Atua anake, ahakoa kei te whakahuatia e rātou tōna
.ingoa! Kāore he hua o taua inoi, kāore hoki he tikanga
Ina inoi tātou, me whakapau kaha tātou ki te arotahi i ō
tātou hinengaro katoa ki te Atua, kaua e whakahua noa i
tōna ingoa tapu me te tuku i ō tātou whakaaro kia
kopikopiko noa. I whakahuahia e tētahi o ōku whaea kēkē
āna inoi ki runga i ngā poroporo inoi, he onge noa iho te
korenga e taea te tango atu i tōna ringa. Engari i tētahi rā ka
whaki mai ia ki ahau ahakoa te mahi i tēnei tikanga inoi mō
ngā tau e whā tekau, kāore te Atua i whakautu i āna inoi.
Kāore he mea miharo! Ko āna "inoi" he tikanga manukanuka
.noa iho

Ina inoi tātou, kaua e whakaaro ki tētahi mea engari ko
te Atua anake. Me whai tātou kia pono tā tātou karakia, kia

whakatapua hoki ki ā tātou inoi. He mea tino manakohia te
whakamahi i ngā poroporo inoi me te karanga tonu i te ingoa
o te Atua ina ahu mai te mahi i te ngākau, ā, e tautokona
ana e te pono me te hinengaro arotahi. Heoi, ka taea e tēnei
.mahī te noho aunoa i roto i te wā

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou
ngākau, me te hiahia nui me te aroha atua; he karakia pono
tēnei e pā ana ki te ngākau o te Atua. Ko te whakahua i te
ingoa o te Atua me te makariri me te hinengaro kopikopiko
he kohukohu me te kore whakaute. Ina inoi te tangata, me
.whakakī te ngākau me te hinengaro i te aroha o te Atua

E te Ariki, ko koe te Whetu Tapu o te Raki e ārahi nei i
aku whakaaro i roto i te moana pōrearea o ngā
.whakamātautau me ngā raruraru

Mā te whakamahi i ngā mahi yoga teitei ake ka āwhina i
te whakatata atu ki te Atua, te pūtake nui o te kororia me te
ataahua, pērā i te āwhina ki te whakaaro ki te Atua me te
.kōrero ki a ia

He mea nui kia whakatapua he rā kotahi i te wiki ki te
okiokinga wairua (ki te taea) hei whakaaroaro ki te Atua, hei
wheako hoki i te marino, te rangimārie, me te rangimārie o
roto. Ko te wā e pau ana i tēnei ara hei rongoā whakamarie
mō ngā raruraru me ngā manukanuka e pā ana ki a koe i te
.toenga o te wiki

Me noho motuhake te katoa i te rā kotahi i ia wiki, i te
"wātea wairua" rānei, hei whakaaro i ō rātou patunga me
ngā mamae o te ngākau. Ina tae mai taua rā ki te
rangimārie, ki te harikoa, ki te ngākau māhaki, ka tatari koe
.ki a ia i ia wiki, i ia wiki

Ko te mokemoke te utu mō te hiranga. Ka miharo koe ki
ngā hua whakamiharo ka tutuki mō tō hinengaro, tō tinana,
me tō wairua mā tēnei okiokinga wairua me te hononga ki tō
wairua me te Atua. Ki te hiahia koe ki te harikoa pono, me
rumaki koe i a koe ki te moana o te rangimārie atua i te
.atatu i te oho ake, ā, i mua hoki i te moe i te pō

Kaua e tohutohu ngā tohunga o Īnia kia kotahi noa te rā
mokemoke, engari kia whakanuia te hiahia mō te
whakaaroaro mārie i ngā wā e whā i ia rā. I te ata, i mua i te
ara ake me te kite i tētahi atu, me pārekareka te tangata ki
te marino me te rangimārie. I te poutumarotanga, me
whakamarie te hinengaro i mua i te tina, ā, me pārekareka
anō ki te wā rangimārie i mua i te tina. Hei whakamutunga, i
mua i te moe i te pō, me hoki anō te tangata ki te
.rangimārie

Ko te hunga e āta pupuri ana i te wā noho puku i te wā
mokemoke, ā, puta noa i ēnei wā e whā o te rā, ka tino
pāngia rātou e te rangimarie me te Atua. Ko te hunga kāore
e taea te pupuri i ēnei wā katoa, me whakatapua te iti rawa
o ngā hāora o te ata me te ahiahi ki tēnei. Mā te mahi pera,
ka hurihia ō rātou oranga kia pai ake, ā, ka pāngia rātou e te
.harikoa pono; ko te wheako te tohu pai rawa atu
Ki te tuhituhi tonu koe, ki te haina hoki i ngā haki, me te
kore e whakatakoto moni hei utu mō tō pūkete putea, ka pau
tō moni. Pērā anō hoki mō tō oranga. Ki te kore he penapena
rangimārie i roto i tō pūkete oranga, ka pau tō kaha, ka
ngaro tō marino, ā, ka memeha haere tō harikoa. I te poto,
ka pāngia koe e te pirau o te hinengaro, te tinana, me te
wairua. Engari mā te whakaaroaro hohonu ki te Atua i ia rā
.ka whakakī anō i tō pūkete kare ā-roto

Ka whakaaroaro te tangata rapu pono i ia rā, ka kōrero
ki te Atua me te aroha me te hiahia nui i roto i tōna ngākau,
me te inoi ki a ia kia whakakitea mai ia. Ki te mea he tangata
aroha koe ki te Atua, ā, e hiahia ana koe ki te wheako i Tōna
aroaro, me rumakina tō hinengaro me tō tinana ki roto i
Tōna rangimārie, ā, ka menemene te ora ki a koe, ā, ka pai
.ake ō mahi i ngā huarahi maha

Kāore te tangata marino e hē, ā, ka angitu ia i te wā e
.hinga ai ngā mano tini o ētahi atu
Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki
.a ia, ka pouri, ka pōuri. Ka riri rātou, ka huri hei mīhini hikoi

Ka ara ake te rā o te whakaaro nui me te rangimārie i te
rangi o te marino, ā, ka horoi i a koe i roto i ōna hihi
whakaora, mena ka whakapau kaha koe ki te wairua, ka
.waiho te Atua hei tūranga tuatahi i roto i tō ngākau
Kotahi te marama e tiaho ana, he marama ake i ngā
whetū katoa. Ko te rā, he iti nei te āhua, ka pei i te pōuri i
tētahi wāhi miriona ngā wā nui atu i a ia anō. Waihoki, ko te
tangata pai, mā te noho noa i te ao, ka tukuna e ia ngā wiri e
ārai ana, e whakakore ana hoki i te maha o ngā wiri e tukuna
.ana e te hunga kino

Me waiho hoki he rā whakaaroaro hei rā okiokinga
hinengaro, tinana hoki, me te whakatipu i te rangimārie o
roto. Ko ngā mahi katoa e puta ai te whakaaro nui me te
.rangimārie, he mahi manaakitanga i taua rā
Mō te whakahonore i ngā mātua, kua tūtohu ngā
pukapuka tapu kia atawhai i a rātou: "Whakahonoretia tō
"pāpā me tō whaea" me "Kia atawhai ki ngā mātua
Me whakahonore ngā mātua tangata hei māngai mō te
Atua, nāna nei i homai ki a rātou te taonga o te hanga i te
tangata. Ko te whaea te whakaaturanga o te aroha parakore
o te Atua, nā te mea ka murua e te whaea aroha ngā hara i
te wā kāore he tangata kē atu e muru. Ko te matua te
whakaaturanga o te whakaaro nui o te Atua, me te kaitiaki o
.āna tamariki

Kaua te tangata e aroha ki tōna matua tāne me tōna
whaea i tua atu i te Atua, engari hei whakaaturanga i Tōna
aroha tiaki me te aroha whakaaro nui. Ka noho te wairua
atua nui hei matua, hei whaea hoki hei āwhina i te tamaiti;
.nō reira, me whakahonoretia tēnei e ngā mātua

E tohutohu ana hoki ngā karaipiture kia kaua e patu
tangata hei patu noa iho, nā te mea ka noho ko ia hei
kaikōhuru. Kaua te tangata e tango i te ora o tētahi atu i roto
i te wā e nui ana te kare ā-roto. Heoi, ki te whakawehihia
ngā whanaunga, me whawhai te tangata ki te tiaki i te

hunga kua tukua mai e te Atua ki a rātou, he mahi tapu hoki
.te tiaki i tōna whānau me tōna whenua

Mō te aukati i te puremu, ko te kaupapa tino pai o te
hononga ā-ira tangata ko te whānautanga o ngā tamariki i
hangaia kia rite ki te ahua o te Atua, me te whakaatu i te
aroha parakore e kitea ana e ngā hoa rangatira e kite ana i
te Atua i roto i a rātou anō. Ko te hunga e noho ana i runga i
te taumata tinana anake, me te kore e aro ki te aroha pono,
ki te kaupapa teitei ake rānei i hangaia ai te hiahia ā-ira
tangata, ka puremu rātou e ai ki tēnei ture. I tēnei wā, kāore
rātou i te rerekē i ngā kararehe e makona ana i ō rātou
.hiahia ā-ira tangata, kātahi ka haere tonu

Nā te Atua tēnei hihiri auaha i roto i ngā tāne me ngā
wāhine kia whānau ai, kia whakapuaki ai hoki i te aroha pono
i roto i te marena, ā, kua e whakamahia hētia, engari kia
.hurihia hei mahi tapu, hei mātauranga tapu hoki
Ki te taea e koe te whakahaere me te tohatoha i te
mana moepuku i roto i tō tinana, ka taea e koe te
whakawhanake i ngā pūkenga hinengaro nui mō te tuhituhi,
te tuhi, te whakaatu rānei i ngā taranata huna i roto i te tini
.o ngā huarahi

Ā, ina taea e koe te whakahaere me te whakaputa ke i
te wairua o te mahi auaha, ka wheako koe i te rangimārie
.nui, te aroha nui, me te hari wairua e piki haere ana
Ko ngā hunga tapu me ngā kaiārahi wairua kua
whakarerekē i ā rātou mahi moepuku, he hunga nunui e
kaha ana ki te mahi i ngā mahi whakamiharo me ngā mahi
whakamiharo i te ao, i roto hoki i te rapunga ngaro mō te
.pono

Nō reira, ko te whakamahinga nui rawa atu o te hiahia
moepuku ko te whakanui ake i tōna mana, arā, te
whakawhiti i tōna kaha ki tētahi kaupapa teitei ake hei
whakaatu i te whakaaro nui, i ngā kaupapa teitei, me ngā
mātāpono wairua. Kua te tangata e whiwhi i te ahua reka
mai i ngā whakaaro moepuku, kua hoki e hiahia ki ngā mea

kua rāhuitia. Ina tutuki tēnei momo whakahaere whaiaro, ka
whai tirohanga pai te tangata mō te moepuku me tōna
.kaupapa teitei ake

Ko te noho hei pononga mā ngā take moepuku ko te
ngaronga o te hauora, te mana whakahaere i a ia anō, me te
rangimārie hinengaro, ā, i roto i ngā kupu poto, ko ngā
.āhuatanga katoa o te harikoa e hiahiatia ana e te tangata
Kei te akiaki hoki ngā pukapuka tapu i a tātou kia kaua e
tahae. Mēnā ka tahae tetahi rōpū mano tāngata i tetahi, ka
999 ngā hoariri o ia tangata. Nō reira, kaua e takahi i ngā
tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te
rangimārie, i te aroha, i te mana, i tētahi o ā rātou taonga ā-
tinana, ā-wairua rānei. Mēnā kāore koe e hiahia ki te tango i
ngā mea ehara i a koe, ka tae mai ki a koe ngā mea e
hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te
hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me
hutia ake ngā purapura o ngā hiahia kino i te hinengaro. Ko
te atawhai wairua te huarahi. Kātahi ka kukume mai te
tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e
rātou me ngā puna kāore e mōhiotia ana e rātou. He ture
tapu tēnei e kore e taea te hē. Mō ngā tahae me ngā tāngata
hiahia-ā-iwi, ka pau ō rātou oranga ki te whai i ngā taonga ā-
tinana, me te titiro tonu ki ngā mea a ētahi atu, ahakoa kei
.te puea ake ā rātou ake putea i te koura

Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga,
e kore e taea e te ao te mōhio ki te harikoa

Ka puta te harikoa mā te mahi tahi wairua anake. Ka
puta mai ina rongo te tangata i ngā hiahia o ētahi atu me te
mea nōna ake, ā, ka mahi mā ētahi atu i a rātou e mahi ana
.mā rātou anō

Ko tētahi atu ture nui ko te karo i te whakaatu teka. Ko
te whara i tētahi mā te whakapohehe i te pono tētahi atu
huarahi hei whakararu i te rangimarie o te hāpori. Ki te
hiahia te tangata kia atawhaitia ia, me atawhai ia i ētahi atu.

Me kōrero tonu te pono, engari me wehewehe te kōrero i te pono me te kōrero noa i ngā meka. He mamae, he kino hoki te kī he kopa, he matapo rānei tētahi; me whai whakaaro ki ngā kare ā-roto o ētahi atu, ā, me karo i te whakama i a rātou. Waihoki, he hē anō hoki te whakaatu i tētahi pono e tinihanga ai i tētahi kāore he kaupapa rangatira. I tētahi atu taha, kua e teka hei karo i te kōrero i te pono; engari, ka taea e te tangata te noho puku i ētahi wā hei karo i te .whakama, i te whara rānei i ētahi atu

Me tūpato te tangata i te hae, he mate whakangaro e ngau ana i te rangimārie o te wairua. Ka nui ake te hiahia o te tangata ki ngā mea a ētahi atu, ka nui ake te pouri me te pōuri. Ka noho te tangata hae i roto i te ao raruraru, kāore e mōhio ki te reka o te rangimārie. He pai ake mā rātou te whakaute i a rātou anō, te whakawhirinaki ki a rātou anō, me .te rapu i te taonga wairua o roto

He nui atu te mana me te uara ā-roto o te tangata i ngā mea katoa e hiahiatia ana e rātou, e hiahia ana rānei kia riro i a rātou. E kitea ana te Atua i roto i ngā tāngata katoa, i tētahi ara kāore e kitea i roto i tētahi atu tangata. Kāore ō rātou mata i rite ki ō tētahi atu, ā, kāore ō rātou wairua i rite ki ō tētahi atu, nā te mea kei roto i a rātou te taonga nui rawa atu o ngā mea hanga katoa—ā, ko te Atua taua taonga .nui rawa atu

E hiahia ana mātou kia tiaho, kia puāwai ō mātou ao i ngā mahi pai, kia kakara hoki i te hari me te harikoa, kia ora tonu ai i roto i te maharatanga o te hunga e maioha ana ki a .mātou

Ina he whakapono tika tā te tangata, ā, ka mahi i runga i tēnā, ka nui atu tōna harikoa i te hunga kāore i te whakapono, ā, kāore e mahi i ā rātou mahi i roto i te .pakanga o te ao

Kei te noho tonu te whakapono tika me te mahi tika (e tautokona ana e ngā kaupapa rangatira me ngā whakaaro

pai) i ngā wāhi katoa e noho ana te harikoa, ā, ka ngaro i ngā wāhi katoa e ngaro ana te harikoa. Mai i tēnei, ka taea e tātou te whakatau ko ēnei ngā āhuatanga matua e rua mō te harikoa, e kore e taea te whakatutuki me te kore ēnei āhuatanga. Ko te hunga e hiahia ana ki te harikoa, me whiwhi noa i ēnei āhuatanga matua e rua, arā, ko ōna .tūāpapa me ōna pou

Kāore e taea e te tangata te whakahaere, te whakarerekē, te muku rānei i ngā wāhanga mutunga kore o te ao tūroa i runga i tōna hiahia. He mea whatu pai ēnei wāhanga ki te hanganga o te oranga tangata, ā, kāore e taea e te tangata te mahi motuhake mai i a rātou. Heoi, ka taea e te tangata te whakahaere i ō rātou hinengaro kia .urutau ki ēnei wāhanga, kia kore ai e whara i a rātou I harikoa ake ō tātou tūpuna i a tātou, ehara i te mea nā te nui ake o ā rātou taonga me ā rātou ahua eka o te ao i a tātou o nāianei, ehara rānei nā te mea kāore i tino pāngia e ngā raruraru o te ao, engari nā te mea i a rātou te taurite hinengaro i homai ai ki a rātou te whakamarie, te .rangimārie, te ngākau māhaki, me te harikoa poto

Kāore rātou i whakawhirinaki ki ngā āhuatanga o waho mō tō rātou harikoa, kāore hoki i hinga ki ngā āhuatanga o waho ka tango i a rātou. He mea maori, he mea noa, he hauora, he mea pumau hoki ō rātou kare ā-roto o te whakamarie, o te rangimārie, o te harikoa, me te ngākau māhaki. Me whakatipu hoki tātou i ēnei kare ā-roto mēnā e hiahia ana tātou ki te whiwhi i te harikoa. Ā, ko wai o tātou ?kāore

Ko te aituā he hua o te whakamahinga o mua o te hiahia noa, o te herekore rānei ki te whiriwhiri. Nā roto i ā tātou mahi o mua o te hiahia noa, kua kawea mai e tātou, ā, kei te haere tonu mai te aituā me te aituā ki a tātou anō. Heoi,

kāore tātou e herea e te aituā, kāore hoki tātou e herea
tonutia e ngā hua o ā tātou mahi. Ka taea e tātou te
whakakore i tā tātou i rui ai, te muku i tā tātou i tuhi ai mēnā
e hiahia ana tātou, ā, e whai ana tātou ki te whakatika i tā
tātou huarahi me te whakapai ake i te kounga o tā tātou
.kotinga

Ki te whakakorea e tātou ngā purapura o ngā mahi e
hua kino ana, ā, ki te whakatō ki ō rātou wāhi he purapura e
tika ana mō te āhua o te wairua, ka tino kokoti tātou i ngā
hua o te harikoa mai i aua purapura pai i ruia ki te oneone o
te wairua. Me whakamahi tātou i te hiahia noa ināianei,
ināianei, kua āpōpō, ki te hiahia tātou kia nui ake te
.harikoa, kia whakaiti rānei i te mamae me te mamae
Nō reira, kei roto i te tangata ngā āhuatanga mō te
harikoa, ā, ko tāna anake he aro nui ki taua whārite kāore e
hē, ā, ka pai ngā hua ki a ia mēnā ka aromatawai pai ia, ka
.aro atu hoki ki tēnā

E te Ariki, kia kī tōku wairua i tōu ora, tōku ngākau i tōu
aroaro whakamarie me tōu aroha, tōku hinengaro i tōu
.whakaaro nui, ā, kia kī tōku wairua i tōu māramatanga atua
I roto i te oneone o ō koutou ngākau, ka tupu ngā
purapura o te aroha. Whakamakukuhia aua purapura ki ngā
.wai o te aroha whānui me te atawhai whānui

Kāore he mutunga o te mana o te hinengaro, nō reira, ki
te whakaaroaro hōhonu koe mō tētahi kaupapa, ka whiwhi
.koe i te whakautu ki tētahi pātai e pā ana ki taua kaupapa
Ki te whakatapua e te tangata āna mahi katoa ki te
mahi ki te tangata, ā, ka tutuki i a ia aua mahi me te ngākau
māhaki, he tika rawa kia whakaarohia, kia whakawhetaihia
.hoki ia

Kua tātou e noho taha kotahi. Engari, me whakataurite
ā tātou mahi, me whakarite hoki i ngā mahi me ngā
.kawenga kia rite ki te hiranga o ia mahi, o ia mahi
Ko te kawenga te mahi e mahia ana e te tangata me te
harikoa, ehara i te mea hei whiwhi taonga, ā, ko te kawenga

wairua me te kawenga matatika me noho tuatahi i roto i te
.ao

He pūmanawa tō ia tangata, kāore anō kia whakamahia.

Kei a rātou ngā kaha katoa e tika ana. Ko te hinengaro tonu
te mana nui, ā, me wetekina i ngā tikanga me ngā ariā
.tawhito, whakawhāiti hoki

Ko te awe o ngā aorangi me ngā whetū ki te oranga o te
tangata, nā ngā kaha kukume me te pana i waenganui i ngā
.aorangi me ngā tinana tangata

Mā ngā whakaaro kino ka ārahi te tangata ki tētahi taiao
kino, ka taea e rātou te whakapuaki i a rātou anō i runga i ō
rātou hiahia. Heoi, ka taea e te tangata te whakarerekē i ō
rātou whakaaro me ō rātou hinengaro mā te kaha o te
hiahia, ā, nō reira, ko tō rātou taiao. Ki te noho tonu te
tangata i roto i tētahi taiao kino mō te wā roa, ka tīmata taua
taiao ki te awe i a rātou i roto i te hinengaro kore. I roto i te
wā, ka ngaro katoa tō rātou herekore ki te whiriwhiri i tētahi
taiao hauora, ā, ka noho hei takawaenga mō ngā awe kino o
taua taiao kino. Ko te hunga he kaha te hiahia, i tētahi atu
.taha, kei te noho tahi rātou me te Atua

Pūngao hinengaro kua arotahi

Ina arotahi koe i te hihi o te rā mā roto i te karāhe
whakanui ki tētahi pito iti, ka puta he wera, ā, ka taea e taua
wera te mura i te rakau, i te papanga, i te pepa, me te maha
atu. Waihoki, ina arotahi tika koe i tō hinengaro, ka taea e
tōna kaha kua kukū te tahu i ngā pakiaka o te ruarua i muri i
ia hapa, ā, ka taea te whiti mārama o te māramatanga o te
.whakaaro nui

Ina hono te hinengaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana tapu katoa, ka mōhio ia ki
te aroaro o te Atua, ā, kei a ia ngā āhuatanga katoa o te
angitu. He hononga tata ēnei āhuatanga ki te mana nui o te

Atua, e āhei ana ki te waihanga i ngā whai wāhitanga hou
.mō te angitu i roto i ngā mara katoa
Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu
mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka
hua mai he hua e whakaata ana i ngā āhuatanga o aua
.whakaaro me aua mahi
Kāore ngā whakamātautau me ngā raruraru e tae mai
hei wawahi i te tangata, hei whakararuraru rānei i tōna
hiahia, engari hei mea kia mārama rātou ki te nui o te Atua,
kia whakaute hoki i Ana ture, e taea ai e rātou te
whakatutuki i te harikoa pono. Kāore te Atua e tuku mai i
ēnei whakamātautau nanakia nā te mea he mahi nā te
tangata. Ko te mea anake e hiahiatia ana e te tangata ko te
whakaara ake i tōna hinengaro i tōna moe mangere, me te
puta mai i te pōuri o te kuware ki te māramatanga o te
.mātauranga
I te nuinga o te wā, ka oati mai ō tātou kare ā-roto ki a
tātou mō ngā ahua eka poto noa iho, engari i te mutunga ka
puta mai he mamae me te mamae roa. Heoi, he iti noa iho
ngā oati mō te pai me te harikoa pono, engari i te mutunga
ka homai he harikoa parakore, he harikoa pumau. Koia ahau
i whakaaro ai ko te harikoa o roto, he harikoa pumau, ā, ko
.ngā ahua eka ā-tinana rangitahi he ngahau noa iho

Ina titiro koe ki te rā mai i ngā miriona maero te tawhiti i
te wāhi, ka āhua iti ake taua whetu nui i tō tātou Whenua
Heoi, ko te whānui o te Ao he tata ki te 7,900 maero, ko
te whānui o te Rā he rau ngā wā nui atu i tō te Ao. Mēnā ka
taea e koe te whakanoho i tō tātou aorangi, a Papatūānuku,
.ki mua tonu i te Rā, ka puta he rite ki tētahi ira iti ki te Rā

Me kī tātou kei te whānui haere te papa rā nui, ā, ka
horomia katoatia te rangi kikorangi e tōna papatipu nui. Ko
te rangi e kitea ana e tātou he wāhanga iti noa iho, he iti noa
.iho, o te wāhi e horapa ana i te ao mutunga kore
Ahakoa ka toro tonu te rā ki te wāhi mo ake tonu atu, e
.kore tonu e taea e ia te hipoki i te mutunga kore
Ko te mānukanuka o te iti me te mutunga kore e
whakawhāiti ana, e aukati ana hoki i te hinengaro kia kite i
.taua whānui o te ao

?Nō hea tēnei takoto kau kore, ā, kei hea ōna rohe
Ko ia kāore i raro i ngā rahinga, i ngā inenga rānei,
kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho
ana i ngā wāhi katoa, ā, e noho ana i ngā pito tawhiti rawa o
te ao. Kei roto ia i ngā whetū tawhiti, tawhiti rawa. Pērā i
tōna noho i roto i a koe, i roto hoki i ahau, e mōhio ana ia ki
.ngā wāhi katoa e nohoia ana e ia, ahakoa te iti, te rahi rānei

Kāore te nuinga o te tangata e mōhio ki ngā mea o mua,
engari ko ētahi tāngata whai mātauranga kua whiriwhiria.
Heoi, he painga anō hoki tō tātou kore mōhio ki ngā mea o
mua. Mehemea hoki i mōhio tātou ki ngā mea katoa i mahia
e tātou i tēnei ao me ngā oranga o mua, kua taupokina tātou
e te nui o ā tātou mahi, ā, kua tino pōhēhē tātou. Tērā pea
ka pararutiki tō tātou hiahia i te ohorere, ka kore ai e taea e
tātou te haere tonu i ā tātou mahi, ka waiho hoki tātou hei
taonga mō te ngakaukore. Ahakoa i tēnei ao, he
manaakitanga nā te Atua te warewaretanga, e ārai ana i ō
tātou whakaaro me ō tātou kare ā-roto kei pau i ngā
maharatanga o mua, inā koa ko ngā mea kawa me ngā mea
mamae. He waimarie, kei te tiaho tonu te mura o te atua i
roto i a tātou me te tumanako me te hiahia ki te haere tonu i
te haerenga mutunga kore o te ao. Me whakawhetai tātou ki

te Atua mō ēnei manaakitanga e rua: te kaha ki te wareware
.i ngā mea o mua me te tumanako mō te heke mai

Kaua tātou e whakatau ko te aituā te take e ārai ana i te
hiahia. Heoi, me whakapau kaha tātou ki te ārai i ngā awe
kino e kīia ana e te nuinga o te tangata ko te aituā me te
aituā, me te whakamahi i tō tātou herekoretanga ki te
whiriwhiri i runga i ō tātou whakapono ā-roto, mena kei
runga ēnei whakapono i te whakapono pakari, ā, kei runga
hoki i ngā ture atua, ki te kore ēnei e kore e taea e te
.tangata te reka i te harikoa pono

Ina tīmata tātou i tētahi mahi, kauatātou e matakū i
ngā āhuatanga kino, engari kia tino hihiri, me te whakapono
pūmau kāore he mea e arai ana i te whakamahi i te hiahia
.me te whakamahi i te herekoretanga ki te whiriwhiri

He rite tonu te tangata ki te rau e mānu ana i runga i te
mata o te awa, me huti atu rātou i a rātou anō i te ia o ngā
whanonga aunoa e kawea ana i a rātou ki ngā rerenga wai o
te mānukanuka me te whakangaromanga. Ko te nuinga o te
tangata te āhua nei kāore e aro, ā, ka tukua kia kahakina e
.te ia

Ki te kore e tutuki i a tātou tā tātou whāinga, he mea
tika kia whakaae puku tātou he arai nā tātou anō i aukati i a
tātou ki te whakatutuki. Me tohe tonu tātou, me te whakanui
ake i ā tātou mahi kia tutuki ai te hua e hiahiatia ana. Me
whakamana hoki tātou i a tātou anō ahakoa te kaha me te
whakamataku o ngā arai me ngā wero, kei a tātou tonu te
kaha ki te wikitoria i aua arai. Ahakoa ka hinga tātou ahakoa
ā tātou ngana katoa, kāore he take mō te ngakaukore, te

pouri rānei, mena ka mārama tātou he kaha ake te hiahia o te tangata i te ao kua whakaritea, nā tātou anō i hanga. Nō reira, kaua e mutu te ngana, ahakoa te maha o ngā wā ka hinga tātou, nā te mea kei te tuwhera tonu ngā tatau. Me haere tonu tātou ki te ngana me te whakahoki i te ngana kia tae rā anō ki te wā e angitu ai tātou. Ka āwhina mai te Atua i a tātou mena ka whakawhirinaki tātou ki a la me te whakapau kaha e tika ana. [Ko ia e hiko ana i te ara ka tae ki te ūnga, ā, ko ia e whakawhirinaki ana ki te Atua, e kore e .pouri]

Ina hiahia nui te tangata ki tētahi mea, ā, ka tohe tonu, kāore taua hiahia e ngaro i roto i tōna hinengaro, ahakoa te aha te āhua o āna mahi. Nā roto i tana mahi tonu, kore e ngenge, he nui te whakatau me te kaha o taua hiahia. He kaha ake, he whai hua ake tēnei hāmama o roto i te inoi ā-ringa, e neke noa ana i ngā ngutu. Koinei te āhua o te mahi a te hunga e aroha ana ki te Atua. Ka hāmama tonu rātou i tō rātou aroha ki a la, kāore e rangona ā rātou hāmama ngākau puta noa i ā rātou mahi o ia rā. Kāore tēnei hāmama ngākau e whakararuraru i a rātou, e taupatupatu rānei ki ā rātou mahi kē atu. I te tipu haere o tō rātou hiahia ki te Atua, ka hohonu haere, ka kaha haere tō rātou aroha ki a la, kia tae rā anō ki te wā e kite ai rātou i Tōna aroaro, kia kite rā anō i Tōna māramatanga ki te kanohi o te wairua. Ka pāngia rātou e te harikoa nui, ā, ka rongu i te rangimārie e kore e taea te .whakaahua

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e tātou i te ao kia whai hua ai tātou i aua akoranga, kia whiwhi ai hoki i te māramatanga me te wheako. Ko te tangata e karo ana i aua akoranga ka akiakihia ia ki te ako i aua .akoranga ahakoa te roa o te wā

He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria te
whai wāhitanga, ka whakamahia kinotia me te amuamu, te
.riri, me te whakaaro kino

Ina he māramatanga pakari tā tātou, ā, he waiaro tika
.hoki ki te ao, ka ataahua, ka kore he raruraru

-

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i ngā
ngaru o te harikoa, te totohu i roto i ngā wai pōuri o te pouri,
te toremi rānei i roto i te hōhonutanga o te hoha. I roto i
tēnei ao e taupatupatu ana ngā takirua, ka pāngia te tangata
noa e ngā pikinga me ngā hekenga—e piki ana i runga i ngā
ngaru o te harikoa, e totohu ana ki roto i te hōhonutanga o
te kore aro, e whiua ana e ngā ngaru riri o te pouri—kāore i
.te maha ngā wā ka pāngia e tētahi atu āhua o te hinengaro

Ko te tuku i ngā āhuatanga kia ārahi i ngā whakaaro o te
tangata i tēnei ara, ko te tikanga he tuku i tōna hiahia ki
tētahi ao hurihuri, e huri haere tonu ana. Ko te mea e
hiahiatia ana e te tangata kia angitu ai, kia whai hua ai te
oranga, ko te taurite hinengaro, ā, ka taea anake tēnei mā te
whakaaro arotahi me te whakahaere i ngā kaha kare ā-roto o
.te tangata

Ahakoā ngā pouri hohonu rawa ka ora i te roanga o te
wā, nō reira kāore he take o te noho tonu ki te pouri i ia rā o
ō tātou oranga. Ko te pouri tonu mō te matenga o tētahi e
arohaina ana, kāore e āwhina i a rātou, i a tātou rānei, ā,
kāore e rerekē te aha. Waihoki, ko te whakatipu i te
whakaaro whakaiti, te whiu rānei i a koe anō mō ngā hapa
me ngā hinganga o mua he mea kino; ka whakapōuri noa i
.te ao, ka whakararu hoki i ngā kaha hinengaro

Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā pūkenga huna i roto i te oumu o te kore aro

Me whakakore te korenga i ōna pakiaka, ā, me parau
ngā mara o te ao me te ngākau nui me te whakapau kaha,
me te whakatō ki ngā purapura o te pai kia nui ai te kotinga,
.me te āwhina a te Atua
Mahia tētahi mea kāore anō kia mahia e tētahi atu—he
mea ka miharo te ao. Whakaaturia kei te mahi te mana
.auaha o te Atua mā roto i a koe

Mā te hunga marino, rangatira hoki ō rātou āhua ka
āwhina i te whakaaweawe i ō tātou whakaaro, ka hauora
hoki. Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te
manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te hononga ki te momo tangata hē, ahakoā he hoa, he

whanaunga rānei, ka puta ai ngā whakaaro manukanuka me
.te wairua pōuri

Ka whiwhi te tinana i te pūngao me te mahi mai i ngā
kai ā-tinana, ko ngā kai aukume ia e whakarato ana i te
tinana me te hinengaro ki ngā utu pūngao e ngāwari ake ana
te nakunaku i ngā kai totoka me ngā kai wai e kore e taea te
.huri hei pūngao ora

Ina taea e koe te huri i te kuware hei whakaaro nui, te
ngoikore me te ngoikore hei hauora me te ora, ā, ka hikoi
māia, māia hoki—ahakoa ko koe anake—i roto i ngā ara o te
ao, ā, ka kitea te harikoa o roto i te whai i te hinengaro ora,
mataara hoki, me te whakapono pumau ki te tika o te Atua
me te wikitoria o te tika ki te hē me te pono ki te
mānukanuka, ā, ina kaha koe i ia rā ki te whakaara ake i ō
whakaaro ki ngā taumata teitei ake, ki ngā taumata pai ake,
ā, ka whai ngākau aroha, whakawhetai me ngā whakaaro pai
ki ētahi atu, ka noho tō whāngai hinengaro hei mea aukume,
ā, ka kukume mai koe i ngā mea ataahua katoa me ngā mea
whai hua—ngā mea, ngā tāngata, me ngā āhuatanga—he
mea nui mō te haere tonu o tō haerenga ki te takutai o te
haumarū me te haumarū. Ā, hei whakamutunga, ina
whakapau kaha koe ki te whiwhi i ngā mea e hiahiatia ana e
koe, ā, ka makona koe ki ngā mea e homai ana e te Atua, ka
nui ake tō wairua, ka makona koe i te hunga e pau ana i ngā
.hiahia o te ao, e apo ana hoki i ōna ahuareka poto noa iho

Ko te aroha te piriti e hono ana i ia wairua ki ētahi atu
wairua Ko te aroha te kuaha ki ngā ngākau katoa

Ina rapu te tangata i te Atua, ko ia anake te hoa pono i
tua atu i ngā hoa katoa, ka taea te whakatū i te
whanaungatanga pono i roto i ngā whanaungatanga tangata
katoa—te whānau, te tuakana, te marena, me te wairua. He
mea nui te whanaungatanga i roto i ngā whanaungatanga
marena, ā, ko te piripono hinengaro me te kare ā-roto, te
wairua, me te aroha pono me noho hei kaupapa matua. Ko
te hunga kāore e taea te wehewehe i waenga i te aroha
.pono me te aroha tinana ka pouri tonu

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, e
mahi tahi ana, e whakamama ana i ngā taumahatanga o te
ao, e whakakore ana i ngā āwangawanga o te noho tahi me
.te aroha tetahi ki tetahi me te māramatanga hoahoa

Kāore e taea e tetahi te whakahaere i ahau, te tango
rānei i taku hiahia ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau
Ki te whakawhāitihia tō whakaaro ki te ao tūroa, ka kite
koe i ngā mea katoa mai i te tirohanga ao tūroa. Engari kia
ara ake tō hinengaro ki te āhua o te mōhiotanga wairua, ka
kite koe i te ia whānui o te māramatanga o te Atua e rere
ana i tua atu i ngā ao tūroa katoa, ā, ka kite koe i ngā mea
.katoa mai i te tirohanga wairua

E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga ki ahau ki te tūhura i ōku pūkenga me te kite i
tōku pūmanawa wairua. I tēnei rā ka whakakīia e au ōku
whakaaro ki te hihiri me te wehe atu i ngā wheako kino. Ka
mahi ahau i ngā mea hei whāngai i tōku tinana, hinengaro,
.me tōku wairua i roto i te huarahi taurite me te rangimarie

Ka whakakapia e au ngā āpitihanga ā-tinana ki ngā
wawata teitei ake
Ā, ka mōhio ahau kei te taha tonu ahau i te wairua pono

Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakawātea ahau i a au ake ake mā te whakaora i tōku
tuakiri wairua. Ā, ina tūtaki ahau ki ngā tupuhi o ngā
whakamātautau me ngā raruraru, ka rere ahau i runga i taku
.poti wairua i te moana o te ora ki ngā takutai haumarū, atua

Ina mahi ahau, ina auaha hoki, ka mahara ahau kei te
mahi te Atua mā roto i ahau. Ko ia te Ariki o te ao whānui, ā,
ka taea e au te hono atu ki a Ia mā te whakaaroaro hohonu
.ki a Ia

E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro i te hinganga, i te angitu rānei, kei runga i te
whakaaro tino kaha i roto i tōku ao. Ā, ka ngana ahau ki te
mahara kei te totoro mai tō ringa āwhina, kei te whakarite i
.te ara mō tōku angitu

Ina pā mai ngā aituā me ngā aituā ki ahau, ka huihuia e
ahau tōku kaha, ka whakapakari i taku whakatau kia
wikitoria i aua aituā. Ka pono, ka pono hoki aku mahi ki te
katoa, ā, ka horahia e ahau ngā whakaaro o te aroha me ngā
wawata pai. Kātahi ka tautokona ahau e te Atua ki tōna
.mana me tōna whakaaro nui

Ngā mate wairua me ō rātou maimoatanga

Kaiwhakaako Paramhansa Yogananda

Whakaarohia tētahi rōpū āhua tangata kāore i te taurite,
:kāore hoki i te taurite
He iti te upoko, rite te rahi ki te pīni pīni, ā, he nui te
!tinana, rite te rahi ki te kamera
Ko tētahi atu he ringa kaha tōna rite ki te ringa o
Hamahona, o Hercules rānei, ā, ko te tinana he rite ki te
!tinana o te tangata ririki
Ā, ko te tuatoru he upoko arewhana nui tōna, ā, ko te
!tinana he kiore kikokore
Kāore ianei taua tirohanga e miharo, e miharo rānei ki a
koe, e pouri rānei, mēnā ka kite ohorere koe i tētahi mano
?tini o aua mea hanga me te hanganga rerekē, pōhēhē hoki
Whakaarohia tētahi atu rōpū tāngata he noa te āhua me
te āhua, engari he kore taurite te hinengaro, he hē hoki te
.āhua
Pērā i ngā kākahu e huna ana i ngā patunga, i ngā mate
pukupuku, me ērā atu āhua tinana, waihoki ka huna e te
tinana kaha, hauora, me te mata ataahua, kanapa ngā mate
.hinengaro nui me ngā hapa whānau
Me i tūtaki koe ki tētahi rōpū nui o te iwi noa e mōhiotia
whānuitia ana e ō rātou āhua ataahua me te hauora pai, ā,
me i taea e koe te uru atu ki ō rātou tinana hinengaro mā tō
tirohanga wairua, ka miharo koe, ā, tera pea ka taupokina
.koe e te pouri nui i ngā mea ka kitea e koe
Ka taea e koe te tiro tiro i ō rātou tinana hinengaro
:penei
Ko te hinengaro e tohuhia ana e te upoko, ko ngā kare
ā-roto me ngā kare ā-roto e tohuhia ana e te tinana, ā, ko te
hiahia e tohuhia ana e ngā ringaringa me ngā waewae, he
.mea rerekē katoa, he mate, he pēpeke hoki
Ka kitea e koe he iti te mahunga o ētahi engari kāore i
te tino whanake te mātauranga, e noho ana i runga i te

tinana ngoikore kua pupuhi i ngā wawata whaiaro me ngā
.hiahia taikaha

Ka kitea hoki e koe he tinana korekore, korekore hoki te
ora o ētahi tāngata, ahakoa he tino whanake, he kaha hoki
.te mahi a ō rātou ringa

Ahakoa he roro nui, he auaha hoki tō ētahi, kua pōturi,
kua memeha haere hoki ō rātou aroha me te kaha ki te kare
ā-roto. Ā, kei reira anō tētahi atu momo tāngata he āhua noa
tō rātou tinana me tō rātou hinengaro, engari he ngoikore,
he pararutiki rānei ō rātou kaha ki te whakahaere i a rātou
.anō

Ā, ka haere tonu te rārangi o ngā kitenga. Kia ora tonu
!koe

He tini ngā hapa hinengaro o ngā tinana hinengaro
kāore i te tino whanake i ētahi āhuatanga, ā, he tino
whanake i ētahi atu, kei te kitea tonu – ahakoa he huna – i
roto i te tangata. Ka mamae te hinengaro i a rātou, ka ārai i
a rātou ki te whakaatu i ō rātou pūkenga me ō rātou
.pūkenga e tika ana kia whakaaturia

Mā te aro atu ki ētahi mate hinengaro i konei ka āwhina
pea ki te tautuhi i ngā pūtake o ngā raruraru tangata katoa,
kia mōhiotia ai e te hunga katoa e pāngia ana e ēnei mate,
ahakoa kāore i te mōhiotia, kia mārama ai rātou ki te āhua o
aua hapa, ō rātou tohu, me tō rātou urunga puku ki roto i te
hinengaro, kia taea ai e rātou te ārai i te whakangaromanga
.ngokingoki o te rangimārie me te harikoa
pouri wairua

He whānuitia tēnei mate i waenga i te hunga kāore e
mahi ana i te hinengaro me te tinana i raro i te whakapae he
nui rawa te aro ki ngā mea wairua. Ka wareware ēnei
tāngata e pāngia ana ki ngā mahi nui me ngā mahi iti o te ao
rauemi i raro i te whakapae he mahi ki te Atua, ā, ka
tuwhera rātou ki a Hātana, ka taea e ia te whakararu i a
rātou. Ka pāngia rātou e te ngakau pouri me te kore e
maioha ki ngā mea pai, ataahua rānei e karapotī ana i a

rātou. He mate hopuhopu tēnei, ā, me tūpato te hunga katoa
he wawata wairua ki tēnei mate, me te whakawātea i a rātou
anō mā te pupuri tonu i tō rātou ora me tō rātou ārai mate
kia kaha mā te whakaaro pai, te tirohanga pai, me te mahi
.hauora, whai hua

te koretake o te wairua

Ka puta tēnei hei hua o te kai matapōkere (te inu nui),
arā, te horomitanga tere o te nui o ngā raau taero hinengaro
kua oti te hanga kua rēhitatia i raro i ngā ingoa
whakamīharo, ā, e whakaatuhia ana i roto i te ahua o ngā
pukapuka wairua rūpahu me ngā akoranga a ngā "tākuta
.wairua" he mātau ki te mahi tinihanga me te makutu
Ehara i te mea ka whakamate noa tēnei mate i te hiahia
wairua ki te mōhio ki te pono, engari ka whakangaro hoki i te
kaha ki te wehewehe i waenga i te pai me te kino, i waenga i
.te pai me te kino

Ko te tangata e horomia tonu ana ngā whakaaro
whakapono, e whāngai ana hoki i ngā mea katoa e taka ana
ki roto i ōna ringa, ehara i te mea ka nui rawa tana kai engari
ka pau hoki i a ia ngā whakaaro paitini me ngā mea whai
hua, ka pā mai ki a ia te koretake o te hinengaro, ā, ka pōturi
.te mate wairua

Ko te ako nui rawa, me te haere tonu hoki i ngā momo
whakaaro wairua me ngā whakaaro rapunga whakaaro, me
te kore e mārama, e ngana rānei ki te keri me te tiro tiro i
aua whakaaro mā roto i ngā wheako whaiaro kia kitea ai
tōna tika, ka hua ake te ruarua, te kore aro, me te kore
.whakapono ki ngā mātāpono me ngā ture wairua katoa

Te ngākau nui me te āwangawanga

Ko te hunga e pangia ana e tēnei mate ka noho
maumauria, ka koretake te oranga nā te mea he nui rawa ā
rātou moni me te wā, ā, nā te mea kāore i a rātou he
.kaupapa, kāore hoki he māramatanga tika mō te ao
Ko ō rātou hiahia te mea e akiakihia ana ēnei tāngata;
ka mahia e rātou ngā mea katoa e puta ake ana ki te

hinengaro, e pai ai rātou. Ka whakakīia ō rātou oranga ki ngā
pukapuka iti te utu, ki ngā kiriata whakamīharo, me ngā
whakangahau papaku, koretake. Kāore rātou e mōhio kei te
pāngia rātou e tēnei mate kino tae noa ki te pāngia e te
ohorere nui, e te pakaru o te io rānei—arā, i muri i te pakaru
.o te kino

makariri hinengaro

He ingoa anō tō tēnei āhua: te ngakaukore. Kāore te
tangata e mōhio ana āhea ka pā mai, ka pāngia hoki e ōna
tohu mamae, pērā i te kore tumanako, te manawanui kore,
te manukanuka, me te manawanui kore. Ko te mea kino
rawa atu, he maha ngā wā ka roa, ā, he maha ngā wā ka
hoki anō te hunga i pāngia, ahakoa e whakapono ana rātou
.kua tere te ora

Te mate pōrearea hinengaro

Ka puta tēnei mate i te noho tonu ki ngā āwangawanga
o te ao. Ko te hunga e pāngia ana e tēnei mate, ka wareware
ki te whakamahi i te patu o ō rātou kaha hiahia, ā, ka tuku
noa iho rātou i ō rātou wehi tonu, kua ki te aro atu ki aua
wehi me te maia, me te whakakore atu i a rātou i te wā e
.tamariki ana

te herenga hinengaro rerekē

Ka noho taha kotahi ngā tāngata e pāngia ana e tēnei
mate ki te whai i te harikoa. E whakapono ana rātou kei roto
i te kohikohi taonga, te whiwhi rongonui, te whiwhi hauora,
te mana rānei te harikoa, ka patua e rātou ngā mea katoa—
te hauora, te ingoa pai, te rangimarie o te hinengaro, te
honore, me te mana—ki runga i te aata o tā rātou wawata
nui. Kua roa rawa, ka mōhio rātou ko te oranga taurite
anake, ko te oranga e whakaute ana i ngā ture o te taiao me
ngā ture a te Atua, e whakataurite ana i te mahi me te
rangimārie, ka taea te kawē mai i te harikoa pono me te
.whakatutuki i te kaupapa o te oranga rangatira
Ko te hunga e pāngia ana e ngā mate piripono kino ka
horomia e ngā whakaaro o te hiahia nui, ka arahi ki tētahi

tirohanga pōhēhē me te whanoke o te ao. Hei tauira, i angitu
nui tētahi kaipakihi, ā, i kohia e ia he taonga nui, engari i
mua i tana painga ki tana taonga, i pāngia ia e te pakaru o te
io nā te nui o ngā manukanuka me ngā matakū, ā, ka mate
.ia me te ngākau pouri

Ko ētahi e whakapono ana he mea tika ngā mea katoa
hei whakatutuki i te whāinga. Nā tēnei pōhēhētanga, ka
ngaro i a rātou tā rātou whāinga tūturu, ā, kāore e taea te
whakatutuki i te iti rawa o te makona, ahakoa kei a rātou
ngā mea i hiahiatia e rātou, nā te mea he whānui, he maha
ngā āhuatanga o te tangata, ā, me whai whanaketanga
.taurite i ngā taumata katoa

Te piri matapo wairua

Ko tēnei ngākau nui hē ki ētahi whakapono ka puta mai i
te piripono ki ngā whakaaro me ngā ariā motuhake, me te
kore e pātai, e tiro tiro rānei, ā, ka puta te riri me te
mauahara i roto i te hunga e pāngia ana e tēnei mate ki
tētahi whakaaro wairua tika, ki tētahi whakaaro tuwhera,
wetekina rānei. Ko tēnei mokemoke ka arahi ki te tutu ki ngā
ture a te Atua, e whakaatuhia ana i roto i te whai huatanga
hinengaro, te oranga tinana, te hauora hinengaro me te
tinana, me te aroha me te whakaute ki ngā tāngata o ngā
.momo āhua katoa

Te whakatō i ngā mātāpono wairua

Nā te mea he mea kitea, he mamae, he kino hoki ngā
mate tinana, ka akiakihia tātou kia kaha ki te ātete atu ki
aua mate, ka ārahi i a tātou ki te ngana ki te wikitoria i aua
mate mā roto i ngā tikanga rongoā maha, mai i te whakakori
tinana me te kai hauora ki ngā rongoā me ngā raau taero
rerekē. Heoi, ahakoa koinei te pūtake o ngā mamae me te
wehi o te tangata, kāore e āraihia, e rongoāhia rānei me te
tere, ā, e tukuna ana kia whakangaro, kia whakangaro hoki i
.ō tātou oranga

Ka taea e ngā kaiako, ngā kaiako whakapakari tinana,
ngā kaikauwhau, ngā kaiwhakahou, ngā rata, me ngā
kaihanga ture te akiaki i te ahunga whakamua ina ako
tuatahi rātou, ka tīmata mai i a rātou anō, kātahi ka
whakaako i ētahi atu i ngā huarahi tika hei whakatipu i te
āhua o te tangata i roto i te huarahi taurite me te
rangimarie, e ai ki ngā ture o te ora me ngā mātāpono o te
oranga hauora. Koinei te mātauranga tino whai hua me te
ahurea tangata whānui e hiahiatia ana e te tangata puta noa
.i te ao

E whakaaro ana ngā whare mātauranga kāore e taea te
whakaako i ngā kaupapa wairua i roto i ngā kura tūmatanui
nā te mea e kitea ana te pōhēhē i waenga i ēnei mātāpono
me ngā whakaakoranga whakapono rerekē. Heoi, mēnā i
arotahi ēnei whare ki ngā mātāpono whānui o te rangimārie,
te aroha, te mahi, te whakapono, te tuwhera o te hinengaro,
me te whakaae ki ētahi atu—he mau tonu wairua kua
whakapumautia—ā, i whakawhanake hoki i ngā tikanga mahi
hei whakatō i ēnei mātāpono ki te whenua momona o te
hinengaro me te wairua o ngā tamariki, ka kitea he otinga
whaitake me te whakaaetia mō tēnei uauatanga e
whakaarohia ana me te whakaaro noa. He hē nui te kore aro
.ki tēnei take nā te mea he uauatanga e pā ana ki tēnei
Ko te nuinga o ngā tauira kua puta i te whare wānanga
e wehe atu ana i te whare wānanga me ō rātou mahunga
taumaha rawa, pupuhi rawa i ngā kōrero o ngā pukapuka, ā,
kāore e taea e rātou te hikoi i ngā ara o te ao, nā te mea kua
tata korekore ō rātou kaha me te whakahaere i a rātou anō i
te kore aro me te kore whakamahi. Nō reira, ka kite koe i a
rātou e mahi pōrearea ana, e heke haere ana, e tere ana ki
roto i te poka o ngā marena kore taurite, e whakamahi hē
ana i ō rātou moepuku, e whai ana i te moni, e hinga ana
hoki i roto i ā rātou mahi nā te mea kāore rātou i ako ki te
whakamahi tika i te maripi koi o ō rātou hinengaro kua

whakakoihia. Nō reira, ka haehae rātou i a rātou anō, ka
.whara i a rātou anō

He mea whakamiharo, he maha ngā taiohi e pai ana ki
te whai wāhi atu ki ngā mahi e kawē mai ana i te kino me te
mamae ki a rātou. Ko ētahi ka huri ki te tahae me ētahi atu
mahi hē, tae atu ki ngā mahi taihara, me te kore he aukati,
he ārai rānei. Ko te hunga kāore e ārai i te horapa o te kino i
roto i te hāpori ka akiaki i ngā whanonga hē o ētahi. Ko ia
tangata whai hinengaro me te whakapono pono me noho hei
tauirā pai ki ētahi atu mō te ngākau pono, te pono, te mana,
me te whakaute ki a ia anō. Kāore ngā kura, ngā kāreti, ngā
whare wānanga, me ngā umanga pāpori e whakarato ana i
ngā tikanga pūtaiao e ranea ana hei whakaiti i te hara mā te
.aro atu ki ōna pūtake, e kitea nuitia ana i roto i te hinengaro
Me whakatū hoki ngā kura motuhake hei whakaako i te
toi o te oranga harikoa me te angitu, hei whakawhanake i te
pūmanawa o te tangata, hei whakarei ake hoki i ōna ake
.āheinga

Ka rite ēnei kura ki ngā māra me ngā pāka e tipu ai, e
puāwai ai ngā hinengaro o ngā tamariki. Me āta whiriwhiri
ngā kaiako, ā, me whakarite kia whai wāhi mai te mahi tahi a
ngā mātua me te hāpori. Ka āwhina ēnei kura ki te hanga i
ngā tāngata kia whai hua ake. Me maumahara ko te oranga
wairua o te tangata i ngā wā tōmua ka whakatau i tōna
.hauora me tōna kaha ki te tipu i muri mai

He tino whai hua ngā tikanga whakangungu hinengaro
me te tinana e whakamahia ana i ngā kura o ēnei rā, engari
kāore i te whai pūtake wairua. Ki te kore te whanaketanga o
.te wairua pai, kāore e oti te tipu

Me whakaako ngā pūtaiao o te whanaketanga tinana,
hinengaro, me te wairua ki ngā taiohi he ngawari tonu ō
rātou hinengaro, he ngāwari hoki, ā, kāore anō kia
.whakamahia ō rātou mana i roto i ētahi huarahi
Whai muri i te whakangungu whānui, me whai
whakamātautau whakaaroaro tonu ngā ākonga o aua kura,

ā, ko ngā tiwhikete ka riro mai ko te hauora pai, te ingoa pai,
te whai hua, te taonga ā-tinana me te ā-wairua, te harikoa,
.te angitu, me te whakapono ki a ia anō

Ko ngā hua o te whakamātautau whakamutunga i te
mutunga o tēnei haerenga whenua ka whakatauhia i runga i
te tapeke o ngā whakatutukitanga hinengaro me te wairua
me ngā tiwhikete i riro mai i ngā whakamātautau iti puta noa
.i te oranga

Ko te hunga e tino angitu ana i tēnei whakamātautau
whakamutunga, nui rawa atu, ka whiwhi i tētahi tiwhikete
tapu mō te tū pakari ki a rātou anō, me tētahi hinengaro
.herekore, parakore, me te harikoa
Ā, kua tuhia ngā manaakitanga ake ake ki te whārangi o
te wairua

E kore tēnei taonga onge e raweketia e ngā pūrerehua
E kore hoki e tae atu ngā ringa o ngā tahae
Mā te wā rānei e whakakore
Ka mahi hei uruwhenua
Mō te mema honore i roto i te Rōpū Tika

Kei hea te takoto o te harikoa?

**E te Atua, i roto i Tōna aroha nui, ka homai e ia ki
a tātou Tōna hari me tōna whakaaweawe**

Ā, ka homai he ora tūturu ki a tātou

Te whakaaro nui pono

Me te harikoa pono

**Ka puta te māramatanga pono i roto i ngā wheako
kanorau katoa o ō tātou ao**

**Engari ko te korōria o te Atua ka whakakitea
anake i roto i te rangimārie wairua e pā ana ki te
wairua, me te ngana pono o te hinengaro ki te
whakataurite ki a ia. I reira, ka tū kanohi ki te kanohi
tātou ki te pono. I waho, he tino kaha ngā
mānukanuka, ā, he tokoiti noa iho ka mawhiti i te awe**

o te taiao o waho. Kei te haere tonu te ao me ōna uaua mutunga kore me ngā whakamātautau maha. Kei muri i ngā āhua o te ora te reo o te Atua, e karanga tonu ana ki a tātou, e kōrero ana ki a tātou mai i ngā putiputi, i ngā karaipiture, i ō tātou hinengaro, me ngā mea ataahua katoa e whai hua ai te ora.

Ko te nui ake o tā tātou aro ki ngā mea o waho, ko te iti ake o tā tātou wheako i te kororia o roto; ā, ko te nui ake o tā tātou tahuritanga ki roto, ko te iti ake o ngā uauatanga o waho e pā ana ki a tātou. He whārite pumau tēnei. Engari ko te nuinga o te tangata kāore e mōhio ki tēnei pono nā te awe o te whanaungatanga o te ao, te hāpori e noho nei rātou, me ngā whanonga kino. Ka noho te tangata i roto i te hāpori ki roto, ka aro nui ki ngā mea papaku, ka ārai i a rātou ki te whakaaroaro ki ngā pono hohonu.

Ahakoā ngā wāhi wairua, ka torohia e ētahi me te kore e hiahia pono ki te whai hua mai i tō rātou āhuarangi manaakitanga, nō reira kāore he mea nui e riro mai i a rātou i aua haerenga.

Ko te tangata e hiahia ana ki te kite i te Atua ka kitea ia i ngā wāhi katoa. He whakangaro, he kaipahua, he hiakai hoki ngā tikanga a te tangata; ka whakangaromia, ka whakangaromia, ka whakangaromia. Kua tae ki te wā kia ako te tangata ki te harikoa me te makona ki ngā mea kei a ia. Kaua tātou e hiahia ki tētahi mea nui atu i ngā mea e tae mai ana ki a tātou. He atawhai te Atua; e mōhio ana ia ki tā tātou e hiahia ana, ā, ka whakaratohia e ia i te wā tika. Ehara tēnei i te kī me whakawhirinaki tātou ki te Atua me te kore e whakapau kaha. Kāore rawa. Ko te tikanga me mahi tātou i tā tātou wāhanga ki te pai o tō tātou kaha, ā, waiho te toenga ki te Atua, e

kore rawa ia e tango i a tātou i ngā mea e hiahiatia ana e tātou, me ngā mea e tika ana kia riro i a ia.

Ko te huarahi pai rawa atu ki te hari tonu ko te rongo i te aroaro o te Atua. Ko tā tātou hiahia nui ko te mōhio ki te Atua, me te whakatau kia noho tahi me ia. Ko te Atua te mea tuatahi i roto i ō tātou whakaaro me ō tātou kare ā-roto, ā, me whakaaro tātou ki a ia hei pou kaha rawa atu, hei pou pumau hoki i roto i ō tātou oranga.

(Nō reira, kia mau ki te taura a te Atua, me te rapu piringa ki a ia)

Ko ia hoki te pou mēnā ka hinga ngā pou katoa i a koe

Kua mōhio ahau ko te kaupapa anake o te ao ko te mōhio ki te Atua. Tērā pea ētahi kāore i te tino whakapono ko te kimi i te Atua te whāinga matua o te ao. Engari kāore e taea e tetahi te whakakahore ko te kaupapa o te ao ko te kimi i te harikoa. Ā, e kī ana ahau me te tino māia me te tino pono ko te Atua te harikoa nui. Ko ia te harikoa nui. Ko ia te aroha tino, te aroha whānui. Ko ia te harikoa mutunga kore e mahue i ngā wairua o te hunga e noho tahi ana me ia. Nō reira, he aha tātou te whai ai kia eke ki taua harikoa tino pai? Kāore he tangata kē atu e taea te homai ki a tātou. Me whakatipu tonu, me te atawhai i roto i a tātou anō. Ka tohe tonu ngā kaha o te taiao ki te tuku i ngā mea ahuaireka o te ao ki te tangata, engari ko aua mea ahuaireka poto ka arahi ki te pouri, te kawa, me te pouri. Ahakoa te tangata tino waimarie, e ahua nei kei a ia ngā mea katoa, kāore pea i te tino harikoa. Kāore rātou e makona ki ngā mea o te ao mō te wā roa, nā te mea kāore ēnei mea e whakamāmā i tō rātou matewai pono, e makona rānei i tō rātou hiakai wairua.

Ko ngā taonga ā-iwi he whakaaro teka mō te rangimārie me te ngākau māhorahora noa iho. Kua pōrearea te ao katoa i te pōhēhē me te ngangau, nā ngā hiahia whaiaro me te apo e whakatupu ana i te pakanga. Kāore he mea kē atu e whakatupu ana i te pakanga.

Ko te toa tūturu i te pakanga o te ao ko te tangata e wikitoria ana i a ia anō, e hinga ana i ana hiahia. Ko te moni, te rongonui, te hiahia taikaha, me ngā mea katoa e whakahē ana i tēnei kaupapa he mea kino ki tō tātou rangimārie me tō tātou harikoa. Me i ako te tangata ki te whakaaro tonu i runga i ngā uara pono o te ao, ka kitea e rātou te harikoa e rapuhia ana e rātou, engari ka kotiti ke atu rātou i tō rātou kaupapa, ā, ka kahakina e te ia o ngā hiahia o te ao. Kua kitea e au kāore he whakamatautauranga e taea te tahuri ke i ahau i te ara kua whiriwhiria e au, kua aru hoki māku ake.

Ka taea e au te kukume i ngā mano tini ki te mana kua homai e te Atua ki ahau, engari he kino taua ara ki ahau. Ahakoa pēhea, kāore au e hiahia ki te kukume i ngā mano tini, ki te kukume i ō rātou hinengaro. Ko taku hiahia anake kia kite i ngā ākonga pono e u ana ki te Atua. Ko te hunga e aroha ana ki te Atua ka pārekareka ki ēnei whakaaro, ā, ko te hunga e mau tonu ana te hihiri ka rongu i ngā manaakitanga me te aroaro o te Atua mā roto i ēnei whakaakoranga.

Kāore e taea e te tangata te tinihanga i te Atua, nā te mea kei reira tonu ia, e mōhio ana ki ngā mea kei roto i ō rātou hinengaro me ā rātou e hiahia ana. Ina whakarērea e rātou te ao, ā, e hiahia ana ki te rangimārie wairua, ka haere mai te Atua ki a rātou. Ina pūmau taua hiahia ki te ngākau o te tangata e rapu ana i taua mea, ka haere mai te Atua ki taua ngākau, ka whakakī i te pai me te manaakitanga. Ko

te mea anake e tika ana kia ora ai ko te noho tahi me te Atua, me te whiwhi i Tōna manako. Me waiho taua rangimārie hei kawenata mutunga kore, hei oati pumau (ko te hunga e pupuri ana i te kawenata a te Atua, ā, kāore e takahi).

E hiahia ana te katoa ki te taonga nui atu i ētahi atu Ahakoa ka whiwhi rātou i te taonga, ka noho tonu rātou me te kore e makona, ka kitea he nui ake te taonga o tētahi atu. E noho ana te tangata i roto i te pōuri o te mamae i whakatupuria e rātou anō, e whakakahangia ana e ō rātou hiahia. Me makona tātou ki ā tātou taonga. Kāore ngā taonga ā-iwi e hari mai; engari, he maha ngā wā ka whakanuia e rātou ngā manukanuka, ngā āwangawanga, me ngā matakū.

Ko te ara ki te Atua te ara māmā rawa atu, engari he tokoiti noa iho e hiko ana ahakoa te maha o ngā kawa me ngā tikanga whakapono. He pai ake te tahuri o ō tātou ngākau ki te Atua, me te tono ki a ia mō te mea pai rawa atu, te mea pumau rawa atu mō tātou. Ko te pono, kei te tatari mai te Atua ki a tātou nā te mea e hiahia ana ia kia matara atu tātou i te kino me te tūpono. E hiahia ana ia kia noho tātou ki a ia i roto i ō tātou ngākau me ō tātou hinengaro, nā te mea kāore e taea e ngā taonga iti o tēnei ao te whakamātau i te hiahia o te tangata, te whakakī rānei i te korenga wairua e kitea ana e tātou i roto rawa. Kei te kōrero tonu te Atua ki a tātou, engari he tokoiti noa iho e rongo ana i Tōna reo. He maha ngā wā ka ngaro te reo mārie i te haruru o ngā whakaaro haruru me ngā hiahia nui. Engari ina marino ngā whakaaro, ā, ka marino te hiahia, ka rongo māmā tātou i te reo o te Atua, ahakoa he mārie, he ngoikore. He pono, e mahi ana te Atua i ngā mea katoa hei āwhina i te tangata, e whakatuwhera ana i ngā tatauranga me te whakamārama i ngā ara kia kite ai tātou i te wāhi e

tika ana kia takahia e tātou, kei tūtuki, kei paheke rānei. Engari ko te nuinga o te iwi kāore e mōhio ki tēnei pono.

Kāore au e hiahia kia whakaaro te tangata ka taea e rātou te whiwhi mātauranga mā te whakarongo noa ki ētahi atu, mā te pānui pukapuka rānei. Me whakamahi i tā rātou e pānui ana, e rongo ana. He pai ake te haere ki ngā whare karakia i te noho ki te kāinga me te whakarongo ki ngā kōrero koretake. Ahakoa i roto i ngā whare karakia, me rongo te tangata i te aroaro o te Atua i roto i ō rātou ngākau, me te mōhio me pēhea te wheako. Kāore e taea e ngā pahūtanga o ngā kare ā-roto me ngā tātāritanga whakaaro nui te homai i te mātauranga e hiahia ana ō tātou wairua ki te whiwhi.

Ina tuku tātou i a tātou ki te Atua, ka poroporoaki ki ngā hiahia whaiaro, ā, ina tino mōhio tātou kei a tātou tonu te Atua, e noho ana i roto i ō tātou wairua, e whakahihiko ana i a tātou ki ngā whakaaro me ngā kare ā-roto pai, rangatira, ka whiwhi tātou i te harikoa me te herekore, ā, ka kite tātou i te putanga mai o te whakaaro nui i te pae tawhiti o te wairua.

Whakaarohia! I roto i ngā tekau tau mai i nāianei, ka noho ko tō tātou oranga hei moemoeā, ā, ko ngā mea katoa e mahia ana e tātou i nāianei ka noho hei wāhanga o taua moemoeā. Ahakoa ko ngā tino tangata nui rawa atu ka noho hei whakaaro noa iho o te hinengaro tangata. Engari i tutuki i aua tino tangata tā rātou whāinga matua nā te mea i eke rātou ki te taumata teitei rawa atu, ā, kei te ora tonu te wairua, e mōhio ana, e mārāma ana ki ngā mea katoa e tupu ana, nā te mea kua kotahi rātou i roto i te hinengaro atua. Ko te tangata e ngana ana ki te whakataurite ki a rātou mā roto i ō rātou whakaaro me ā rātou whakaakoranga, ka tino rongo ia i tō rātou

aroaro, ka whiwhi i ō rātou manaakitanga, ā, ka mōhio hohonu kei roto rātou i te hononga pono ki a rātou.

He moemoeā nui te ora. Heoi, ina titiro koe ki tō tinana ināianeī, ā, ka kite i tōna ora e ora tonu ana, ka tino whakapono koe ki te pono o tēnei moemoeā. E whakaaro ana koe me whiwhi koe i tēnei mea, i tēnā mea rānei kia harikoa ai. Ahakoa te maha o ngā hiahia e tutuki ana i a koe, e kore koe e kite i te harikoa mā roto i aua hiahia. Ko te nui haere o te whiwhi, ko te nui haere o te hiahia. Me tātari ngā hiahia, me whakangawari te ora mēnā e hiahia ana te tangata ki te noho i roto i te whakamarie, te marino, me te ngākau māhorahora.

E mea ana ngā karaipiture, ko te tangata e rere tonu ana ōna hiahia ki roto (ki tōna wairua) he tangata ia e mau ana te rangimārie o roto. I roto i tēnei, he rite rātou ki te moana, e kore e rerekē, e mimiti rānei, engari e kī tonu ana i te wai e rere tonu ana ki roto. Engari ko te tangata e hanga ana i ngā kōhao o te hiahia ki roto i te puna o tōna rangimārie, e tuku ana i ngā wai ora kia turuturu, kia maumauria, kāore ia e mōhio ki te rangimārie wairua me te harikoa o roto.

Me whai arataki tātou mai i te hunga e mōhio ana ki te Atua, e kaha ana ki te kōrero ki a ia, me te mārama ki tōna aroaro. Kua tono mai ngā poropiti kia rapu tātou i te Atua i roto i te rangimārie o roto, i te mokemoke o te wairua, kei reira te wairua pono me te hari wairua nui. E tautoko ana hoki ngā kaiako mārama o Īnia i ēnei whakaaro, ā, e whakanui ana i te hiranga o te whakaaroaro hohonu kia kite ai i te Ao Tapu i roto i ngā hohonutanga o te wairua.

He wiri ngaru ngā mea katoa o te ao, e arahina ana e te hinengaro o te Atua. Ko tēnei wiri mohio ko

te Wairua Tapu, ko te Wairua pono rānei, e taea ai e te tangata te kōrero ki a ia mā te inoi me te whakaaroaro.

I roto i te marino o tō wairua me te ngahere o tō hinengaro arotahi, he mutunga kore te aroha ki te Tino Pai me te Mutunga Kore. Engari he uaua ki te kimi i te Atua mēnā ka whaia e tātou te moni i te tuatahi. Me waiho e tātou te Atua hei wāhanga nui o ō tātou oranga, kātahi ka whiwhi tātou i ngā mea katoa e hiahiatia ana e tātou i tēnei ao. Ko te tangata e waiho ana te Atua hei wāhi pumau i roto i ō rātou ngākau, ka hoatu e te Atua ki a rātou he wāhi nui o ngā manaakitanga o te whenua me te rangi, ka whakatuwhera i mua i a rātou he pae whānui e whiti ana ngā rā o te whakaaro nui, e whakamārama ana i ō rātou ara, e whakakore ana i te pōuri e karapoti ana i a rātou. Ko te Atua te aroha mutunga kore, ā, kāore he harikoa mō te tangata engari ko te wā e aroha ana rātou ki te Atua pērā i tā rātou aroha - i te iti rawa - ki ā rātou e arohaina nuitia ana, nā te mea ki te kore te Atua, kāore tātou e mōhio ki te mauri o te aroha, e kore hoki e reka ki tōna reka.

Me ako tātou ki te whakamahi i ō tātou hiahia, me te arotahi i ō tātou hinengaro ki te rapu i te Atua me ō tātou ngākau katoa. Ko ngā mahi a te tangata e whakahaua ana e ngā hiahia, ā, ko ēnei tikanga e akiaki tonu ana i a tātou ki te mahi i ngā mea kāore tātou e hiahia ana. He pono, ko te tangata tōna hoariri ake, kāore e mōhio ana. Kāore ia e mōhio me pēhea te noho puku, kāore hoki ia e whakatapua te wā ki te Atua, engari e hiahia ana ia ki te harikoa me te urunga kua whakamanahia ki Pararaiha i te wā tonu. Kāore e taea te whakatutuki i te wheako tapu mā te pānui pukapuka anake, te whakarongo ki ngā kauwhau, te mahi rānei i ngā mahi pai. He tino whai

hua ēnei katoa, engari kāore e ranea. Ko te tae atu ki te Atua me aro nui me te whakaaroaro hohonu.

Me rapu tuatahi tātou i te manako o te Atua. Kāore e taea e tātou te whakamanawareka i te katoa, he mea e kore e taea. E ngana ana ahau kia kaua e whakapataritari i tetahi. Ka mahia e ahau taku e taea ai, ā, koinā anake taku e taea ai. Ko taku whāinga anake he whakamanawareka i te Atua. Ka whakamahia e ahau ōku ringa ki te inoi me te whakaiti i tōna aroaro, ōku waewae ki te rapu i a ia i ngā wāhi katoa, me tōku hinengaro ki te whakaaro ki a ia me te whakaaroaro ki āna mahi whakamiharo. Me noho te Atua ki te tūranga tuatahi i roto i ō tātou ngākau kia taea ai e tātou te kite i a ia hei rangimārie, hei aroha, hei māramatanga, hei atawhai, hei aroha, hei whakaaro nui. Koinei, kāore he mea kē atu, te mea i haere mai ai ahau ki te whakaatu me te kōrero ki a koutou.

Haunga te whakaaroaro, me noho tahi tātou me te tangata. Kaua e whai i te tangata, engari me whai i te Atua. Ki te kitea e koe he painga i roto i ēnei whakaaro, whakaarohia he manaakitanga nā te Atua, nā te mea nōna te mana katoa. Tuwha atu ki ētahi atu kia kitea ai e rātou i roto i aua whakaaro te mea e kitea ana e koe (Ā, mō te atawhai o tō Ariki, kōrerotia). Kaua hoki e wareware ki te āwhina i tētahi i ia rā, i ia rā, i runga i tō kaha. I te mea kei roto i taku pēke te moni, e kore ahau e mutu te hoatu, nā te mea ko te Atua taku puna e kore e mutu, e rere tonu ana.

Hei whakamutunga, me mōhio tātou ki te Atua pērā i te hunga nunui. Ka taea tēnei mā te whakaaroaro me te whakapau kaha whaiaro.

I tētahi wā, i a au e hiko ana i waho o te whare karakia, e whakaaro ana ki taku kaiako nui, ki a Sri Yuktiswar, kua mate atu i ētahi tau i mua i te

matenga. I tino pouri ahau mōna, ā, i pouri hoki ahau nā te mea kāore ia i ahau e noho tahi ana ki te pārekareka ki te ataahua me te āhuarangi o te whare karakia. Kātahi ia ka puta mai ki ahau i te rangi, ka mea mai, "E whakaaro ana koe ko koe anake te tangata e pārekareka ana ki tēnei wāhi ataahua? Kei te pārekareka ahau ki tēnei wāhi, pērā i a koe!"

Ko te tangata e rapu ana i te kotahitanga ki te Atua, me whai i roto i te mahi o ia rā o te whakaaroaro me te aroha ki a ia, me te whakawhānui i taua aroha ki te katoa. Koinei anake te huarahi hei karo i te pakanga. He mea nui te mahi tahi wairua. Ki te kore he wairua pono, kāore he harikoa takitahi, he harikoa whānui rānei. Ko te rangimarie tapu anake te otinga mō ngā raruraru tinana, pūtea, marena, matatika, me te wairua katoa.

Ka puta te harikoa i te tata ki te Atua. Kua mauheretia te tangata i muri i ngā tutaki o te kuware, ā, kua tae ki te wā kia puta atu i tēnei whare herehere whakama. Me tahuri tonu te hinengaro ki te Atua, ahakoa te āhua, ā, ka kite koe i te rangimārie me te harikoa nui.

Ko te hunga e hiahia ana ki te Atua, e whakatapua ana i ō rātou oranga ki a ia, e whakatenatena ana, e whakamārama ana tetahi i tetahi, ā, e maumahara tonu ana ki te Atua, ko rātou te hunga harikoa i tēnei ao, ā, ko rātou hoki te hunga toa o te hari o te ao kei muri.

Kia tau te rangimārie ki a koe

Ka ara ake te ārai, ka mārama atu
I hangaia tātou katoa kia rite ki te ahua o te Atua. I ahu
mai tātou i Tōna Wairua Tapu, ā, e noho ana Tōna mauri i

roto i a tātou i roto i tōna parakore, tōna kororia, me tōna harikoa nui whakaharahara. He pā kaha tēnei taonga tapu. Ko te whakahē a te tangata i a ia anō he tangata hara, e hē ana i ngā ara o te hara, ko tētahi o ngā hara nui rawa atu. Nā te mea i a ia e mahi ana i tēnā, e whakahē ana rātou i a rātou anō ki te kore āwhina, ki te ngakaukore, me te kore e taea te ara ake, te piki ake. He pono ka taea e te tangata te mahi i ngā mahi e rerekē ana ki ngā ture taiao me ngā ture atua, engari me huri tonu rātou i te huarahi me te tahuri ki te ara tika. I roto i tō rātou āhua parakore, he temepara tapu .te tangata, ā, e noho ana te Wairua Tapu i roto i a rātou Me maumahara tonu tātou e aroha ana te Atua ki a tātou, he mea tino tapu, he mea mutunga kore. Engari nā te mea kua homai e ia ki a tātou te whiringa tino tika kia whakatata atu ki a Ia, kia tahuri atu rānei i a Ia, e tatari ana ia kia whakapuakina e tātou tō tātou hiahia mō Tōna aroha i .mua i tōna taenga mai ki a tātou I tetahi wā ka rongo ahau i tōna reo e kōrero pōhewa ana i te wā e whakaaroaro ana: "E mea ana koe kāore ahau i a koe, engari kāore koe i titiro ki roto, kāore rawa ahau e whakarērea i a koe mō tētahi wā poto. Tomo ki te temepara o te wairua, ā, ka kite koe i ahau. Kei konei tonu ahau, hei manaaki i a koe, hei mihi atu ki a koe me te mihi o te aroha ".atua He mea nui te ngākau pono i te ara wairua. I roto i te .parakore me te pono, ka puao te ata o te wairua

Kāore he aha o tātou whakaaro tangata ki te whakataurite ki te Atua. Ko te huarahi anake e taea ai e tātou te whakatata atu ki a Ia ko te hoatu ki a Ia te aroha .parakore e homai ana e Ia ki a tātou Ka kitea e te katoa te whakaoranga i te mutunga, engari ko te hunga e hē ana i te ara ka taka ki roto i te poka o te kore aro. Ko te kore aro e aukati i a tātou ki te mōhio ki te

hiranga o te kimi i te Atua i tēnei wā tonu, i tēnei wā tonu.
Ko tō tātou ao nui, ko Papatūānuku, e rere ana i te wāhi, me
tō tātou tuakiri tangata, kāore i homai ki a tātou kia noho mō
ētahi tau ki konei, kātahi ka ngaro atu ki te kore. Engari, ko
tā tātou he whakaaroaro hohonu, he mārama hoki ki te mea
ngaro o te ao. He kuware, he whakakatakata, he moumou
taima te noho me te kore e mārama ki te kaupapa o te ao.
Kei ngā taha katoa tātou e karapoti ana i ngā mea ngaro o te
ao, ā, kua homai e te Atua ki a tātou te mātauranga hei kimi
.i āna otinga

I taku rapunga i te aroha pumau, i kite ahau e aroha ana
te Atua ki ahau i ngā huarahi katoa e taea te whakaaro. I
.aroha ia ki ahau hei whaea, hei matua, hei hoa hoki
,I rapua e au taua hoa pumau i tua atu i ngā hoa katoa
Mō taua hoa aroha nui e kite nei ahau i te kanapa i roto i
ngā kanohi atawhai me te aroha katoa. Kāore taua hoa atua i
.whakapōrearea i ahau, kāore hoki i whakarērea ahau e ia
Kei muri i ngā mea katoa te Atua Me whakaute, me
atawhai hoki tātou i ō tātou mātua, engari me aroha tātou ki
te Atua me ō tātou ngākau me ō tātou wairua katoa Me
mārama tātou ki te hiranga o te hononga ora ki a ia, me te
.kore e moumou taima

Ina moe tātou, kāore tātou e mōhio mēnā ka ara ake
tātou, kāore rānei. Ka wehe atu tātou i tēnei ao, takitahi.
Engari kua tēnei whakaaro e whakararuraru i a tātou. Ina
mate tātou, ka karangatia tātou kia whānau hou ki te ao, kia
tīmata ai he oranga hou mai i te wāhi i mutu ai tātou i tēnei
.ao

E kite ana ahau i te ora hei hanganga me te memeha o
ngā ngaru i runga i te mata o te moana. Ka ara ake te ngaru
tangata i te mata o te moana atua i tōna whānautanga, ā, i
tōna matenga, ka okioki ki te ngākau o te Atua. Kua mau ki
ahau tēnei pono, ā, e mōhio ana ahau kāore rawa ahau e
mate tūturu, ahakoa te matenga o te tinana. Ahakoa kei te
okioki ahau i te moana o te wairua atua, kei te ara rānei i te

tinana tinana, he kotahi ahau me te moana ao. Kāore e kitea
te harikoa nui i te ao. I taua wā anō, kāore he take e rere ai
tātou ki te ngahere ki te rapu i te kaupapa. Ka kitea e tātou
te Atua i roto i tēnei ngahere o te orange o ia rā—i roto i te
.hohonutanga o te ana o te wahangu

He maha ngā hapa a te tangata, engari he mea hanga
rātou kia rite ki te wairua atua. I hangaia e te Atua tēnei ao
tinihanga o ngā ahua eka o te ao mō te kaupapa kotahi
anake: kia mōhio ai te tangata he whakaari noa iho tēnei, kia
whakarērea ngā tinihanga, kia aroha ki te Atua anake. Koinei
te pono, ā, kāore e taea te kī atu he aha i hangaia ai tātou e
te Atua kia aroha ki ō tātou whānau, kia kite noa i a rātou e
wehe atu ana i a tātou, takitahi? Ka puta ēnei kaupapa hei
whakamōhio i a tātou ko te Atua te tino aroha ki a tātou, nui
.atu i te hunga katoa e arohaina ana e tātou

He raupapa whakaahua neke te ora, engari he uaua ki
te mārama ki tēnei pono nā te mea he tūturu ngā
mānukanuka, ā, he mānukanuka ngā mea tūturu. Ka
memeha haere te ao i roto i ō tātou hinengaro i ia pō i a
tātou e moe ana, kia mārama ai tātou ehara te ao tūroa i te
.mea tūturu

Kāore tēnei akoranga o te moe i tae mai hei
whakamataku i a tātou, engari hei mea i a tātou kia hiahia ki
te pono o te Atua Kāore he mea e makona ai te wairua
engari ko te Atua me Tōna aroha Ko te Wairua o te Atua te
pono e kore e taea te whakataurite Kāore he mea e kiia ana
he mea kore pono, ā, ko te mea pono e kore e taea te mea
kore pono Ka mārama te hunga whakaaro nui ki tēnei pono
.kanapa

He maha ngā tau kua pahure o ō tātou orange, ā, ko
ngā tau, ngā wiki, ngā rā, me ngā hāora anake e toe ana. He
aha tātou ka moumou taima ai ki ngā mea kāore e whai
hua? Me hiahia tātou ki te hono atu ki te Atua i te ao, i te pō,
ā, kia tino pono ki tēnei hiahia i mua i te paunga o te wā kua

whakaritea mō te oranga, ā, ka wehe atu tātou i tēnei ao me
.te kore e tutuki i tetahi mea nui

I taua wā tonu, ka kite ahau i te māramatanga nui o te
Atua e taupoki ana i te ao katoa. He hari nui whakaharahara!
!He māramatanga whakamiharo

E tōku Atua, e mihi ana ahau ki a koe, e piko ana ki a
koe mō ēnei manaakitanga maha o te rongo i tō aroaro
Ngā manaakitanga ki te katoa, kia mōhio ai mātou ko

Koe te pono tuturu o te ao whānui, ā, ko Koe tō mātou
.whāinga tuturu, kāore he whāinga kē atu i tua atu i tēnā
Me aroha tātou ki a ia, me kōrero ki a ia i ia hēkona o ō
tātou oranga—i te mahi, i te okiokinga, i te nekehanga me te
ata noho—me te inoi hohonu me te hiahia nui. Ko reira tātou

ka kite ai i te arai o te mānukanuka e ara ake ana, e
memeha haere ana. Kei a tātou te Atua i ia wā o ō tātou
oranga. Ko te hunga e whakaaroaro ana, e mahi tahi ana me
ia, ka kite i a ia i roto i te ataahua o ngā putiputi, te
rangatira o ngā wairua atawhai, ngā kare ā-roto
whakahirahira me te rangatira, me ngā moemoeā ataahua.

Hei whakamutunga, ka puta mai ia i muri o ngā arai
:matotoru ki te kī atu ki ngā kai rapu pono katoa
Kua roa tāua e wehe ana nā te mea i hiahia ahau kia"
homai e koe tō aroha ki ahau i runga i tō hiahia. Nāku koe i
hanga kia rite ki tōku āhua, ā, i tatari ahau kia whakamahia
e koe tō herekoretanga, ā, kia homai e koe tō aroha ki ahau i
".runga i tō hiahia ake

Me inoi tātou ki te Atua kia homai ki a tātou te koha
mutunga kore o Tōna aroha tapu. Engari ko wai ka kitea
tēnei Atua aroha me te kore e whakapau kaha? Ki te
whakapau kaha koe i te 25 ōrau o te whakapau kaha, ko te
toenga kei te Atua me tō kaiārahi wairua. Kāore au e tonu i
tetahi mea māku ake, nā te mea nō te Atua te
whakamoemiti katoa, te pūtake o te pai me te aroha noa. Kia
haere tahi Tōna aroha noa me koe, kia noho Tōna

mōhiotanga ki a koe, ā, kia kite koe i te nui o Tōna aroaro i
.roto i a koe me te hunga katoa e karapoti ana i a koe
Kāore te Atua e whakautu wawe mai ki a tātou nā te
mea e mangere ana tātou ki te whakaatu i te nui o tō tātou
hiahia ki a Ia. Kaua tātou e wehi ki te whakatata atu ki a Ia,
engari me whakaaro tātou ki a Ia hei tātou, hei Arohaina e
tātou, me te rapu tonu i a Ia me ō tātou whakaaro, mahi,
ngākau, me hinengaro, ā, ka kitea e tātou Ko Ia te piringa
.nui rawa atu o te haumarua me te rangimārie i tēnei ao
E te Ariki, ka tukuna atu e au tēnei putiputi wairua pai ki
a koe, kia whakapaipai ai rātou i te temepara o tō aroaro.
Hei hoa mō ēnei wairua, ko tō whānau, ko tō hunga aroha.
Ka waiatatia e mātou tō ingoa tapu. Whakakorea te pōuri o
te kuware ki tō māramatanga tapu. Whakakorea te pōuri i ō
mātou hinengaro ki te māramatanga kanapa mutunga kore o
tōu noho. Nāu mātou, ahakoa ō mātou āhuatanga.
Whakaaturia mai koe ki a mātou, e te Ariki o te Nui me te
Taonga. Manaakitia ia tangata o mātou. Whakaaetia ngā
kōrero a ō mātou whakaaro hiahia me ngā pā o ō mātou
ngākau aroha. Ki a koe ka tukuna atu e mātou te aroha, te
honore, me te hiahia katoa, ko koe hoki tō mātou Aroha me
.ā mātou mea katoa i tēnei ao
Manaakitia mātou ki tōu aroha noa Whakahorohia ngā
taiepa o te hiahia e wehe ana i a koe Kia noho koe hei Kīngi
atua e noho ana i runga i ō mātou wawata katoa Kia horapa
te māramatanga o tōu korōria puta noa i te ao whānui
Manaakitia mātou katoa Whakakīia mātou ki te kakara o tōu
aroaro Ā, kia mōhio ake mātou kua noho tonu koe i a mātou,
kei a mātou koe ināianei, ā, ka noho tonu koe i a mātou ake
ake
E mihi ana mātou ki a Koe mō te atawhai me te aroha
kua homai e Koe ki ō akonga pono e hiahia ana ki tō tata
mai, e tatari ana ki tō aroaro. Ko tā mātou e tumanako nei ka
tipu te porowhita o āu akonga kia taea ai e mātou te
.whakanui i tō aroaro tapu, me te koa hoki ki tō tata mai

Manaakitia mātou kia whakatuwherahia ai ō mātou
ngākau tetahi ki tetahi, kia purea ai ō mātou whakaaro, kia
tika ai mātou mō tō tiaki me tō manaakitanga. Whakaaturia
mai koe, ā roto, ā waho hoki. Whakakotahitia mātou katoa,
ā, i roto i te māramatanga o taua kotahitanga, kia mōhio
.mātou ki tōu oranga ahurei

Me te ngākau pono o ō mātou ngākau kotahi, me te
hiahia o ō mātou wairua marino, ka takoto mātou ki tō
aroaro, e rapu ana i tāu āwhina, i tāu arataki, me te mōhio
.tonu ki tō aroaro i roto i ō mātou wairua
Kia mura te ahi mutunga kore o te aroha i roto i ō mātou
ngākau, kia rongo hoki mātou i tōu tata ki a mātou ināianeī,
!ā, ake tonu atu, e tō mātou Ariki, e tō mātou Aroha

Te hiahia nui me ngā kāpū hinengaro

**He nui te korōria o te Atua Ko ia te mauri o te
pono, ā, ka kitea i tēnei ao He maha ngā inoi me ngā
tono a te tangata: mō te moni, te rongonui, te hauora
—ngā momo inoi katoa Engari ko te inoi kia noho
tuatahi i roto i ngā ngākau katoa, kia rongo ai tātou i
te aroaro o te Atua I a tātou e hikoī ana i ngā ara o te
ora i roto i te wahangu me te tino mohio, me mōhio
tātou ko te Atua te whāinga matua e taea ai e tātou
te whakamātau me te whakatutuki i ō tātou hiahia, nā
te mea kei roto i te Atua te whakautu ki ngā hiahia
katoa o te ngākau.**

**Ki te kore e taea e koe te whakatutuki i tētahi
hiahia mā roto i ō ake mahi, ka tahuri koe ki te Atua i
roto i te inoi. Nō reira, ko ia inoi e whakapuakina ana
e koe e whakaatu ana i te hiahia huna i roto. Engari ki
te kitea e koe te Atua, ka memeha haere ngā hiahia
katoa, ā, ka tutuki ngā wawata katoa.**

**Ka puta ake ngā hiahia o te ao i ngā whakaaro hē
mō te kaupapa o te ao. Ehara tēnei whenua i tō tātou
kāinga tūturu. E mea ana ngā karaipiture nō te Atua**

tātou, i hangaia tātou i tōna āhua, ā, ko tana hiahia
kia hoki tātou ki tō tātou takenga atua. Ko tā te
tangata kāore e mōhio, ki te kore ia e hoki ki tōna
pūtake atua, ka akiakihia ia ki te whawhai ki te
whakatutuki i ngā hiahia maha. Whakaarohia tēnā! He
pono kāore e taea e te tangata te kore e hiahia, ā,
kāore he he o te whai i aua hiahia. Heoi, ko te nuinga
o ngā hiahia o te tangata ka ārai i te
whakatutukitanga o te hiahia nui ki te hoki ki te Atua.
Nō reira, he kino ki te harikoa o te tangata. Ki te kore
te tangata e hiahia ki te Atua, ā, ka kitea ia, ka mura
tonu te hiahia ki tetahi mea e whakaarohia ana e ia ka
hari ai ia. Engari ko te whakatutukitanga tonu o ngā
hiahia katoa ka puta aunoa ki te hunga e kite ana i te
Atua.

E rua ngā momo hiahia: ko ngā mea e āwhina ana
i a tātou ki te kimi i te Atua, me ngā mea e ārai ana i
a tātou ki te kimi i a ia. Hei tauira, ki te hē tetahi ki a
koe, tera pea ka hiahia koe ki te rapu utu. Heoi, ki te
hinga koe i tēnei hiahia mā te whakamahi i te mana
teitei ake, e manakohia ana hoki o te aroha, kua
whakamahia e koe te taputapu hei āwhina i a koe ki
te kimi i te Atua. Me whakatutuki ngā hiahia katoa i
runga i te huarahi rangatira, nā te mea ina tutuki i
roto i ngā tikanga o te ao, ka nui haere ngā hiahia, me
ngā raruraru me te mamae. Ki te ako tātou ki te tuku i
ō tātou hiahia katoa ki te Atua, ka mahi ia ki te
whakatutuki i ō tātou hiahia pai, me te whakakore i ō
tātou hiahia kino me ō tātou hiahia whakangaro.
Kāore he parenga nui atu i te hinengaro māmama, ā,
kāore he parenga pai ake i ngā whiu o te ao i te whai i
ngā hiahia rangatira me te whakahīhi.

Ina mōhio tātou kei roto i a tātou te āhua tino tika
o te Atua, ka tutuki ō tātou hiahia katoa. I roto i taua
mōhiotanga tapu, e hipa ake ana i ngā taonga me ngā

taonga o te ao, e kore koe e whakakorikoria ahakoa ka hoatu ki a koe te ao katoa. E kore hoki te whakamoemiti e whakatupu i te whakapehapeha ki roto i a koe, e kore hoki e whara i a koe te whakapae, nā te mea ka reka koe i te hari o te Atua i roto i a koe anō, ā, koinei te mea nui rawa atu hei whakaaroaro māu i roto i tōu ao.

Me tono tuatahi tātou i te arataki a te Atua i roto i ā tātou mahi ki te whakatutuki i ō tātou hiahia tika, ā, koinei te huarahi pai ki te whiwhi whakautu ki ā tātou inoi katoa. Engari me tango te inoi i roto i te inoi. Me huri te tikanga tawhito o te inoi, ā, me tahuri tātou ki te Atua me te whakawhirinaki katoa me te whakapono pumau e whakarongo ana ia ki a tātou, ā, ka whakamana i ā tātou tono. Kāore te Atua e hiahia kia whakarērea e tātou ō tātou hiahia—ahakoa ka inoi tātou ki a ia—nā te mea ko taua hiahia te taonga tino utu nui kua riro mai i a tātou i Tōna ringa atawhai, he tika tapu i whakaarohia e ia mō tātou mai i te wā i hangaia ai tātou.

Me wehewehe te tangata i waenga i ngā inoi me ngā hiahia whaitake me ngā inoi koretake. Kia mahara ko te hiahia he mana; ki te pupuri tonu koe i tētahi hiahia—ahakoa he pai, he kino rānei, he pai, he kino rānei—ā, ka noho tonu ki taua hiahia i te ao, i te pō, ka tutuki i te mutunga. Nō reira, me tūpato te tangata, me karo hoki i te pupuri i ngā hiahia kino, nā te mea ka tutuki, ā, ka kawea mai he kino nui me te mamae nui.

I roto i te wā, ka kitea e koe ahakoa kua tutuki ō hiahia, kei te takoto kau tonu tō ngākau, ā, ka pāngia koe e te tutu o roto. Whakaarohia he ngoikore tō pūnaha nakunaku, engari e hiahia ana koe ki ngā kai parai. Ae, ka mamae koe i ia wā ka kai koe i aua kai, ahakoa te pai o te kai. Nō reira, ka rite koe ki te mea

kua hē koe. Ka whakahau te whakaaro nui mā te whakamahi i te māramatanga hei wehewehe i waenga i ngā hiahia pai me ngā hiahia kino, ā, kia tutuki ai tēnei, kua aua hiahia hē e tutuki. Kei te tangata te mana o roto o te māramatanga, ā, me whakamahi tonu i taua mana, hei ārahi i ō rātou oranga i runga i ngā whakahau a te hinengaro, arā, ko te reo o te Atua.

Kei roto i te ngākau ngā hiahia kāore anō kia tutuki He aha te kino o te pupuri i aua hiahia ki reira? Anei te whakautu:

He mana motuhake kei roto i ia hiahia: he pai, he kino rānei, he rua rānei. Ina mate te tangata—kia aroha te Atua ki a ia—kāore ēnei mana e mate ahakoa te pirau me te pirau o te tinana. Engari, ka haere tahi rātou me te wairua ki ngā wāhi katoa e haere ana ia. Ina whānau hou te tangata i roto i tētahi tinana hou, ka puta ēnei pū, ngā papa hinengaro rānei hei whanonga. Nō reira, ko te tangata i mate hei tangata inu waipiro ka mau mai i a ia te hiahia ki te waipiro ina whānau hou mai, ā, ka mau tonu tēnei hiahia kia hinga rā anō i a ia te hiahia ki te waipiro. E pā ana tēnei ki ētahi atu mea anō hoki.

Ahakoa ngā tamariki nohinohi rawa, he āhuatanga anō kei a rātou i ahu mai i ngā oranga o mua. Ko ētahi tamariki e pāngia ana e te riri nui. Ko ētahi he riri kino. Ae, kāore te Atua i hanga i a rātou pēnei. Nā ngā hiahia kāore anō kia tutuki i ngā oranga o mua i hanga ēnei āhua hinengaro, ā, nā ēnei, he āhua rerekē te wairua, ahakoa i hangaia i roto i te āhua parakore o te Atua. Ki te whakapohehetia te āhua o te Atua i roto i te tangata i tēnei ao, ahakoa nā te riri, te wehi, te hiahia rānei, ā, kāore ēnei āhua i hinga i nāiane, ka whānau anō rātou me ēnei āhua (ka whānau anō rānei rātou me ēnei āhua), me te pikau i

te taumahatanga o ēnei āhua pōuri tae noa ki te hinganga i tēnei ao, i ngā tinana ā muri ake nei rānei. Kāore he mawhiti atu i a rātou tae noa ki te hinganga.

Nō reira, he pai ake te whakatutuki i ngā hiahia katoa ināianei, te wikitoria rānei i aua hiahia

Ko te huarahi pai rawa atu ki te whakakore i aua hiahia mō ake tonu atu ko te wheako i te hari nui o te Atua. Ki te kore, ka whaiwhai, ka whakamamae hoki i te wairua ēnei hiahia kua pehia me ngā wawata kāore anō kia tutuki.

Me mārāma te tangata, mā te māramatanga me te whakaaro nui, ko te Atua anake te kaha ki te homai i te harikoa parakore, pumau tonu.

I te nuinga o te wā, ka noho huna tonu ngā hiahia i roto i te hinengaro kore. Tērā pea ka whakaaro koe kua memeha haere, engari kāore; ko tētahi tēnei o ngā mea ngaro o te ao, he mea ngaro nui anō hoki.

Engari ka memeha haere te mea ngaro ina tātarihia e tātou te ao, ka whakaaroarohia tōna tikanga. Mēnā ka noho puku koe mō tētahi wā poto i ia rā, ka tirotirohia koe e koe anō, ka kitea e koe he maha ngā hiahia kāore anō kia tutuki. He rite ēnei hiahia ki ngā iroriki whakamate e mauria ana e te tangata ki ngā wāhi katoa e haere ana ia, i tēnei ao, i tērā ao anō hoki.

Ko te huarahi pai ki mua ko te kite—mā te whiriwhiri whakaaro nui—i ngā hiahia kino o tēnei ao, me te arotahi ki te whakatutuki i ō hiahia pai. Mena kei te hiahia koe ki te whakamomori, ki te mahi hē rānei, me peia atu taua hiahia inaianei.

Whakaponohia koe, i roto i te whakaaro me te mahi, kei a koe te mura o te atuataanga i roto i tō wairua, ā, kia mahara kua hangaia koe i te ahua o te Atua Kaha Rawa, nō reira kei a koe te mana ki te neke atu i tō āhua tinana me ō tikanga.

Kia iti ake te piri ki ngā mea papai, kia matara atu i ngā hiahia, ā, ka toa koe i te pakanga o te ao. Ki te mamae koe i te mamae uaua, ngana ki te wehe atu i te mōhiotanga tinana. Mā te māramatanga, ka taea e koe te wikitoria i ngā kare ā-roto. Ko te māramatanga whakaaro nui te ahi e tahu ana i ngā hiahia kino me ngā hiahia whakangaro, ka meinga kia pungarehu.

He mahi noa mā te tangata te penapena i ngā taonga tawhito, kua tawhito, me ngā mea kāore e hiahiatia ana ki te kokonga o te whare, ā, me te whakapaipai me te horoi i te whare i ia wā, i ia wā. Waihoki, kei te kokonga o tō hinengaro huna he maha ngā hiahia me te kino huna, ka raru pea koe i tētahi rā ki te kore koe e whakahaere tika i aua mea.

He mea nui te tātari i a koe anō i te ara wairua. Tērā pea he tangata mauahara koe, he pukuriri, he tere rānei te riri. Mena koinā, ko ēnei āhuatanga kua rongoatia i roto i tō hinengaro he hua nō ō mahi o mua. Hei whakakore i ēnei taonga kua pakaru, kua tawhito i roto i tō hinengaro, me tīmata koe ki ngā mahi pai, whai hua, me te whakatipu i te aroha ki ētahi atu. Ko te nui ake o tō aroha ki te tangata, ko te nui ake hoki o tō rātou aroha ki a koe, ā, ka rongo koe i tō rātou aroha. Engari ki te whakahe koe i a rātou, ahakoa ki a koe anō, ka rongo rātou i taua whakahe, ā, ka whakahokia mai ki a koe!

Mehemea kua mate tētahi hoariri tawhito, engari kei te pupuri tonu koe i te riri me te mauahara ki a ia. Ka mamae koe i tēnei kawa, ā, ka puta ōna pānga kino ki roto i tō tinana me tō hinengaro. He pai ake te muru i a ia mō te Atua, nā te mea mā te mahi pera, ka wātea koe i ngā hiahia kino o te rapu utu e whakangaro ana i tō rangimārie o te hinengaro, e pakaru ana hoki i tō marino. Ko te whakanui i te mauahara ki runga i te mauahara, te whakautu rānei

ki te mauahara ki te mauahara, ehara i te mea ka kaha ake te mauahara o tō hoariri ki a koe, engari ka paitini hoki tō tinana me ō kare ā-roto. Nō reira, murua te hara me te murunga hara ataahua.

I ētahi wā, me whakarērea e te tangata ngā mea katoa kia noho ko ia anake, kia whakaaroaro ai ki te kaupapa o te ao. Ko te nuinga o te tangata e rere ana i roto i te ia o ngā tikanga me ngā āhua. Ko te mea pono, kāore rātou i ora i ō rātou ake oranga, engari i ora i te ao whānui. He aha tā rātou i whakatutuki ai, ā, kei hea rātou i mutu ai?

Nō reira, he mea whakaaro nui kia tangohia e te tangata ngā mahi me ngā "mahi" o ia rā i ētahi wā, kia marino ai te ngangau o tōna hinengaro, kia mārama ai hoki ki tōna mauri, kia whakatauhia ai te whāinga e hiahia ana ia kia tutuki.

Kia maumahara ko te whakaaturanga nui rawa atu ka taea e koe te whiwhi ko tō hinengaro: ko te reo mārama, kore e taea te hē o tō wairua. Ko tā tō hinengaro e kī atu nei ko wai koe, me te kore whakapaipai, me te kore huna.

Whakaarohia te mana o Ihu Karaiti i mea ai, "E Pa, murua ō rātou hara, kāhore hoki rātou e mōhio ki te mahi i ngā mea kāhore rātou e mōhio."

Whakaarohia hoki te Poropiti nui i mea: "Kāore ianei ahau e kōrero ki a koutou he aha te mea e whakaara ake ai te tangata?" Ka mea rātou: "Āe, e te Karere a te Atua." Ka mea ia: "Kia manawanui ki te tangata e kore e mōhio ki a koe, hoatu ki te tangata e kore e hoatu ki a koe, kia mau tonu te hononga ki te tangata e momotu ana i a koe, ā, murua te hara o te tangata e hē ana ki a koe."

Mā te whakarongo ki te reo o tō hinengaro mārama ka mārama ai tō ara, ka manaaki hoki i tō ao. Ina rongo koe i te hiahia nui i roto i tō ngākau kia

tutuki ai tētahi hiahia, whakamahia tō māramatanga, ka pātai ki a koe anō: "He hiahia pai, he hiahia kino rānei tēnei e whaia ana e au kia tutuki?"

He maha ngā āhuatanga e whakakaha ana i ngā hiahia o te tangata Ina kite te tangata i tētahi tauira waka hou, ka hiahia ia ki tētahi rite ki taua waka Ina kite ia i tētahi momo whare hou, ka hiahia ia ki tētahi rite ki taua waka Ka rongonui haere tētahi momo ahua hou, ā, ka hiahia te tangata ki te hoko me te mau i taua momo kāhua!

Nō hea ngā hiahia? I pau ngā hāora ki te whakaaroaro i tēnei Ka taea e koe te whakarōpū i ō hiahia katoa? I taea e au te wehewehe i a rātou katoa, ā, ko ngā mea pai anake te pupuri. Ā, i taku taenga ki te huihuinga atua, i kitea e au kua tutuki katoa aku hiahia pai i te wā kotahi I tēnei rā kei te hiahia koe ki tētahi mea, ā, āpōpō kei te hiahia tō wairua ki tētahi atu mea Kāore e taea e tō hinengaro, i ahu mai i te Atua Kaha Rawa, te makona i ngā taonga o tēnei ao, ā, e kore rawa e makona, nā te mea, e taku hoa aroha, kua ngaro i a koe te taonga tino utu nui o tō wairua, ko ia anake kei a ia te mana ki te makona i tō hiahia me te whakatutuki i ō hiahia Ko taua taonga ngaro ko te Atua.

He pono kei reira ētahi hiahia pai, ētahi hiahia e tika ana, ā, me mahi koe ki te whakatutuki i aua hiahia. Engari i a koe e whai ana ki te whakatutuki i ō hiahia iti, kua e wareware ki te whakatutuki i tō hiahia nui ki te Atua i te tuatahi. Ko te whakapono ko ngā hiahia me ngā mahi iti me whakatutuki i te tuatahi he whakaaro pohehe, he tinihanga. Kei te maumahara tonu ahau i te tīmatanga o taku haerenga wairua he tangata whakaroa ahau, kāore hoki i whakaaroaro i ngā wā katoa, ahakoa i kī tonu ahau ki a au anō ka whai wā ahau mōna. I pahemo te tau

katoa pēnei i mua i taku mohiotanga kāore au i whakatutuki i taku i oati ai ki a au anō. I oati tonu ahau ki a au anō ko te mea tuatahi ka mahia e au i te ata ko te horoi, kātahi ka whakaaroaro ki te Atua. He maha ngā mahi o ia rā i taua wā, ā, ehara i te mea ngāwari ki te mawhiti atu i aua hiahia, ahakoa he wā poto noa iho. Nō reira, i whakatau ahau ki te mahi i aku mahi wairua i te tuatahi. Nō reira, i ako ahau i tētahi akoranga nui: ko taku mahi ki te Atua te mea tuatahi, ā, ko reira anake ka aro atu ahau ki ētahi atu mahi iti ake te hiranga.

He aha rā te Atua me whakatuwhera ai i ngā kūaha o te ao mutunga kore ki te tangata mēnā he mea nui ake i te Atua ētahi atu mahi me ngā whakaaro? Kua whakanohoia e te Atua he parirau wairua ki roto i a tātou, ā, e tumanako ana ia kia rere tātou i roto i ngā ao o te wairua. Ko ēnei parirau ko ō tātou wawata wairua, ko ō tātou whakaaro teitei, me tō tātou hiahia pono ki tō tātou pūtake atua.

Me rapu tātou i te Atua i te tuatahi. Kāore i te whakaaro nui kia tino hira ngā mahi o te ao nei, nā te mea ka taea e Azrael te karanga i te wairua i tētahi wā, ā, ka mutu katoa ngā mahi, ngā herenga, ngā āwangawanga me ngā herenga mō ake tonu atu. Nō reira, he aha rawa te take e piri pūmau ai ki te ora?

E whakaaro ana te tangata kei te whiwhi ia i te haumarū me te rangimarie o te hinengaro, kātahi ka ngaro ohorere tetahi o ōna whanaunga, ka ngaro rānei tōna hauora, tana mahi rānei, ā, ka maumauria te haumarū me te rangimarie o te hinengaro!

Aue te nui o tōku aroha ki tōku whaea! I mahara ahau ka noho tonu ia ki ahau, engari kātahi anō ka kitea kua whakarērea ahau e ia i ahau e tamariki ana! Kua tātou e wehi i te mate, engari kia rite tātou mōna.

Kāore te ao i rite ki tōna āhua Kaua e whakawhirinaki ki a ia, he mea hurihuri hoki, he tinihanga, he kī tonu i ngā pouri me ngā tumanako pakaru Kāore e kitea te tino pai i konei Kāore au e hiahia ki te hoatu ki a koe he pikitia tūturu o te ao Ehara tēnei ao i te pararaiha He taiwhanga atua tēnei e whakamātautau ai te Atua i ngā wairua kia kite ai mēnā ka hinga i a rātou ngā hiahia kino ki te pai, ā, ka meinga la—arā, kia meinga te Atua—ko tā rātou hiahia nui rawa atu, kia hoki ai rātou ki Tōna rangatiratanga.

Kī tonu te ao i ngā momo aituā me ngā katakata, ngā aituā me ngā harikoa He whāriki whānui, he hurihuri tonu, he kanapa hoki o ngā āhua maha Kāore he mea e rua e tino ōrite ana He ahurei te ao o ia tangata He rerekē ngā āhuatanga o ia tangata, he rerekē te hinengaro, he rerekē ngā hiahia Me i pāngia tātou e ngā whakamātautau ōrite i ia rā, ka ngenge tātou, ka hoha Ahakoa ko Pararaiha, me i rite tonu, ka ngaro tōna ataahua He pai ki a tātou te kanorau me te kanorau He hē rawa te ariā tuku iho o Pararaiha Me i tino hoha, kua inoi ngā tāngata tapu me ngā tāngata tapu a te Atua kia hoki mai ki te Ao ki te whakangahau i a rātou anō! Ka whakahoutia tonutia te Pararaiha i roto i te huarahi tino ataahua, ko te Ao ia ka whakahoutia tonutia, engari i roto i te huarahi hoha me te kore pai.

Ahakoa te hoha me te uaua o te ao, ka taunga te nuinga o te tangata ki tēnei mea, me te whakapono kāore he ara kē atu hei oranga. Nā te kore e taea te whakarite i tēnei ao ki te ao wairua, kāore rātou e kite i te nui o te mamae me te ngenge e huna ana i roto i ngā ao o tēnei ao.

Ko te pono, ehara te ora i te mea tūturu He whakangahau noa iho, kāore he mea atu Pērā i ngā

kiriata tawhito e tukuna anōtia ana i ia wā, i ia wā, ka pērā anō hoki ngā mahi tawhito e whakahokia ana i roto i ngā āhua rerekē Ahakoa te haere tonu o te ora, ka whakahokia anōtia ngā kaupapa ōrite i whakaatuhia i roto i ngā kiriata o mua He pono, ka whakahokia anō te hītori, ā, he taonga tuku iho noa iho ngā tāngata i roto i ngā whare taonga o te wā.

Kia tukuna ngā ohorere o te ao, kia manakohia me te harikoa, te kore whakaaro, me te wehe, kaua e pāngia e ngā kare ā-roto, me te mea kei te mātaki kiriata. He rongoā whakamiharo te kata ngākau mō ngā mate katoa o te tangata.

Me whakatata atu koe ki te ao me te ngāwari me te whakamarie. Koinei taku i ako ai i taku kaiako. I te tīmatanga o taku whakangungu wairua i roto i tōna whare karakia, i mahi ahau i aku mahi me te kanohi pōuri, kāore rawa e menemene. I tētahi rā ka kite taku kaiako i tēnei, ā, ka mea ia, "Ki te pai te Atua, kei te pai ngā mea katoa! Kei te haere koe ki tētahi tangihanga? Kāore koe i te mōhio ko te kimi i te Atua he tikanga ki te huna i ngā āwangawanga me te huna i ngā pouri katoa? Kaua e tino aro ki te ao."

I whakaakona ahau e ia ko te kawenga a te tangata kia whakaara ake i tōna hinengaro ki runga ake i ngā mea whakararuraru me ngā raruraru o te ao kia kitea ai e ia te herekoretanga katoa i roto i te Atua.

Me pupuri te tangata i te taurite i roto i te harikoa me te pouri, te hua me te mate, te wikitoria me te hinganga, kia taea ai e ia te aro atu ki ngā wero o te ao me te maia me te whakapono ki a ia anō.

Ko te pupuri i te rangimārie o roto ahakoa ngā āhuatanga katoa te huarahi pai ki te wikitoria i ngā hiahia tinihanga. Koinei taku i ako ai i ngā mea nunui kāore i pāngia e ngā huringa o te wā, engari i mau

tonu, kāore i rerekē tae noa ki te mutunga. Ahakoa ngā poropiti, i te wā i whakamamaetia ai rātou, kāore i ngaro tō rātou hinengaro tapu, kāore hoki i tukua tetahi kia tahae i te aroha o te Atua i a rātou. Ko te harikoa wairua he parenga manaakitanga, ko te pā kaha rawa atu o ngā mea katoa. I waenganui i ngā whakamātautau me ngā raruraru, kia mahara ki ngā manaakitanga kua homai e te Atua ki a koe. He temepara tapu tō wairua nō te Atua. Kaua e tukua te pōuri o te kuware kia poke i taua wāhi parakore. He mea whakamiharo te noho i roto i te āhua o te mōhiotanga wairua, te honore, te mana, te haumaruru, me te rangimārie! Kaua e wehi, kaua e kino ki tetahi. Hoatu tō aroha ki te katoa. Kia rongo i te aroha o te Atua, kia kite i tōna aroaro i roto i ngā tāngata katoa, ā, kia waiho tō hiahia kaha hei aroaro tonu i roto i tō ngākau. Koinei te huarahi ki te noho i roto i te rangimārie me te marino i tēnei ao. Engari he uaua ki te whakamātau i tēnei ngākau māhaki i te mea kei te pupuhi ngā hau kaha o ngā hiahia i roto i te puna o te ngākau, me te whakangaeue i ōna rākau.

Ka hangaia ngā hiahia e te taiao o te tangata. Ka whānau mai i roto i ō tātou tirohanga ā-pāpāho, ā, ka herea e ngā herenga o aua tirohanga. Mā te haere ki tētahi whakaaturanga taiwhenua ka ea te hiahia mō te whakahihiri, engari i muri i te toro atu ki tētahi whakaaturanga o te ao me te mātakitaki i ngā whakaaturanga rerekē katoa, ka ngaro te ataahua me te ātaahua o te whakaaturanga iti. Nō reira, me wheako tuatahi tātou i te hari o te hononga ki te Atua kia taea ai e tātou te whakarite i taua hari ki ngā ahuareka iti o te ao. Kātahi ka teitei ake te āhua o ngā hiahia. He mutunga kore te hiahia; i te wā e ea ai tētahi hiahia, ka puta mai tētahi atu. Engari ina kitea e koe te Atua, ka ea katoa ō hiahia. "Rapua te

rangatiratanga o te Atua me tana tika i te tuatahi, ā, ka hoatu ēnei mea katoa ki a koe (Ā, ko te mea kei te Atua he pai ake, he pumau ake)" Nō reira, he aha e kore ai e rapu tuatahi i te ea o taua hiahia nui rawa atu, me te whiwhi mai i te ringa atawhai o te Atua i te mea pai rawa atu, te mea pumau rawa atu?

Ina whakautua e te Atua te inoi a te tangata e rapu ana kia mōhio ki a ia, ka tutuki tonu ana hiahia katoa ake ake.

Kei te whakaaro ētahi kāore ā rātou hiahia. Āe!

Kua kite ahau i ngā mea e tupu pinepine ana ina haere te tangata ki te māketē. Kāore pea i a rātou he hiahia motuhake ki te hoko, engari ka kitea ohoreretia e rātou tētahi mea, ā, ka whakaaro rātou, "Āe, me hoko e au!"

Ahakoā kāore e hokona tonutia, ka noho tonu i roto i ō rātou hinengaro i te ao, i te pō tae noa ki te wā ka hokona e rātou, ahakoā me nama moni rātou. Ka pārekareka ki a rātou mō tētahi wā, engari ka memeha haere tōna ataahua, ka heke te harikoa o te whiwhi i taua mea, nō reira ka hiahia rātou ki tētahi atu mea, ā, pērā tonu.

I ētahi wā ka tūtaki tātou ki tētahi e mea ana: "Āe, me i whai moni ahau pēnei, pēnei rānei (he motuka tauira motuhake rānei, he puna kaukau rānei)" ā, ina tutuki taua hiahia, ka ara ake tētahi atu hiahia mō tētahi mea hou.

He tino koretake ngā hiahia o te tangata, nō reira kāore e taea e rātou te whakatutuki i te harikoa katoa mō ō rātou rangatira.

Ka ngana te ao ki te whakararuraru i a koe kei mahara ko te hiahia pono anake ko te kimi i te Atua. Engari me whakamahara koe i a koe anō ki tēnei i ia rā. Ina whakatau te tangata ki te whakamutu i te momi hikareti, ki te mutu te kai nui, ki te mutu te

teka, ki te mutu rānei te tinihanga, me whakataua tonu rātou, kua hoki e whakaroa. Ka mimiti, ka ngoikore te hiahia i roto i te taiao kino, ka hanga i ngā hiahia teka i roto i te tangata. Ka tangohia te mea pai mai i a rātou, ka hoatu ki a rātou te mea kino rawa. Ko te hunga e noho tahi ana me ngā tahae e whakapono ana koinei anake te huarahi ki te ora. Engari ko te noho tahi me te hunga pai ka arahi i te hinengaro ki ngā mea teitei ake, kia kore ai e taea e ngā hiahia teka te whakamatautau i te tangata. He rerekē, he rerekē hoki ngā mea katoa o tēnei ao. Engari ko ētahi wā poto o te whakaaroaro hohonu, o te ako me te whakaaroaro ki ngā kaupapa wairua parakore ka waiho hei puna whakahihiko, ka kawea i te tangata rapu pono i tērā taha o te moana o te tinihanga me te mānukanuka ki ngā takutai atua, "e kore rātou e pā ki reira e te nenge, e kore hoki e peia atu i reira."

(Kua rite te okiokinga nui rawa atu mō te hunga i mahi, ā, ko te tangata kāore i wareware ki te rapu i te pono, kua toa ia.)

Ko te harikoa pono kei roto i te hiahia nui ki te Atua, me te whakaaro tonu ki a ia. Mā te manawanui, ka tae mai te wā ka pumau, ka kore e taea te whakakorikori i taua whakaaro, ā, kāore e taea e te mamae tinana, hinengaro, kare ā-roto rānei te tahuri ke i tō māramatanga mai i te Atua. He mea whakamiharo te noho me te māramatanga ki te Atua, te whakaaro ki a ia, me te rongoi i a ia i ngā wā katoa, me te noho tonu ki te wāhi tapu o tōna aroaro kore e taea te whakaeke, ki te wāhi e kore ai e taea e te mate, e tetahi atu mea rānei te tahae i tō rangimārie o roto? (Ko te hunga e whakapono ana, ā, e okioki ana ō rātou ngākau i roto i te mahara ki te Atua. He pono, i roto i te mahara ki te Atua ka okioki ai ngā ngākau.)

Ina ārai koe i ngā hiahia katoa, ka koa koe ki te aroaro tonu

He tino rerekē te ao, nā te mea ka huri ngā mea katoa. Nō reira, kaua e herea te kaipuke o te harikoa ki runga i te onepū e nekeneke haere ana o tēnei ao. Ka pahemo tō tātou wā, ā, ko tā tātou e kite nei i nāiane i ka ngaro i tētahi rā. He mea whakaae te huringa mena kāore koe e tuku kia whara koe. Ā, ina whara koe, ko te pōrearea o roto e pā ana ki a koe he karere ki a koe kia kaua e puritia e ngā hiahia. Ina noho pūmau koe i roto i te wairua atua, ka koa koe ki ngā mea katoa me te kore he piripono, he whakawhirinakitanga rānei. Nō reira, ko te ngana ki te mōhio ki a ia he mea tino nui mō te hunga e aro nui ana; ki te kore, ka waiho te ao hei pouri nui, ka pakaru ngā tumanako i te huarahi whakamataku.

I taku hokinga atu ki Īnia i te tau 1935, i tumanako ahau ki te toro atu ki ngā wāhi i arohaina e au i taku tamarikitanga, engari i taku taenga atu, kua rerekē ngā mea katoa. Kua rerekē te āhua o te ao. Ko te pouri me te ohorere nui rawa atu i taku haerenga ki tōku whare tawhito i Aykapur, i reira ahau i takaro ai, i mātakitaki ai i ngā manu. Kotahi noa te rākau i toe i roto i ngā mea katoa i mahara ahau. Koinei te ao! Ka ngaro atu ngā mea rongonui me ngā mea e arohaina ana i tō tātou tirohanga, kotahi i muri i te kotahi. I rite ahau ki te tuku i aku mea katoa kia kite i tō mātou whare i tōna āhua o taku tamarikitanga. Heoi anō, i whakamanahia e te Atua taku hiahia, nā te mea i muri mai ka kite ahau i te whare i roto i tētahi moemoeā, i reira mātou e kaukau ana i te puna kaukau, kātahi ka piki ahau ki runga, ka takoto ki runga i te moenga, ka kai māngo, pērā i taku mahi i ngā tau maha kua pahure.

Me tirotirohia, me āta tirotirohia ngā hiahia, me whakarite kia pai, ā, ko ngā mea pai anake me pupuri, kua rawa aua hiahia pai e pehi i te hiahia nui ki te Atua.

Me noho ora tonu taua hiahia, me mura tonu, kua hoki e tukua kia memeha, kia mate rānei. Kei raro te tangata i te maminga nui ina tono ia ki te Atua kia whakatutuki i ana hiahia o te ao, engari kāore e tono kia whakakitea mai ia ki a ia. Whakaarohia he tamaiti e tono tonu ana kia whakaaetia e ōna mātua āna tono, ā, ki te kore, kāore e pātai, kāore hoki e whakaaro ki aua tono. He kore whakawhetai tēnā, he whakakore i tō rāua atawhai, ā, kei roto i tēnā he akoranga mō te hunga e whakaaroaro ana.

Ina whakamahia tēnei pukapuka o te ora, ka haere tahi te tangata me te mātauranga wairua i riro mai i a ia e noho ana i te ao nei. Nō reira, me noho tonu te Atua i roto i te hinengaro o te tangata, me te karanga tonu ki a Ia, me te kore e wareware ki a Ia mēnā he tino āwangawanga te tangata mō tōna heke mai wairua. Ina noho tahi tātou me te Atua, ka kitea e tātou ka tutuki ngā hiahia katoa i roto i tētahi ara ngaro. Engari me rapu tuatahi tātou i te Atua. He atawhai ia, ā, kua homai e ia ngā mea katoa ki a tātou, engari ka kitea noa ia e tātou ina kore tātou e makona ki āna taonga, engari ka tahuri ki te Kaituku. Ka mōhio tātou ki a Ia mēnā he pono tā tātou rapu, he ngākau nui ki te whakatata atu ki a Ia, me te wheako i tōna aroaro manaaki.

Ko te arai nui rawa atu e pā ana ki te tangata ko tōna ake wairua. Ina ngana rātou ki te noho puku, ki te whakaaroaro ki ngā mea wairua, ka puta whakarere mai ngā whakaaro o te ao, ka whakararuraru i a rātou, ka aukati i a rātou ki te whakatutuki i tā rātou whāinga. Me whakangungu

rātou i a rātou anō ki te whakahaere i ō rātou whakaaro me ō rātou tinana, ā, mā te mahi pera, ka mau i a rātou he pararaiha kawē i roto i ō rātou wairua. I te ora, i te mate rānei, i te rangi, i te reinga rānei, ka haere tahi mai taua harikoa nui me rātou.

Me inoi hohonu tātou ki te Atua, me te ringihia o ō tātou hiahia nui, me te inoi ki a Ia i te reo o te ngākau, te hiahia o te wairua, me ngā hāhā o te hinengaro, kia rongo ai Ia i a tātou, kia whakautu mai hoki ki a tātou. Engari ki te inoi hapa te tangata, ā, i taua wā anō ka whakaaro ia ki tētahi atu mea—he mea e mōhiotia ana e te Atua ehara i te mea nui o taua tangata—e kore ia e whakautu mai.

Me mātua whai i te Atua tātou. Nā, kua tae te wā. Kua e tatari, he kaha rawa hoki ngā mānukanuka. Ka tere te haere o te ao, ā, he mea whakama te wehe atu i tēnei ao me te kore e mōhio ki te kaupapa o te ao. Me whakaaroaro tātou i ngā wā katoa e wātea ana tātou. Ahakoā kāore āu inoi i te tuatahi, kua e ngakaukore ki te aroha o te Atua, engari me inoi tonu. Inoi pono, me te whakawhirinaki ka whakautua tāu inoi.

Kua kite ahau i roto i tōku ao i te tohu nui rawa atu o te urupare a te Atua ki te inoi. Engari me whakapau kaha tēnei urupare, nā te mea kāore he mea nui e puta mai me te kore e tohe. He mea nui te whakaaroaro hei hura i ngā mea ngaro o te ora, hei tomo hoki ki te rangatiratanga o te Atua.

Ka ngana ngā tikanga kino me ētahi atu mea whakararuraru ki te whakararu i ō mahi, ki te whakaiti hoki i tō whakatau. Engari ki te hiahia koe kia harikoa, kia anga tonu ō whakaaro ki te Atua, ā, ka kitea e koe Ia e tata ana ki a koe.

Mā ngā hiahia mō ngā ahuareka o te ao ka hangaia he kukume aukume e kukume ana i te

tangata ki tēnei ao, te ao i muri i te ao. Kāore e hiahia te hoki ki te kikokiko mō te hunga kua kitea ō rātou hiahia i roto i te Atua. Ina hiahia rātou ki te whakatutuki i tētahi hiahia, ka whakaarohia e rātou, ā, ka puta mai ki mua i a rātou. I puta mai tōku whaea ki ahau i muri i tōna matenga, ā, i whakamarietia ahau i te kitenga i a ia, ā, i whakawhetai ahau ki te Atua mō Tōna pai. He pono, ko ia te Tino Atawhai me te Tino Aroha. E whakatutuki ana ia i ō tātou hiahia hei whakaatu i Tōna aroha me te whakawhetai ki a tātou ina hoatu e tātou ki a ia te tūranga tuatahi i roto i ō tātou ngākau.

Ina tae te tangata ki te Atua, ka riro ko ia hei rangatira mō te ora me te ao mutunga. Kaua e okioki kia mau rā anō te aroaro o te Atua i roto i ō tātou ao. Māna tātou e homai ki a ia ngā mea katoa e hiahia ana e tātou, ā, māna tātou e whakamātautau.

He maha, he nunui hoki ngā whakamātautau me ngā arai i te ara wairua, engari i a tātou e whiti ana i aua whakamātautau, e wikitoria ana i aua arai, me kī tātou: "E te Ariki, kua whakautua e koe aku inoi, kua whakatutukihia hoki aku hiahia nui, nō reira kua whai rawa tōku ngākau i tō aroaro, ā, kua tiaho tōku wairua i tō māramatanga"

Kia tau te rangimārie ki a koe

Mai i ngā kōrero a te kaiako a Paramhansa

Yogananda

Ka amuamu te tangata mō te whakaaro ki te whakarērea i ētahi mea o te ao, ahakoa i te ao tūturu he maha ngā mea nui e whakarērea ana e rātou, tae atu ki te rangimārie o te hinengaro, ā, i ētahi wā ka patu whakahere rātou i a rātou anō mō te moni, ka pāngia e te kino me te .ngaronga

Tukua atu koutou ki te Atua, ā, ka kitea e koutou kua
.rite tō koutou ao ki tētahi rangi waiata ataahua

Tahuri atu tō aro ki roto i tēnei ao ki te rangatiratanga
nui o te Atua kei roto i a koe

I roto i te kaipuke o te marino ka taea e koe te rere ki
taua ao kei tua atu i ā tātou moemoeā, kei reira te puna atua
e rere tonu ana mai i te hohonutanga o te ngākau me te
.wairua

E te Ariki, āwhina mai i ahau kia whai wāhi atu ahau ki
te ao i runga i te huarahi e pai ai koe, ahakoa ngoikore ahau,
ahakoa kaha, ahakoa mate ahau, ahakoa hauora, ahakoa
rongonui, ahakoa kore mōhiotia, ahakoa whai rawa, ahakoa
rawakore, me te mōhio e aroha ana koe ki ahau, ā, e kore
.rawa koe e whakarērea ahau

Tērā pea ka tangohia te taonga i te tangata, ka tangohia
rānei i a ia i tōna wehenga atu i tēnei ao, ā, e kore e taea e
ia te kawe tahi me rātou. Ko tōna uara tūturu kei roto i te
whakapaunga ki ngā mahi pai, me te kawe mai i te harikoa
ki a koe anō me ētahi atu i runga i te huarahi e pai ai te Atua
.me te hinengaro o te tangata

Ko te hunga e whakaaro ana ki tō rātou ake haumaru
me te whakamarie anake, e wareware ana, e kore rānei e
aro ki ngā hiahia o ētahi atu, kei te rapu moni rātou i te
rawakore ka pā ki a rātou i tētahi rā. Ko te hunga e pupuri
ana i ō rātou taonga, kua e whakamahi mō ngā mahi pai,
kāore e whiwhi i te oranga i muri i te ao, engari i whānau mai
he rawakore, me ngā hiahia me ngā wawata o te hunga whai
rawa. Engari ko te hunga e tohatoha ana i ō rātou taonga me
te oranga ki ētahi atu, e kukume ana i te pai me te nui ki ngā
.wāhi katoa e haere ana rātou

Ina hoatu e koe ki te hunga e tika ana kia hoatu ki a
rātou, ka kitea e koe kei a koe tonu te Atua, e kore rawa ia e
whakarērea koe, ā, kāore koe e hiahia ki tetahi mea. Kaua e
wareware kei te tautokona tika ō tātou oranga e te Atua, ā,
ina mōhio tātou kei te Atua ō tātou hinengaro, ō tātou hiahia
me ā tātou mahi katoa, ā, kei a la te kaha e ahu mai ana, ko
reira tātou ka whiwhi tika mai i a la te arataki, ā, ka mōhio
.tātou he kotahi tō tātou oranga me Tōna ora mutunga kore

Mā te whakaaroaro ka kitea te oranga o te Atua. Kia
horoia ngā ngaru o te kare ā-roto i te puna o te hinengaro,
ka puta te harikoa atua mai i te wairua. Kei roto kē tēnei
.harikoa i te wairua, engari kua hunaia
Āe, e te Ariki Ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ki ngā whakatutukitanga nunui ake
Ahakoa ka tutuki ngā wawata katoa o te ao, heoi, ka
homai he harikoa mutunga kore - ā, mā te kimi i te Atua ka
kitea e au ngā puna mutunga kore o te harikoa, ā, e kore e
mutu te rere me te rere i roto i ngā māra me ngā mania
.matomato o te wairua

Whare: Te Tapawhā o te Wikitōria

Ki te whai te tangata i tētahi whakahihiri i muri i tētahi,
e kore rawa ia e mōhio ki te reka o te harikoa pono. Me noho
ngāwari te tangata, me te whakatata atu ki te ao me te
ngāwari. He mea tika kia noho ko ia anake, kia whakaaroaro
ki āna mahi i ia wā, i ia wā, kia mahi i te rangimārie o roto, e
whakaora ai, e whakaora ai, e whakahou ai, e whakahou ai
.hoki i te kaha

Ki te mea kei te noho tonu ngā mea whakararuraru, ā,
ka pāngia ngā kare ā-roto e ētahi atu mea whakaohoho, ka
pāngia ngā io, ka maumauria te nui o te kaha ora, ā, ka
pōuri, ka pōuri hoki te wairua. Heoi anō, kaua te tangata e
manukanuka rawa ki te whakatikatika i ētahi atu; engari, me

whakatikatika i a ia anō i mua i te ngana ki te whakatikatika i
.ētahi atu

Kia mōhiotia ko te kāinga te papa pakanga nui rawa atu.

Ko te tangata e rite ana ki te anahera i roto i tōna kāinga, ka
.rite tonu ia ki te anahera i ngā wāhi katoa

Ko te reka o te reo me te rangimārie e whakaatuhia ana
e te whanonga rangatira e hiahiatia ana i roto i te kāinga i
.tētahi atu wāhi

Pērā i te pōuri e kore e noho tonu ki te wāhi e whiti ana

te māramatanga, me memeha atu anō hoki te pōuri o te
mate ina whiti te māramatanga o te Atua i roto i ngā pūtau o
te tinana, ā, he tokoiti noa iho te hunga e mōhio ana ki tēnei
.pono

Ina hiahia nui te tangata ki te whakaora, ka inoi rātou
me te ngākau pōuri, me te whakaaro rānei kāore te Atua e
whakarongo ki ā rātou inoi, ka inoi rānei rātou engari kāore e
.tatari kia mōhio ai rātou kua tae atu ā rātou inoi ki te Atua
Pērā i te kore e taea e te tangata te whakarongo ki ngā
waiata e pāhotia ana i te rangi mā te whakamahi i tētahi
taputapu hopuoro hapa, waihoki, e kore e taea e te tangata
te hopu i ngā wiri o te hauora, te kaha, me te whakaaro nui e
puta mai ana i te Atua me tētahi taputapu hinengaro e kore
e mahi pai ana me ngā wehi, ngā āwangawanga, me ngā
.momo manukanuka, ngā feaa, me te koretake katoa

Kia mahara mātou, kia whakawhetai ki a Koe, e te Ariki,
i ngā wā o te rawakore me te whai rawa, i te mate me te ora,
i te pōuri me te māramatanga, i ngā wā katoa Kia
maumahara mātou me te whakawhetai ki ngā rā o te oranga
kua homai e Koe ki a mātou Āwhina mai kia
whakatuwherahia ngā kanohi o te whakapono kia kite ai
mātou i Tō māramatanga tapu, e whakaora nei i ngā mate
.me ngā mate katoa

Ko au te kāpene o taku kaipuke o ngā whakaaro pai, o
taku ngākau pai, o taku mahi hua, o taku mahi whai hua. Ka
ārahi ahau i te kaipuke o tōku ao, me te titiro tonu ki te

aorangi kanapa o te rangimārie i te rangi o taku
.whakaaroaro hohonu

Ka whakamahia e au aku pūkenga whakaaro auaha hei
whakatutuki i te angitu i ngā mea katoa e mahia ana e au.

Mā te Atua ahau e āwhina mēnā ka ngana anō ahau ki te
.āwhina i a au anō

I tēnei rā ka ngaki au i te māra o te ora me te kaha hou,

ka ruia ki ngā purapura o te whakaaro nui, te hauora, te
ngākau māhaki, me te harikoa. Ka whakamakuku au i ngā
purapura ki te whakapono me te whakapono ki a au anō, ā,
ka tatari au ki te atawhai o te Atua Kaha Rawa kia homai he
kotinga tika ki ahau. Ahakoa kāore au e kokoti i te kotinga e
tumanakohia ana, ka noho whakawhetai tonu ahau mō te
rangimārie o te hinengaro e puta mai ana i te kaha ki te
.mahi i taku mea pai rawa atu

Ka whakawhetai ahau ki te Atua mō taku kaha ki te
whakamātau tonu kia angitu rā anō ahau, nā Tōna aroha
noa. Ā, ka whakawhetai ahau ki a ia ina tutuki i ahau te
wawata nui o tōku ngākau. Ka tohe ahau ki te mahi i ngā
mahi rangatira, i ngā mahi tika anake, me te rapu i te pai o
.te Atua

Kī tonu te ao i ngā awha ā-taiao me ngā awha ā-tangata,

ā, ko te Atua te whakangungu rakau kaha me te piringa
haumaru mai i ngā awha, ngā awhiowhio, me ngā kino o
tēnei ao. Ahakoa kei hea te Atua, kāore he wehi, kāore he
pōuri. Ko te tangata whakapono pono e tū pakari ana, e
whakahīhī ana i roto i te pakanga o te ao me te pakanga o
ngā kaupapa, me te tino whakapono kei a ia te Atua, e tiaki
ana i a ia i te kino, ā, e kore rawa e whakarērea ia ia mō
tētahi wā poto. Nō reira, ka ngaro te wehi i roto i tōna
ngākau, ā, ka mau te tino whakapono, he parenga e kore e
.taea te whakatakoto

Ko te kore wehi ko te whakapono ki te Atua me tana
tiaki, me te whakapono ki tana tika, ki tana whakaaro nui, ki

tana atawhai, ki tana aroha, me tona aroaro i nga wahi
.katoa

Ka tangohia e te wehi te kaha hinengaro o te tangata,
ka whakapōuri i tōna hinengaro, ka whakararu i ngā
manawataki tūturu o te ngākau. Hei tāpiri, ka taea e te wehi
te whakararuraru tinana me ngā mate hinengaro. Engari i te
tuku i a ia ki te manukanuka me te here hinengaro, me
whakamanawa te tangata kei te haumarua i roto i te tiaki a
te Atua, te Kaititiro-katoa, te Karongo-katoa, kei te haumarua
i roto i Tōna pā kaha, ā, kei te karapotia e Tōna aroha me
.tōna manaaki

Ahakoia i roto i te ngahere o Āwherika, i runga i te papa
pakanga, e pāngia ana e te mate, e te rawakore rānei, me
whakamana te tangata i a ia anō he kaha ake te ringa o te
Atua i ngā tūponotanga katoa, ā, ka taea e ia te tiaki i te
hunga e rapu piringa ana ki a ia. Kāore he huarahi tiaki e
whai hua ake ana. Ae, me whakamahi te tangata i te
whakaaro tika i roto i te whakatau i ngā kaupapa, me te
whakapono katoa ki te āwhina a te Atua. Kāore te
whakapono e tohu i te kore whakaaro nui, i te mahi kuware
rānei i te aroaro o te raruraru. Engari, ahakoia te aha ka
tupu, me whakamana te tangata i a ia anō ko te Atua anake
ka taea te āwhina i roto i ngā āhuatanga uaua me te
whakamātautau mena ka tahuri te tangata ki a ia me ōna
.ngākau katoa, wairua katoa, me ōna kare ā-roto katoa

Ina pā mai ngā uauatanga pērā i te horonga, kaua tātou
e tuku i aua uauatanga kia ārai i tō tātou hiahia, kia huna
rānei i tō tātou tirohanga mārama me tō tātou huarahi
whakaaro nui, arorau. Engari, me pupuri tonu tō tātou
whakapono ki te Atua me tō tātou māramatanga ā-roto mō
te tika me te hē, ā, me whai kia kitea he ara puta. Mā te
āwhina a te Atua, ka kitea e tātou. Hei te mutunga, ka pai
ake ngā mea nā te mea kei muri i ngā whakahē o te oranga

tangata te mana me ngā mea whakamiharo a te Atua. Ko te
hunga kāore e whakaae ki te kore e taea te karo i ngā
āhuatanga, engari e ngana ana ki te tomo ki tua atu i te arai
me ō rātou hinengaro me te whakapono, ka kitea e rātou te
kuaha e tuwhera ana mō rātou—he kuaha e patuki ana ngā
.ringa whakapono katoa

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka tūtuki
tātou, ka whakaroa ki te neke whakamua Me waiho e tātou
te māramatanga o te Atua hei rama ārahi i a tātou e hikoi
ana i ngā ara pōuri o te ao Ko te Atua te marama katoa i ngā
pō o te kuware me te pōuri, te rā o te kanapa i ngā hāora o
te oho ake, te rama ārahi, me te whetu ārahi mō te hunga e
.whiti ana i ngā moana o te ao, he oranga poto noa iho

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te
tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he
painga o ngā whakaaro o te tangata, e pāngia ana e ngā
tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me
te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te
whānau, o te whenua, o te ao rānei te whakarato i te arataki
pono. Nō reira, me tahuri te tangata ki te Atua, me te
whakarongo ki te reo marino, marino e puta mai ana i te
.hohonutanga o te wairua, he reo e rite ana ki te pono

Te rerekētanga i waenga i te whakaaroaro hinengaro me
te whakaaroaro wairua

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā, ka rite rātou ki te kaituhi hikoi, e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, e whakaaro
ana ētahi he mātauranga, he mātau hoki. Engari kāore taua
mātauranga e whakakahangia e te tirohanga tika ki te pono,
kāore hoki e rite ki te whakatutukitanga wairua. Ko tēnei
momo hinengaro, hinengaro rānei, e pupuri ana i te
"whaiaro" kia herea ki te hinengaro pūoro, e herea ana e ngā
kare ā-tinana. Kāore e taea e te mātauranga ariā te whiwhi

mātauranga atua, ā, he mea tika kia kaua e moumou taima
utu nui ki ngā ariā kāore e taea te whakamahi i roto i te ao
tūturu, kei ngaro te tangata i roto i te ngahere hinengaro
.matotoru, kāore e taea te neke atu i te ao o te ariā

E kore tēnei tukanga e ārahi ki te mōhio ki te pono nā te
mea kei tua atu te pono i ngā whakaaro me ngā ariā, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

Ki te whakamahia e te tangata ōna pūkenga hinengaro
hei kohi moni me ngā taonga ā-tinana anake, ka kumea tōna
hinengaro ki te ao ā-tinana, ka mau ki ngā āhuatanga uaua
mutunga kore. Nō reira, e kī ana te hunga whakaaro nui
kaua te tangata e whakatapua ngā pūkenga hinengaro katoa
kua homai e te Atua ki a rātou ki te whai i ngā mea memeha
noa, kei ngaro rātou i roto i te arai o te hiahia ā-tinana, ā, ka
hanga he here me he here koretake mō rātou anō. Engari,
me whakamahi e rātou ō rātou pūkenga hinengaro hei
whiwhi i ngā mea e tika ana mō te ao, me te whai kia
whanake ō rātou pūkenga matatika kia taea ai te wehewehe
i waenga i te tika me te hē, me te mea kino me te mea whai
hua. Ina whakawhanakehia e rātou ō rātou māramatanga
wairua, ka taea e rātou te kite i te Atua i roto i a rātou anō,
me te kimi i ngā pono wairua e huna ana i muri i ngā arai
matotoru o te hiahia ā-tinana. Ka kiia tēnei āhua ko te
.whakaaroaro wairua

Ahakoā ā tātou āwangawanga, me waiho te Atua hei
kaupapa matua i roto i ō tātou oranga. Ko tētahi o ngā mea
tino nui o te tipu wairua ko te hononga pumau, ngākau pono
ki te Atua, e kite ai koe i tētahi panonitanga whakamiharo,
.pai hoki ka tino miharo koe

Ina hiahia te tangata ki te mātakitaki i tētahi
whakaaturanga, ki te hoko kākahu hou, ki tētahi motuka hou
rānei, ehara i te mea he pono kei te pukumahi tonu tōna

hinengaro? Mō ēnei mea, me pēhea te whakatutuki, te
whiwhi rānei i aua mea? E kore ia e okioki kia tutuki rā anō
ōna hiahia, ā, ka mahi tonu ia me te kore e ngenge ki te
.whakatutuki i aua hiahia

Nō reira, me aro nui te hinengaro o te tangata ki te
whakaaro ki te Atua, ā, ko reira ka hurihia ngā hiahia iti
katoa ki te hiahia nui ki te rongō i te Atua, me te kōrero ki a
.Ia

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
nui, hihiri e puea ake ana i te hohonutanga o te wairua e
matenui ana

Ka pā te karanga a te wairua ki te ngākau o te ao
.whānui, ā, ka tae mai te whakautu, me te hari nui

Mā te kōrero mārie ka whakatupu te kaha o te ngākau,
kia whiwhi rā anō koe i te kaha hei whakatutuki i te whāinga
.e hiahiatia ana

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
mā te whakaaro noa ki tētahi mea ka ranea hei whakatutuki
i taua mea, nā te mea ka mahi te ture atua hei tautoko i te
.hunga e rite ana ki te hiahia tino nui

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

Te mea ngaro o te tipu

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga

whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
.ia mamae me ia mamae e pā ana ki a tātou

Ahakoā te kaha o ngā whakamātautau, he rite tonu ki te
ahi e whakarewa ana i te rino, e huri ana hei maitai ataahua,
kaha, me te maha o ngā mahi. He mea whakamiharo te
whakaaro nui e hangaia ana e tātou i roto i ngā mura mura o
te wheako. Ka purea tātou e te ora, ka huri i ō tātou āhua
noa hei huānga utu nui, ka taea ai e tātou te noho me ngā
wairua he parakore pērā i ngā kohatu utu nui, he kaha pērā i
te maitai, engari he ngāwari, he pakari, e piko ana, e kore e
.whati i raro i ngā pēhanga o te raruraru me te uauatanga

Ina kite tātou i ngā kanohi kua whakapōturitia e te riri,
kua whara i te nanakia, ka hiahia tātou ki te whakakore i te
kino i roto i ō tātou wairua—he wairua kāore i pāngia e tetahi
mea engari ko ngā whakaaro kino me ngā mauahara hohonu
e huna ana i te ahua tapu tapu i roto i a tātou, pērā i te
pungarehu e whakapoke ana i te whakaata. Me whakaoho
ake ngā mahi mamae a ētahi atu i roto i a tātou i te hiahia ki
te whakapai ake i ō tātou ake whanonga me te whakahaere i
a tātou anō, kia noho ai tātou hei rangatira mō ō tātou hiahia
.tutu, kaua hei pononga mā rātou

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka kī tonu rātou i te nui o te
rangimarie. Nā te mea e hono ana taua ia ki tōna pūtake
teitei ake, e rere tonu ana, e toro atu ana ki ngā wairua i roto
i te rangimarie. Ka taea e rātou te tuku i tēnei rerenga o te
.harikoa ki ngā wairua e hiahia ana ki te rangimārie

I ia rā, ka titiro te tangata ki te whakaata kia kite i tōna
mata nā te mea e hiahia ana ia kia puta tōna āhua pai ki te

aroaro o ētahi atu. Heoi anō, he mea nui ake kia tū ia rā ki a ia anō, kia titiro ki te whakaata o te tātaritanga o roto kia kitea ai he aha kei raro i te mata kanapa! Nā te mea ko ngā mea katoa e ātaahua ana ki waho, e ahu mai ana i te āhua o roto, ā, kāore he mea e whakapoke i te whakaata parakore o te wairua pērā i ngā whakapohehe hinengaro pērā i te riri, te mauahara, te hae, me te mauahara. Ko te tangata e ngana ana ki te wetewete i a ia anō i ēnei matū, he mea tauhou ki te āhua o te wairua, ka tukua e ia te māramatanga o te .ataahua o roto kia whiti mai i roto

Mā te tātari, ka kitea e tātou e toru ngā āhuatanga o ngā raruraru tangata: ko ētahi he raruraru me ngā mate e pā ana ki te tinana tangata, ko ētahi e pā ana ki te hinengaro, me te tuatoru o ngā wāhanga e aukati ana i ngā ara o te .wairua

Ko te mate, te koroheketanga, me te mate ngā uauatanga me ngā arai e pā ana ki te tinana. Heoi, ka whakaekea te hinengaro e ngā mate hinengaro mā te pouri, te wehi, te riri, ngā hiahia kua pehia, te mauahara, te mauahara, ngā kare ā-roto, te kirika me te whakaohoho io, me te mate pukupuku hinengaro e whakararuraru ana i ngā kaha hinengaro. Ko te mate tino morearea ia, heoi, ko te mate o te wairua, e whakaatuhia ana i roto i te kuware, e .puta mai ai, e horapa ai ngā mate katoa

He nui atu te pai i te kino o te ao

Ina ngokingoki mai ngā feaa, me mahara tātou ki te oranga o ngā tāngata nunui. He pono he tangata tātou, engari kua homai e te Atua ki a tātou ngā mana whakamiharo e kore nei e whakamahia e tātou. Nō reira, he aha tātou ka wiri ai i te wehi o te koroheketanga, o te mate, me te pouri? Me mahi tātou i tā tātou e taea ai ki te tiaki i ō tātou tinana, engari kua e tukua ki ngā wehi, kua hoki e .tanumia i a tātou ki raro i ngā puranga o te kuware

Ehara te tinana i te tangata katoa

He nui ake te pai i te kino i tēnei ao nā te mea ko te
Atua te mana nui. Engari ina pā mai te kino ki a tātou, ka
whakaaro tātou kāore he mana o tātou ki te whakahaere, ki
.te mawhiti rānei i tōna ringa

E tūpono ana te pupuhi mai o ngā tupuhi kino, engari ka
taea e tātou te wikitoria i ōna pānga me te ara ake i runga
ake i a rātou

Kāore i homai he ora ki a tātou kia whakangaromia e ia,
engari kia whakatōkia ki roto i a tātou te mōhiotanga ki te ao
.mutunga kore, ā, me mahara tātou ki tēnei pono

Ki te kore he herekore o te whakaaro, kāore e taea e te
tangata te whakapuaki i a ia anō i roto i te huarahi parakore,
ohorere, me te taiao. Kia maumahara he tino herekore koe.
.He herekore tonu te mana o te hiahia

Ki te whakamahi tika koe i tō kaha hiahia, ka puta he
karma pai māu, engari ko te nuinga o te iwi kāore e hiahia ki
te huri, kāore hoki e hiahia ki te whakapau kaha, nō reira ka
hinga rātou i te aroaro o ngā uauatanga, ā, kāore e taea te
.aro atu ki ngā wero

Ko te mahi i tā te tangata e pai ai ehara i te herekore,
nā te mea he herenga te tangata e ō rātou hiahia, nō reira
kāore e taea te kī he herekore ā rātou mahi. Ko te tikanga o
te herekore ko te mahi i ngā mea katoa me te hiahia e
arahina ana e te whakaaro nui. Ka taea e te tangata te
whakahaere i ngā hua o ā rātou mahi o mua, ka whai tonu
mai i a rātou, mena ka whakahohehia e rātou tō rātou hiahia
me te whakamahi mō ngā mahi pai me ngā mahi whai hua.
Mena ka whakahaerehia e koe ō mahi me te whakaaro nui
me te kaha o te hiahia, ka ngoikore ngā kaha o ō mahi hē o
.mua, ā, ka kaha ake ngā tikanga i puta mai i ō mahi pai

E hiahia tonu ana tātou ki ngā mea kāore i a tātou, ā, ka piri ki ngā mea kāore e tino hiahiatia. Kia mau tātou i tētahi mea, ka ngaro tō tātou mana whakatau mō tētahi wā poto.

Pērā i te pononga a te hunga o te Rawhiti i ngā tikanga tawhito, waihoki ka pononga a te hunga o te Hauāuru i ngā tikanga hou. Ka hangaia e tātou tō tātou ake mutunga, ā, ka .herea e taua tikanga

He aha i whānau ai tētahi tamaiti ki roto i tētahi whānau kino, ā, i whānau tētahi ki roto i tētahi whānau pai? I whakamahia e ia o rātou tō rātou rangatiratanga ki te noho i tētahi ara i mua (i te ao o mua) ā, nā reira i puta mai ai aua .āhuatanga ki a rātou anō i tēnei ao

Kāore he herekoretanga pono ki te kore te Atua. Me whakaaro tonu tātou ki a Ia. Ahakoa ō tātou āwangawanga me ō tātou whakaaro, me noho te Atua ki te tūranga tuatahi i roto i ō tātou ngākau, ā, ina tino hono tātou ki a Ia, ka homai ki a tātou te kaha ki te whakatutuki i ngā mea e tika .ana kia mahia e tātou, i ngā wā katoa, me tana āwhina atua

He tohutohu mō te ākonga

I pātai tētahi o ngā ākonga ki te kaiako, ki a Paramhansa, kia hoatu he tohutohu mō te whakapai ake i a koe anō, ā, ka mea ia: Ki te hiahia koe kia arohaina, tīmata .mā te aroha ki ētahi atu e hiahia ana ki tō aroha

Ā, ki te mea kei te tumanako koe i ētahi atu kia pono, .kia pono ki a rātou, kia pono ai rātou ki a koe

Ki te hiahia koe ki te ārai i ētahi atu kei mahi kino, kei mahi mānumanu hoki, kaua e tukua te tinihanga kia uru ki roto i ōu ake whakaaro, kaua hoki e mahi i te ara e whara ai .ētahi atu

Ki te hiahia koe kia aroha mai ētahi ki a koe, tīmata mā
te whakaatu i te aroha ki a rātou, inā koa ki te hunga e
.karapotī ana i a koe

Ki te hiahia koe kia whakautehia koe e ētahi atu, me
whakaatu e koe te whakaute ki te hunga rangatahi me te
hunga kaumātua

Ki te hiahia koe ki te rangimārie mai i ētahi atu, me
noho koe i roto i te oranga rangimarie

Ki te hiahia koe kia whakapono te tangata, kia wairua
hoki, kia kite hoki ētahi atu he tauira pai koe, ā, ka taea e
.rātou te whakawhirinaki ki a koe

Hei whakarāpopototanga, ko ngā mea katoa e hiahia
ana koe kia whakaaturia e ētahi atu. Ko tētahi o ngā
āhuatanga pai ko te whakaatu i roto i tō koiora i te tuatahi,
ā, ka kitea e koe ka tauhohe mai te iwi ki a koe i te ara
.kotahi

Ki te taea e koe te tautuhi i ngā wāhanga o tō ao e
hiahia ana kia whakapai ake, me te kore e ngākau pouri, e
whakawhanake rānei i te whakaaro whakaiti, ā, ki te mahi
tonu koe ki te whakapai ake i tō ake āhua, ka nui ake te hua
o te wā e pau ana i a koe ki tēnei mahi i tō mōumou noa i te
hiahia kia whakapai ake ētahi atu i a rātou anō. He nui ake
te mana o tō tauira pai me tō whanonga tika ki te
whakarerekē i ētahi atu, ehara i ō hiahia, riri, me ngā kupu
.anake

E te Ariki, ko koe te pūtake o te pai katoa, me te pūtake
o te mana katoa. Manaakitia mātou kia whakaatahia ai e
mātou āu manaakitanga ki runga i a mātou i roto i tō mātou
hauora, i ō mātou wawata hinengaro, me ō mātou
whakaaturanga wairua. Ko koe te kanapa i roto i ngā whetū,
te kaha i roto i ngā ngota, te atawhai i roto i ngā ngākau, me

te ataahua i roto i te pono. Āwhina mai kia whakakīia mātou
ki tō mana nui, ki tō whakaaro nui mutunga kore, me tō pono
.mutunga kore

E te Ariki, kia mōhio mātou ko koe te puna o te ora, te
moana o te ora, me te puna o ngā māramatanga me ngā
mātauranga katoa. Whakaorangia mātou i te kuware me ōna
pānga, i ngā wehi me ngā manukanuka, ā, tukua te waipuke
o tō whakaaro nui kia horoia atu ngā paru me ngā mea
.pakarukaru katoa o ō mātou oranga

Haehaea, e te Ariki, ngā arai e huna ana i tōu mata i a
mātou Kia kite mātou i a Koe hei māramatanga kanapa, pērā
i ngā rā e kore e taea te tatau i runga i te pae o ō mātou
oranga Tukua mātou kia rongu i a Koe hei mana whakahou
tonu e whakahihiko ana i ō mātou whakaaro, e whāngai ana i
ō mātou wairua, e tautoko ana i ō mātou tinana, e
.whakatutuki ana i ā mātou moemoeā

Āmene

Ko te nuinga o te iwi kāore i te mōhio he aha ai. Mai i tō
rātou noho ki tēnei ao, e whakaponu ana rātou ko te
kaupapa o te ao Ko te whakatutuki i ngā hiahia Te whiwhi i
ngā mea e tika ana mō te ao Te rapu i te ahuareka me te
aroha tangata, ā, i te mutunga ka tuku i a rātou ki te
.kaikaranga whakamutunga

Ka tīmata te oranga o te tangata hei kaiwhakarite
hōtaka me ngā hiahia me ngā kare ā-roto kāore i tutuki i
mua. Ā, ka ngana rātou – me te iti o te hiahia e toe ana ki a
rātou – mā te whai i ngā hiahia me ngā mahi a ētahi atu, ki
te hono atu rātou ki ngā kaipakihi, ka hiahia rātou kia rite ki
a rātou, ā, ki te hono atu rātou ki ngā kaitoi, ka riro te toi hei
.mea nui ki a rātou

E hiahia ana te Atua kia mahi tātou i tēnei ao, kua homai
e ia ki a tātou te hiakai e hiahia ana kia mahi tātou kia
makona ai, engari ko te rapu kai, whare, moni me ngā
taonga anake ka wareware te tangata ki te pūtake o tōna
.harikoa

He pono me mahi tātou kia tutuki ai ā tātou hiahia, kia
whai hoki kia tutuki ai ā tātou whāinga tika, engari ko te mea
tuatahi, me whakatuwhera ō tātou ngākau ki te Atua, me
rapu i tāna arataki me tāna whakaae i roto i ngā mea katoa
e mahia ana e tātou. Kātahi ka tino angitu tātou i te kura o
te ora, nā te mea ka whiwhi tātou i tā tātou arataki mai i te
Kaiwhakahaere Matua me te Kaiwhakarato e mōhio ana ki tā
tātou e hiahia ana me te mea pai mō tātou. Nō reira, me
whakawhirinaki tātou ki a Ia, me tuku hoki ki raro i tana
.whakaaro nui

Mai i ngā kauhau a te kaiako Paramahansa

Ina taupokina te harikoa o roto o te wairua e te
paparanga matotoru o ngā ahuareka ā-hinengaro poto, ka
memeha te kanapa koura o te wairua, ā, ka huna ngā
āheinga mārama o te wairua i muri i te matotoru o te matū.
Ina kukumea te hinengaro ki te hae me te hae, ā, ka kapi i
ngā kapua o te wehi me te manukanuka, ka pōuri, ka pōuri,
ka hinga. Engari ina aro atu te tangata ki te aroha, ki te
.rangimārie, me te rangimarie, ka kite ia i te harikoa nui

Ka rongo te wairua i te harikoa ina tahuri atu i ngā
hiahia tinana e konatunatua ana ki te mamae me te pōuri ki
ngā mana mārama o te wairua, e kī ana i ngā ahuareka
.whakaharahara

Ki te tino rumakina te wairua e ngā ahuareka o te ao, ka
kore e aro ki te whai i ngā harikoa teitei ake, ā, kāore e taea
te wheako i ngā ahuareka wairua. He tokomaha pea e kī ana
he mea tino kore e taea te whakarērea i ngā ahuareka o te

ao i tēnei ao, i te noho rānei i roto i te hunga e aro ana ō
rātou whakaaro ki ngā mea o te ao anake. Heoi, kāore e
hiahiatia kia whakarērea e te tangata noa te ao, ka hoki ki
ngā maunga me ngā ngahere ki te kimi i te marino me te
rangimārie. Engari, me noho tonu rātou ki tēnei ao me te
kore e tukua ōna ia kaha kia kahakina atu rātou, kei
.taupokina rātou e ngā ngaru pōrearea o tēnei ao

Kaua te tangata e whakaaro kino ki tōna taiao, ā, kaua
hoki e tukua te hiahia ki ngā taonga kia matapo i tōna
tirohanga, kei ngaro tōna hononga ki tōna wairua, ā, kāore e
taea e ia te reka o te harikoa me te kite i ngā māramatanga
.atua

He panga uaua te mārama ki te ao, me ōna āhuetanga,
me ōna whāinga, engari ehara i te mea kāore e taea te
whakaoti, ā, mā ō tātou whakaaro ahu whakamua, ka
.whakaotihia e tātou ētahi o ōna mea ngaro i ia rā, i ia rā

He mea whakamiharo ngā taputapu e ahu mai ana i ngā
mātāpono pūtaiao tika o tēnei wā, ā, mā ngā kitenga e
kawea mai ana e te pūtaiao ka mārama ake ai tā tātou
tirohanga ki ngā huarahi e taea ai te whakapai ake i te ao.
Engari ahakoa ngā taputapu katoa, ngā mea hou, me ngā
rautaki kei a tātou, kei te rite tonu tātou ki ngā pēpi i roto i
ngā ringa o te aituā, ā, he roa tonu te ara kei mua i a tātou i
.mua i te wetekina i te mana o te taiao

He pono, ehara te noho i raro i te aroha o te taiao i te
herekore. Ka taipokina, ka herea hoki ō tātou hinengaro
hihiri e te kore āwhina ina whakaaro tātou he pāngia tātou e
ngā waipuke, e ngā awhiowhio, e ngā rū whenua rānei, ina
tangohia atu rānei tātou e ngā huihuinga – me te kore take
whaitake – e ō tātou whanaunga e tata ana ki ō tātou
ngākau. Kātahi ka mōhio tātou kāore anō kia maha ngā
wikitoria kua eke ki a tātou, ā, kāore anō kia taea e tātou te
wikitoria i ngā āhuetanga kino. Ahakoa ā tātou mahi katoa ki

te hanga i te oranga kia rite ki tā tātou e hiahia ana, ka puta tonu mai ētahi āhuatanga i runga i tēnei atamira o te ao, me ngā huihuinga e arahina ana e te hinengaro kaha e kore nei e mōhiotia e tātou, e mahi motuhake ana i ō tātou whakaaro me ā tātou mahi. Ko te mea pai rawa atu ka taea e tātou ko .te mahi me te whakapai ake

Ka whakatō tātou i te witi, ka hanga paraoa, engari nā wai i hanga te purapura tuatahi? Ka kai tātou i te taro i hangaia mai i te paraoa, engari nā wai i homai te kaha ki ō tātou tinana ki te nakunaku? Ā, me pēhea te huri i te kai hei ?oranga

I ngā kokonga katoa o te ao, te āhua nei he ringa atua e kore e taea te whakarerekē. Kāore e taea e tātou te whakahaere i ā tātou mahi me te kore ia ringa, ā, me ngā tino mōhiotanga katoa kei a tātou, kāore tātou e mōhio ana āhea ka mutu te mahi a te ngākau. Nō reira te take o te whakawhirinaki māia ki te mana atua tino teitei, me te whakawhirinaki ki tō tātou ake wairua teitei, e puta mai ana i .taua mana nui e whai taurahia ana tātou

Me whai whakaponu tātou, kaua e whakapehapeha, ā, .me haere māia i ngā ara o te ora

Kāore he matakū, kāore he wiri, kāore hoki he āwangawanga, he here rānei

Te whakatau i ngā mate pāwera

He mahi toi ātaahua te wikitoria i te aro, ā, he mea nui te whakahaere i te tere o te tauhohe hei whakawhanake i te .tuakiri taurite, whānui hoki

Ka puta te aro nui mai i te kore mārama o te māramatanga, te whakaiti i te whakaaro, te whakapehapeha nui, me te whakapehapeha nui rawa

Ina whakaaro te tangata kua whara ōna kare ā-roto, ka
pūmau taua whakaaro ki roto i tōna hinengaro, ka whakaoho
i ōna io, ka huri hei āwangawanga, ka whakakeke. Ka mura
te riri i roto i tōna ngākau nā ngā kare ā-roto kua whara.
Heoi, kei ētahi tāngata te kaha ki te whakahaere i ō rātou
kare ā-roto, nō reira kāore ō rātou tohu o waho e puta
ahakoa te riri nui i roto i a rātou. Ka whakapuakihia e ētahi
atu tō rātou riri mā roto i ngā tauhohenga tonu, e kitea ana i
roto i ngā uaua o ō rātou kanohi me ngā āhua o te kanohi,
.me roto i ngā urupare koi, huna hoki

He kino ngā hua o te nui rawa o ngā kare ā-roto; ka
whakararuraru i te āhuatanga, ka waihanga i tētahi āhua
.koretake e kore e hiahiatia ana e pā kino ana ki ētahi atu

Me whakapau kaha ki te whakahaere i a koe anō me te
marino, me te whakatipu i tētahi āhuarangi māramatanga
me te rangimarie e whakatairanga ana i te rangimārie, kaua
i te taumahatanga, ā, e whakakore ana i ngā au o te ahotea.
Ko te hunga e pena ana ka noho hei rangatira mō tō rātou
ake ao, ā, ka whakawhiwhia ki te maioha me te whakaute
.mai i te hunga e karapoti ana i a rātou

He āhuatanga e kitea ana e te nuinga o te tangata te
tairongo nui, ā, ina mura ake tēnei kare ā-roto koretake, ka
matapohia te māramatanga, ka whakapōuritia hoki ngā
kanohi o te whakaaro nui. Ko te mea kino rawa atu, ka
whakapono te tangata tairongo nui kei te tino tika tana
whakaaro, tana kare ā-roto, me tana mahi, engari tera pea
!he hē rawa tana whanonga

He tokomaha te hunga e whakapono ana me aroha
rātou ki a rātou anō ina whakahengia, ā, mā te aroha ki a
rātou anō ka whai wāhi rātou ki te whakamarie. Engari pērā i
te hunga whakamahi tarukino, ka nui ake tā rātou tango, ka
.kaha ake te waranga

He maha ngā wā ka mamae noa te tangata tino
tairongo. I te nuinga o te wā, kāore tetahi e mōhio ana ki te
take o tō rātou mamae, ki te āhua rānei o tō rātou amuamu,
ka piki ake te mamae i roto i tō rātou noho motuhake. Kāore
he mea e taea te whakatutuki mā te noho puku ki ngā kupu
whakatoi, ki ngā whakahē rānei e kitea ana. He pai ake te
aro atu ki ngā pūtake o taua tairongo mā te tātaritanga
.whāinga me te whakahaere i a koe anō

He kino ngā hua o tēnei momo mate pāwera kino; ka
pau te ngākau pērā i te ahi, ka whakangaro hoki i ngā kiko o
te rangimārie. Nō reira, me whakahaere i tēnei me te
.whakaaro nui, me te arorau, me te ngākau pakari

Ka mahi kaha ahau ki te mahi ki te katoa, engari ina
hoki ahau ki tōku mokemoke ki te whakaaroaro, kāore ahau
e tuku i tetahi kia whakararuraru i taku whakaaroaro. Tērā
pea ka tatari ētahi atu mea, engari kua taku hui o ia rā me
.te Atua e warewarehia, e warewarehia rānei

I mua i te tīmatanga o tētahi mahi, me tūpato, ā, me āta
whakaaro ki ngā hua me ōna pānga ki tō hinengaro, tinana,
me tō wairua. Ko ngā mahi e akiakihia ana e te akiaki ehara i
te mea he whakaoranga, nā te mea ko ngā mahi e takahi
ana i ngā ture o te rangimarie me te ahunga whakamua ka
aukati i te tangata takitahi. I tetahi atu taha, ko ngā mahi e
whakaaetia ana e te māramatanga me te rite ki te hinengaro
.o te tangata he pai, ā, ka puta he herekoretanga

Ina whakatau koe ki te mahi i tetahi mea pai, ki te karo
rānei i te mahi i tetahi mea kino, ā, ka piri tonu koe ki taua
whakatau, ka mahi i runga i tēnā, kia mōhio koe he nui tō
.wāhi o te herekoretanga

E hiahia ana te Atua kia whakamahia e tātou te
herekoretanga kua homai nei ki a tātou hei rapu i a Ia, hei
kimi i a Ia, engari kāore ia e hiahia kia pehia e ia ia ki runga i
.a tātou

Kāore te hiahia ki te whakatata atu ki te Atua, ki te
mōhio ki a Ia e puta noa mai, engari me whakaoho, me
atawhai. Ki te kore taua hiahia, kāore he uara, he reka rānei
.o te ora

Tukua tō māramatanga wairua kia ārahi i tō whakaaro,
.ā, ka aru te angitu i a koe i ngā wāhi katoa e haere ana koe

Ki te Atua ka whakatapua e au tōku reo, ōku ringa, ōku
waewae, tōku ngākau, tōku tinana, ōku kare ā-roto, tōku
hiahia me ngā mea katoa

Ko te aroha te patu wairua e whakamutu ai i ngā
pakanga katoa

Kei tua atu i tēnei ao he ao mutunga kore e tūtaki anō ai
tātou ki te hunga i whakaaro tātou kua wehe atu i a tātou
.ake ake

He ao hurihuri tonu tēnei ao, e whai ana te pouri i te
pouri, e tinihanga ana, e tinihanga ana. Me ngaro atu tēnei
matakite e puta mai ana i te koraha o tō tātou hinengaro, ā,
me whakaara ake tātou i a tātou anō i raro i ngā arai
.matotoru o te ao tūroa

Kaua e ngana ki te whakatakoto i ō tumanako ki tēnei
ao. Kei hea tō taurangi? Ka noho haumaruru koe ina
.whakawhirinaki koe ki te mātauranga o te Atua

He rite te mauri o te wairua ki te koura tawhito kua
tanumia ki raro i te oneone. Ina tangohia te oneone mai i te
koura, ā, ka horoia ki te wai o te whakaaroaro, ka tiaho hou
.me te parakore me te māramatanga

E te Ariki, tukua mātou kia kite i te pai, kia whakaaro ki
ngā whakaaro tika, kia hono atu ki te hunga whai āhua pai.
Āwhina mai kia whakaaro mātou ki a Koe, kia whakaaroaro ki
a Koe, e Koe te pūtake o ngā tika katoa, te pūtake hoki o ngā
.pai katoa

Te herekore i te ngoikore

Ko te huarahi pai ki te wikitoria i te ngoikore ko te mutu
te whakaaro ki taua mea; ki te kore, ka taupokina tō
hinengaro e te whakaaro o te ngoikore, ka whakahaere i tō
roto i a tātou anō. Ina kawea mai e tātou te māramatanga ki
roto i a tātou anō, ka memeha te pōuri me te mea kāore i te
.noho

He mea whakahihiri tēnei whakaaro mōku

Ina whakaurua te māramatanga ki roto i tētahi ana kua
taupokina e te pōuri mō ngā mano tau, ka memeha tonu te
pōuri. Waihoki, ka memeha haere ngā ngoikore me ngā hapa
ina tukua e tātou te māramatanga o te Atua kia tomo ki roto
i ō tātou hinengaro, ā, e kore e taea te noho tonu te pōuri o
.te kuware. Koinei te rapunga whakaaro hei oranga mō tātou

Kāore he hua o te whakaroa. Kāore te wira o te ao e
mutu te hurihuri, ā, ka tere te pahemo o ngā rā o ō tātou
oranga. Ko ia meneti e pau ana ki te whakaaro mārama me
te mahi whakaaro nui, he haumi angitu, he haumi whai hua
.hoki ki tō tātou harikoa

He tokomaha e pau ana ō rātou oranga katoa ki te
whakaaro ki te moni, ki te taatai, me te rongonui, ā, kāore i
te aro nui ki ngā mea nui e kawea mai ana i te rangimarie o te
hinengaro me te whakaara ake i ō rātou mōhiotanga ki ngā
.taumata teitei ake

Ahakoia te iti o te mahi a te tangata, ka kiia ia he angitu
ki te aroaro o te Atua mēnā e mōhio ana ia ki te whakapau i

tōna wā me te whakaaro nui, me te whakatika i ōna
.whakaaro ki ngā huarahi tika

Ina whiti te māramatanga o te Atua ki runga i te
tangata, kāore ia e whakaaro kei te hiahia ia ki tetahi mea
nā te mea ko te hari e taupoki ana i a ia ka tutuki i ana
moemoeā katoa, ā, ka meinga ia kia tino whakapono ko ia te
tangata whai rawa o te hunga whai rawa, ko ia te tangata
.harikoa o te hunga harikoa o tēnei ao

Kauhanga o te Mārama

Ko te hunga e ara ake ana ō rātou mōhiotanga wairua i
ngā whakaaro mārama, i ngā mahi pai, i ngā kare ā-roto
atawhai, me te whakaaroaro hohonu, ka taea e rātou te kite i
tō rātou wehenga atu i te tinana i te wā whakamutunga o te
wehenga atu mā te kanohi wairua. I a rātou e noho ana i te
ao nei, ka kite te yogi i te kauhanga o te kanohi wairua i te
rohe i waenga i te mea me te wairua, ā, i te wā e wehe atu ai
rātou i te Ao, ka taea e rātou te tomo ki tēnei kauhanga
kanapa ka whiti atu i tēnei ao ki te ao mutunga kore o te
Atua, arā, te māramatanga, te hari, te rangimārie, me te
.herekoretanga mutunga kore

Mārama ki runga i te mārama

Ko te kanohi te rama o te tinana

Ki te kotahi tō kanohi

Ko reira ka ki ai tō tinana katoa i te māramatanga

I roto i te pōuri te mārama e whiti ana, ā, kihai i
.mōhiotia e te pōuri

Ko te atawhai tangata ko te mārama ki ngā mamae o
ētahi atu, te whakatata atu ki a rātou, te kōrero ki a rātou, te
whakamarie pono i a rātou i roto i ō rātou aituā, te koa i roto

i ō rātou harikoa, me te whakapau kaha ki te ārai i te
.matau, te matea, me te manukanuka i a rātou

Ko te tangata e mau ana i te wairua atawhai, kāore e
mahi i runga i ngā tātaitanga me ngā tumanakohanga iti,
engari ka whakamahia e ia tōna māramatanga me tōna
whakaaro tika, ka anga whakamua ki te āwhina i a ia anō me
ētahi atu, me te whakawhetai ki te Atua mō te angitu i tutuki
i a ia. Ahakoa kotahi, e maha rānei ngā wā ka hinga ia, kāore
ia e ngākau pouri, engari ka kaha ake tōna whakatau, ka
ruarua āna mahi me te mahi anō i te ngana, ka tūhura i ngā
whakaaro hou me ngā huarahi hou, ka arahina e te
māramatanga o te whakaaro nui, me te rapu i te āwhina a te
Atua kia tutuki rā anō tana whāinga me tana kaupapa
.rangatira

Ko te tangata e mahi ana kia hari te tangata, ka hari ia i
te Atua me te ngākau whakamarie hinengaro. Ā, ki te ngaro
tetahi mea i a ia mō te hunga e ngana ana ia ki te āwhina,
kāore ia e whakaaro he mate, nā te mea ka whiwhi ia i te pai
me te rangimārie o te hinengaro mai i te Atua. E ora ana ia
ki te aroha, ki te mahi, ki te hoatu, ki te rui i ngā purapura o
.te pai me te rangimārie ki ngā mara o te tangata

Ko te tangata e neke atu ana i tōna ao whaiaro i roto i
ōna whakaaro me ōna kare ā-roto, ka whānui ake tōna
mōhiotanga, ka whakanui ake i tōna aroha, ā, ka kite ia ko te
ao tōna kāinga, ko te tangata tōna whānau. Ka mōhio ia ko
te kaupapa o tōna noho ki tēnei ao ko te whakahou i a ia anō
i mua i te ngana ki te whakahou i ētahi atu, nā te mea ko te
tangata e whakahou ana i a ia anō ka āwhina i ētahi atu ki te
whakahou i a rātou anō mā te tauira o tōna ao. He hohonu
ake te pānga o ngā mahi ki ngā wairua o ētahi atu i ngā
.kupu

Ngā tūnga poto

:Te kanapa o te pono

Ka ngana ētahi tāngata ki te mawhiti i ō rātou raruraru mā te menemene, engari ko tēnei momo mawhiti me whai hinengaro parakore, kia kore he tinihanga, he tinihanga. Ina mahi pono te tangata ki a ia anō me ētahi atu, ā, ka mahi rangatira, ka ngākau tapatahi, ka mārama ōna kanohi, ā, ka puta he kanapa ahurei mai i a rātou—te kanapa e kore e .taea te hē o te pono

:Te pono

He maha ngā kōrero a ētahi mō te pono, engari kāore e taea te kōrero ki te katoa mō ngā mea katoa. Ina tuku tohutohu, ka hē te mārama o ētahi ki ō kupu, ā, kāore he hua o āu kōrero; he maumau tēnei mahi, he mahi kāore i te maiohatia. He koura te wahangu i ēnei wā, engari ehara .tēnei i te kī he wahangu mō te hē

:Te noho tahi i a koe anō

He mea whakamiharo te noho tahi me te tangata. E mōhio ana te nuinga o te tangata ki te uaua o te noho tahi me ētahi atu, engari kua whakaarohia e koe te noho tahi me koe anō? He tino uaua, engari ka taea. Ki te tātari koe i a koe anō, ka kitea e koe kei te taupatupatu tonu koe ki a koe anō. Ki te kore koe e aroha ki a koe anō, e kore koe e aroha ki tētahi atu. Ā, ki te kore te tangata e noho tahi me ia anō, me ?pēhea e taea ai e ia te noho tahi me ētahi atu

He mea nui te noho tahi o te tangata me te ao whānui kia noho tahi ai. Nō reira, he mea nui kia arohaina koe, kia whakautehia hoki, nā te mea e tika ana kia arohaina koe. Me aroha ki a koe anō, nā te mea nā te Atua tātou i hanga, i homai hoki ki a tātou te pūmanawa rangatira. Ko te aroha ki tēnei āhua o roto, ko tēnei mauri e kī ana i ngā āhuatanga pai, e whakaoho ana i ngā whanonga rangatira, e purea ana

te hinengaro i ngā poke, me te ngākau i te mauahara me te
.mauahara

:Te whakatikatika i te kāpehu tuhituhi

Kāore e taea e te tangata te tinihanga i tōna hinengaro,
te whakatika i te hē, te mawhiti rānei i ngā hua o te
whanonga hē, ahakoa ka haere ia ki tētahi atu aorangi. Ka
haere tahi ngā hua o āna mahi me ia, ā, me whakatika e ia
tōna huarahi me te whakarite i tana kāpehu matatika kia
.tohu tonu ai tōna ngira ki te huarahi tika

Ko ētahi tāngata e noho ana i roto i ngā āhuatanga kino
rawa atu, engari kei te noho tahi tonu rātou me rātou anō,
ko ētahi ia kei a rātou ngā whai wāhitanga katoa me ngā
mea katoa e hiahiatia ana e rātou, engari kei te pakanga
tonu rātou ki a rātou anō. Nō reira, kaua e tatari kia huri ngā
āhuatanga. Whakaponohia koe kei te pai koe ahakoa tō
.taiao, he rerekē pea tēnei i tāu e hiahia ana

Ko te tangata e tuku ana i a ia anō ki raro i te mana o
ngā āhuatanga, ka tatari ia kia huri ngā mea, ā, ka roa tana
.tatari

E kīia ana he tangata matatau ki te kōrero i ngā reo
tekau mā waru, engari nā te rawakore rawa, kāore i taea e ia
te utu i tētahi rama hei pānui pukapuka. Nō reira ka haere ia
ki tētahi kokonga ka noho i raro i te rama tiriti ki te pānui
pukapuka. He pono, mā te kaha o te ngākau ka waihanga
huarahi, ka hanga whai wāhitanga, ka whakahou i te
tumanako, ka whakatutuki i ngā mahi, ā, ka whakatutuki i
.ngā wawata me ngā moemoeā

Ka taea te whakawhitiwhiti kōrero tūturu ki te hunga e
mōhio ana ki te Atua mā te whakapā atu ki a rātou, te pānui
whakaaroaro i ā rātou tuhinga, te whakaaroaro hōhonu rānei

ki a rātou. Ko te mea nui kia maumahara ko te mea e hangai
.ana ki ō rātou hinengaro, e hangai ana ki te Atua

Ina whakaritea ō tātou hinengaro ki ngā wairua nui e
aroha ana ki te Atua, ka āta whakarerekētia e tēnei
whakakotahitanga ō tātou oranga i roto i tētahi huarahi
whakamiharo. Kāore tēnei whakakotahitanga e
whakataurekareka i te hiahia engari e whakawhānui ana i
tōna whānuitanga, e whakapakari ana hoki i tōna mana.

Koinei te rerekētanga i waenganui i te noho tahi me te
hunga e kī ana i te whakapehapeha me te aro nui ki ngā
mea ka taea e rātou te whiwhi, me te noho tahi me te hunga
e aroha ana ki te Atua me te tangata, ko tā rātou whāinga he
hoatu me te whakaoho i te aroha atua i roto i ngā wairua o
te hunga e noho tahi ana me rātou. Ko te aukumetanga o
ēnei tāngata manaakitanga e kawe mai ana i a tātou ki te
.hononga tata ki te aukumetanga atua

Me maumahara tātou, ahakoa e whai ana tātou ki te
whakatutuki i ō tātou ake hiahia, me āwhina hoki tātou i
ētahi atu ki te whiwhi i ā rātou e hiahia ana, me te tohatoha
ki te hunga rawakore ngā mea pai o te ao e pa mai ana ki a
tātou. Kia maumahara tātou he wāhanga nui tātou o te
whānau o te ao, ā, e kore e taea e tātou te ora me te kore
.tēnei whānau nui

He aha te āhua o te ao me te kore he kāmura, he
kaihanga, he kaimahi pāmu, me ētahi atu? Mā te hoatu me
te whiwhi, me te whakawhitiwhiti ratonga, e hiahia ana te
Atua kia whakaaro tātou ki ētahi atu, kia aroha ki a rātou
anō. He hapa nui te noho mō tātou anake, me te kore e
whakaaro ki ētahi atu. Ina whakaaro tātou ki tō tātou ake
harikoa, me whakaaro anō hoki tātou ki te harikoa o ētahi
atu. Kāore e hiahiatia kia hoatu e tātou ngā mea katoa kei a
tātou hei oranga mō te whānau o te ao, nā te mea kāore e
taea. Engari, me aroha tātou ki ētahi atu, me mahi i ngā mea

ka taea e tātou hei āwhina i a rātou, hei whakamama hoki i ā
.rātou taumahatanga

He hononga kei waenganui i te angitu me te ngākau
māhorahora o te wairua, i roto i te horopaki o te taiao e noho
.ana te tangata

Ko te angitu tūturu he hua o te whanonga e rite ana ki
ngā mātāpono o te tika, ā, kei roto hoki ko te harikoa me te
oranga o ētahi atu hei wāhanga nui o te makona whaiaro. Ko
te tangata e whakamahi ana i tēnei mātāpono ki tōna oranga
tinana, hinengaro, matatika, me te wairua, ka kitea e ia he
tino whānui, he whānui hoki tēnei whakamāramatanga o te
.angitu

He rerekē ngā whakaaro o te tangata mō te angitu, i
runga i ā rātou whāinga i te ao. I ētahi wā, ka whakataurite
ētahi i te tahae, me te kī pēnei, "He tahae angitu ia!" E
whakaatu ana tēnei ehara i te mea he mea e hiahiatia ana
.ngā angitu katoa; kaua tō tātou angitu e whara i ētahi atu

Ko tētahi atu tohu mō te angitu ko te kawē mai i te
rangimārie me ngā hua pai, ehara i te mea ki a tātou anake,
.engari me whakapuaki hoki e tātou aua painga ki ētahi atu

Ko te angitu pūtea ehara i te mea ko te whiwhi noa i ngā
mea e tika ana mā tātou; engari ko te whai kawenga
matatika hoki ki te āwhina i ētahi atu ki te waihanga i tētahi
oranga pai ake mō rātou anō. Ka taea e te tangata whai
mātauranga te whiwhi moni, engari ki te mea he aroha kei
roto i ō rātou ngākau, e kore e taea e rātou te whakamahi i
taua moni me te hiahia whaiaro; engari, ka tohaina e rātou ā
.rātou mea ki ētahi atu

Ka waiho te moni hei kanga i roto i ngā ringa o te hunga
apo me te hunga hiroki, engari he manaakitanga, he taonga
.hoki ki te hunga atawhai me te hunga ngākau atawhai

Ka kukume mai ngā wairua pai i ngā wairua pai, ā, ka
kukumea atu ki a rātou

Me ako tātou ki te aroha ki tō tātou hoa tata, pērā i a
tātou anō, ā, kia mahara he poto noa iho te wā e noho nei
tātou i tēnei ao, ā, muri iho ka haere tātou ki tētahi atu ao,
ko tōna taumata kei runga i te taumata o ō tātou whakaaro
me te kounga o ā tātou mahi i tēnei wā e noho ana i te ao
.nei

Ko wai ō tātou whanaunga pono? Ki te tangata
whakaaro nui, he whanaunga te katoa, ā, he "hoa tata" ia
tangata. Ae, ka taea e te tangata whakaaro nui te mārama,
ā, e mārama ana ahakoa e whiti ana te rā i tōna mārama ki
runga i te waro me te taimana, he rerekē te taimana i te
waro, engari kei a ia te kaha ahurei ki te whiwhi me te
whakaata mārama me te kanapa. Me rapu te tangata i te
hoa o te hunga he parakore ō rātou whakaaro me ō rātou
kare ā-roto, pērā i te taimana, ā, me whakatapua te wā ki te
kimi hoa pono. Ko te hunga e noho ma ana, e noho pono ana
ka kukume mai i ngā hoa e āhua ma ana, e pono ana, ko te
hunga ia e noho ana i runga i ngā kare ā-roto kāore he
.māramatanga ka kukume mai i ngā hoa o te momo tangata

Ki te mea he mea nui ki a koe ngā kaupapa me ngā
mātāpono teitei, he mea tika kia karohia te
whakawhanaungatanga ki te hunga kāore e whakaponu ana
ki aua kaupapa me ngā mātāpono, ā, e whakapoauau ana i
ngā whakaaro, e whakararuraru ana i te wairua, kia kore ai ō
rātou wiri e whakaiti i tō taumata wiri. I taua wā anō, kaua e
.aukati i tetahi i roto i tō porowhita aroha

Hei tāpiritanga, kaua te tangata e hoatu noa i te aroha,
engari me whakatū hoki i te rangimārie, kia puta ai te
rangimarie me te rangimārie ki ngā wāhi katoa e haere ana
rātou, kia whakahauora ai i te hunga e karapoti ana i a rātou
ki tō rātou atawhai. Kāore tetahi e hiahia ki te whakatata atu

ki tētahi kūnuku kakara kino—tāria mai te kīanga—ka
karohia e te katoa. Waihoki, ko te tangata maku, tere,
totohe hoki ka whakapataritari, ka pana atu i ētahi atu. E
hiahia ana tātou kia rite ki ngā rōhi puāwai e whakaputa ana
i te kakara reka e whakahari ana i te ngākau. Kia kaha tātou
ki te hora i te kakara o te rangimārie me ngā hau o te pai ki
ngā wāhi katoa e haere ana tātou, ki ngā wāhi katoa e noho
.ana tātou

Kāore te rangatiratanga o te Atua i waenganui i ngā
kapua, i tētahi wāhi motuhake rānei i te rangi. Kei tua atu i
te pōuri e kitea ana e tātou ina kati ō tātou kanohi, ā, ina
whakaaroaro tātou, ina inoi hoki, ka tuwhera te kanohi o te
wairua kei te rae i roto i a tātou, ā, ka kite tātou i te
māramatanga manaaki, ka rongo i te hari e horapa ana ki
roto i ia pūtau o te tinana, ā, ka rongo tātou kua hurahia te
arai, kua whakatuwheratia he tatau ngaro ki te
.rangatiratanga o te Atua

He hari e whakahoutia tonutia ana te Atua, he hari e
kapi ana i ngā mea katoa. Me kotahi tātou me taua hari e
.noho ana i roto i a tātou, e karapoti ana i te mutunga kore

Kei tua atu i ngā rohe wiri o te mea matotoru te
hinengaro mutunga kore, e kapi ana i ngā mea katoa, e kore
e taea te whakaahua i roto i tōna kororia katoa, tōna whānui,
me tōna mutunga kore. Koinei te rangatiratanga o te rangi,
he harikoa hinengaro mutunga kore, mutunga kore,
.mutunga kore

Ina whānui haere ngā tirohanga a te wairua, ā, ka rongo
.i tōna aroaro i ngā wāhi katoa, ka honoa ki te wairua atua

He korōria ki te Mutunga Kore, e noho ana i te pae
tawhiti, te wāhi e tūtaki ai te rangi ki te moana. He korōria ki
te Mutunga Kore, e noho ana i runga i te rangimārie i roto i a

tātou; mā te arotahi ki te Mutunga Kore i roto, ka taea e
.tātou te whiwhi i tōna mana mutunga kore

He iti noa te mātauranga e whiwhihia ana mai i te ako
pukapuka, i te ako tangata rānei, engari ko te mātauranga e
whiwhi tika mai ana i te Atua, ka homai te mana o te
whakaaro nui, te kororia o te pono, te marino o te ngākau,
.me te rangimārie o te wairua

E te Ariki, whakaakona ahau ki te inoi me te arotahi
hohonu, me te whakaranu i te whakaaroaro me ngā hiahia o
te ngākau, kia horoia hoki tōku ngākau i ia rā e tōku aroha
.parakore ki a Koe

Te wetewete i ngā here o te karma

Ahakoia he hinengaro, he tinana rānei, he mōhio, he
kore mōhio rānei, he pānga motuhake ki te oranga o te
tangata. Ehara i te mea ko ngā mahi o mua ko ngā mahi i
mahia i ngā rā, i ngā marama, i ngā tau rānei kua pahure
.anake, engari ko ngā mahi anō hoki o ngā oranga o mua

I mate koutou, ā, nāna koutou i whakaora; kātahi ka
whakamatea koutou e ia, kātahi ka whakaora anō i a koutou;
.kātahi ka whakahokia koutou ki a ia

Ngā hua pai me ngā hua kino o ngā mahi a te tangata I
tōna oranga o nāianei, ka noho tonu ēnei tohu ki te
hinengaro kore mohio, ā, ko ngā hua e mau ana i te tangata
(e mau ana rānei i tōna wairua) mai i ngā
whakawhānaungatanga o mua e takoto moe ana pērā i ngā
purapura i te hinengaro kore mohio, e tatari ana mō ngā
āhuatanga tika Kia pihi ake, kia tupu ake i tētahi wā karma
motuhake Ko te ture o te karma, e whakataurite ana i ngā
mea, e uru ana ki te mahi me te tauhohenga, te take me te
.pānga, te rui me te hauhake

Mā roto i ngā whakaaro me ngā mahi a ia tangata ka hangaia tōna ake ao, ā, ko ngā kaha e tukuna ana e rātou, ahakoa he whakaaro nui, he wairangi rānei, ka hoki mai ki a rātou hei tīmatanga, pērā i te porowhita e whakaoti ana i a ia anō me te tino tika [Ko te pātai] me aro atu te kai rapu hihiko ki ngā hua o ā rātou mahi o mua—engari kāore i te pai ki a rātou—ki ngā hua o ā rātou mahi o mua, ki te mea rānei e kiia nei ko te inenga? Ko te whakautu kāore, ko te Atua te ture me te aroha, ā, ko te kai rapu e tahuri ana ki a ia me te hiahia pono me te whakapono katoa, e whakarite ana i ā rātou mahi ki te ture atua, e rapu ana i te aroha mutunga kore o te Atua, ka whiwhi ia i te manaakitanga atua e whakamama ana i ngā taumahatanga taimaha, e whakapai .ake ana i ngā āhuatanga

Nā te Atua tātou i whakanoho ki tēnei ao kī tonu i ngā mānukanuka, ā, e mōhio ana ia ki ō tātou mamae me ngā whakamātautau me ngā mamae e pāngia ana e tātou. Ka whakahōhonu ake te pōuri o roto o te kuware wairua e te tangata ina whakaaro rātou kei te toremi rātou i roto i te hara, kāore hoki he mana ki te mawhiti i ōna hōhonutanga. He pai ake mā rātou te whai kia whakatikatika i a rātou anō, me te rapu āwhina me te aroha mai i te ngākau o te aroha tapu, me te tumanako kia murua te hara e te Atua aroha, .atawhai, me te muru hara

Ina mōhio tātou ki tō tātou hononga tata ki te Atua, he aha te karma ka taea te here i a tātou? Kaua e tukua tetahi kia whakatenatena i a koe ko ō mamae me ō uauatanga he hua nō tō karma. Hei wairua i roto i tōu mauri, kāore he karma āu. Engari, me mōhio koe ki tēnei pono mā te whakaū ki a koe anō he kotahi koe me te mauri o te ora, te māramatanga, me ngā mana o te ao. Ki te mōhio koe ki tēnei meka, kāore he mea hei wehi māu, ā, ka whakatuwherahia e te Atua ngā tatau maha māu, ka tukuna .hoki he maha ngā whai wāhitanga ki a koe

Ki te kore koe e pai ki te āhua o tō oranga, hurihia tō
whakaaro, whakakīia ō kare ā-roto ki te kaha pai, ā, ka rongo
.koe i te rerekētanga

Kāore he take e tangi ai, e pōuri ai te tangata mō ngā
mea i ngaro i a rātou, e kī ana rānei ko ō rātou āhuatanga
pōuri nā ngā hapa i mahia e rātou i tēnei ao, i ngā wā o mua
rānei, he momo mangere wairua hoki tēnei. Me mahi rātou,
me hutia ake ngā taru i te māra o te ora, ā, ko reira ka
puāwai ngā putiputi tino reka, tino kanapa, ka hua mai i ngā
hua tino reka, tino hiahiatia. Mā Tōna aroha noa, te Runga
.Rawa

Ko te tuku i a tātou ki te Atua, ehara i te mea kāore e
whakamahia tō tātou hiahia hei whakapai ake i ā tātou mahi,
me te tatari kia whakatikahia e te Atua ō tātou āhuatanga
me te kore he kaha mai i a tātou, nā te mea ka āwhina te
.Atua i te hunga e āwhina ana i a rātou anō

Ko te kaupapa matua, kia ako tātou ki te haere ki te
Atua hei ārahi i ō tātou hiahia, hei manaaki, hei whakakaha
hoki i ā tātou mahi tika. Ina hinga i a tātou te arai o te kore e
pai ki te tuku, ka kitea e tātou i roto i te Atua te tiakitanga e
kore e taea e tetahi o tēnei ao te homai ki a tātou, ā, ka
kitea hoki e tātou te kaha e kore e taea e tetahi
.whakamātautau te wikitoria

Ka taea e te katoa te whakatū i tētahi whanaungatanga
motuhake ki te Atua mēnā e mōhio ana rātou ki te
whakatuwhera i ō rātou ngākau ki te Atua, me te hiahia hoki
.ki Tōna aroaro atua, e kawe mai ana i te hari me te pono

Ina hiahia nui te tangata ki te Atua, me te mōhio kāore e
taea e rātou te noho me te kore ia, ka kitea e rātou he
huarahi hei whakautu mai a te Atua. Engari me whakatipu
tuatahi rātou i taua kare ā-roto kaha, nā te mea kāore te
.whakautu e puta noa mai

Ki te kore tātou e tuku i te Atua ki te tūranga tuatahi i
roto i ō tātou ao, ka manukanuka, ka pōhēhē tō tātou
hinengaro, ā, e kore e taea e tātou te aro atu ki ngā tono
mutunga kore o te ao i runga i te whakaaro tika me te
.arorau

Ā, he aha te huarahi hei whakawhanake i taua hiahia? I
ia wā ka pā mai he aituā, he uauatanga rānei, ā, i ia wā ka
pōuri te ngākau, me tahuri tātou ki te Atua, me te tono i tāna
āwhina, me te mōhio ko te tangata e aroha ana ki te Atua, ā,
e pupuri ana i taua āwhina i roto i tōna hinengaro me tōna
ngākau, ka pai ake tōna āhua. Kei te huri haere tōna āhua
.hei pai ake

Ina whakaohokia e tātou te ea, mā roto i ā tātou inoi
pono me ā tātou karanga pono ka tangohia mai e tātou te
mauri o te whakautu atua, kei roto nei te kai, te whakaora,
.me te harikoa

Mō te hunga e hiahia ana ki te kai wairua, kāore he
pānga o ngā pōuri me ngā hinganga o mua. Ka taea te ako i
ngā akoranga mai i aua akoranga, ā, ka taea te whakamātau
anō, me te whakahoki anō i te ngana mai i te tīmatanga. Ka
tino angitu, me te āwhina a te Atua, mō te hunga katoa
kāore i te ngākau pouri i te hinganga, kāore hoki ō rātou
whakatau i ngoikore i ngā aituā, ā, e whakapono ana me te
whakapono pumau. Ka tautoko te Atua i te hunga e
manawanui ana. Ko te hunga kei te ara tika, ā, ka
whakaratohia e ia ki a rātou te tumanako, te kaha, me te
hihiri, kia tae rā anō ki tā rātou whāinga matua, kia tutuki rā
.anō te kaupapa o te ao

He kaha te whakaaro, pērā i te hiko, ā, he āhua
hinengaro anō hoki. Ka hoki anō ki te whakaaro me te āhua
.o te whakaaro

He pai, he kino hoki te hiko; ko te tangata e whakamahi
ana i te hiko me te whakaaro nui, ka whakamahia hei mahi
māna, ki te kore, ka pāngia ia e te hiko. Pērā anō hoki te
whakaaro, ki te tika te hiko, ka hari te rangatira, ki te kore ka
.raru ia

He rite te whakaaro ki te hōiho mohao, engari ehara i
te mea kāore e taea te whakaōrite, ā, ko te whakaaro pai
.tētahi huarahi hei whakahaere i te whakaaro

He hoa tata te whakaaro tika, ā, he hoariri pumau te
hinengaro mate

Ka kukume te whakaaro tika i te rangimārie me te
haumarū, ko te whakaaro kino ia ka pupuhi i ngā pere
whakamate ka tau ki runga i tōna rangatira. Nō reira te
kīanga, "He rite te utu ki te mahi." Mēnā ka tukuna e te
tangata ngā whakaaro pai, ka huri ōna whakaaro hei rama,
ka whakamārama i ngā rūma o te wairua, ka peia atu ngā
puranga o te pōuri, kia tino whakamarietia ai ia, kia tiaho
hoki ōna kanohi me te menemene o te harikoa! Kia mau
tonu te menemene ki ō kanohi. Kia tau te rangimārie ki a
.koe

He rite te ora ki te mira e huri ana i ngā purapura o te
whakamātautau hua me te whakamātautau, hei hanga i te
taro o te ora. He rite ki te huarahi piko, he putiputi ataahua i
ia taha, he pūrerehua kanapa, he rākau he hua reka kei ō
rātou manga, engari kāore e maha ana te tū. Kia pārekareka
tātou ki tōna tirohanga, kia reka hoki ki tōna reka; he pono,
he maha tonu tātou e tūpono ana ki te toro atu ki ngā wāhi
whānui ake, e whakaaro ana tātou he nui ake ngā tirohanga
ataahua i tā tātou i kite ai. Engari i a tātou e neke haere ana
i ngā ara putiputi, hua, ka kitea e tātou he rākau pouri ake i
te hou, kātahi ka ngaro ngā putiputi. Ā, me ia, ngā
.pūrerehua me ngā hua, ka kitea tātou i te koraha pakoko

He rite te oranga o te tangata ki ngā wai o te moana, ka
purea, ka hou. Ina piki koe ki te āhuarangi o runga, he rite ki
te moemoeā o te ata, e mārama haere ana i te pakeketanga,
nā te mea ka mārama ake, ka mārama ake ngā mea. He rite
ki te haerenga, ka huri te tirohanga i a tātou e haere tawhiti
ana. Kātahi ka huri ngā tirohanga i a tātou e tata atu ana ki
.reira, ā, pērā tonu

Kāore te ao e whakapōrearea i te hunga whakaaro nui,
nā te mea ka aro nui rātou ki tēnei mea, ka pārekareka ki a
rātou. Me te kore e tukua kia whakahaeretia rātou e te wai,
kia tangohia atu hoki tō rātou herekoretanga. Hei tauira, ka
pārekareka ki a rātou te wai, ka inumia, ka kaukau ki roto,
engari kāore e tukua kia toremi rātou ki roto. Ka pārekareka
ki ngā kākahu e pai ana ki a rātou. Me te kore e piri nui ki
ngā tikanga me ngā tikanga e kiia ana he papaku noa iho. Ka
pārekareka ki a rātou te kai me te kore e tukua kia pau i te
kai nui, nā te mea ka ngoikore te tinana i te kai nui, ā, ka
horomia ngā tirohanga, ā, ka whakangaromia rawatia e ia.
Nō reira, me pārekareka te tangata ki te ora, engari me te
.kore e pau ngā kare ā-roto mā te rumaki

Te noho tahi me ētahi atu. Ehara i te mea me whakaae
ki a rātou i ngā mea katoa, me te tuku rānei i ngā kaupapa
matua mō rātou anō, nā te mea he mea kore e hiahiatia
tēnei momo whakaae, ā, kāore e hangai ki te pono. Kāore
ngā kaiwhakahou me ngā tāngata nunui i whakaae ki te tini
o te tangata i tō rātou taha, heoi i mau tonu rātou ki tō rātou
kaupapa matua, nā te mea i kite rātou he tika rawa tā rātou
.mahi

Ko te mea tuatahi, me noho te tangata i roto i te
rangimārie me te Atua, kātahi me tōna hinengaro, kātahi me
.te tangata

Kaua te kaupapa e whakararuraruhia, kaua hoki e tahuri
ki ngā whakaaro huna hei whakatutuki i tētahi kaupapa, nā
.te mea kāore tēnā e tika mō te hunga whai kaupapa

Ko wai ka taea te noho i roto i te huarahi e pai ai te
Atua? Kaua e whara i ētahi atu, kāore hoki he mea e wehi ai
rātou. Ki te kore tēnei huarahi e makona ai ētahi atu, he nui
noa iho te noho whakamarie o te tangata i roto, me te rongo
i te rangimārie o roto e kore ai ia e whakaae mai i te
.tangata

Ko te kaha me te hiahia o te wairua i te tahuritanga ki te
Atua ka kiia ko te aukumetanga wairua. Ā, mā tēnei
aukumetanga ka kukume te wairua i ngā manaakitanga ki a
ia anō me ngā wiri pai, me ngā wheako pai katoa o te
.tangata, e whakamahara ana i a ia ki te pai me te tika

te aukume wairua Ko te mana tēnei e kukume mai ai, e
kukume mai ai i te tangata ki a ia anō Ngā hoa pai Me ngā
mea nui Me te māramatanga ā-roto ki ngā mea i ahu mai
tēnei mana i te mana aukume kukume o te Atua

Rama o te Rangimārie

Tangohia he kohua hinengaro Whakakīia ki tō
rangimārie

Tangohia te pounamu o ōku kare ā-roto Whakakīia ki tōu
aroha

Tangohia taku kete wairua kau, whakakīia ki ngā hua o
.tō whakaaro nui

Ringihia ngā wai o tō aroha ki roto i tōku wairua, ka
.ringihia e au ki roto i ngā kapu o te wairua matewai

Horoia ngā pakitara o te whakapehapeha. Rukuhia ahau
.ki roto i tō aroaro katoa

Te hihi o te ata o te aroha
Tukua ia kia titiro mai i te tuwhera o tōku ngākau
He whakamahara mai ki ahau i te hihi o tō aroha
E horapa ana puta noa i te rangi o tōku ao
Kua tiaho mai te māramatanga o tō aroha
I runga i ahau anō, ā, i mārama
I whakakīia tōku wāhi wairua e tōu māramatanga
Ko koe te ora e tautoko ana i tōku tinana
Me te hinengaro e whakaoho ana i ōku whakaaro
Me te whakaaro nui e whakakore ana i tōku kuware
Ka tahuna e au te rama angiangi o taku aroha
Hei pānui i te pukapuka koura
I tiakina i roto i ahau mai anō i ngā wā onamata
Ko tō aroha i mua, ā, kei te mau tonu
Te rama e kore e kitea o te rangimārie
E whakakore ana i te pōuri, e whakaatu ana i ō karere ki
ahau
Kei ngā whārangi o ngā ngākau te rangitaki
Kia whakakitea mai tōu korōria, e te Ariki
Kia memeha atu te māramatanga o tō whakaaro nui
Te kuware, te ngangau, me te hae
Mai i ngā takutai o te whenua ake ake
Hurihia tō tātou ngoikore hei kaha

Ā, i ngoikore mātou ki te whakatau

Whakakīia ō tātou tinana ki te hiko ora

Ā, whakakīia te hinengaro me te wairua ki tō
māramatanga whakaora

Hopukia mai ō mātou ringa kia kore ai mātou e toremi i
roto i ngā wai o tō kore aro, whakakīia hoki ō mātou wairua
ki tō aroha me tō whakaaro nui. Tukua mātou kia rongo kei
te tata tonu mātou ki a Koe, kia whiti tonu mai te rā o tō
.aroha ki runga i a mātou

Ka whakatakotoria e au ngā puawai o aku whakaaro
hihiri, ngunguru

I roto i te hanganga o te marino

Ka waiata tōna kakara puku

Ā, ka waiata ia mō ōu korōria

Me te kanapa o tōu māramatanga tapu

Ka kite ahau i te ataahua o tōu oranga

Ka tutuki aku moemoeā harikoa

Ina whiti tō māramatanga i roto i tōku wairua

Kei te mura ngā arai i te ahi o te whakaaro nui

Ka kite ahau i tōu kororia, ā, ka nui haere tōku hari

Kia whakamārama te Atua i a koe ki tōna māramatanga

Ngā mihi nui ki a koe e te wairua

He maha ngā tono me ngā whakaritenga a te ao e
whakatakoto ana i runga i a tātou, e whakaū ana i a tātou ki
tō rātou hiranga nui, me te kore e taea te noho me te kore o
ēnei mea, te noho rānei me te kore o ēnei mea. Engari ko te

whakaritenga matua ko te whiwhi i te rangimārie o te Atua, e kore nei ōna puna e maroke, e kore hoki tōna puna e mimiti, ā, e homai ana ki a ia te reka me te tikanga o ngā mea katoa .o te ao

Kia maumahara tātou ko te Atua te mauri o tō tātou noho, ā, ko te aroha te matapihi e titiro atu ai tātou ki tōna mata kororia. Ki te hiahia tetahi ki te rongo i te aroaro o te Atua, ā, ki te atawhai i taua hiahia nui i roto i te whakaaro me te mahi, ka whakamanahia e te Atua tā rātou tono, ā, ka āwhina i a rātou ki te haehae i ngā arai e ārai ana i a rātou ki .te kite i ngā māramatanga manaakitanga

Ko te tangata e u ana ki te anga whakamua i te ara, e kore ia e whakaroahia e tetahi mea, e kore hoki e arai i a ia e tetahi arai, kia tae ra ano ia ki tana whaingā, kia tutuki ra .ano hoki i a ia te hiahia o tona ngakau

Ngā Pērara me ngā Kohatu Wairua

Ko te hunga e whakaatu ana i ngā ngoikoretanga o ētahi atu, e whakama ai, e riri ai rātou, he tawhiti rawa atu i te whakaaro nui, i te whakaaro tika hoki. Me whakahawea tātou ki te hara, kaua ki te tangata hara, ko ia hoki tō tātou teina wairua, ahakoa te pōuri o te kuware e karapoti ana i a ia. Ko te kaupapa o te whakahē he whakaora, kaua e whakamanamana, e whara ai. Me mahi tātou ki tō tātou teina hara pērā i tā tātou e hiahia ai kia mahia mēnā kei roto .tātou i tōna tūranga me tōna āhuatanga

Ko te tangata e huna ana i ngā hapa o tōna teina i tēnei .ao, ka huna e te Atua ōna hapa i te ao kei te heke mai

Pērā i tā tātou whakawa i ētahi atu, ka whakawa anō hoki te ture wairua i a tātou ki te taumata kotahi. Kaua tātou e tumanako nui rawa atu i ētahi atu, kaua hoki e tumanako tonu ki ngā hua pai mai i tētahi atu, ahakoa kei te whakapau .kaha rātou

Ahakoia ka hinga, ka tūtuki te tangata, ka noho haumaru
ia mēnā ka whakapau kaha ia ki te piki anō i te arawhata o
.te ngākau pai me te tika

I ia rā, me ngana tātou ki te whakaara ake i te wairua o
te tūrora i te taha tinana, i te taha hinengaro, i te taha
wairua rānei i roto i tō tātou taiao, pērā i tā tātou āwhina i a
.tātou anō, i ō tātou whānau rānei

Ko te tangata e ngana ana i tēnei rā ki te ora i runga i
ngā ture atua - kaua ki te oranga tawhito e kawea mai ana i te
uaua me te pōuri - ka kitea e ia ahakoia te iti o tana tūranga i
roto i te ao, he tūranga nui tonu ia i te mea e mahi ana ia i
tana mahi ki te taumata tino tika i runga anō i te tohutohu a
te kaiwhakahaere o te whakaari o te ao me te rangatira o ō
.tātou mutunga katoa: te Atua Kaha Rawa

Ina taunekeneke tātou me ētahi atu me te ngākau pono,
te aroha pono, me te whakaaro ki ngā kare ā-roto, ka kawea
mai e tātou he hoa pai ki roto i ō tātou ao, me te kore he
hiahia whaiaro, he tātaitanga whaiaro rānei e whai whakaaro
ana ki a rātou anō; ki te kore, e kore e taea e tātou te kite i ō
.tātou hoa pono

He mea tika kia whakarērea te tinihanga me te
whakahihi, kia mahi hoki i roto i te huarahi e kore ai e whara
.kino i ētahi atu

Kaua ngā hoa e riri, e whakaititia, e whakahēngia rānei,
kaua hoki e hoatu he take ki a rātou kia pupuri i ngā kare ā-
roto kino ki a tātou. Kaua ngā hoa e tukinotia, e tukinotia, e
hoatu rānei he tohutohu kāore i tonoa mēnā kāore i tonoa.
Mēnā ka tonoa he tohutohu, me hoatu me te ngākau pono
me te atawhai, me te kore e wehi i ngā pānga. Ka āwhina
ngā hoa tetahi i tetahi mā te whakahē whai hua, te
.whakawhanaungatanga

Kāore ngā wheako uaua o te ao e tae mai hei whakararu
i tō tātou hiahia, hei hinga rānei i a tātou, engari hei
whakakoi i tō tātou whakatau me te whakapakari i tō tātou
whakapono ki te Atua me tō tātou whakapono ki a tātou anō.
E whakapono hē ana ētahi he kaha whakangaro ēnei wheako
me ngā wero, ā, ka mutu. He mea nui te hinengaro hauora
hei whakahohe i tō tātou kaha o roto kia pai ai te whakatau i
.te ao me ōna whakamātautau

Ki te kore te tangata e whakataetae ki tētahi atu e kaha
ake ana i a ia anō, e kore rātou e kaha. Waihoki, ina anga
atu tātou ki ō tātou uauatanga me te maia me te māia
.hinengaro, ka kaha ake tātou, ka manawanui ake

He wāhanga nui ō tātou hinengaro o te hinengaro
whānui o te Atua. Kei raro i te ngaru o tō tātou hinengaro te
moana o Tōna mōhiotanga mutunga kore. Ina wareware te
ngaru he wāhanga ia nō te moana nui, ka wehe atu i taua
mana moana. Nō reira, ka ngoikore ngā hinengaro o te
tangata i ngā herenga o te ao, ā, kāore e taea te mahi hua
me te whakaputa nui. Ina ruia e ngā hinengaro te puehu o te
kuware, ā, ka whatiia ngā mekameka e here ana i ō rātou
mana, ka kaha ake rātou ki te auaha me te taunekeneke pai
.ki te ao

Ina pupuri koe i tētahi whakaaro, ā, ka whakakīia ki te
ngākau kaha, ka huri taua whakaaro hei kaha hihiri. Ā, ina
hihiri te whakaaro, ka taea e ia te waihanga i te taiao tika
mō te angitu, e ai ki te mahere kāore i kitea kua tuhia ki te
.hinengaro

Ka hinga te tangata nā te mea ka tukua e rātou ngā
āhuatanga uaua o te ao me te kore e ātete atu, hei utu mō
.te ātete atu me te kore e tuku

He mea tika kia whakakorikorihia, kia whakahohehia
hoki te kaha o te hiahia

Ko te hunga e tomo ana ki te wāhi tapu o te rangimārie
ka taea te kōrero wairua ki ētahi atu wairua e aroha ana ki te
Atua, ā, ka taea e rātou te māranga ki te reo o ngā rōhi me
.ngā mea ora katoa

E te Ariki, ko koe anake te Kīngi e noho ana i runga i
tōku aroha me tōku wawata

Ko te hunga e whakaaroaro ana ka pā ki a rātou te
wairua hōhonu o te rangimārie, ā, me mau tonu tēnei marino
o roto ahakoa kei roto i te rōpū o ētahi atu. Ko ngā mea e
akohia ana i te whakaaroaro me mahi i roto i ngā mahi o ia
rā me ngā taunekeneke ki ētahi atu, me te kore e tukua
tetahi kia whakararuraru i te rangimārie, i te ata noho rānei
.o te tangata

Ki te hiahia koe ki te waihanga i tētahi whanonga pai, ki
te whakakore rānei i tētahi whanonga kino, arotahi ki ngā
.pūtau roro kei reira ngā tikanga o ngā whanonga rerekē

Hei whakatū i tētahi tikanga pai, tuatahi noho puku,
whakaaroaro, me te rapu āwhina atua. Arotahi tō hinengaro
ki te pokapū o te kaha o te ngākau, kei te rae i waenganui i ō
tukemata, ā, whakaūtia te tikanga e hiahia ana koe ki te
whakatō ki roto i tō roro. Ina hiahia koe ki te whakakore i ngā
tikanga kino, arotahihia hoki tō aro ki tēnei pokapū o te kaha
o te ngākau, ā, whakaūtia kei te mukua ngā awaawa katoa e
mau ana aua tikanga. Mā te arotahi me te kaha o te ngākau,
ka taea e koe te muku i ngā awaawa hohonu rawa o ngā
tikanga tawhito kua mau. Whakaūtia koe anō kei a koe he
nui tō kaha o te ngākau ki te tango i ngā tikanga kino mai i
.te roro

Ko te wā tino tika mō tēnei whakaū ko te atatu tonu ina
.mataara te hiahia me te aro

Me whakaū tonu ki a koe anō kua watea koe i ngā
whakahau katoa, ā, i tētahi rā ka kitea e koe - me te āwhina
a te Atua - kua watea kē koe i te whanonga i hiahia koe ki te
.whakarērea

Ahakoā he aha tāu e wehi ai, peia atu ō whakaaro i aua
mea, ka waiho ki te Atua. Whakakahangia tō whakapono ki
.te Atua, me te whakawhirinaki ka taea e la te āwhina i a koe

He nui te mamae i puta mai i te manukanuka me te
manukanuka. He aha koe me mamae ai i te mea kāore anō
kia tupu te mea e wehingia ana e koe? Whakaarohia te
mārama tiaki a te Atua e karapoti ana i a koe i ngā taha
.katoa, ā, ka rongo koe i tana tiaki whakamiharo

I te mea ko te nuinga o ō tātou manukanuka i ahu mai i
te wehi, ki te whakakorea e tātou te wehi i ō tātou oranga,
ka noho noa tātou, ā, ka tere tonu te whakaora. I ia pō, i
mua tonu i te moe, whakaū ki a koe anō kei a koe te Atua, e
.tiaki ana, e tiaki ana i a koe

I roto i tēnei whakaari ao whānui, ka whakaarohia e te
tangata o ngā iwi katoa te kōrero o te ora i runga i te
atamira o te wā. Me mārama tātou ki te tikanga o te ora, me
.te kore e tino aro nui ki ā tātou mahi poto noa iho

He maha ngā wā ka hē, ka hē hoki tā tātou tirohanga ki
te ao nā te mea ka titiro tātou ki ngā kanohi o te hiahia
whaiaro me ngā tirohanga whānui. Mēnā ka titiro tātou ki te
kanohi o te wairua, ka kite tātou i ngā mea mai i tētahi
.tirohanga tino rerekē

Ina whakatuwherahia e tātou te kanohi o te whakaaro
nui, ka kite tātou i te māramatanga whānui o te Atua, ā, i
roto i taua māramatanga ka kite tātou i tō tātou āhua
wairua, he whakaata i te āhua o te hinengaro whānui e

horapa ana i ngā matūriki me ngā wāhanga katoa o te ao
.whānui

E karapotia ana tātou e ngā pono wairua, e patuki ana i
ngā tatau o ō tātou kanohi kua katia, e akiaki ana i a tātou
kia kite i te māramatanga kaua ki te pōuri, kia mahi i runga i
te whakaaro nui kaua ki te kuware, kia whakakīia ō tātou
ngākau ki te aroha kaua ki te mauahara, kia mahi tahi ki te
whakatū i te rangimārie me te kawē mai i te hua me te
haumarū ki tō tātou ao. Ina pērā tātou, ka ngaro te kuware,
ka ngaro ngā rerekētanga o ngā āhuatanga, ka kite tātou i te
kotahitanga i roto i te tatauranga, ā, ka nui ake tō tātou
.noho tahi me te hiahia o te Atua

Ehara tō tātou whanaungatanga ki te Atua i te
whanaungatanga makariri, kore aroha rānei, pērā i te
whanaungatanga i waenganui i te kaituku mahi me te
kaimahi. Ko tātou tōna whānau, e mau tonu ana tana
manaaki i a tātou, ā, e whakarongo tonu ana ia ki a tātou. He
wāhanga nui tātou o tōna noho, ā, e ora ana, e oraora ana
.hoki tō tātou whanaungatanga ki a ia

Kua homai e tō tātou Kaihanga ki a tātou he taonga e
kore e mutu o te aroha, te māramatanga, te māramatanga,
te ngākau pai, me te kaha wairua, heoi ko te nuinga o tātou
kua maumauria tēnei taonga ki te kore noa iho. E hiahia ana
te Atua kia noho haumarū tātou, kia rangimārie, kia mahi
tahi hoki, e tika ana mō tētahi whānau rangatira, aroha hoki,
engari kua pū te apo me ngā whakaaro whaiaro ki roto i ō
.tātou ngākau, ā, kua ruia te ngangau i waenganui i a tātou

E hiahia ana te Atua kia waiho tātou hei rangatira,
engari kua whiriwhiria e tātou kia noho hei pononga

Kua kotiti ke te tangata i tōna kāinga i te rangi, kua
ngaro te pararaiha o roto, arā, te tata ki te Atua, me te Atua

e tata ana ki a ia, ā, e kore e taea e ia te whakahoki mai i
.taua pararaiha me te kore he mahi whaiaro

I hangaia tātou e te Atua i roto i tōna āhua, engari kua
ngaro atu tēnei pono i roto i ō tātou hinengaro. Kua hinga
tātou ki te whakaaro pohehe ko tō tātou mutunga he uaua,
ā, ko tō tātou mutunga he whakangaromanga. Me haehae e
tātou te arai o te whakaaro pohehe ki te maripi o te
.whakaaro nui kia kite ai i te pono kanapa kei muri

?Ko wai tātou, ā, he aha tō tātou āhua tūturu

He rerekētanga mārama kei te tangata, ahakoa i roto i
tōna āhua hinengaro, i tōna āhua kare ā-roto rānei, i ōna
tūranga i te ao, i te mahi me ngā mahi e whaia ana e rātou, i
ōna hiahia rānei. Engari kei raro i ēnei rerekētanga katoa e
rua ngā mea e hiahiatia ana e te tangata katoa, kāore he
rerekētanga. Ko tētahi he herekore i ngā momo mamae me
ngā hiahia katoa. Ko tētahi he harikoa mutunga kore—te
ngākau mārie, te wāhi e noho ana te rangimārie, te aroha, te
.whakaaro nui, me te harikoa

Ko te pono, ko te mea e whai ana te tangata kia tutuki
ko te Atua, ahakoa e whakamahia ana e rātou taua ingoa,
kāore rānei. E mea ana te hunga whakaaro nui ko te Atua te
mauri o te harikoa me te wairua o te harikoa. Ā, e kore te
tangata e tino makona ki te kore e tangohia tika mai i te
pūtake o te rangi. He mea nui tēnei hei mārama ki te āhua o
.te tangata

?Engari kei hea te iwi e rapu ai i tā rātou e rapu nei

E rapua ana e rātou i roto i ngā mea o te ao: i roto i ngā
taonga, i ngā āhukatanga o waho, me ngā whanaungatanga
ki ētahi atu tāngata. Engari kāore e taea te kimi i roto i
tetahi mea, i tetahi tangata, i tetahi āhukatanga rānei o tēnei
.ao, i runga i te āhua o te hanganga

Ko te hanganga e ahu mai ana i te mātāpono o te takirua. Kāore e taea te whai pikitia i te tae kotahi anake, nā te mea kāore he huarahi ki te noho me te kore tōna ritenga kē. Waihoki, kāore e taea e tetahi āhuatanga o te ao te noho motuhake mai i te takirua. Heoi, i te tiroiro i ngā hiahia e akiaki ana i te tangata, ka kitea e tātou ko te hiahia o ia tangata ki ngā mea pai, ngā mea ahuareka, ngā mea ataahua, me ngā mea pai anake, me te kore he hiahia ki te aro atu ki tetahi mea kino, kāore rānei e hiahiatia. Engari .kāore e taea

I tēnei ao takirua, kāore he harikoa mēnā kāore he mamae, kāore he māmama mēnā kāore he pōuri, kāore he pai mēnā kāore he kino, kāore he ora mēnā kāore he mate. Kāore e taea te wehe i ngā taha e rua o te moni. Ko te tikanga, ko te mea e hiahiatia ana e tātou i roto i a tātou .anō, kāore e taea te tiki mai i tēnei ao

Ka rapu te tangata—ae, ka rapu rātou me ō rātou kaha katoa—engari kāore e kitea e rātou tā rātou e rapu nei, ka puta te ngakau pouri me te kore tumanako. Ehara i te mea ka arahi noa tēnei ki te ngakau pouri engari ki te riri nui me te riri nui, ā, nō reira ka puta ngā mahi tutu. Ka puta katoa ēnei mea nā te mea kāore rātou e rapu ana i tā rātou e rapu nei i te wāhi tika, ā, nō reira, kāore e kitea e rātou te mea e .hiahiatia ana e ō rātou ngākau

Kāore te iwi o ēnei rā i te mōhio nui ki te tikanga me te .kaupapa o te ao, nō reira ka pōhēhē rātou, ka pōhēhē hoki

I roto i te āhua tūturu, he tangata whai kaupapa te tangata. Mēnā kāore he kaupapa o te ao, ā, ki te kore ō rātou hinengaro, ō rātou kaha, ō rātou hiahia, me ō rātou kare ā-roto e arahina ana i runga i te huarahi pai me te whai hua, ka tahuri rātou ki ngā ara whakangaro pērā i te waipiro me te whakamahi i ngā raau taero, te tahuri ki te tutu, me ērā atu. Ko te whāinga matua o te ao ko te mōhio ki te Atua,

ā, he kawenga ki te tangata kia whakataurite i ō rātou
tūranga me ngā mahi o waho mā roto i ngā mahi tika, ngā
tirohanga tika, ngā waiaro pai, me te whakahaere pai i ō
.rātou kare ā-roto

Kāore ēnei āhuatanga e rua o tō tātou āhua—te taha o
roto, te taha wairua me te taha o waho—e whakahē ana
mēnā ka māranga tika. Engari, e tautoko ana tētahi i tētahi, e
āwhina ana hoki i a tātou ki te whakawhanake me te
whakarei ake i ō tātou pūkenga me te pūmanawa tinana,
.hinengaro, kare ā-roto, me te wairua

E noho kau ana te tangata, kāhore he whakaoho
hinengaro, kāhore hoki he whakaoho hinengaro. E hoha ana
rātou nā te kore o te kaupapa, me te kore hoki o tētahi mea
hei homai uara me te tikanga ki ō rātou oranga. Tērā pea ka
taea e te tangata noa te mahi me te whanonga me te mea
he ora hinengaro me te hinengaro, engari kei te harikoa
?rātou

Ko te kaupapa matua o te ao ko te mōhio ko wai tātou,
me tō tātou āhua tūturu. Mēnā ka aro nui tātou ki ngā
āhuatanga hohonu o te ao, ka tino harikoa tātou, nā te mea
e hono ana te harikoa o te tangata ki te hononga ki te wairua
o te tangata, ā, ki te kore tēnei, kāore he oranga, he oranga
.rānei o te tangata

Ka whakatipuhia te wehi o te korenga, o te mate rānei
mā te whakaaroaro tonu ki taua mea kia uru mai rā anō te
whakaaro o te korenga mai i te hinengaro mōhio ki roto i te
hinengaro huna, ā, ka tae atu ki te hinengaro teitei ake.

Kātahi ka tīmata te wehi, kua whakatōkia ki roto i te
hinengaro huna me te hinengaro teitei ake, ki te whakanui
me te tipu tae noa ki te whakakī i te hinengaro mōhio ki ngā
taru o te wehi kāore e taea te whakakore ngāwari pērā i te
whakaaro tuatahi i te wā e pihi ake ana. Ka hua mai ēnei
taru kino i ngā hua paitini me te whakamate. He waimarie,

ka taea te whakakore i ōna pakiaka mai i roto mā te arotahi
kaha ki te maia me te whakatō i te mōhiotanga ki te
whakapono tino ki te Atua, ā, ka taea e ia te āwhina i te
hunga e hiahia ana ki te āwhina i a rātou anō me te tiaki i a
.rātou i te kino

I mua, e mānu ana tētahi mirumiru iti i runga i te mata o
te moana, e tūpato ana ki ngā awha me ngā uira, ka rongo ia
i tētahi reo e kōrero hāhā ana ki a ia: "E te mirumiru iti o te
"?ora, he aha te he o koe

Kāore koe i te mōhio he wāhanga koe nō te moana o te
ora? I tirotiro haere te mirumiru iti, ā, ka mōhio ia ki taua
.mea

E rere ana te hinengaro tangata pērā i te mirumiru iti I
runga i te mata o te moana o te hinengaro ao, e whakaaro
ana he mirumiru rangitahi, e wiri ana i te wehi o te mate, o
te rawakore, o te mate Āe, e mirumiru, e wehi ana koe i te
moana? Titiro ki te taha, tirohia maretia. Nekehia tō
tirohanga mai i tō taiao tata ki te ao mutunga kore o te Atua.
Ruku hohonu, whakawhānuihia tō māramatanga, kia mōhio
ai koe, kia tino mohio ai koe. He kotahi koe me Tōna moana
nui, ā, kei a koe te Atua. Māna koe e tiaki, māna koe e
.tautoko, ināianei, ā, ake tonu atu

Te karo i ngā mahanga me ngā mahanga

Ina rongo koe i tētahi hiahia nui i roto i tō ngākau e
akiaki ana i a koe kia whakatutuki i taua hiahia, whakamahia
te māramatanga, ka pātai ki a koe anō, "He hiahia pai tēnei
ka taea te whakatutuki, he hiahia kino rānei kāore e tika kia
whakautehia?" Ka whakatenatenahia e ngā hiahia kino ā-
tinana ā tātou whanonga kino mā te homai i ngā tumanako
teka me te harikoa tinihanga. I roto i ēnei āhuatanga, me
whakamahi te mana o te māramatanga hei whakaatu i te
pono. Ko ngā whanonga kino ka arahi ki te pouri. Ina

whakakitea tōna āhua tūturu, ka kore e taea te hopu i te tangata ki roto i ngā mahanga o te mamae me ngā mahanga .o te pōuri

Ngā whakaaroaro me ngā kōrero

I roto i te ora, i roto i te mate, i roto i ngā pōuri me ngā aituā, e mau tonu ana tōku whakapono ki a koe, e te Ariki, e .kaha tonu ana, e kore e taea te whakakorikori

Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā tatau me ngā matapihi i roto i tōku wairua e haere atu ai .ahau ki te hari o te Atua

Pērā i te whitinga o te rā ki ngā wāhi tino pukumahi, ka kite anō ahau i ngā hihi o te aroha atua i ngā wāhanga katoa .o tōku ao me ngā mahi o ia rā

Manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te ata, kia kawea ai ki tōu paepae tapu

Te kōrero mō te tia musk

He taonga utu nui te musk, he kakara kaha tōna, e kitea ana i roto i te pito o te tia musk e noho ana i ngā maunga .teitei o Himalayas

Kia tae te tia ki tētahi pakeke, ka tīmata te mimiti puku o te musk whakamīharo mai i tōna pito, ā, ka oho te tia i taua kakara ataahua, ka tīmata te kanikani me te rapu i te .pūtake o taua kakara reka

Ka neke haere ia i ia wāhi ki ia wāhi, e hongī ana i waenga i ngā toka me raro i ngā rākau, e rapu ana i ngā .wāhi katoa i te pūtake o taua kakara whakahihiri

Hei whakamutunga, ka riri ia, ka nui ake te āwangawanga me te manukanuka ina ngaro ana kupu, ā,

kāore e kitea e ia te mea e rapuhia ana e ia me te hiahia nui
.me te ngākau nui

I tana ngana whakamutunga ki te tae atu ki te pūtake o
te musk, ka peke atu ia i ngā pari toka teitei ki te awaawa
hohonu kia tū atu ki tōna aituā me tōna matenga, ā, i taua
wā ka taea e ngā kaiwhai te hopu i a ia me te tango i te pēke
.musk, te repe rānei i roto

I roto i tēnei whakaaro, i kōrero tētahi o ngā kaitito
:mārama i tētahi kupu pēnei

!E te tia kakariki, e te wairangi

?He aha koe i mamae ai? He aha koe i kore ai e moe

Kei te wātea tēnei musk

!Me tō pēke puku, e te kuware

Ahakoia i pā atu koe ki tō ihu

Nōu te kakara ngaro

Kua toa koe i tāu i tumanako ai

Ā, i ora koe me te kore e whakapau moni

Kāore ianei koutou e whakaaro, e aku hoa, he rite te
whanonga o te nuinga o te tangata ki te tia musk? Kei te
rapu tonu rātou i te harikoa i ngā wāhi katoa i waho atu i a
.rātou anō

Ae, e rapu ana rātou i te harikoa i roto i te tākaro, ā, e
tuku ana i a rātou anō ki te ngenge i roto i ngā hiahia me
ngā wawata. Ka piki rātou i ngā ara pahekeheke o te taonga
tae noa ki te peke atu i ngā pari o ngā tumanako teitei ki ngā
toka o te pouri me te korenga i te wā e kore ai e kitea e
rātou te harikoa pono e rongoaia ana i roto i ngā
.hohonutanga o ō rātou wairua

Ki te tahuri ō tātou whakaaro ki roto, ki te whakaaroaro
hōhonu, ka kitea e tātou i roto i te marino o te wairua te
.pūtake o te harikoa pono, pumau hoki e rapuhia ana e tātou
Kaua tātou e rite ki te tia kaka, e ngaro ana i te rapunga
i te harikoa i ngā wāhi hē. Engari, me mataara tātou, me
ngana ki te kimi i te harikoa i roto i a tātou anō, kaua i waho
.i a tātou anō

Te Kōrero mō te Pātene

I haere mai tētahi tangata ki ahau, ka mea mai he mate
:manawa mau tonu tōna, ā, ka mea atu ia

He maha ngā mea kua whakamātauria e au, engari"

"kāore e taea e au te whakakore i te mamae o te ngākau

I muri i taku whakaaroaro māriri, ka tono atu ahau kia
:kawea mai he kutikuti ki ahau. Ka titiro wiri mai ia, ka mea

Kei te whakaaro koe ki te tapahi i tōku ngākau, e te"

"?rangatira

I kata ahau, ā, ka whakahoki atu, "Ehara ahau i te
tākuta. Kua rongo koe i tētahi tangata e whakamahi ana i te
"!kutikuti hei mahi pokanga

Hei whakamutunga, ka mauria mai e ia he kutikuti me
te kore e pai, nō reira ka tapahia e au tētahi o ngā pātene o
tōna koti, ka kī atu ki a ia kia kaua e tuitui i tētahi atu pātene
hei whakakapi, kaua hoki e whakatakoto i tōna ringa ki te
wāhi i ngaro ai te pātene. I kī atu anō hoki ahau kia hoki mai
ia ki ahau i muri i ngā wiki e rua, ā, i tumanako ahau ka ora
.ia i taua wā

Ka kata te tangata, ka mea, "Ka meatia e au tāu i tono
mai ai, nā te mea e whakawhirinaki ana ahau ki a koe,
engari ki taku whakaaro koinei te rongoa tino rerekē kua
"!tohua mai ki ahau

E rua wiki i muri mai ka oma mai ia ki ahau, ka mea mai,
:me te miharo

I whakamana mai ngā tohunga kua ora ahau i te mate"
manawa. Nō reira, mō te Atua, i aha koe? I tangohia e koe
"?tētahi kēne i roto i te pātene

Ka whakahoki atu ahau me te menemene: "Āe! I takaro
"tonu tō ringa ki te pātene, ā, i rite te pātene ki te ngākau

Ko taua pātene te ira tangata i mamae ai tō ngākau. Nō
reira i tapahia e au te pātene, ā, i mea atu ki a koe kia kaua
e whakakapia, kia kaua hoki e whakapakia tō ringa ki tō
ngākau. Pērā ai, ka māmā ake te pēhanga o tō ngākau, ā, ka
!mutu te mamae i a koe

Kei te tere haere ngā mea katoa, ā, he maha ngā mea e
pukumahi ana te tangata. He pai ake te kokoti i ngā hua o te
ao i te moumou taima, te tuku i te wā kia pahemo, ā, ka
mutu karekau he hua. Engari ko te mea tika kia kokotihia e
te tangata ko te kotinga nui rawa atu o te ao: te whakatata
atu ki te Atua me te mōhio ki a Ia. Ko te huarahi anake ki te
whakatutuki i te harikoa pono ko te whakatutuki i tētahi mea
.i tēnei ao, me te angitu wairua hoki

Ko te hunga e mōhio ana ki te Atua, kāore rātou e
tīmata i ā rātou mahi o ia rā i mua i te whakaaroaro ki te
Atua, me te whakakī i ō rātou hinengaro me ō rātou tinana ki
.te kaha atua manaaki

Ahakoā ngā tono maha o te ao, ka taea e rātou te
whakararu i te hunga e rapu ana i ā rātou whāinga wairua, te
tahuri ke atu hoki i te ara i whiriwhiria e rātou. Engari ko te
hunga whai whakaaro pumau, kāore e tukua tetahi mea kia
pana atu i a rātou; ka u tonu rātou me te whakaaro pumau
.ahakoā ngā āhuatanga uaua, ngā āhuatanga kino rānei

Ahakoā ngā mea e homai ana e te ao ki a tātou, e kore e
ea te hiahia o ō tātou ngākau, e hiahia ana ki tētahi mea
pumau ake, nui ake te hiranga, ā, nui atu te utu nui atu i ngā
.taonga katoa o te ao

Ina mate te tangata—kia roa tō ora—kāore he mana o te
whenua e taea te mahi i tētahi mea mā rātou. Mā wai tātou
e āwhina i muri i tō tātou wehenga atu i tēnei ao? Te Atua Nō
reira, me mahara tonu tātou he wāhi okiokinga rangitahi noa
iho tēnei ao i runga i tō tātou haerenga ki tō tātou kāinga i te
rangi, ki reira tātou e noho tonu ai i te aroaro o te Atua
.Aroha Nui

Kāore te nui o te taonga e whakamana i te hauora, te
rangimārie, me te whai huatanga, engari mā te whiwhi i te
rangimārie me te whai huatanga ka taurite te angitu i ngā
.taumata wairua me ngā taumata rauemi

Ko te nuinga o te tangata e whakawhanake ana i te
kaha hinengaro hei whakatutuki i te angitu ā-tinana anake.
Engari ina riro te tangata hei rangatira mōna anō, ā, ka
whakahaere i ōna mana hinengaro, ka mahi i runga i te
mahere atua, ka manaakitia tōna ao, ā, ka reka ia i te wai o
te wairua i a ia e noho ana i tēnei whenua, kāore ia e noho
hei herehere o ngā tikanga me ngā hiahia, engari ka hurihia
tōna hinengaro hei ngākau o te aroaro atua, ā, ka noho ia ki
reira me te pārekareka ki ngā ahua hou e kore e taea te
.whakaahua

Ko te tinana te whare rongoā nui rawa atu

Kua kitea e ngā kairangahau hauora, ina pā mai te
harikoa nui ki a tātou, ka whakaputa te tinana i ngā rongoā
ārai pouri me ētahi atu matū whakaiti ahotea, he rite tonu te
kaha me te whai hua ki ērā i tohua e ngā tākuta. Ko te
tinana te rongoā nui rawa atu o te Ao, ka taea te whakaputa

i te mea tika i te wā tika ina noho tahi tātou me te taurite
.wairua kua whakatakotoria e te Atua ki roto i a tātou

Ehara i te mea he kino ngā ahotea katoa; ka whakaoho
te ahotea i te pūngao ora e rere ana i roto i ō tātou tinana, ā,
ka whakaoho i te ngohe me te nekehanga. Kua whakaatuhia
.e ngā rangahau he pai te nui o te ahotea e tika ana

Engari ka puta te raruraru ina nui ake te ahotea i te
taumata hauora

He rohe whaiaro tō tātou ki te ahotea, ā, ki te hipa atu i
taua rohe, ka nui ake te ahotea i te mea e tika ana, ā, kāore
pea tātou e mōhio ki tēnā tae noa ki te tīmatanga o te puta
mai o ngā raruraru i roto i te tinana, i ngā kare ā-roto, me te
.hinengaro

He hari, he koa te noho tahi me te Atua, engari ki te
kore te Atua, he manukanuka, he raruraru, he uauatanga,
tae noa ki te aituā. Nō reira, me pēhea tātou e kitea ai te
rangimārie me te ata noho i roto i te ao e kīia ana e ngā
?aituā me ngā aituā, ā, ka kawea mai ai he hari ki tēnei ao

Ko te whakaritenga tuatahi ko te mōhio ki ngā pēhanga
o te ao ina kei raro tātou i te awe o aua pēhanga

He Atua Whakaaro Nui, he Atua Mōhio ki ngā Mea Katoa,
ā, kua homai e ia ki ō tātou tinana ngā tohu pēnei i te
whakamarie, te kore whakamarie, te marino, me te
manukanuka, ā, me aro tātou ki ēnei tohu. He mātauranga
atua kei roto i ō tātou tinana e ngana ana ki te kōrero mai i
tētahi mea ki a tātou, ā, me whakarongo tātou ki ēnei karere
i ngā wā ahotea, i ngā wā okiokinga rānei. Ina pāngia koe e
te ahotea, arotahihia tō hinengaro ki te wāhanga o tō tinana
e pāngia ana e te ahotea, kātahi ka manawa hōhonu, ā, i te
wā kotahi, āta whakakorikoria taua wāhanga kia wiri rā anō.
Kātahi ka okioki, ka tuku i te ahotea. Mā tēnei ka āwhina i te

pupuri i te taurite kaha me te ora o te tinana, me te tiaki
.hoki i a ia mai i ngā pānga kino o te ahotea

Ka taea hoki e tātou te whakahaere i te ahotea kare ā-
roto mā te manawa. Ina pāngia koe e te wehi, e tētahi atu
kare ā-roto kino rānei, manawa māriri, hohonu, me te
manawa auau i ngā wā maha, kia wātea ai tō tinana i ia
manawa. Mā tēnei ka āwhina i te whakaroa i te tere o te pao
o te ngakau, ka whakahoki mai i te rere o te toto, ka
whakahaere i te rere o te kaha ora i roto i ō io, ā, ka āwhina i
te whakamarie i tō hinengaro me te whakamārama i ō
.whakaaro

Ehara te ora i te āhuatanga ohorere; he whakaaturanga
ataahua a te Atua, ā, me pārekareka tātou ki tēnei. Kia
mahara tātou he mana te ataata; ki te kore tātou e
.whakamahi, ka ngaro i a tātou tētahi wāhanga nui o te ao

He wairua ngā tāngata, he kare ā-roto, he ngākau aroha
hoki ō rātou, ā, he tinana tō rātou e mau ana pērā i te
kākahu, i te koti rānei. Engari, i te mea e noho ana tātou i
runga i te taumata o te tinana me ngā kare ā-roto anake, ka
taka tātou ki raro i te awe kino o te ahotea me te
.taumahatanga

Ina noho tahi tātou me tō tātou āhua tūturu, arā, te
wairua, ka rere te hari o te wairua ki roto i te ngākau, ka huri
hei aroha. Ko te rongo i tēnei aroha, e hono ana ki te
rangimārie me te ata noho o te wairua, me te mahi me te
taunekeneke i raro i tōna awe, koinei te huarahi tino pai ki te
noho ā-taiao i roto i tētahi ao kī tonu i ngā taumahatanga me
ngā whakahē. Ko te noho tahi me tēnei hari te otinga ki ngā
.raruraru o te ao

Kia mōhio: Mō te kōrero: "Ka whakaputa te tinana i
tētahi rongoā ārai pouri me ētahi atu matū hei whakaiti i te
ahotea me te mānukanuka, kāore i te iti iho te kaha me te

whai hua i ērā i tohua e ngā tākuta," ehara tēnei i te
tohutohu kia kaua e whakamahia ngā tohutohu me ngā
.rongoā hauora, nō reira me whakamārama

Ngā whārite aukume

He tangata kaha tōna aroaro, he tangata kino hoki ōna
āhua, he tangata ngākau atawhai engari he ngoikore tōna
wairua = ka kaha ake te aukume kino i te atawhai

He tangata ngoikore te ngākau me ngā āhuatanga kino
+ he tangata kaha te ngākau me ngā āhuatanga pai = ka
hinga te aukume pai i te kino

Te aukumetanga wairua ngoikore + te aukumetanga
koiora kino = te aukumetanga kino kaha

Kaha te kaha o te morare + ngoikore te kaha o te
morare = nui ake te kaha o te morare

He tangata riri, he tangata tutu + he tangata ngāwari,
he tangata atawhai = ka kaha ake te aukume o te riri i te
ngāwari

He āhua kaha, he āhua taurite, he āhua marino + he
āhua e anga atu ana ki te riri i ētahi wā = ko te aukume o te
marino te mea e kaha ana

Te ngoikore pumau + te ngoikore iti iho = te aukume
kaha o te ngoikore

Angitu kaha, pai + angitu iti iho = angitu whakarei ake

Te wiri kaha o te rahunga + te wiri kaha o te angitu = te
aukumetanga rahunga kaha, te aukumetanga angitu kaha
rānei, i runga i te taiao me ngā āhuatanga

He hinengaro kaha, he hinengaro pakari + he kuware
katoa = he mātau, he pūkenga, he kuware rānei, he
wairangi rānei

Mana wairua tino pai + mana mahi tino pai =

Aukumetanga wairua - he mana mahi tino pai

Me i kite te tangata i ngā tini o ngā mea ora o te aorangi
e karapoti ana i a rātou, tera pea ka ngana ētahi ki te kimi i
ā rātou whanaunga kua wehe atu. Kua whakatuwheratia e te
Atua ōku kanohi wairua, ā, e kite ana ahau i te tini o aua
wairua kua wehe atu i te ao whenua. Mā te arotahi hohonu ki
te kanohi wairua (te pokapū o te rae), ka taea e te tangata
te kite mā te tirohanga ā-roto i te ao kanapa e nohoia ana e
ngā wairua pai katoa kua piki ki te aorangi eterika ki te
.aroaro o te Tino Atawhai

I roto i te tangata, ko te ngākau te kaiwhiwhi ahokore, ā,
ko te kanohi wairua te kaituku. Ahakoa kāore e taea e koe te
kite i ō whanaunga kua wehe atu, ki te arotahi marie koe i ō
kare ā-roto ki te ngākau, ka taea e koe te rongō i te aroaro o
te hunga e arohaina ana e koe e noho nei i roto i ngā tinana
wairua, e pārekareka ana ki te rangimārie me te haumarū o
te Atua, e koa ana hoki ki tō rātou herekoretanga mai i ngā
here o te tinana, nō reira ka kitea e koe te whakamarie i roto
.i tō rātou rangimārie, ā, ka tau te ngākau mō rātou

Ina whakahuatia e au te ingoa o te Atua, ka rewa katoa
tōku wairua ki te hari nui. Engari i muri i te kaha nui i puta
mai ai tēnei āhua. I te tīmatanga, kāore au i te hiahia nui, nā
te mea kua ngaro haere tōku hinengaro. Engari ināianei, ina
arotahi ōku whakaaro me tōku māramatanga ki te pokapū
wairua—te āputa i waenganui i ngā tukemata—ka ngaro
katoa ngā whakaaro, ka mutu te manawa, ka mutu te pao o
te ngākau, ka marie te ngangau o te hinengaro, ā, ka heke
iho ngā āhua o te noho ki te wairua, kia kite ai ahau i te
.harikoa wairua, kia kapi ai hoki ahau i te harikoa atua

Ngā kīwaha koura

Ko te harikoa tōku tika, tōku taonga tuku iho, me tōku
taonga huna. Ārahihia ahau kia kitea i roto i ahau ngā
.taonga e hira ake ana i ngā moemoeā o ngā kīngi

* * *

He nekehanga atamai te ora me tōna auau auau. Ka
hanga i a ia anō i roto i ngā mea kore ora, ka tango rānei i te
āhua ora, e nekeneke ana. Ka kapi te ora i ngā mea katoa, ā,
.ka horapa ki ngā mea katoa

* * *

E te Aroha Nui rawa atu, ko koe te ora Ko koe taku
whāinga me taku wawata

* * *

Hangaia mai he rōhi puāwai i roto i tō māra rangi, he
pīataata rānei i roto i tō hei aroha kanapa, homai rānei te
honore nui rawa atu ki ahau: te wāhi iti rawa i roto i tō
ngākau

* * *

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te
.wāhi e taea ai e au te whakarato i te ratonga tino pai

* * *

Kia whatua he whāriki koura o ngā moemoeā ki ngā
miro hiraka o ngā maharatanga reka me ngā whakaaro kua
whakatikatikaina

* * *

He rite te aroha ki te pepa kirikiri e whakakanapa ana i
te hinengaro, e tango ana hoki i te taratara o te tangata

* * *

Ko ngā mate urutā, ngā aituā, me ngā huringa tutu o te
taiao e kawe mai ana i te whakangaromanga, te
whakangaromanga, me te whara whānui ehara i te
"whakatau atua". I ahu mai ēnei aituā i ngā whakaaro me
ngā mahi a te tangata. I ngā wāhi katoa e whakararururuhia
ai te taurite ngawari o te ao o te pai me te kino e te
kohikohinga o ngā ngaru kino me ngā wiri i puta mai i ngā

whakaaro kino me ngā mahi hē a te tangata, ka kingi te
.pōrearea, ā, ka puta te whakangaromanga whānui

* * *

Ka tangohia e au te mea pai rawa atu i ia iwi, ā, ka
maioha ahau ki ngā āhuatanga pai o ngā iwi katoa, me te
.kore e aro ki ō rātou ngoikoretanga

* * *

Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka ki tonu rātou i te wairua
marino hohonu. Nā te mea e hono ana tēnei ia ki tōna
pūtake teitei ake, he rere tonu e tae atu ana ki ngā wairua e
noho tahi ana me taua pūtake, e āhei ai rātou ki te tuku i te
.harikoa ki te hunga e hiahia ana ki te rangimārie

* * *

E hia ngā kupu atawhai o te ngākau kua whakakorea
ngā mamae maha, e hia hoki ngā reo whakaaro nui kua
whakamārama i ngā ara pōuri ki ngā rama o te hari me te
!marino

* * *

Ka tipu ake tātou i roto i ia wheako e pā ana ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
.ia mamae me ia mamae e pā ana ki a tātou

* * *

Ahako te kaha o ngā whakamātautau, he rite tonu ki te
ahi e whakarewa ana i te rino hei huri hei maitai ataahua,
.pakari, ā, he maha ngā whakamahinga

* * *

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihangā atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

* * *

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
pono, mai i te hohonutanga o te wairua e hiahia ana, ka pā
te karanga a te wairua ki te ngākau o te ao whānui, ā, ka tae
mai te whakautu, me te hari nui. Mā tēnei hāhā hinengaro e
whakatipu te hiahia kia whiwhi rā anō i te kaha e tika ana hei
.whakatutuki i te whāinga e hiahiatia ana

* * *

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
ko te whakaaro noa ki tetahi mea ka ranea hei whakatutuki i
taua mea, nā te mea ka mahi te ture atua hei painga mō te
.hunga e rite ana ki te hiahia tino nui

* * *

Kaua te tangata e whakapau i ngā pūkenga hinengaro
katoa kua homai e te Atua ki a ia ki te whai i ngā mea
memeha noa, kei ngaro rātou i roto i te arai o te taonga, ā,
ka hanga he here me he aukati kore e tika mā rātou anō.
Engari, me whakamahi e rātou ō rātou pūkenga hinengaro ki
te whiwhi i ngā mea e tika ana mō te ao, me te whai kia
whanake ō rātou pūkenga matatika kia taea ai te wehewehe
i waenga i te tika me te hē, me te mea kino me te mea whai
.hua

* * *

Kei tua atu i ngā whakaaro me ngā ariā te pono, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

* * *

Whakatuwheratia, e te Ariki, ngā kūaha o te rangimārie,
tiakina hoki te wāhi tapu o ōku whakaaro wairua i ngā
whakaekenga a ngā kōrero kino. Ā, tukua ngā rōhi o ōku
wawata kia puāwai i roto i te māra o tōku ngākau i a au e
.tatari ana ki te ata o tōu taenga mai

* * *

Kāore e taea e te mātauranga ariā te whiwhi
mātauranga atua, ā, he mea tika kia kua e whakapaua te
wā utu nui ki ngā ariā kāore e taea te whakamahi i roto i te
ao tūturu, ki te kore ka kitea koe i waenganui i ngā ngahere
hinengaro matotoru, ā, kāore e taea te whiti i te ao o ngā
.ariā

* * *

Ko te harikoa te hua o te wikitoria hinengaro i ngā
āhuatanga pōrearea o te ao

* * *

Ko te tangata e mōhiotia ana e te Atua, tera pea kāore e
mōhiotia e te ao

* * *

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā [me te kore whakamātautau tūturu], ka rite ia ki tētahi
taputapu hopu kōrero kawē e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, ka kiia ia e
ētahi he tohunga mātauranga, engari kāore taua
mātauranga e whakakahangia e te kitenga tika o te pono,
.kāore hoki e rite ki te whakatutukitanga wairua

* * *

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te
tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he
painga o ngā whakaaro o te tangata, e pāngia ana e ngā
tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me
te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te
whānau, o te whenua, o te ao rānei te whakarato i te arataki
pono. Nō reira, me tahuri te tangata ki te Atua, me te

whakarongo ki te reo marino, marino e puta mai ana i te
.hohonutanga o te wairua, he reo e rite ana ki te pono

* * *

Whakatuwheratia ō koutou ngākau ki te ringihanga atua
kia rere ai i roto i a koutou, kia whakakīia ai ō koutou oranga
.ki ngā manaakitanga wairua me te pai

* * *

Ahakoia te mahi e mahia ana e koe, me ngā
whakatutukitanga ka taea e koe te whakatutuki, kia mahara
tonu ko te Atua te pūtake e homai ana ki a koe te kaha katoa
.e hiahiatia ana e koe hei mahi me te whakatutuki

* * *

Tukua ahau kia mahara ki a koe, e te Ariki, i roto i te
rawakore me te whai rawa, i roto i te mate me te ora, i roto i
te kuware me te whakaaro nui, kia kite ahau i tō
māramatanga tapu e homai ana i te oranga me te whakaora
.i roto i te wā poto

* * *

I te mokemoke o ōku whakaaro, e hiahia ana ahau ki te
whakarongo ki tō reo manaakitanga. Peia atu i ahau ngā reo
kino o te whenua e huna ana i roto i ngā papa o tōku
mahara. E hiahia ana ahau ki te whakarongo ki tō reo
.marino, reka ake tonu atu i roto i te marino o tōku wairua

* * *

Kua taupokina te ao e te pōuri, ā, i ētahi wā ka tūpono
tātou, ka whakaroa ki te neke whakamua Me waiho e tātou
te māramatanga o te Atua hei rama ārahi i a tātou e hikoi
ana i ngā ara pōuri o te ao Ko ia te marama katoa i ngā pō o
te kuware me te pōuri, te rā o te kanapa i ngā hāora o te oho
ake, te rama ārahi, me te whetu ārahi mō te hunga e whiti
.ana i ngā moana o te ao, te oranga poto noa

* * *

Kua tae te wā kia whakaarahia e te tangata tōna hinengaro
mai i te moe o te warewaretanga ki te ara ake o te wairua

* * *

E te Ariki, kia ara ake tō mātou māramatanga mai i te
hohonutanga o te kuware me ngā whakaaro whaiti, ki ngā
pae tawhiti o te rangimārie, te māramatanga, te aroha, me
.te atawhai tangata whānui

* * *

Ka pai ake ngā mea i te mutunga nā te mea kei muri i
ngā whakahē o te oranga tangata ngā mana me ngā
merekara a te Atua e huna ana, ā, ko te tangata kāore i te
tino whakapono ki te kore e taea te karo i te āhuatanga, ā, e
ngana ana ki te uru atu ki tua o te arai mā tōna hinengaro
me tōna whakapono, ka whakatuwheratia te tatau mōna [e
.pātōtōhia ana e te ringa whakapono katoa]

* * *

Ehara te whakapono i te tikanga o te kore whakaaro nui,
te kore rānei e aro nui ki ngā āhuatanga. Engari, ahakoa te
aha ka puta, me whakamanawa te tangata ki a ia anō ko te
Atua anake ka taea te tautoko i a ia i roto i ngā āhuatanga
uaua me te ahotea mena ka tahuri ia ki a ia me tōna ngākau
.katoa, wairua katoa, me ōna kare ā-roto katoa

* * *

Me i kawea mai e ō tātou māia te pono katoa ki a tātou,
ka kite tātou i te Ao hei awa o ngā irahiko, ā, ka kite tātou i
.ia matūriki puehu hei puranga mārāma e hurihuri ana

* * *

Ko te hunga e uru atu ana ki te ao tūroa me ō rātou
māramatanga mai i te ao tūroa ki te ao wairua, e mārāma
ana ki te āhua o te mānukanuka, e mōhio ana hoki ki te
.mauri o te pono

* * *

Ahakoa kei roto te tangata i ngā ngahere o Āwherika,
kei te papa pakanga, e pāngia ana e te mate, e te rawakore
rānei, me whakamanawanui ia i a ia anō he kaha ake te
ringa o te Atua i te tūpono, ā, ka taea e ia te tiaki i te hunga
.e rapu piringa ana ki a ia

Kāore he huarahi whai hua ake hei tiaki i a koe anō. Ae,
me whakamahi te tangata i te arorau i roto i te whakatau i
ngā kaupapa, me te whakapono katoa ki te āwhina a te
.Atua

* * *

Ko te aroha e noho ana i roto i ngā ngākau o ngā mea
hanga katoa—te aroha o ngā whaea, o ngā matua, o ngā
.hoa, me ngā whanaunga katoa—i ahu mai i te aroha atua

* * *

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti,
me te whakarite i ngā mea tino nui i runga i ngā mea tino
nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E
mea ana ngā karaipiture ki a tātou, ina pā kino tētahi mahi ki
.tētahi atu, he tohu tēnā ehara i te mahi pono

* * *

I te horapa haere o ngā hihi ora o te rā, ka horahia e au
ngā hihi o te tumanako ki roto i ngā ngākau o te hunga
rawakore me te hunga kua whakarērea [te hunga kua
whakarērea e te hāpori], ā, ka whakatōkia e au he whakatau
hou ki roto i ngā ngākau o te hunga e whakaaro ana he
.rahua rātou

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
ākonga: "Kua e ārai i tētahi i roto i tō porowhita aroha.
Puritia te katoa i roto i tō ngākau, ā, ka puritia koe e rātou i
".roto i ō rātou

* * *

E te Ariki, āwhina mai i ahau kia whakamahia tonutia
taku hiahia ki te whakatutuki i ngā mahi pai me ngā mahi
.whai hua

Āwhina mai kia rite ahau ki tāu e pai ai, kia rite ai ōku
.whakaaro katoa ki tāu e pai ai, kia rite hoki ki tāu e pai ai

I āwhina ia i ahau ki te whakaara i te mana huna,
manaakitanga i roto i ahau kia taea ai e au te wikitoria i ngā
.uauatanga me ngā whakamātautau katoa

* * *

E ara ake ki taua tuakiri wairua maia, ngākau mahaki –
tētahi e whakakotahi ana i te kaha o ngā raiona me te
.ngākau māhaki o ngā kukupa

* * *

E kore ahau e māharahara ki ngā whakahē kawa, ki ngā
whakahē teka, ki ngā whakamoemiti me ngā whakapatipati
nui. Ko taku hiahia anake he mahi i tāu e pai ai, e te Ariki,
.kia whiwhi ai i tāu manako

* * *

Kāore e taea e koe te whakaaro ki te hari nui ka whakakī
i a koe ina rongu koe i te aroaro o te Atua. Ka haurangi tō
wairua i te aroha mutunga kore o te Atua. He aroha e hira
ake ana i te aroha tangata i ngā miriona wā - he aroha e
whakatutuki ana i ō hiahia katoa, e whakakī ana hoki i tō
.ngākau ki te hari me te ngākau māhorahora

* * *

Mā te arotahi ā-roto, ka taea e koe te wheako tika i te
harikoa wairua i roto i a koe anō me te taha o koe. Mēnā ka
whakatipu koe i tēnei mōhiotanga, ka tupu pai tō tuakiri, ā,
ka whiwhi koe i te aukume kukume mō te tangata me ētahi
.atu mea ora

* * *

E te Kaitiaki Nui, kāore he aha ki ahau mēnā ka ngaro
katoa i ahau nā tōku ao i hanga, engari ka inoi atu ahau ki a
koe, ki tōku piringa kotahi, kia tiakina te rama o tōku aroha
.ki a koe i ngā hau o te mangere me te wareware

* * *

Kia inu tātou i ngā wai parakore, whakahauora o te
rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, e
whakarei ake ana i tā tātou whakatau pakari ki te whakaaro
.pai me te whai tirohanga hihiri

* * *

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua
me ngā hihiri tūturu o te tangata. Ina mārāma tō hinengaro,
ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi
ai koe. Ko te hinengaro mārāma he tohu i te whanonga pai
mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro
he tikanga kei a koe te harikoa me te whiwhi i ngā
.manaakitanga a te Atua

* * *

Ngāna ki te mahi i ngā mea maia, ngā mea e pai ai te
ngākau, kāore e mahia ana e te nuinga o te tangata, ā,
hoatu te aroha me te rangimārie ki te hunga e warewarehia
.ana e ētahi atu

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Ki te kore koe e whakapau i te wā ki te whakatipu i te"
hinengaro, e kore rawa te nui o te taonga e makona ai koe.
Ehara tēnei whakatipu i te whakamamae engari he
whakangungu i te hinengaro hei whāngai i ngā whakaaro me
".ngā mahi e arahi ana ki te harikoa

Ko tō harikoa tō angitu, nō reira kaua e tukua kia
tahaetia e tetahi. Tiakina koe i te hunga e ngana ana ki te
whakararuraru i a koe. I ahau e tamariki ana, ka ngaro taku
manawanui i ngā wā katoa e horahia ana e ētahi tāngata
ngā kōrero teka mōku. Nō muri mai, ka mōhio ahau he mea
nui ake te rangimārie o tōku hinengaro i te whakaae mai a te
.tangata, i te whakamoemiti rānei

* * *

Me i mōhio koe ki te kōrero o te aroha atua e pā ana ki
ētahi o ngā tāngata karakia ki te Atua! Kāore he wheako kē
atu o te ao e taea te whakarite ki taua hari. I mōhio ahau ki
tētahi tangata tapu e mau tonu ana ki te aroha o te Atua, ā,

e whiti ana tōna mata i te aroha tapu. Kei runga tonu te
kanohi o te Atua i te hunga e aroha ana ki a ia, ā, e kore
.rawa ia e whakarērea i a rātou mō tētahi wā poto

* * *

He tokoiti te hunga e hiahia ana ki te whakawhanake i ō
rātou kaha hinengaro me te wairua

* * *

Kaua e tukua koe kia totohu ki raro i te whakaroa. E ara
ake i te moe o te ao hoha, ka anga atu ki ngā pae tawhiti o
te ao kua whakapaingia, kei reira te whakatutukitanga, te
.harikoa, me te rangimārie

* * *

Kei roto i a koe te pūmanawa nui e tatari ana kia
whakangaohia, ā, ko koe anake te tangata e kaha ana ki te
.whakahohe me te whai hua mai i taua mea

* * *

Ko te ti'amā i ngā whakahau a ngā tikanga kino me ngā
hiahia kino ka nui ake te hari i te angitu i te ao tūroa
Ka kawea mai e te angitu tuhituhi he harikoa hinengaro
e kore e taea e ngā āhuatanga o waho te tango atu i a koe

* * *

Ahakoia e taea e koe te whakapau i tō wā katoa ki te
kahi moni, e kore taua moni e hoatu ki a koe te rangimārie
me te haumarua pumau e rapuhia ana e koe. Engari, ka nui
ake te pouri mōu, nā te mea kei roto i te hinengaro te
harikoa me te rangimārie, ehara i te mea kei roto i ngā mea
.tonu

* * *

Kaua e tukua te ngoikore kia uru ki roto i tō hinengaro,
kia tūpato hoki ina hono atu koe ki te hunga he whakaaro
kino, he tirohanga pōuri hoki ō rātou, kei uru ō rātou
whakaaro ngoikore ki roto i tō hinengaro, ki te kore tō
hinengaro kua eke ki tētahi taumata kaha e kore ai e taea e
ngā whakaaro o ētahi atu te whakangāwari, engari, i te
ritenga kē, ka taea e ia te whakapakari i ngā whakaaro o

ētahi atu me te whakarei ake i tō rātou whakapono ki a rātou
.anō

* * *

Ko te Atua te tuatahi, kaua hoki tātou e tīmata, e
whakamutu rānei i tō tātou rā me te kore e whakaaro ki a Ia.
Me mahara tātou, ki te kore te kaha me te pūngao e riro mai
ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i
.tētahi o ā tātou mahi. Koinei tā tātou kawenga nui ki a Ia

* * *

He huarahi hei aromatawai me te whakawa i ngā
tikanga me ngā kōrero tuku iho I te tīmatanga, he
whakamārama i ia tikanga tuku iho Mena ka kitea e tātou kei
te mau tonu te whakamārama, he tikanga, he painga hoki tō
te tikanga tuku iho Heoi, he mea kuware te whai matapo i
ngā tikanga tuku iho Me mōhio tātou ki te mea tika, me te
whai i taua mea, me te mōhio ki te mea ka hari ai tātou,
.kātahi ka whakamahi

* * *

Ina kite koe i te tini o te tangata kāore i te harikoa, i te
angitu rānei, kaua e whakaaro koinei tō rātou mutunga. Ka
taea e koe te hanga i a koe anō e hiahia ana koe. Ko tō
.angitu ā-roto te mea e tino angitu ai koe

* * *

Ki te kore he mea i roto i a koe, e kore koe e harikoa.
Engari ki te kore he mea i te taha o koe, ā, e harikoa ana koe
i roto i a koe, he angitu koe. Nō reira, kāore e taea te
.whakawā i te tangata i runga i ō rātou āhuatanga o waho

* * *

I roto i te mano tini, tera pea tetahi tangata kua eke ki
te taumata wairua teitei, ā, e whiwhi ana i te rangimārie o
.roto me te harikoa wairua tino nui

* * *

E tino mōhio ana ahau ka tae mai ngā mea katoa e
hiahiatia ana e au, nō reira kāore au e manukanuka ki ngā
mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te

whakakatakata rānei, nā te mea kua maha ngā wā kua kite
ahau i te mahi me te whai huatanga o taua mana manaaki i
.roto i tōku ao

* * *

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei
te toremi rānei i te hohonutanga o te moana, e mōhio ana
ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e
pā kino ki ahau. Nā taua mātauranga ahau i homai he
.harikoa nui, e kore e taea te kōrero

* * *

Kāore e kore he wheako ahuaireka te hoko i tētahi mea
hou. Engari i muri i tētahi wā, ka memeha haere taua kare
hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa
atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e
warewaretia te pire mō taua taonga, ina koa mēnā i hokona
!e koe mā te utunga

* * *

Me whakahaere e te tangata tōna ake ao, me
whakangawari i te mea ka taea. Me penapena moni mō ngā
mea e tika ana me ngā āhuatanga ohorere, me
whakatairanga i te penapena i te whakapaunga ki ngā mea
papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina
āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi
ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e
.kore hoki koe e tangohia i tetahi mea

* * *

I roto i te hari o ngā ngākau katoa, ka rongo ahau i te
haruru o tōu harikoa, e te Ariki, ā, i roto i te whakahoahoa o
te hunga pono katoa, ka rongo ahau i tōu aroha ka hari
ahau, ā, ka koa tōku ngākau i te angitu me te oranga o ōku
hoa, pērā i ahau e hari ana ki tōku ake oranga me te noho
humarie. I a au e whakaoho ana i te whakaaro nui ki roto i
ētahi atu, ka whakanuia e ahau ngā taonga o tōku ake

whakaaro nui, ā, i roto i te hari o te katoa, ka kitea e ahau
.aku ake

* * *

Ko te hoariri nui rawa atu o te harikoa ko te nama moni
hei hoko taonga papai. E whakapono hē ana te tangata
kāore e taea e rātou te harikoa mēnā kāore rātou e whiwhi i
tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua
mea, e kore rātou e kite i te harikoa pono, ahakoa te harikoa
rangitahi e kawea mai ana. He aha te take o te whai i te
pōhewa o te harikoa o te ao e oati ana ka pakaru noa iho?
Me noho noa te tangata, me te kore e hiahia ki ngā taonga
.maha e hiahia ana kia aro tonu

* * *

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki
ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā,
ka tipu ake tōku harikoa ā-roto Ki te kore taua ngākau
māhorahora, ka noho ngā ahuareka me ngā harikoa o te ao
nei hei reinga Kua mōhio ahau me te kore taua harikoa ā-
roto, kua tangohia e te kawenga o ngā kawenga i tukua mai
.ki ahau tōku rangimārie, tōku harikoa hoki

* * *

Ki te honoa te taonga ki te mate me ngā raruraru, ka
maha ngā hua. Ko te akuaku me te hauora kei roto i ngā
kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke
kino me ngā iroriki whakamate i ngā whenua
whakawhanake, engari he nui i ētahi atu. Engari ehara te
whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā
te mea kei reira ētahi atu momo mate i ngā whenua
whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru
pūtea whakamomori nā ngā pūnaha hoko utunga - he mate
e whakararuraru ana i te moe me te whakararuraru i te
.rangimarie o te hinengaro

* * *

He wāhanga nui tātou o te hinengaro kotahi i puta mai
ai tēnei ao nui

* * *

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou,
ka whai te toenga o te kahui i taua mea, kāore he whakaroa.
He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta
ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā,
ka peke tonu atu ētahi ki te waka rererangi ka tārua. Kua
mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga
me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī
he tika, he tika rānei katoa. Engari ko wai ka mōhio? Tērā
pea he koretake, he koretake hoki ētahi o aua tikanga me
.ngā kōrero tuku iho

* * *

Ina marino te ngaru o ngā whakaaro, ka tomo tātou ki te
rangatiratanga o te rangimārie, ka pā atu ki te aroaro o te
.Atua

* * *

Whakaarohia te Atua, he whenua ataahua rānei e
whakaoho ana i te rangimārie, he wheako harikoa, he
wheako whakamīharo rānei. He mea whakahauora, he mea
.whakahauora hoki te mahi hinengaro pai, marino

* * *

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki.

Tērā pea ka whakaaro koe ko te moni te tikanga o te
harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te
pouri koe. Tērā pea ka whiwhi koe i te taonga, ā,—kāore
rawa—ka ngaro tō hauora. Tērā pea he hauora pai tōu, ā, ka
ngaro tō moni. Tērā pea he taonga, he hauora hoki tōu,
engari he maha ngā raruraru e pāngia ana e koe me ētahi
atu, ka tuku atawhai noa iho, ā, ka puta te riri me te
mauhara. Ki te kore te Atua, kāore he mea o tēnei ao e tino
.makona ai koe

* * *

Ka riro te whenua hei rūma whakamamae mō te hunga
e noho kuware ana ki te mahere atua. Engari ina titiro koe ki
ngā wheako o te ao hei kaiako māu, ā, ka ako koe i aua

wheako i te āhua tūturu o tēnei ao me te tūranga kua
whakaritea ki a koe i roto i te whakaari o te ao, ka riro aua
wheako hei whakamārama whai hua mō te ara ki te makona
.me te harikoa pumau

* * *

Kei reira, i tua atu i te pōuriuri, te ata noho kore, me te
korekore kāore anō kia hangaia, kei reira te mauri mutunga
kore, koia te pūtake o te oranga me te pūtake o ngā mana
.me ngā mea ora katoa, e kitea ana, e kore e kitea

* * *

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe,
hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna
e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga.
He tokoiti noa iho ngā tāngata whakaaro nui kua mārama ki
te tikanga o te mahere o te ao whānui, engari ko te nuinga o
.te iwi he matapo, kāore hoki i te mōhio ki taua kaupapa

* * *

Kāore rawa te moni i te whāinga mōku i te ao; ko taku
whāinga he mahi ki ōku teina me ōku tuākana i roto i te ao
tangata. Nō reira, i whakatuwherahia e te Atua ngā tatau
maha mōku ki te tautoko i ahau anō me te whakatutuki i
.taku misioni

* * *

I hangaia e te Atua tēnei ao kia whakahaerehia i runga i
tētahi ture pumau, kāore e rerekē. Mēnā ka takahia e tātou
tētahi o ēnei ture whānui, ka whiua tātou e tātou anō. Ka
whati ngā wheua o te tangata e peke ana i te tuanui o tētahi
whare teitei. Nō reira, kāore e taea e tātou te wareware i te
.ture o te kaha ā-papa me te kore e pāngia e ngā hua

* * *

Ina tirohia hōhonutia ngā iwi o te ao, me te tūhura i ngā
mea ngaro o ngā iwi onamata, ka puta he pikitia whānui, me
ngā rārangi honohono, ngā upoko kanorau, me ngā
taipitopito tika, ā, ka kitea e tātou he takitahi, he pāpori hoki
.te āhua o te tangata i te wā kotahi

* * *

Me i hiahia te Atua kia noho tātou i roto i te hinengaro
kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā,
.kua makona hoki tātou i ngā mahi o te ao

* * *

E whiti ana, e kanikani ana ngā hihi o te parakore, te
rangimārie, me te harikoa i tua atu i ngā moemoeā i roto i ō
tātou hohonutanga matua

* * *

I ia wheako e puta mai ana i te rangi o ō tātou orange i
tēnei haerenga whenua, me ako tātou ki te whakawhānui
ake i tō tātou mōhiotanga me te mārama ake ki ngā
āhuatanga e karapoti nei i a tātou, e pā ana rānei ki a tātou,
kia pai ake ai te noho tahi me te tangata me te ao, kia
.maeneene ake ai, kia haumaruru ake ai hoki

* * *

Ko te nuinga o te tangata e whai ana i ētahi atu. Me
auaha, me auaha hoki te tangata, ā, me tino matatau ki ngā
.mahī katoa

I te Rawhiti, ko te arotahi matua ko te whakatipu i te
harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua
warewarehia. I te Hauāuru, he iti noa ngā whakamarie
rauemi engari he iti noa te harikoa hinengaro. Ko te mea e
hiahia ana he taurite i waenga i ngā mea e rua, nā te mea
ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te
.kore taurite me te kore e taea te aro tika ki ngā tono o te ao

* * *

Ko te hari nui rawa atu - i muri i te hari atua - ko te noho
rangimārie o te tangata me ōna whanaunga tata, e noho tahi
.ana rātou i ia rā o te tau

* * *

He nui te wā e moumouhia ana e te tangata ki te tere me te
mahī ohorere, engari kāore he nui o ngā mea e tutuki ana.

He iti noa te wā hei whakaaroaro, hei ngana hoki ki te
.mārama ki ngā mea e tukuna ana e te ao

* * *

Me mahi tātou ki te hanga i ngā whare o roto o te
whakaaro nui i roto i ngā māra o te rangimārie e tupu ana, e
tiahō ana me te tini o ngā putiputi o ngā tikanga wairua
.whakamiharo

* * *

He puna nui te rangimarie o roto, ā, he puna hoki mō te
.kaha ka taea te whakahou

* * *

Ki te titiro ki te ao, ka kitea e te tangata ehara i te mea
ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me kaha
tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahiatia
ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te
mate! Ahakoa ka angitu koe i tēnei, he wā poto noa iho taua
angitu. Ka takoto te tinana—kia roa tō ora—ki te okiokinga.
Ko te hiahia kia whawhai ki ngā kaha maha, o roto, o waho
hoki, kia eke ki te angitu e hiahiatia ana. Ka mahi uaua ēnei
.kaha ki te tango i ngā whakatutukitanga tino nui

* * *

Ngāna kia noho marino i roto i ngā āhuatanga katoa, ā,
kia puāwai te purapura o tō rangimārie me te harikoa me te
.ataata o te ngākau māhaki

* * *

Ahakoa te hunga tapu nui rawa, e kore e tutuki te
whakaoranga katoa ki te kore rātou e tohatoha i ō rātou
angitu ki ētahi atu, arā, ō rātou wheako wairua me te
mātauranga teitei ake, mā te āwhina i a rātou ki te whiwhi
.mātauranga tapu

* * *

Nā konei, ko te hunga e tae atu ana ki aua taumata, e
hiahia ana ki te tuku māramatanga ki te hunga e hiahia ana.
Ki te hiahia koe ki te angitu pono, ehara i te mea ko tō ake

harikoa anake te mea ka whakapūmau i a koe, engari ko te
.harikoa hoki o ētahi atu

* * *

Ka taea e te tangata whai whakaaro te whiwhi moni.

Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore
rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro;
engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te
moni i roto i ngā ringa o te hunga whaiaro me te hunga apo,
he manaakitanga, he taonga hoki i roto i ngā ringa o te
.hunga ngākau atawhai me te hunga ngākau atawhai

* * *

Tērā pea ka whiriwhiri tetahi kia noho puku mō te wā
roa, kia kore ai e kōrero ki ōna whānau i taua wā. Ahakoa ka
whiwhi pea tēnei tangata i te rangimārie o roto, he
whanonga whaiaro āna, ā, he kino ki te harikoa o tōna
whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore
ō rātou whanaunga e whai hua ana i tā rātou
.whakatutukitanga

* * *

Waihoki, ko te angitu ā-tinana ehara i te mea ko tā tātou
tika anake kia whiwhi i te oranga pai i a tātou anō, engari ko
tā tātou kawenga matatika hoki ki ētahi atu, arā, ko te
āwhina i a rātou ki te whakapai ake i ō rātou āhuatanga ā-
.tinana me ō rātou āhuatanga noho

* * *

Kei muri i ngā pakitara o tōku hinengaro mārāma ahau e
tiakina ana, kua tahuna e au te ao pōuri o mua, ā, ko te rā
.anake taku e āwangawanga nei

* * *

I tēnei rā ka mōhio ahau kei roto ahau i te māramatanga
o te pai nui rawa atu, ā, ko ahau te tohu mō te hunga e
.whawhai ana ki ngā ngaru o te moana o ngā mamae

* * *

He rerekē ngā tirohanga me ngā ariā o te tangata mō te
angitu, i runga i ō rātou wawata i te ao. He mea noa te rongō

i ētahi tāngata e whakataurite ana i te angitu ki te tahae, e
kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e
hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me
ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi
.atu

* * *

Tērā anō tētahi atu paearu mō te angitu: ina taea e
tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou
anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu,
.me te whakapuaki i ngā hua ki a rātou

* * *

Ko te angitu te tikanga o te ngākau māhaki me te
ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu
tūturu he hua o ngā mahi i ahu mai i ngā mātāpono o te tika,
ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu
hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e
tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-
hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi
.whakamāramatanga whānui mō te angitu

* * *

I tēnei ao iti nei, ka kite tātou i te roa, te whānui, me te
mātotoru, engari kei reira tētahi atu taumata kāore he
whānuitanga; he mārama, he mārama hoki ngā mea katoa—
he hinengaro me te tirohanga ngā mea katoa. Ko te reka he
tirohanga, pērā i te hongī. Ko ō tātou kare ā-roto, whakaaro,
me tinana he āhua o te hinengaro. Pērā i tā tātou e kite ai, e
rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
waihoki, i taua taumata teitei ake, ka wheako tātou i ēnei
.kare ā-roto katoa mā te hinengaro parakore

* * *

E te Ariki, meinga mātou kia hari mā te rongo i tōu tata,
wetekina mātou i ngā here o ngā hiahia, ā, homai he hari o
roto ki a mātou, kāore e pāngia e ngā wheako o te ao me
.ōna huringa

* * *

Ina hono ō tātou hinengaro ki ngā tirohanga teitei ake,
ka ara ake te māramatanga wairua i roto i a tātou, ā, ka
wheako tātou i ngā mea whakamiharo o te whakaaro nui me
.te aroha o te Atua

* * *

Ki te tino aroha tātou ki te Atua, ā, ki te tahuri ki a Ia me
ō tātou whakaaro me ō tātou ngākau katoa, ka tata tātou ki
a Ia, ā, ka kitea e tātou ko Ia te piringa nui rawa atu o te
.haumarua i te ao

* * *

I roto i te wāhi takoto kau, takoto kau ana, he hononga
ao tūroa me te ora tonu e hono ana i a tātou ki ngā mea ora
katoa, me ngā mea kore ora o te ao whānui, he ngaru ora
.nui e rere ana i roto i ngā mea katoa o te ao

* * *

Ko te mutunga kore tō tātou kāinga tūturu, me tō tātou
nohoanga tuturu, ā, he oranga rangitahi tō tātou noho i roto i
ēnei tinana, he rite ki te okiokinga poto mō tētahi tira e
.haere ana i te koraha

* * *

Ina hono tātou i a tātou ki ngā mana auaha o te wairua,
ka hono atu tātou ki te hinengaro ao whānui, mutunga kore,
e āhei ana ki te ārahi i a tātou me te whakaoti rapanga. Ka
rere mai te mana auaha ki a tātou, mai i te pūtake nui rawa
atu o tō tātou oranga, ā, ka taea e tātou te angitu auaha i
.roto i ngā wāhanga katoa o ā tātou mahi

* * *

Ka tupu te aroha, ka puāwai i roto i te taiao
whakawhirinaki, manawanui, me te whakaute tetahi ki tetahi

* * *

Manaakitia mātou, e te Ariki, ki te māramatanga o ngā
whakaaro parakore me ngā tikanga pai, kia tere tonu ai te
memeha atu o te pōuri o ngā tikanga kino me ngā whakaaro
hē. Āwhina mai kia aroha mātou ki a Koe me te aroha
hohonu, kia kore ai e taea e ngā tinihanga o te ao, e ngā

whakamātautau o te ao rānei te hopu i a mātou, te hopu
.rānei i ō mātou hinengaro me ō mātou ngākau

* * *

Kāore i te tino whai hua ngā mea e ngāwari ana te
whiwhi. E mōhio ana tātou ki tēnei mā te ako i te oranga o
ngā tāne me ngā wāhine nunui, me pēhea rātou i tino hira ai
mā te whakawhanake i ō rātou pūkenga, te whakatutuki i ā
rātou mahi, te hanga i ō rātou uara matatika, te whai wāhi ki
te ako hōhonu, me te karo i te hiahia whaiaro. Engari ko ngā
hua i tutuki i a rātou me ngā whakatutukitanga i tutuki i a
.rātou he nui rawa atu i te kaha i whakapaua e rātou

* * *

Kei roto i te herekoretanga whiriwhiri te herekoretanga
pono, e arahina ana e te whakaaro nui, e tautokona ana e te
.māramatanga, te tika, me te ngākau pakari

* * *

Ina whakaarahia e koe tō hiahia, tō whakatau, me tō
māramatanga mohio, ka tukuna ngā mana ngaro mai i te
hinengaro teitei ake - mā te māramatanga o te wairua - hei
āwhina i a koe me te whakamārama i ngā ara e anga atu
ana ki te whakamarie hinengaro me te harikoa, me te
.āwhina a te Atua

* * *

Me whakatuwhera e te tangata ngā awa o te wairua mā
roto i tana ake mahi. Kāore he tangata e whiriwhiri ana i te
mamae me te pōuri i runga i te rangimārie me te harikoa. Ko
te kuware te pūtake o te mamae, me te arai me tango, me
whakakore. He taru kino te kuware, he hohonu te pakiaka, e
tupu ana i roto i te mārā o te tangata, ā, e peia ana ngā tipu
.pai me ngā tipu whai hua

* * *

Me hinga te kuware mā te hiahia pumau me te
whakatau pakari. Me whakatipu te oneone o te hinengaro
me te aro nui [ki te pai], me te whakamakuku i ngā purapura
pai ki te wai o te whakapono. Ina whiti ngā hihi ora me te

mahana o te aroha, ka tupu te purapura o te pai, ka hinga i
ngā taru me ngā tipu pirinoa, nā te mea kāore e taea te
.noho o te pōuri i te aroaro o te māramatanga

* * *

Ka memeha haere ngā ahua eka o ngā taonga, engari
ko te hari atua e kore e memeha. He hari atua mutunga
.kore, e kore e taea te whakaahua

* * *

Kaua rawa tātou e whakamahi i ngā tikanga hē hei
whakatutuki i te harikoa, kaua hoki e whakarērea te
rangimārie me te taonga wairua kei a tātou anō, hei whai i te
whakamarie tinihanga me te oranga kanapa e iri ana i mua i
a tātou e ngā mahi me ngā whanonga kino e whai pānga
.kino ana

* * *

Ko te marino te kāmera pai rawa atu hei hopu i te
aroaro o te Atua. Mā te karu o te marino parakore, tino
.arotahi, ka puta te ahua tapu me te tino mārama

* * *

Ina hoki, kei roto i a koe te whakaaro nui katoa, ā, ko
.tāu noa iho he mōhio ki tēnā

* * *

Kei roto i te whakapai ake i a koe anō te ngākau māhaki
pono, kia rapua ai koe e ētahi atu, kaua ko koe e rapu ana i
a rātou. Me tuku noa te aroha me te whakahoahoa, me te
kore e tumanakohia, me te kore e tonu. Ka puta noa te
mamae me te pōuri i te tumanako. Ahakoa te whai kia
whakapai ake i a koe anō, me tū takitahi te tangata, me te
haumarua me te rangimārie i roto i te pā o ōna tikanga me
.tōna mana ake

* * *

Kia rere tonu mai ngā rerenga wai o te harikoa me te
hihiri i roto i tōku ngākau, ā, kia pā mai ō rātou wai
.whakahauora ki te hunga katoa e tūtaki ana ahau

* * *

Mā te harikoa wairua ka puta te hiahia ki te āwhina i
ētahi atu i ngā huarahi katoa, ā, ka whakawhanake i te kaha
ki te maioha ki ngā ahuareka matatika kua oti te whakapai
ake e arahi ana ki te harikoa, ā, ka whakaiti i te hiahia ki ngā
.ahuareka matapōkere

* * *

Ahako te iti o tō tūranga, he rite tonu tōna hiranga ki
ngā tūranga nui rawa atu, arā, ko te whai wāhi atu ki te
angitu o te whakaari ao e whakaarihia ana e ngā wairua i
.runga i te atamira o te ao

* * *

He hinengaro mutunga kore, tino mutunga kore te
hinengaro katoa, e whakahou tonu ana i a ia anō, ā, e kore
tōna auahatanga e mutu, ā, mā roto i a koe ka ngana ia ki te
.whakaatu i tētahi āhuatanga ahurei o ia anō

* * *

Ki te reka koe i te aroha atua ahako kotahi noa iho, e
kore rawa koe e whakarērea, nā te mea kāore he mea hei
.rite i te ao whānui

* * *

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou – mā te aroha noa me te āwhina a te Atua – te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

* * *

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai he whanonga pai, he whanonga kino
.rānei i roto i te whakaaro

* * *

Ko te tangata e pāngia ana e ngā whanonga kino nā te
mea kua tukuna te mana o aua whanonga ki ōna pūtau roro,
ka taea e ia te whakaora i a ia anō mā te kaha o te ngākau,
te whakaaroaro, te inoi pono, me te whakaū tonu i te pai tae
noa ki te wā e hurihia ai ōna whanonga kino katoa hei
whanonga pai o te rangimārie me te ata noho. Ka puta tēnei
ina mahi te kaha ora e tika ana te whakahaere ki te
whakarerekē i te āhua rerekē o ngā pūtau roro, kia kī ai aua
pūtau i ngā mea pai katoa, i ngā mea tapu, i ngā mea
.ataahua katoa

* * *

Ko te māramatanga te kanohi o roto, te tirohanga a te
wairua, me te karu tirohanga o te ngākau. Ko te taurite i
waenga i te marino o te hinengaro me te parakore o te
.hinengaro

* * *

Ia rā ka kite tātou i ngā āhukatanga rerekē, ā, i ia rā ka
kawea mai he akoranga hou hei ako. E tumanakohia ana ka
ako te tangata i te akoranga mā te arotahi ki te kaupapa
matua o tōna oranga: kia mōhio ki te pūtake o tōna oranga
.me te pūtake o tōna oranga

* * *

Kia kaha tātou ki te wareware i ngā mamae o mua, kia
kaua hoki e whakaaroaro ki aua mamae. Me te whakapau
kaha me te ngākau hihiko, kia whakahoutia ō tātou oranga,
kia whakarei ake i ō tātou angitu, kia whāngai hoki i roto i a
.tātou anō ngā tikanga pai me ngā āhukatanga rangatira

* * *

Ko te tangata e whakaatu ana i te ngoikore o ētahi atu,
e whakama ai, e riri ai hoki, e matara atu ana i te whakaaro
.nui, i te whakaaro tika hoki

* * *

Ngā whakataukī mō ngā wā katoa me ngā wāhi

katoa

Ko te hunga e noho tahi ana me te Atua, ka kite i te
ataahua whakamiharo, ka reka hoki i te reka whakaharahara
.e kore e taea te wheako i tētahi atu ara
I te karangatanga o tōku wairua ki a Koe, ka pakaru mai
ngā kapua o tōu wā puku, e te Atua, ā, ka ringihia te ua o
tōu aroha noa, ā, ka huri hei waipuke nui o tōu aroha noa. I
taupokina e tōu awa tapu ngā tahataha o tōku wairua, ā, ka
ruku tōku wairua ki roto i ngā wai o te mutunga kore, ā, ka
rewa te mirumiru o tōku ora iti ki roto i te moana o tōu
.oranga whānui
Nā taku kaiārahi ahau i ako ki te whakamahi i te whao o
te whakaaro nui hei hanga i ahau hei temepara e tika ana
.mō te aroaro o te Atua
Ki te hiahia koe ki te whakatutuki i tētahi whāinga
rangatira, tīmata mā te waihanga i tētahi tauira hinengaro
mōna. Ka taea e koe te whakatū pakari i tētahi aronga i roto
i tō hinengaro mēnā ka whakatō koe i tētahi whakaaro kaha
ki roto i tō hinengaro; kātahi ka rite tō tinana katoa ki taua
.whakaaro, ā, ka rite ō mahi ki taua whakaaro
Ina pā atu koe ki te ngākau atua, ka memeha haere ō
raruraru, ka whakakīia tō ngākau e te aroha, ā, ka kanikani
ngā wheako wairua whakamiharo pērā i ngā puna wai
.parakore i roto i ngā māra o tō hinengaro
He maha ngā kapua e ngana ana ki te huna i a koe, e
huna ana i a koe i ahau, engari i roto i te tomairangi o ngā
roimata o te hiahia, ka puta mai tō ingoa tapu ki ahau e
kanapa ana i roto i ngā reta koura kanapa mai i muri i ngā
.ārai me ngā arai katoa

Ko te parakore o te hinengaro he tikanga kia mārama te
mahī ki te pono
He maha ngā matea nui, me ngā mea e kiia ana e ētahi
he "mea e tika ana" kāore e hiahiatia ana, e kore rawa e
hiahiatia. Me whakangawari ake te ao mā te arotahi ki ngā

matea taketake me te whakakore i ngā mea papai kāore e
.tika ana

Āe, te teitei o tōu whenua, e te hoa, ā, te momona me
te tapu o tōu oneone! Ko te aroha tōu kai, ko te pono tōu
.inu

Ahakoā ngā rerekētanga, ka kotahi te whāinga e honoa
ai ngā tāngata tokorua: kia kitea te rangimārie me te marino
o te wairua i roto i te aroha parakore me te pono o tētahi ki
tētahi, ā, ki te kore te tangata e aroha ana e rapu i te
ahuareka i runga i te utu mō te tangata e arohaina ana,
kātahī ka puāwai ngā putiputi kakara o te whakahoahoa, ka
.horapa ō rātou kakara reka i roto i te māra o te atawhai
He rerekē te huarahi e whakangungu ai te ao i ō tātou
hinengaro, e whakawātea ana i a tātou ki ngā mea maha, ā,
ka tīmata tātou ki te whakaaro kāore e taea te whakatutuki i
te harikoa me te kore ēnei mea. Engari me whakangawari te
ao, me te oranga o ngā tamariki; ki te kore, ka ako te ao i a
.rātou mā roto i ngā pouri kawa

He tika ake, he tūturu ake te pono i te whakaaro noa
iho, i te wawata noa iho rānei, engari ko tā tātou e whakaaro
.nei, e whakaaro noa iho rānei, ka tutuki pea i ētahi wā
He mea nui te whakaaro auaha i roto i te tukanga
whakaaro auaha. Heoi anō, me pakeke te whakaaro auaha,
me huri hei whakapono pakari, ā, kāore e taea tēnei mēnā
.kāore he kaha o te hiahia

Ki te whakaaro koe i tētahi mea me tō kaha katoa, ka
huri tō whakaaro hei whakapono whaiaro, ā, ina taea e koe
te pupuri i taua whakapono

Ahakoā ngā whakaaro whakahē katoa, ka tutuki tō
whakapono i roto i te ao tūturu

Me ako te tangata ki te tū ko ia anake, me te tautokona
.e ōna ake tikanga me tōna mana ake
He hari hou te hari wairua, ā, e kitea nuitia ana i roto i te
hunga e whakaaroaro hohonu ana ki te Atua. He hari e
āwhina ana ki te whakatau tika me te mahi i ngā mea tika, ā,

ina kitea, ka memeha haere ngā hiahia me ngā hiahia kino
nā te mea ka ngaro tō rātou ataahua ki te whakatauritea ki
.te hari wairua

Nā tō tātou Kaihanga Kaha Rawa i homai te ora, te kaha,
me te whakaaro nui ki a tātou, ā, ko tā tātou mahi he aro atu
ki a Ia, me te whakaara ake i ō tātou ngākau ki a Ia i runga i
te aroha, te whakawhetai, me te mōhio ki Tōna atawhai me
.tōna atawhai

Āwhina mai, e te Atua, kia kaua e tahuna te ahi o te riri,
kei tahuna e ahau ki ngā mura o te mauahara ngā awaawa
matomato o te rangimārie i roto i ahau me ētahi atu. Āwhina
mai kia tineia te ahi o te riri ki te ua e rere tonu ana o tōku
.aroha

Kia marino, kia marino te roto o tōku ngākau māhaki me
tōku rangimārie, kaua e whakararuraruhia e ngā tupuhi o te
.riri e kore nei e kawe mai i te mamae anake

He pai ake te mahi i ngā mahi e hihirihia ana e te
kawenga, e te patunga tapu rānei i ngā hiahia whaiaro hei
mahi me te aroha ki tētahi atu tangata, i te mahi pera i
.runga i te wehi

Ahakoā ka mutu te takahi a te tangata i ngā ture a te
Atua, me mahi ia i tēnā nā te aroha ki te Atua, kaua nā te
wehi i Tana whiu

Ahakoā he aha tāu e wehi ai, tahuri ke atu ō whakaaro i
aua mea Waiho atu ki te Atua, whakakahangia hoki tō
.whakawhirinaki ki a Ia

Kei te tangata tonu te wehi, ā, ka taea te whakakore atu
.mā te whakaaro ki te Atua me te rongo i Tōna aroaro

He uaua pea i te tīmatanga te haere i ngā ara o te
ngākau pono, engari he ara manaakitanga ēnei e arahi ana
.ki te rangimārie o te hinengaro me te harikoa pono

Kia tiaho te korōria o te Atua ki ngā kokonga katoa o ō
tātou oranga, kia noho tōna aroha ki roto i ō tātou ngākau, ā,
.kia whakakīia ō tātou hinengaro e tōna māramatanga

E taku atua e aroha nei, ka puāwai ngā putiputi, ka huri
ngā wā, ā, ka kōrero katoa mōu. Ka whakakitea e te marama
katoa ngā āhuetanga o tō ataata, ā, ka haria e te rā tō rama
rangi. Ka kauhoe ahau i te moana roimata, e kī ana i te
hiahia ki a koe. I roto i ngā rau o ngā rākau me ngā uaua o te
tangata ka rere tō ora me tō hihiko, ā, ka rongo ahau i te pā
.o tō ngākau rangi e pakū ana i roto i ahau
Ina rongo ahau i tō aroaro, e rite ana ahau ki te mea kei
te ara ahau i tētahi ao kē, ā, i ētahi wā ka moemoeā ahau
mō tēnei whenua me tēnei tinana iti—ko taku ake tinana e
ara ana ahau i roto i te harikoa mutunga kore, ā, ko taku
moemoeā mō te ao whenua e whakakā ana i ngā
maharatanga harikoa o aku wā ara ake me koe. Kua hutia
ake e ahau ngā taru kino o ngā moemoeā kino i te māra o
aku moemoeā, ā, kua whakatōkia ki ō rātou wāhi ngā rōhi o
taku hihiri, ki te wāhi e kukume mai ai te kakara o taku
hiahia ki a koe, ā, ka haere mai koe ki te kawē i ahau ki ngā
.pae tawhiti o te harikoa mutunga kore
E te Atua, meinga ahau kia marama ki te parakore me
te mā, kia taea ai e au te whakaputa mai i tō maramatanga
.whakaora i roto i ahau

Whakamarietia te whakaata wiri o tōku hinengaro kia
whakaata mai ai i tō mata mutunga kore

Whakatuwheratia ngā matapihi o te whakapono kia
hongī ai ahau i te kakara o tō rangimārie

E Koe e kanapa ana i roto i a Koe, e te Ariki e kore e
taea te whakaahua, titiro mai ki ōku kanohi e hiahia ana ki a
Koe, kia kore ai ahau e kite i tētahi mea i te ao engari ko Koe
.anake

Kei muri i ngā āhuetanga me ngā āhua katoa o te ao kei
reira te reo puku o te Atua, e karanga tonu mai ana ki a
tātou mā roto i ngā putiputi, ngā pukapuka tapu, ō tātou
.hinengaro, me ngā mea ataahua katoa e whai hua ai te ora
Ko ngā mahi katoa a te tangata rapu kia eke ki ngā tihi
.wairua ka taua e te Atua mōna, ā, ka utua pai mōna

E te Ariki, e inoi atu nei mātou ki a koe kia
whakamārama i ō mātou hinengaro ki te māramatanga o tōu
pono, kia pāorooro ō mātou ngākau ki tōu aroha, kia
whakakīia hoki ō mātou wairua ki tōu hari me te nui o tōu
.atawhai

Mai i taua pae mārāma e kore e taea e te hinengaro te
uru atu, ka ringihia e te Atua tōna māramatanga mutunga
kore. Ā, mai i te hinengaro ao whānui ka puta mai ngā
whakaaweawe whakahirahira me ngā mana manaakitanga,
ā, ka rere te mahi auaha ki roto i ngā hinengaro tuwhera,
.taurite hoki

Ina kitea e koe tō wairua, tō ngākau, ia mura o te hihiri,
te rangi kikorangi, ngā whetū kanapa, ngā maunga, te
whenua, ngā manu, me ngā putiputi, kua herea katoatia e te
miro kotahi o te rangi o te ao, te harikoa wairua, me te
kotahitanga o te ao whānui, ko reira koe ka mōhio ai he
.ngaru katoa ēnei i te uma o te moana atua kāore he takutai
Ki te wareware tātou ki tō tātou Kaihanga, e tika ana kia
mamae tātou. Me mārāma tātou ko te Atua tō tātou aroha, e
aroha ana hoki ki a tātou, ā, mā tēnei mōhiotanga tātou e
.whakaora i ō tātou raruraru me ō tātou mamae

Ko te tangata e aroha pono ana ki te Atua, e kore e
mutu tana rapu i a ia, ahakoa kāore e kitea e ia i muri i ngā
nganatanga maha. Pērā i te ngaru e hoki ana ki te ngākau o
te moana i muri i te marino o te tupuhi, pērā anō hoki te
tangata e rapu pono ana; kei a ia te whakapono pūmau ka
hinga ngā arai, ā, ka hono atu ia ki te moana nui i te wā e
tata mai nei—ko te moana mutunga kore i ahu mai ai ia, ā, e
.hoki atu ai ia

Ina whakaaro tonu te hinengaro ki te atua e arohaina
nei, ka waiata te ngākau i ngā waiata o te hari me te harikoa
Ko te putanga wairua ko te putanga mai o te tangata
mai i tōna āhua o nāiane i ki tōna āhua ā muri ake nei

Kāore e taea e te tangata te huna i tōna āhua tūturu i
ētahi atu; ka kitea ngā wiri o ōna whakaaro i roto i āna
.whanonga, ā, ka puta mai i roto i āna mahi
He tokomaha kei a rātou te whakaaro hē mō te
herekoretanga; e whakaaro ana rātou ko te herekoretanga
he mahi i ngā mea katoa e pai ana ki te tangata, ā, ka kiia e
au tēnei herekoretanga ko te herekoretanga o ngā hiahia
.noa iho

Nā te kore mārama ki te āhua tūturu o te
herekoretanga, ka herea e ētahi mātua ā rātou tamariki ki te
tikanga tuku iho mā te whakatutuki tonu i ō rātou hiahia.
Kātahi ka tipu ake te tamaiti me te whakapono mēnā ka
tutuki ā rātou hiahia, ka harikoa rātou, ā, ko te kaupapa o te
ao he whakatutuki i ngā hiahia katoa. Heoi, i muri mai ka
kitea e rātou kua hē rātou, nā te mea he rerekē rawa te ao o
waho i te ao kāinga, ā, ka ako rātou ehara i te mea ngāwari
te whakatutuki i ngā hiahia katoa! Tērā pea ka panaia rātou
e ētahi atu ki tahaki, ka warewarehia i a rātou e whai ana i ō
rātou ake hiahia. Nō reira, ka pakeke te tamaiti, ka kore hoki
e kaha te ngākau nā te kaha o te hiahia ki te whakatutuki i ō
rātou ake hiahia. Nō reira, me āwhina e ngā mātua ā rātou
tamariki ki te whakawhanake i ō rātou hiahia me te
māramatanga kia taea ai e rātou te noho i te ao me te kore
.e taka ki roto i ōna mahanga me ōna poka
E mea ana te whaea, "Whakaakohia ia me te aroha." Ae,
he pai te atawhai i ngā tamariki me te aroha, engari ko te
nui rawa o te reka ka kino ngā niho, ā, ko te nui rawa o te
atawhai ka kino ngā tamariki. Me whai māia, me whai
whakaaro nui, engari ki te tukinotia, ka whiua te tamaiti mō
tētahi hapa, ka kino ngā hua. Me taurite te atawhai me te
whakahaere i ngā tamariki; me whakangāwari ia pāpā i tōna
āhua ki te aroha me te ngākau māhaki, ā, me whakakī ia
whaea i tōna aroha ki te whakaaro nui me te whai whakaaro
.nui

Me pupuri tonu te tangata i tētahi āhua hinengaro
pumau o te aroha me te hiahia ki te Atua. He maha ngā
mahi kua whakamatauria e au, engari ahakoa te āhua o taku
.mahi, ko te Atua tonu ōku whakaaro
Me pārekareka tātou ki tēnei mea hanga, engari kua e
tukua kia herea tātou. Nā ngā wheako ahau i ako ai he
.harikoa kore e rite ki te kitea o te Atua
I mua i te tīmatanga o ngā mahi nui, me noho mārire te
tangata, me whakamarie i ngā kare ā-roto me ngā
whakaaro, me whakaaroaro hōhonu, me te rapu āwhina atua
.kia whiwhi ai i te arataki wairua me te aronga tika
Kia māmā ahau ko te ataata i te mata o te ata, i ngā
ngutu o ngā putiputi, i ngā mata o ngā tāne me ngā wāhine
.rangatira, ko tō ataata tēnā
E kore ahau e pāngia e ngā whakaahua o ngā aituā, te
pōuri, te mate, ngā arai ohorere rānei, nā te mea e mōhio
ana ahau kāore te hinengaro whakahaere e pā tata ana ki te
hinengaro ao e mamae noa iho i ngā hinganga me ngā
.whakarihariha
Ko te tikanga o te herekore ko te kaha ki te mahi i runga
i te whakaaro nui, kua i runga i ngā whakahau a ngā kare ā-
roto, ngā tikanga, me ngā hiahia. Ko te ngohengohe ki te
whakapehapeha ka arahi ki te herehere, ko te ngohengohe
ia ki ngā akiaki a te wairua ka arahi ki te whakaoranga mai i
.ngā here
Ahakoa kei te noho ahau i roto i te whare rangatira, i te
whare iti rānei, kāore he rerekētanga ki ahau, i te mea kei
.ahau te Atua
Ka whakamahia e au aku moni whiwhi pono hei oranga
ngāwari, hei whakarērea te oranga nui
Mā te whakapono ki te Atua me te whakamahi i te kaha
o te ngākau, ka taea e te tangata te wikitoria i te mate, te
hinganga, me te kuware, mena he kaha ake ngā wiri o te
ngākau i ngā wiri o ngā mate tinana, hinengaro rānei. Ko te
roa o te mate, ko te kaha ake me te pumau o te ngākau, me

te hohonu ake me te pumau o te whakapono, kia tutuki ai te
.hua e hiahiatia ana

Whakaaweawetia ahau, e te Ariki, kia whakawhirinaki ki
a Koe anake, kua ki ngā tikanga tiaki a te tangata. Kua
ahau e tukua te wehi me te manukanuka kia whakararu i
tōku kaha mutunga kore ki te aro atu ki ngā whakamātautau
katoa o te ao. Kua ahau e whakaaro noa ki ngā aituā, ki ngā
aituā, ki ngā aituā kino hoki i te wehi kei puta mai i roto i te
whakaaro me te whakaaroaro. Ā, tukua ahau kia mōhio, e te
Ariki, ahakoa kei te ara ahau, kei te moe rānei, kei te ara
ahau, kei te ngaro rānei i roto i ngā moemoeā, kei te ora, kei
te mate rānei, kei te karapoti tonu tō aroaro tiaki i ahau, kei
.te tiaki hoki i ahau

E mea ana te hunga whakaaro nui: Ko te hua o ngā mahi
pai e akiakihia ana e te aroha ki te Atua me te ngākau pono
ko te rangimārie me te parakore. Ko te hua o ngā mahi e
akiakihia ana e ngā hiahia me ngā wawata whaiaro ko te
mamae me te mamae. Ko te hua o ngā mahi kino ko te
.kuware me te wairangi

Ka hari te tangata i ngā mahi pai, engari ko ngā mahi o
te ao e ārahihia ana e te aroha ki a ia anō ka arahi ki te
mamae me te mamae. Heoi, ka whakangaro ngā mahi kino
.tonu i te kaha o te tangata ki te mārama me te mōhio

Ki te hiahia koe ki te noho i roto i te rangimārie me te
rangimarie, me pai ō whakaaro, me hora hoki e koe ngā
whakaaro atawhai me ngā kare ā-roto o te aroha. Ki te ora
koe i te oranga pai, ka āwhina koe i ētahi atu mā roto i tō
.tauirā me tō whanonga pai

Ina pā mai te manukanuka me te pōhēhē o te
hinengaro, ka hoki ahau ki te ata noho me te whakaaroaro
kia hoki mai rā anō tōku marino, ā, ka tīmata ia rā mā te
whakaaro ki te Atua me te tono mō tāna āwhina me tāna
.arataki

Kia whakatau koe kia kua e tukua ngā taru
whakamomori o te mauahara kia tupu, kia uru ki roto i te

māra o tōu ao, he māra kī tonu i ngā mana o te wairua
rangatira. Ā, ki te nui ake tō whakatipu i ēnei āhuatanga
kakara, rite ki te rōhi, ka nui ake te whakakitenga a te Atua
.ki a koe i te mea ngaro nui o te oranga i roto i a koe
Ko te kaupapa o te ao he whakatutuki i te rangimārie, te
ngākau māhaki, te matekore, te haumarū, me te mōhio ki te
pono, ā, kei te pūtake o ēnei hiahia e whakaoho ana i roto i a
.tātou te mauri atua e hohonu ana i roto i a tātou
Kia kitea e au tōku herekoretanga i roto i a Koe, e te
Ariki, kia mōhio ai ahau ko tōku kāinga tūturu ko Tōu oranga
.katoa, ā, he wāhanga nui ahau o Tōu hinengaro ao whānui
E te moana nui, atua, tukua ngā awa o aku hiahia, e rere
ana i roto i ngā koraha o ngā arai me ngā aukati, kia hanumi
ki roto i ō hohonutanga nui⁹

I roto anake i te pā tapu ka kitea e tātou te tiakitanga
me te haumarutanga, ā, kāore he piringa haumarū atu i te
.tata ki te Atua me te pā atu ki Tōna aroaro

Nā te mea ko ngā tikanga e whakahaere ana i te
tangata e hanga ana i ō rātou hiahia, i ō rātou au, i tō rātou
āhua, me ō rātou hiahia, ki te kino aua tikanga, ka kino te
āhua, ka kino hoki ngā mahi. Nō reira, he mea tika kia
whakaritea ngā tikanga pai ki runga i te kaupapa matua, nā
te mea ka ārahi i ā tātou mahi me ō tātou whakaaro ki ngā
whāinga rangatira, ā, ka kawea mai he hauora me te harikoa
.ki a tātou

Ahakoia kei hea ngā wairua pouri me te mamae, ka kitea
e au te whakamarie i roto i te mahi me te whakamarie i a
rātou. Ka whakapau kaha ahau ki te kawea mai i te hari ki
ētahi atu, ā, ka aroha ki ō rātou kare ā-roto me te mea nōku
.ake

Kei roto i te tangata ngā pūkenga hinengaro, engari
kāore i te tino whanake i roto i te nuinga o te tangata, ā, ki
te kore e whanakehia ēnei pūkenga, ka pā mai he hua kino.
Pērā i te tinana, me whai kai tika te hinengaro, me
.whakakorikori tinana hoki kia ora ai, kia ora ai

Ka whiwhi te taimana i te māramatanga, ā, ka
whakaatahia, pērā anō hoki ngā wairua parakore, mārama e
.mōhio ana ki te Atua, e tiaho ana i tōna aroaro
E te Ariki, ko koe te taonga pono o te ao, ā, mā te kimi i
a Koe i te tuatahi ka kitea e au i roto i a Koe ngā mea katoa
.e hiahiatia ana e au

Ko te kai, te hau, me te hihi o te rā te mea e aro nui ana
te tangata ki te pupuri i te hauora pai, engari tera pea ka
heke te hauora ahakoa te nui o ēnei puna ora o waho. Ko
reira te take e hiahiatia ai te whakahou i ngā rahui pūngao o
.te tinana mai i roto

Ki te whakatata te poti o tōku hinengaro ki ngā toka o
ngā hiahia apo e pā ana ki ngā tūponotanga me ngā
mōrearea, e peia ana e ngā awha nanakia o te kuware, kia
waiho koe, e tōku Atua, hei rama mōku, ā, ārahi tonu i ahau
.ki ngā takutai o tō tika me tō pai

He rite te whakaaro ki te mura e tika ana kia
whakamahia tōna mana nui hei tahu i ngā arai e aukati ana i
.te whakatutukitanga

Ka kitea te Atua mā te aroha tapu pumau. Ina nui atu tō
tātou aroha ki te Atua i āna mea homai, ka haere mai ia ki a
tātou. Kua homai e ia ki a tātou te mana whiriwhiri me te
mana whiriwhiri kia taea ai e tātou te wehewehe i waenga i
ngā mea homai poto me ngā mea iti o te ao, me te mea
.homai o te tata ki a la me te hari o tōna aroaro manaaki
I homai he mahara ki a tātou kia taea ai e tātou te
maumahara ki ngā mea pai tae noa ki te wā ka taea ai e
tātou te maumahara ki te mea nui rawa atu: ki te Atua
E rere ana te hau o tōu aroha i roto i ahau, e te Ariki! Ā,
e kanikani ana ngā rau o tōku ao i te harikoa i tōu taenga
mai. Ka rere ō rātou haruru reka i te rangi, e karanga ana i te
hunga ngenge kia okioki i te atarangi o tōku rangimārie
.wairua

Ehara i te mea ko ngā uauatanga o te ao he whara i a
tātou; engari, ko ngā raruraru me ngā mate e homai ana he

akoranga ki a tātou. Ehara i te mea ko ō tātou wheako
mamae he whakangaro i a tātou, engari he pure i a tātou, he
tere hoki i tō tātou hokinga atu ki tō tātou pūtake parakore—
te Atua—e mahi ana i ngā huarahi katoa hei āwhina i a
tātou, hei whakahoki mai hoki i a tātou ki tō tātou kāinga i te
.rangi

Ko te mutunga kore tō tātou kāinga tūturu, ā, ko tā
tātou haerenga ki tēnei ao, me ēnei tinana tinana, he rite ki
.tētahi haerenga visa poto

E te Ariki, e mōhio ana ahau kāore te whakamoemiti e
whakanui i ahau, kāore hoki te whakahē e whakaiti i ahau.

Ko ahau i mua i tōku hinengaro, ā, i mua i a Koe ka haere
tonu ahau i tēnei ara, me te whakapau kaha ki te mahi ki te
katoa, me te whai kia whiwhi i tāu manako - kei reira tōku
.harikoa

He mea hanga ahurei koe, ā, he mea whakamiharo tō
.mauri, nō reira kia mōhio koe ki tō tuakiri tūturu

I te ata o tō taenga mai, ka puāwai ngā puku o tōku

hiahia hei putiputi kakara, kanapa

E te Ariki, kia hohoro te taenga mai o taua rā e whatu ai
ahau i tētahi hei o aua putiputi tomairangi, ka whakatakoto
.ai ki tō paepae tapu

Engari me ngana tonu ia ki te whakamanawareka i a ia
anō, engari me ngana anō hoki ia ki te kawē mai i te hari ki
ētahi atu. Ina ngana ia ki te tuku tautoko wairua, hinengaro,
rauemi rānei ki ētahi atu, ka kitea e ia kua ea āna ake hiahia,
.ā, kua kī tonu te kapu o tōna ao i te hari

Ko te hunga e wikitoria ana i te pōuri i runga i te
whenua, ka whiwhi rātou i te māramatanga o te kororia hei
wāhanga mō rātou, ā, ka whiwhi rātou i te rangimārie me te
.harikoa o roto

E te Ariki, ruia tonutia ngā purapura o āu manaakitanga
ki te oneone o tōku ngākau, kua parautia i runga i te inoi, kia
tupu ai hei rākau atarangi, ko ōna manga e hua ai ngā hua
.tino reka, tino reka hoki o te mōhio ki a koe anō

He maha tonu ngā wā ka mamae tonu tātou, engari
kāore e ngana ki te huri, koia te take kāore e kitea ai e tātou
te rangimārie me te ngākau mārie pumau. Mēnā ka tohe
tonu tātou, ka whakapau kaha, ka taea e tātou te wikitoria i
ngā uauatanga katoa. Me kaha tātou ki te neke atu i te pouri
.ki te harikoa, mai i te ngakaukore ki te māia

E te Aroha Atua, whakakotahitia tōku aroha ki tōu aroha,
whakakotahitia tōku ora ki tōu hari, tōku hinengaro ki tōu
hinengaro ao, ā, whakamātaotia tōku matewai i te puna o
.tōu hari mutunga kore

Ko te ngākau o te tangata rapu pono e hāhā tonu ana:

"E tōku Atua, e taku Aroha, kāore au e hiahia kia rumakina ki
roto i te ngangau o tēnei ao tinihanga, ko taku anake e
hiahia ana ko te whakaara i tō aroha ki roto i ngā ngākau o
te tangata. Ko tōku ngākau, ko tōku wairua, ko tōku tinana,
ko tōku hinengaro, me aku mea katoa, nōu, e te Ariki." Ka
.tae taua tangata rapu ki te Atua, ka mōhio ki a Ia

E te Ariki, homai ki a mātou he māramatanga hou, pono
hoki mō te whanaungatanga. Kia whakarērea e mātou ngā
pakanga, kia rongoātia ngā patunga o ngā iwi ki te hinu
.aroha me te whakamarie pumau o te māramatanga aroha
Manaakitia mātou kia wātea ai mātou i te mana o te

apo, te mana o te tinihanga, me te mana o ngā
mānukanuka, ā, āwhina mai kia hanga he ao hou e kore ai e
noho ko te mate, te kuware, me te hemokai he moemoeā
.noa iho nō tētahi hītori pōuri, pouri hoki

Kia whakaotihia e tātou ngā raruraru katoa, kaua e
whakamahi i ngā ariā o te ngahere, engari mā te
māramatanga, te pono, me te whakapono pumau ki a Koe
.me tō tika atua

Nā te ora tātou i huihui mai ki konei mō tētahi wā, ā,
muri iho ka wehe tātou i ō tātou ara. Engari ki te noho te
aroha o te Atua i roto i a tātou, kāore he aha ki hea tātou e
haere ai, ahakoa te tawhiti o tō tātou kotiti ketanga, ka noho

tonu tātou i roto i te porowhita o te aroha atua, ā, e kore
.rawa e tino wehea

E te Ariki, meinga ahau hei ekara o te ahunga
whakamua wairua e rere ana i runga ake i ngā ara o te
.whaiti me te tino whakatoi

Karanga mai ki ngā pae tawhiti, ki tua atu i ngā wiri
whenua me ngā kapua e ārai ana i te rā
Tukua ahau kia piki ake i ngā parirau o te taurite kia ora
tika ai, kia rere atu ai ahau ki aua rangi teitei i runga ake i
ngā tupuhi me ngā awhiowhio katoa, kei reira ngā pae
.tawhiti me ngā tirohanga whakahirahira

Ka puta te rangimārie ina whakatuwherahia ō tātou
ngākau ki te aroha me te atawhai. Ko te hunga he ngākau
aroha, he hunga mahi pai hoki, ka rongo i te rangimārie nā
te mea e noho ana i roto i a rātou te rangimārie, ā, ko te
.pūtake o te orange harikoa

Me whakaaro tonu tātou ki te ataahua atua kei muri i
ngā putiputi, te māramatanga o te ao kei muri i te rā, me te
.ora nui e pīataata ana i roto i ngā kanohi katoa

Ina tino atawhai te tangata, ā, ka whakaatu i te
whakaute ki ētahi atu, ka whakahoki mai i ngā mihi me ngā
.mihi, ka manaakitia tonutia rātou

Ka horahia e au tōku aroha ki ētahi atu kia huakina ai e
au te kuaha mō te aroha o te Atua kia tae mai ki ahau, kia
.noho hoki i roto i tōku ngākau

E te Ariki, tukua ahau hei tohu mō te hunga e toremi
ana i te hohonutanga o te pouri. Āwhina mai kia hari ai ētahi
atu, me te whakawhetai mō te hari wairua kua homai e koe
.ki ahau

Ka whakarewaina e ahau te mauahara ki te ahi o tōku
aroha, ā, ka murua e ahau ētahi atu, ka hoatu hoki te aroha
.ki ngā ngākau matewai katoa
Ko te aroha pono ko te aroha e koa ana i te whakamarie
o te tangata e arohaina ana

Kia tiaho mai tōu māramatanga ki runga i a mātou, e te Ariki, ā, kia whakakiia ō mātou ngākau e tōu aroha ake tonu atu

Ko te wairua auaha te tikanga o te whai i te mana o te whakaaro auaha e āhei ai te tangata ki te tito i tētahi mea kāore anō kia mahia e tetahi i mua. I whānau mai ia tangata .me tēnei taonga i homai e te Atua ki a ia
Ko te aroha nui ko te aroha atua, e ataahua ai te ao, e kore e taea te kī. Ina rongo koe i te Atua kei a koe, e haere mai ana ki a koe i hea koe, e ārahi ana i ō hikoinga, kua .tīmata te aroha atua

Ka tū te mana o te pono ki te hau
E te Ariki, ina pā mai ngā uauatanga rangitahi ki ahau, tukua ahau kia mahara ki āu manaakitanga maha i runga i ahau i ngā wā o mua, me te mōhio kāore tō āwhina e whakarērea i ahau, ā, kei a au tonu tō manaakitanga. Ki a koe ahau e tuku atu nei i tōku whakawhetai nui mō ngā .manaakitanga katoa e puta mai ana i tōu ringa atawhai
Ka tiaho ngā pata aroha i roto i ngā wairua pai, ā, ka .kitea te Atua i roto i te moana o te aroha anake

Ko te māramatanga te rama e whakamārama ana i te ara o te tangata, e ārahi ana hoki i a ia ki te angitu I te puna, ka whakapaipai te Atua i te taiao ki ngā rōhi me ngā putiputi tino ataahua me ngā kākahu ataahua me .ngā tae kanapa

Ko te rangimārie te karere tuatahi e whakapuaki ana i te whakatatanga atu ki te Aroaro Atua. Muri iho, ka huri te rangimārie hei māramatanga e kanapa atu ana i te hari .mutunga kore

Ina ruku hohonu ahau ki te moana o te whakaaroaro, ka rongo ahau i te rere o te manaakitanga i roto i ahau, ā, ka "rongo ahau i te reo hāhā e mea ana, "Kua tata ahau Me tahuri te tangata ki roto, ki te wāhi e whakapuakina ai e te wairua ia ia anō. Mai i te hohonutanga o te wairua ka .puea ake ngā wheako katoa o te ao o roto

Ina kitea e te wairua ia ia anō me te hinengaro atua, ka
.nui te hari me te whānui ki te wāhi mutunga kore
Ki te whakamahia e koe ngā tikanga me ngā rauemi
katoa o waho e wātea ana ki a koe, me ō pūkenga tūturu, hei
wikitoria i ngā arai katoa e tū mai ana i tō ara, ka
whakawhanakehia e koe ngā mana kua homai e te Atua ki a
koe: aua mana mutunga kore e pupū ake ana i ngā
.hohonutanga hohonu o tōu tinana
Ko te aroha e hiko ana i te ara koura e arahi ana ki te
Atua

Ka horahia e au te hihi o ngā hiahia pai me ngā
whakaaro pai ki ngā wāhi katoa i ngokingoki mai ai te pōuri o
.te māranga kore

Ina pā mai ngā uauatanga ki a koe, heoi kāore koe e
mutu te ngana me te whakapau kaha, ahakoa ngā arai me
ngā aukati katoa, ko reira te Atua e whakautu mai ai ki a
.koe, ā, ka karaunatia ō mahi ki te angitu
E te Ariki, ka hutia e ahau te putiputi o te hiahia i te
māra o tōku ngākau, ka whakatakotoria hei whakahere
.aroha ki tōu paepae tapu

Nā te mea ko ō tātou whakaaro me ā tātou kupu ngā
purapura hei kawē mai i te kotinga o te heke mai, ka tīmata
ahau i tēnei rā ki te whakakī i tōku hinengaro ki ngā
.whakaaro pai, pai

Ka rere ahau, ka rere i te papa o tōku hinengaro ki
runga, ki raro, ki te raki, ki te matau, ki roto, ki waho, ki ngā
wāhi katoa, kia kitea ai i ngā kokonga katoa o te wāhi i noho
.ahau i te aroaro o te Atua, ā, kei te noho tonu ahau
Noho i ia wā me te mōhio ki tō whanaungatanga ki te
Tino Mutunga Kore. Kāore he mutunga o tō hinengaro, ā, ka
kimo, ka tiaho ngā mea katoa pērā i ngā whetū i te rangi o
.tōu oranga

Ko te wehe, ko te kore piripono rānei, te ara whakaaro
nui e takahia ana e te kaiwhai, e hiahia ana ki te ara ake i
runga ake i ngā mea iti hei painga mō ngā mea nui ake.

Kāore ia e herea ki ngā ahua e ā-tinana poto noa iho hei
whai i te harikoa o roto hou. Ehara te wehe i te mutunga i
roto i a ia anō, engari ka whakatakoto i te ara mō te putanga
.mai o ngā painga me ngā mana wairua o te wairua
Ka anga whakamua te toa wairua me ngā hikoinga maia

i runga i ngā ara o te ora

Me whakamahi pai te tangata i tōna ao o nāianei, me
whakatuwhera ngā matapihi o tōna ngākau, me whakaara,
.me whakaora anō hoki i ngā āheinga moe o tōna wairua
Kei muri i ngā kopare o te huringa me te whakaputanga

kei reira te aroaro o te Atua. Ā, ko te tangata e taea te
whakau i te whakaata o tōna hinengaro, me te ārai i tōna
wiri, ka kite ia i roto i taua whakaata mārama te mata o te
.mea e arohaina nei e te ao tūroa

He kaha ake te aroha i te mate me ngā

whakangaromanga o te wā

Ko te tātaritanga whaiaro te kī ki te angitu, ā, ko te
whakaaroaro he whakaata e kite ai tātou i ngā kokonga o
roto e huna ana i tā tātou tirohanga. Me tātari tātou i ō tātou
ngoikoretanga, me wehewehe i waenga i ngā ia pai me ngā
ia kino, me te tautuhi i ngā arai ki te ahunga whakamua me
.te angitu

Āe, he mīharo koe, e te hoa! E inu ana koe i ngā wai o te

aroha pono, o te aroha, ā, e whakamakuku ana ō rau i te
tomairangi o te reka o roto, o waho hoki e puta mai ana i te
.hohonutanga o ngā ngākau pono, pono

I kite ahau i tētahi pōpokorua iti e ngana ana ki te piki i

tētahi puranga onepu, ā, ka whakaaro ahau: me whakaaro
pea te pōpokorua kei te piki ia i ngā Himalayas! Tērā pea he
nui rawa te puranga onepu ki te pōpokorua, engari ki ōku
kanohi kāore. Waihoki, ko ngā miriona o ō tātou tau rā he iti
.iho i te meneti i roto i te hinengaro o te Atua

Me whakangungu tātou i a tātou anō ki te whakaaro ki

.ngā mea nunui pēnei i te mutunga kore me te mutunga kore

I kopikopiko ahau i te ao mutunga kore, ā, i kite ahau i
te kohu kanapa i te whenua mārama, ā, i roto i taua kanapa
ora i pānui ahau i ngā tikanga o ngā mea ngaro kua tuhia ki
.ngā whārangi o te wā

Ina moe koe, ka whakamarie koe i ngā whakaaro me
ngā kare ā-roto. Engari ina whakamarie koe i ngā whakaaro
me ngā kare ā-roto mā te whakaaroaro, ko te mea tuatahi ka
pā ki a koe ko te rangimārie, ā, ka hanga noa ō uaua kanohi i
te ataata e whakaata ana i te rangimārie o roto. Engari me
titiro koe ki tua atu i tēnei rangimārie kia kite ai koe i te
parakore o tō wairua—he parakore kāore i poke i ngā
whakaohoho a-kanohi, i ngā tauhohenga aunoa rānei ki ngā
whakaaro e pā ana ki ngā kare ā-roto. Ko te āhua ka pā ki a
.koe ko te harikoa tonu, e whakahoutia tonutia ana
Ki te whakatakoto koe i tētahi peihana wai ki raro i te
mārama o te marama, kātahi ka whakaohokia, ka hangaia
he āhua pōturi o te marama. Ina tau te wai ki roto i te
peihana, ka mārama te whakaata. Ko ngā wā e marino ana
te wai i roto i te peihana, e whakaata ana i te mata o te
marama me te tino mārama, ka taea te whakarite ki tētahi
āhua o te rangimārie whakaaroaro me tētahi āhua o te ata
noho hohonu. I roto i te rangimārie o te whakaaroaro, ka
mutu te rere o ngā ngaru o ngā kare ā-roto me ngā
whakaaro mai i te hinengaro. Ā, i roto i tēnei āhua hohonu o
te rangimārie, ka kite te tangata whakaaroaro, i roto i taua
ata noho, i te marama katoa o te aroaro atua e whakaatahia
.ana i roto i te roto o te wairua

E whā ngā āhua e mōhiotia ana e te tangata noa: te
harikoa ina tutuki te hiahia; te pouri ina whakakahoretia; te
hoha ina kore e harikoa, e pouri rānei; me te rangimārie ina
wikitoria i ēnei kare ā-roto, i ēnei āhua hinengaro rānei o te
.harikoa, te mamea, me te hoha
He āhua tino hiahiatia te rangimārie, e puta mai ana i te
korenga o te pouri me te harikoa, me te korenga o te hoha.
Ka huri haere tonu ēnei āhua, ka ngaru hoki i runga i te mata

o te wairua. I muri i te ekenga i ngā ngaru pōrearea o te
mamae me te harikoa, tae atu ki ngā ruku maha ki roto i te
hohonutanga o te nenge, ka hari te rere i runga i te moana
marino o te rangimārie. Engari he nui ake i te rangimārie te
harikoa wairua—te harikoa o te wairua—te harikoa mutunga
kore. He hari pumau e kore e memeha engari ka noho tonu
ki te wairua mō ake tonu atu. Ka taea anake te whakatutuki i
.tēnei hari nui mā te mōhio ki te aroaro o te Atua
Ko te ataata pono he ataata o te harikoa wairua e puta
mai ana i te whakaaroaro me te whakaaro ki te Atua me te
.rongo i Tōna aroaro
E pupū ake ana taku ataata i te harikoa nui i roto i ahau
—he harikoa e wātea ana ki te katoa He rite ki te kakara e
pupū ake ana i te ngākau o te rōhi e puāwai ana He karanga
tēnei harikoa nui ki ētahi atu kia rumakina rātou ki roto i ngā
.wai tapu o te harikoa
I roto i te māramatanga o te murunga hara tapu, ka
memeha haere te pōuri o te mauahara i kohia i roto i ngā tau
.maha
Ka hohoro te whakatutuki a te Atua i ngā hiahia katoa o
āna kaikarakia nā te mea kua wetekina e rātou ngā
whakaaro whaiaro e whakararuraru ana i ngā mahi, e
.whakapōrearea ana hoki i ngā tumanakohanga
Ko ia e tiakina ana e te Atua, kāore he mea e taea te
whakangaro
Kāore tātou i te mokemoke i tēnei ao, kei a tātou hoki te
Atua, ā, he whanaungatanga pumau, piripono, hoahoa hoki e
.whiwhi ai tātou i te tautoko me te hari
E te whetu tiaho o te arataki i ngā rangi o te whakaaro
nui, e karanga ana tō uira kanapa i ahau kia tūhura i ō pae
maunga tapu, ā, e tere ana taku manu hiahia, e wero ana i
te āhuarangi pōuriuri, e akiaki ana i te hiahia ki a koe, kia
.tau hoki ki roto i tō kanapa tapu rawa
Ka tīmata te whanaketanga me te puāwai o te tuakiri o
te tangata ina taea e ia te rongo - mā roto i ngā kare ā-roto,

mā roto i ngā kare ā-roto - ehara i te tinana totoka engari ko
.te ia wairua mutunga kore i roto i te tinana

Ina puea ake te ngākau o te ākonga i te aroha ki te
Atua, ka tiaho tōna mata me te ataata o te rangimārie me te
whakaaro nui, ā, ka pakaru, ka ngaro rawa ngā paparanga o
.te kuware e taupoki ana i tōna wairua

Ina titiro koe ki tētahi putiputi, ki tētahi rākau rānei, ka
mōhio koe kāore ēnei mea ora ataahua i puta mai i a rātou
anō, ko te Atua te mea nāna i hanga, i homai hoki ki a rātou
.te kakara me te ataahua whakaharahara

Me mahi tonu i ō mahi, ahakoa iti, ahakoa nunui, me te
aro nui, me te mahara ko te Atua te kaiarahi i ō hikoinga, hei
.whakakaha i ō mahi kia tutuki ai ō wawata rangatira

Ina hono te tangata ki tōna wairua, ka hoki mai ngā wā
kua warewaretia, kua ngaro, me ngā mana ora tonu o te
wairua ki tōna hinengaro. I roto i te whakaaroaro, ka mahara
.te tangata he wairua ora tonu rātou, ehara i te tinana mate
I ngā wāhi katoa ka kitea e tātou te tangata, te pai me
te kino, e rapu ana i te harikoa i tā rātou ake ara. Kāore he
tangata e hiahia ana ki te whara i a rātou anō. He aha rā te
take e mahi ai ētahi tātou i ngā huarahi e mamae ai, e
pōuri ai rātou? Nā te mea ko aua mahi he mea ārahi e te
.kuware me te pohehe

E te Ariki, e inoi atu nei mātou ki a koe, kia tiaho mai ki
runga i a mātou ki te māramatanga o tōu whakaaro nui, kia
tangohia atu hoki i a mātou te pōuri o te kuware me te
.pohehe

Me tūpato te tangata mātau, kaua e matakū, ā, me
whakawhanake i roto i a ia te māia me te kore whakaaro
pōrearea, kia kore ai ia e tūtaki ki ngā āhuatanga ka
.whakaoho i te wehi me te manukanuka

Kāore te whakaaro nui e whakawhirinaki ana ki te
werohanga o ngā mōhiotanga mai i waho, engari ki te mana
o te whakaae ā-roto, e whakatau ana i te nui o te

mōhiotanga pono ka taea te whiwhi me te tere o te
.whakatutuki i taua mōhiotanga

He atamira noa iho tēnei ao e mahi ai tātou i ā tātou
mahī i raro i te arataki a te Kaiwhakahaere Atua. Me mahi
pai tātou ahakoa te āhua o ngā mahi kua tohaina mai ki a
tātou, me te maumahara tonu ko tō tātou āhua taketake ko
.te harikoa mutunga kore

Ko te tangata whakaaro nui rawa atu ko ia e rapu ana
kia mōhio ki te Atua; ā, ko te tangata angitu rawa atu ko ia
.kua kitea te Atua

E te Atua e arohaina nei, kia noho koe i te tūranga
tuatahi i roto i ō mātou ao, kia whakakīia ō mātou ngākau e
tō aroha whakaora, ā, kia whakakorea e tō māramatanga
.tapu te pōuri o ngā manukanuka i roto i ō mātou wairua
Ko te tikanga herekore ko te mahi i runga i te hinengaro,
kaua i runga i ngā whakahau a te tikanga me te hiahia. Ko te
whakarongo ki te whakapehapeha me ōna hiahia ka whānau
mai he here, ko te whakarongo ki ngā akiaki a te whakaaro
.nui ka puta mai he here

Ka kitea te rangimārie o te hinengaro mā te
whakawhanake i ngā āhuatanga pai me te āta whakaaro, ā,
ina tino tipu, e kore e taea te tango atu i tōna rangatira ki te
.kore ia e whakarērea i runga i tōna ake hiahia

Ko te nuinga o te iwi e rapu ana i te harikoa mā te
whakamahi i ngā tikanga hē. Ko ētahi e whakapono ana ka
taea e rātou te whakaneke rua i tō rātou harikoa mā te
tango i ngā whanonga hē me ngā mahi hauora e ahua nei he
kupu whakaari kanapa mō te harikoa nui me te pumau, ā, ka
mamingatia rātou e aua kupu whakaari teka, nā te mea
kāore e taea te reka o te harikoa pono i roto i te reinga o ngā
.mānukanuka teka me ngā mahi hē

He mutunga kore ia meneti nā te mea ka taea te
wheako i te mutunga kore i roto i taua meneti. He matapihi
ngā rā, ngā meneti, me ngā hāora e kitea ai e tātou te
mutunga kore. He poto te ora, engari i te wā kotahi, he

mutunga kore, he mutunga kore. He ora tonu te wairua, ā, i
tēnei wāhanga poto o te oranga tangata, me whakamahi pai
tātou i ngā pūmanawa me ngā whai wāhitanga katoa e
.wātea ana

He rite ngā kupu wairua ki ngā purapura e hiahia ana ki
te oneone momona kia pihi ai, kia tupu ai, kia puāwai ai, kia
.hua ai hoki

Ko te tipu wairua me whakaaroaro anō, me whakarite
anō i ngā kaupapa matua o te ao, me tautuhi me te
whakakore i ngā whanonga kino, me te whai i ngā ture
hauora e hangai ana ki te whanaketanga o te māramatanga
.wairua me te tipu haere o te kaha hinengaro

Ina pā te hari o te Atua ki te ākongā, ka kitea e ia kua
tino pono te Atua ki a ia i tetahi atu mea, ā, ka mōhio ia he
hari nui te pā atu ki te aroaro o te Atua, kāore e taea te rite
.ki te pai o ngā kare ā-roto

Ka mahi te Atua ki te whakaara i te hinengaro wairua o
te tangata, me te ārahi i tōna hiahia ki te huarahi tika mā te
ataahua o te ngākau pono, te nui o te manawanui, te mana o
.te whakaaro nui, me te kororia o te harikoa wairua

E kore ahau e whakaaro he tauhou ētahi atu nā te mea
e whakaaro ana ahau he teina, he tuahine rānei tōku katoa.

Ka meinga e ahau tōku ao kia angitu, kia whai hua hoki kia
taea ai e au te āwhina i ētahi atu kia angitu, kia angitu hoki.

Ka aroha ahau ki ētahi atu, ā, ka whakaatu i te aroha ki a
rātou i a au e whakaatu ana i ahau anō. Ka aroha ahau ki te
Atua pērā i te aroha o ngā poropiti me te hunga tapu ki a ia,
ā, ka maka e ahau te hiahia whaiaro ki roto i te puna o tōku
.aroha ki ētahi atu

Kei tua atu i tēnei oranga memeha noa iho, e pāngia
ana e te mate, kei reira te oranga tonutanga, e kore e
rerekē. He mea hanga te tinana i ngā huānga matū e pirau
ana, e memeha haere ana, engari kei tua atu i tēnei oranga
memeha noa iho kei reira te oranga tonutanga, e te rangi i
te aroaro o te Atua. Nō reira, kua e aro nui ki tēnei tinana

memeha noa iho, ā, ko te hunga e hiahia ana ki tēnei tinana
me whakamanawanui ki ōna whakamātautau, me noho hei
.rangatira mōna
I tēnei rā ka ngana ahau ki te āwhina i te hunga e matea
.ana, me te hoatu i taku e taea ki te hunga hiakai
Kei te haumarua ahau, kei te mau tonu i roto i te tiaki a
te Atua, ā, kei muri i ngā pakitara o tōku hinengaro mārama,
kotahi ahau me te māramatanga o te pai e ārahi ana i ngā
kaipuke o ngā wairua e akina ana e ngā ngaru o te pouri i
.roto i te moana o te pōhēhē me te manukanuka
I tēnei rā ka rongohia ahau i te Atua i roto i te haruru o te
rangimārie e wiri ana i roto i ahau, e whakaoho ana i ngā
aho o tōku ngākau
Ka whakapau kaha ahau ki te whakahari i ētahi atu,
pērā i taku whai kia whakahari i ahau anō, ā, mā roto i taku
harikoa wairua ka mahi ahau ki te katoa i roto i te whare o te
aroha atua, ā, kāore au e wehi i tetahi mea engari ko au
.anake mēnā ka ngana ahau ki te tinihanga i tōku hinengaro

Mai i ngā mārā o te wairua

Kei te whakaaro koe ki te haere ki tētahi wāhi, ā, ka
hohoro koe ki te tae wawe atu ki reira. Ina tae atu koe, kāore
koe i te pai ki te wāhi nā te hiahia nui, te manukanuka, me
te raruraru pea e pā ana ki a koe. Engari, ngana kia marino,
kia marino, kia taurite. Ki te anga atu ō whakaaro ki te
manukanuka me te oho, pehia rawatia kia hoki mai rā anō tō
.rātou marino
Ka pā kino te harikoa ki te taurite o te pūnaha io nā te
mea ka tukuna he nui o te kaha ki ētahi wāhanga o te
tinana, ā, ka tangohia te wāhi tūturu o ētahi atu. Ko tēnei
kore taurite o te tohatoha kaha te take o te manukanuka. Ka
whakamarie te tinana marino, wātea hoki i ngā io, ā, ka
.whakatairanga i te oranga hinengaro
I roto i te mahi tahi me te Atua, ka tīmata te whāwhā
haere o te tirohanga ā-roto. Me tino whakapono te tangata

ka whakautua e te Atua ngā inoi katoa o te ngākau. Ko te tangata e tahuri ana ki a ia ki te rapu māramatanga, ka whakatuwheratia tōna tirohanga, ka whakamāramatia hoki .tōna hinengaro me tōna ngākau

Ina tuwhera te māramatanga, ka puta mai he kare ā-roto e puta mai ana i te ngākau, he kare ā-roto o te māramatanga hohonu me te tika. Mā roto i tēnei kare ā-roto, ka whiwhi te kaiwhai i te whakapono pumau me te arataki pakari ki te whai i te ara tika, ā, ka āta kite, ka .whakawhirinaki hoki ki tēnei kare ā-roto

Ehara tēnei i te tikanga kia whakarērea rawatia te whakaaro; mā te whakaaro marino, kore whakaaro nui ka arahi hoki ki te māramatanga. Ko te whakaaro kare ā-roto, e peia ana e te whakapehapeha me te whakanui i a ia anō, ka .arahi ki ngā māramatanga kore me ngā whakatau hē

Whakakāhoretia te ruarua whakangaro me ngā whakapono teka i roto i tō ngākau katoa, tahurihia tō ngākau me tō wairua ki te ao o te whakapono me te whakawhirinaki katoa ki te Atua. I roto i te ata noho o te whakaaroaro, ka taea e tō hinengaro te arotahi ki te pono me te māramatanga tika. I roto i tēnei wheako, ka puāwai, ka hurahia te whakapono, ā, mā te māramatanga, ka wheako koe i ngā mea kāore anō kia kitea e te kanohi, kāore anō kia rangona e te taringa, kāore anō hoki kia whakaarohia e te .hinengaro tangata

Ko ia manawa o taku hiahia me taku inoi ka huaki i ngā tatau me ngā matapihi i roto i tōku wairua e haere atu ai .ahau ki te hari o te Atua

Pērā i te rā e whiti ana i runga i ngā rori pukumahi rawa atu, ka kite anō ahau i ngā hihi o te aroha atua i ngā wāhi .katoa e kiki ana i aku mahi o ia rā

Manaakitia ahau, e te Ariki, kia ara ake ai tōku wairua i te ata, kia kawea ai ki tōu paepae tapu E te Ariki, homai he wairua atawhai ki ahau kia taea ai e au te tohatoha ki ētahi atu i aku mea, ā, āwhina mai kia kite

ahau i roto i te roto marino o tōku hinengaro i te whakaata o
te marama o tōku wairua e whiti ana i te māramatanga o tōu
.aroaro

I tēnei rā ka ruku hohonu ahau ki te moana o te
whakaaroaro me te whakaaroaro ki te Atua kia kitea rā anō e
.au ngā peara o te whakaaro nui me te hari atua

Ka aroha ahau ki a koe, e te Ariki, nui atu i ngā mea
katoa, nā te mea ki te kore koe, e kore e taea e au te aroha
.ki tētahi atu tangata, ki tētahi atu mea rānei

I roto i ngā hohonutanga o ngā maunga me ngā rangi
marino, me roto i ngā hohonutanga o tōku wairua me te ana
o te wahangu, ka rongohia ahau i te aroaro o te Atua, ka rongohia
hoki i Tōna hari tonu, ka inu ahau i Ana puna parakore e kore
.e mutu, e maroke rānei mō ake tonu atu

E aroha ana ahau ki a koe, e te Ariki, ko tōu aroha te
mea nui rawa atu i roto i ngā ngākau atawhai me ngā
ngākau aroha katoa

I tono tetahi ki te kaiako a Paramahansa kia whakaaturia
ki a ia he huarahi hei whakawhanake i tētahi tuakiri ātaahua,
ātaahua hoki, ā, ka mea ia: Me noho pūmau tō hinengaro i a
koe e taunekeneke ana me ētahi atu, nā te mea he kino ake
te ngaro o te hinengaro ki te āhua o te tangata i tētahi atu
mea. Heoi anō, ehara i te mea ko te ngaro o te hinengaro o
te hunga nunui, ko ō rātou whakaaro he mea nui ki ngā take
.hohonu

Kia mataara, kia tūpato hoki i ngā wā katoa, ā, ka waiho
koe hei aukume ātaahua

Kāore he tangata e pai ana kia warewarehia. E hiahia
ana tātou katoa kia whakaarohia, kia whai whakaaro ki ō
tātou kare ā-roto, ā, me whai whakaaro hoki tātou ki ngā
kare ā-roto o ētahi atu, kia whai whakaaro ai ki a rātou kia
tutuki ai te rangimarie me te māramatanga. Hei whakatutuki
i tēnei, me mataara, me mārama, me aro hoki ki te hunga
.katoa e karapoti ana i a koe

Kāore he mana o te hunga mate ki te tawai i ētahi atu,
engari ko te tangata kāore e aro ki a rātou ka mahi i tēnā
Ina noho koe i roto i te kamupene o ētahi atu, me aro
nui, me kaha, me te hiahia hoki ki te taunekeneke ki a rātou,
.engari kaua e kōrero mōu ake

E hiahia ana te katoa ki te kōrero mō rātou anō, engari
he huarahi ngoikore tēnei. Tukua ētahi atu kia kōrero mō
rātou anō mēnā e hiahia ana rātou; whakarongo ki ā rātou
kōrero. Tukua rātou kia kōrero mō ō rātou raruraru, ā rātou
whakatutukitanga, me ō rātou kare ā-roto, engari me kōrero
tō aukume mōu. Mā te mārama o te rama e kōrero mārama
mōna anō; me kōrero ō wiri puku mōu me te māramatanga
.ōrite

I whakakitea mai e te Atua ki ahau i roto i tētahi
moemoeā ko te hunga e mate ana i te pakanga he moemoeā
whakamataku mō te mate, engari i te ara ake o te hunga pai
i te tinana ka ara ake rātou me te mea nō tētahi moemoeā
.whakamataku, ā, ka koa rātou kua watea i taua moemoeā

Ko ō tātou wheako katoa o te ao he wāhanga o te
moemoeā o te ao. Nā te tangata i hanga te moemoeā kino o
te pakanga, engari i muri i te wehenga atu o ngā tāngata i
pāngia e tēnei moemoeā kino i ō rātou tinana, ka mōhio
rātou he moemoeā kino tēnei i ara ake ai rātou, ā, ka
mārama rātou kāore rātou i te mate. He pono hohonu tēnei
.mō te wairua

Me i mōhio te tangata kei te moemoeā rātou, e kore
rātou e pāngia e ngā wheako moemoeā whakararuraru.

Engari, ki te tutuki i a rātou te whakatutukitanga o te
moemoeā, ā, ka whiua e tetahi he patunga nui, ka rite te
matenga o taua moemoeā ki tētahi whakamātautau tūturu,
whakamataku hoki, kia oho ake rā anō rātou, kia mōhio ai
.ehara i te mea tūturu

E pā ana hoki tēnei ki te āhua i muri i te matenga. Ina
wehe atu tātou i ō tātou tinana, ka mōhio tātou kāore tō
tātou hinengaro i mate, engari kua wetekina tātou i te tinana

me ōna here me ōna herenga ā-tinana, ā, kei roto i taua
.wetekinatanga te herekoretanga nui

Kaua rawa tātou e tono mō te mate, engari me
whakarite ō tātou hinengaro mā te noho tahi me te Atua me
te whakaaroaro ki a Ia, kia taea ai e tātou te titiro atu ki te
.mate i tōna wā he moemoeā noa iho

Ka taea e au te kite i te āhua moemoeā o te ora me te
mate i ngā wā katoa e hiahia ana ahau Nō reira, kāore au e
aro nui ana ki tēnei tinana
He āhuatanga wairua kei raro i te pūnaha io e āhei ai te
tangata ki te eke ki ngā taumata teitei o te whanaketanga o
.te hinengaro

He nui ake te roro o te tangata i te roro o te nuinga o
ngā kararehe engari ko ngā tohorā me ngā arewhana, ā, he
nui ake tōna kaha ki te whakaaro. Nā tēnei ka pai te roro o
te tangata mō te tangata, he matatau ake tōna hinengaro i
ētahi atu mea ora. Mā ngā hononga uaua me te uaua o te
roro ka taea e te tangata te whakaaro hohonu me te hōhonu.
Nō reira, ko te tangata anake ka taea te eke ki ngā taumata
matatau o te māramatanga, ā, nō reira, te mōhio ki tōna
Kaihanga. Ko te tangata whakaaro nui te tangata e
whakamahi ana i ōna pūkenga hinengaro hei mahi me te
painga mō te tangata, i ngā taumata rauemi, hinengaro, me
.te wairua

I tae mai te takurua me tōna koroka makariri, mā, rite
tonu ki te rengarenga

Kua memeha haere aku hiahia mō ngā harikoa o te
raumati

I kīia mai ki ahau kia rapua te mahana o tō ngākau
atawhai

Ā, i te putanga mai o te kōanga, e kanikani ana, e
whakapaipaihia ana ki ngā momo putiputi katoa
I te kakara o ngā mara me ngā pukepuke, i kīia mai kia
aroha ahau ki a koe, e tōku Atua

Ā, ka tae mai te raumati, e waiata ana i ana rangi
matomato i roto i ngā rau ngawari, te haruru o ngā papara,
me te haruru o ngā paina
I tohe ia kia kōrerotia e au ki a koe
Ahakoa te oneone ngawari, ngawari i mirimiri i ōku
waewae tere
Ā, i tono ia kia whakatata atu rātou ki tō koutou wāhi
tapu katoa
I mea mai te kakara ngawari kia whai ahau i tōna ara
Ki tō temepara tapu i waenganui o ngā rōhi me ngā
pēhara e piupiu ana
Ā, i mea mai ngā manu kia waiata ahau ki a koe pērā i a
rātou
Me te hau e pupuhi ana i runga i ngā awaawa me ngā
manga iti
I whakaarahia e au ngā mirumiru o tōku aroha ki a koe,
ā, ka tīmata rātou te pekepeke i runga ake i tō uma nui
Ā, nā ngā muka piko o te tarutaru, i ako ahau ki te piko
Ka piko atu ahau ki a koe, e te Ariki
Ā, i kōrero mai anō hoki te whakakakara ki ahau mō te
kakara whakamiharo o tō hinu kakara
Ā, me pēhea rā e whakakī ai tōku ngākau i tō kakara
?tapu i mua i tō torona mutunga kore
Ā, ko ngā kōhatu iti, puku, manawanui i kōrero mai ki
ahau kia kite ai ahau i a koe ahakoa i roto i te hunga e ngana
ana ki te tahae i tōku harikoa
Nā ngā tau kua warewaretia i tono mai kia tukuna atu e
au ki ōku hoa tangata he karere aroha me te ngākau aroha e
takai ana i ia meneti me ia hēkona
Ā, i kī mai ia whakaaro kia rapua koe i roto i tōna
ngākau
Nā tōku aroha ahau i akiaki kia aroha ki ngā mea katoa
e ora ana i roto i a koe
Ā, ka hāhā mai taku aroha ki ahau, "Aroha mai ki ahau
"me te kaha katoa kei a au, e tōku Atua

I takoto ahau i runga i te moenga tarutaru me ngā
putiputi, ā, i moemoeā ahau he ataahua, he harikoa hoki ngā
mea katoa o te ao

I runga i ngā tarutaru roa, matomato, matotoru hoki
tōku mahunga, ā, i pupuhi mai ngā hau e kawē mai ana i te
.kakara reka

Kātahi ka akiakihia ahau ki te pā atu ki tōku ringa me
tōku tinana, ā, i miharo ahau ki te nui o tōna Kaihanga. Ae, i
miharo ahau, ko ahau nei, e tino mōhio ana ki te tūturutanga
o tōku tinana, ka waiho e ahau kia okioki ki te whenua i
tētahi rā, ko tēnei tinana ka mātao, ka mā, ka kore e
nekeneke i te wā e mate ai ahau, ināianei kei te ahua ora
tonu, ā, kei roto i a ia ngā rau o ngā kare ā-roto, ngā miriona
o ngā whakaaro, me ngā piriona o ngā wawata me ngā
.tirohanga

Ko tēnei tinana te atamira e whāia ai ngā upoko o te ao,
te wāhi e puāwai ai ngā puku o te menemene, ā, i muri iho
ka tae mai te mate. I konei, i waenganui i te kikokiko, i te
wheua, i te toto, ā, i muri i te kopare kiri ataahua, e whanga
ana ngā wuruhi o te mate me ngā kararehe o te hiahia. Ā, i
konei anō hoki, i raro i te kikokiko, kei reira tētahi ara ngaro
ki te rangatiratanga o te māramatanga. Ka memeha haere
tēnei tinana ina wehe atu tōna rangatira—te wairua—ā,
kāore e taea te whakakore. Ā, he aha ai? Ina hoha te
rangatira mārama o te kāinga tinana ki te noho i roto i te
whare paru, pakarukaru o te mea, e herea ana e ngā taura o
ngā io e hiahia ana kia tiakina tonutia, ka kitea e ia he
whakamarie i roto i tētahi atu whare i tētahi kokonga o te
whenua o te Atua—i tētahi atu ao o te oranga katoa, kei reira
te kakara o te harikoa e horapa ana ki ngā wāhi katoa, ā, e
.kore e mutu

Ka takaro te wairua ora tonu i te tūranga o te ora me te
mate me te ataata tonu, kātahi ka haere ki tōna kāinga
.mutunga kore

He mea tika kia noho tonu ngā kaimātakitaki kiriata ki te
whare pikitia mō ake tonu atu i muri i te mutunga o te
whakaaturanga? Kāore rawa. Me hoki te tangata ki te
kāinga. Waihoki, ka haere mai ngā wairua ki konei ki te
pārekareka ki te whakaaturanga kiriata o te ao, kātahi ka
haere, ka hoki mai anō. He pai ki a rātou te mātakitaki i ngā
kiriata me ngā whakaari, ā, ina hoha rātou ki ngā
whakaaturanga i moemoeātia e rātou, ā, kua mōhio ki ngā
akoranga e hiahia ana te Atua kia akohia e rātou, ka hoki
.anō rātou ki te kāinga o te harikoa mutunga kore
Ina kore ngā uara e whakatūria ki te tika, ka tuwhera
ngā āputa e pupū ake ai te mamae me te pōuri. Mena kei
runga ngā uara i te hiahia whaiaro, i te pakanga whakamate,
me te whakataetae nui, ka poke ngā hua nā te mea he poke
ngā kaupapa, ā, kāore te moni e manaakitia i roto i tēnei
.āhua

Me pure te tangata i tōna hinengaro i te hiahia whaiaro,
kaua hoki e ngana ki te whai rawa i a ia anō i runga i te
whakapaunga a ētahi atu. Ko te ngākau mārie pono he mea
wairua, ehara i te mea rauemi, ā, ko te taonga tūturu o te ao
ko te whiwhi i ngā taonga o te whakaaro nui, te mātauranga,
.me te aroha o te Atua

Me noho noa tātou, me whai tonu hoki ki te āwhina i
ētahi atu, me te whakapai ake i ō rātou āhuatanga i ngā mea
katoa e taea ana. Engari, kāore tēnei whāinga rangatira e
hototahi ki te hiahia whaiaro me te apo, me te kore e aro ki
.ētahi atu

Ko te hunga o te ao nei he kore taurite, nō reira kāore i
te kiia he angitu He toi whakamiharo te oranga māmā,
taurite, ā, he tohu angitu Ko te hunga ko tā rātou whāinga
.anake he whiwhi moni, e kore e manakohia e te Atua
He pono i whakatōkia e te Atua te kare o te hiakai ki
roto i a tātou kia taea ai e tātou te mahi me te whāngai i ō
tātou tinana, engari ehara i te mea ko te whāngai i te tinana
te kaupapa anake o te ao. He nui atu te kaupapa i ngā

whakaaro ā-tinana, ā-wā rānei, ahakoa te āhua
.whakamiharo, te kororia, me te kanapa

I pātai tētahi o ngā ākonga ki a Kaiwhakaako

Paramahansa me pēhea te wheako i te aroaro o te Atua. Ka
whakahoki ia, "I ia pō, i mua i te moe, whakaaroaro kia tae
rā anō ki te wā e rongō ai koe kua werohia tō hinengaro ki te
ao o ngā whakaaro, ā, kua uru atu ki tētahi atu ao. Heoi,
ehara i te mea koia anake. I muri i te tahuritanga o te
hinengaro ki roto, me pupū ake te hiahia, me tere haere ngā
hiahia pērā i te waipuke ki te Atua. Ina tukua katoatia e te
ākonga ia ia ki te Atua, ka rongō ia kua pā ia ki tōna aroaro
manaaki, ā, kua mōhio ki a ia. Ka kite ia i tētahi
māramatanga nui e tino kanapa ana, ā, ka kite pea ia i ngā
anahera me ngā wairua atawhai. Ka hongī rānei ia i tētahi
kakara reka o te rangi, ā, ka mōhio ia kua whakautua ia e te
Atua, ā, ka whakatuwheratia tōna māramatanga, ā, ka
whakakitea e te Atua ki a ia ngā mea ngaro o te ora. Ka
taupokina rānei ia e te rangimārie nui i a ia e whakaaroaro
ana. Ki te haere tonu ia ki te whakaaroaro, ā, ka homai e te
Atua tōna aroha nui ki a ia, ka rongō ia i te hari atua e kore e
taea te whakaahua. Ka manaakitia te tangata kua
.whakawhiwhia ki tēnei wheako harikoa

Mā te aroha atua ka huaki te kūaha o te rangi, ka tomo

te tangata rapu ki te aroaro o te Atua

Ki te inoi tetahi tangata ki te Atua, ki te tangata

atawhai, ki te tangata whakaaro nui, mō te taro o te ora
tonu, e kore ia e hoatu ki a rātou te kōhatu o te kuwaretanga
ā-tinana. Ki te rapu tetahi kaikarakia i te kai o te whakaaro
nui, e kore te Atua e tuku ki a rātou te nakahi o te tinihanga.

Ki te inoi tetahi kaikarakia ki te Atua mō te mauri o te hari
atua e tinei ai te matewai katoa, e kore ia e hoatu ki a rātou
te kopiona o te manukanuka me te mamae hinengaro. Ki te
mōhio te tangata kua tinihangatia ki te hoatu taonga pai ki ā
rātou tamariki, tera noa ake te homai e te Ariki—te puna o te

pai me te hari katoa—te mātauranga wairua me te
!māramatanga ki te hunga e aroha ana ki a ia
Ka homai e te Atua te whakaaro nui me te mātauranga
nui ki te hunga e rapu ana i aua mea, ā, ka hoatu e ia ia anō
ki te tangata e rapu pono ana, e kore e whakaae ki tētahi
whakakapinga. Ko ia e rapu ana i te Atua me tōna ngākau
katoa me tōna wairua katoa, ko ia te tangata whakaaro nui
rawa atu o te hunga whakaaro nui, ā, ko ia te tangata e
arohaina ana e te Atua. Ā, ina kaha haere te hiahia o te
tangata karakia, ka whiwhi ia i tētahi urupare onge, e
arohaina ana e te Atua, ā, ka wheako i te harikoa ahurei o te
aroha e pā ana ki te hunga e aroha ana ki te Mea e Arohaina
.ana

Ko te tangata whakaaro nui e whai wāhi ana ki tēnei
moemoeā o te ao whānui me te mōhiotanga wairua me te
hiahia atua e tipu haere ana, e tata ana ki te Atua, e
arohaina ana hoki e ia. He aroha parakore tōna, e aroha ana
ki te Atua, kāore he hiahia whaiaro, kāore hoki he
whakaritenga, pērā i te kī, hei tauira, "E te Ariki, ka karakia
ahau ki a koe mēnā ka homai e koe he hauora, he moni, me
".te oranga whakamarie ki ahau
Kei waenganui i te hunga whakaaro nui me te Atua he
aroha hohonu, he aroha mutunga kore, e kore e mutu. Ki te
inoi tetahi ki te Atua mō tētahi mea motuhake, e mōhio ana
.te Atua he nui ake te aro o te tangata ki āna taonga i a ia
Kāore he hē o te inoi a te tangata kia tutukihia ōna
hiahia, engari ina inoi rātou kia mōhio ki te Atua, kia kite
hoki i te māramatanga o tōna mata kororia, kaua rātou e
hiahia ki tētahi painga whaiaro mai i aua mea, kaua hoki ō
rātou whakaaro e herea ki ngā koha tonu, engari ki te
Kaiwhakarato tonu. Ina taea e te kai rapu tēnei mahi me te
pono, ka whiwhi aunoa rātou i ngā koha katoa mai i te puna
.o te atawhai me te moana o te taonga

I pātai tētahi o ngā ākonga ki te kaiako a Paramahansa
mō ētahi tohutohu mō te whanonga i roto i ētahi āhuatanga,
:me te mahi tahi me ētahi atu, ā, ka mea ia
Whaia te pono, kua hoki e peka ke atu i reira, ā,
karohia te kōrero i tetahi mea e whara ai koe, i ētahi atu
rānei, ahakoa he pono, mena kāore koe e peka ke atu i te
wairua o te pono. I taua wā anō, kua e anga ki te pito kē,
kua hoki e huri ki te teka hei karo i te kōrero i ngā pono
.mamae

Kia pono ki a koe anō, ki ētahi atu hoki, kua e noho roa
ki ngā mea kāore e tika ana. Kōrerotia te pono, kua hoki e
kōrero i ngā mea e whara ai, e whara ai rānei tetahi. Kua e
whakakitea ō mea ngaro katoa i runga i te pono me te
māramatanga, nā te mea ki te whakakitea e koe ō
ngoikoretanga, ka ngana rātou ki te whara, ki te tawai rānei i
a koe i ngā wā katoa e hiahia ana rātou. He aha e hoatu ai
he patu ki a rātou hei whakamahi mā rātou ki te whawhai ki
?a koe

Kōrero me mahi i roto i te huarahi e kawea mai ai te
harikoa me te rangimārie ki a koe anō me ētahi atu
He mea tika kia whakawhanakehia te māramatanga
wairua kia mōhio ai ki te rerekētanga i waenga i te pono e
hua mai ai te pai me te kōrero anō i ngā meka me te kore e
whakaaro ki ngā hua ka puta mai i aua meka, nā te mea ka
aromatawaihia ngā mea i runga i ō rātou mutunga. Kāore e
tika ana kia kōrerotia ngā mea katoa e mōhio ana koe, kāore
hoki e tika kia karohia, kia huna hoki i ngā mea e tika ana kia
.mōhiotia e ētahi atu hei painga mō rātou anō

Ki te kore koe e tino mārama, he pai ake te noho puku i
te kōrero kia mārama ra ano koe ki te pono, kia tika ai ngā
.hua mō te katoa

Me whakaaro tonu ki te Atua, me te tono i tana awhina
me tana arataki, ā, ka whakatuwheratia tō māramatanga kia
mārama ai tō tirohanga, ā, ka taea e koe te wehewehe pai
.ake

Te whakakī i ngā pūtau o te tinana ki te kaha o te taitamarikitanga

Ka rere tonu te kaha o te ao ki roto i te tinana, kāore he aukati, engari ko te nuinga o te tangata kāore e mōhio ki tēnei oranga nui. Ko te hunga e rongō ana i tēnei ka pā mai he ngaru kaha i roto i ō rātou pūtau me te ia whakahauora e .homai ana he kaha hou ki a rātou

Ka piko katoa te taiao ki te Ariki o te Ao Whānui, ā, ka rere tōna mana i roto i te tangata. Ko te raruraru kei roto i te korenga o te whakawhanake i tētahi hononga kaha i waenganui i te tangata me te pūtake o te mana katoa. E ora tika ana tātou i runga i te mana atua, ā, kāore he hua o ngā .mana katoa ki te kore te mana tautoko o te Atua

Te kai, te hāora, me te rā—ka taea e ēnei huānga te whakarato i tētahi taumata hauora ki a tātou, engari me mārama tātou ki te huarahi e whiwhi ai i te hauora katoa mai i te Pūtake Mutunga Kore. He rite ngā pūtake rauemi ki ngā pākahiko iti ka pau te utu, ko te Pūtake Mutunga Kore ia he pūkaha hiko kaha e kore e mimiti tōna mana, e whakarato tonu ana i te ora, te harikoa, me te kaha ki te wairua. Nō reira, he mea tino nui te whakawhirinaki ki te Pūtake .Mutunga Kore i ngā wā katoa e taea ana

Ko te tangata e hiahia ana me ako i te huarahi tika hei whai hua mai i taua puna nui mai i tōna pūtake, me te mōhio hoki ko te whakaaro he mea tūturu, nā te mea ko ngā āhuatanga taiao katoa he whakaaturanga o te whakaaro atua nā te mea i whakaaro te Atua ki tēnei ao i mua i tōna .hanganga

He tokomaha e whakapono ana he hua te whakaaro nō te tinana, engari ko te hanganga tino tika o te tinana, me te mahi tahi whakamiharo i waenga i ōna wāhanga me ōna whekau, e whakaatu mārama ana ko te tinana te hanganga .o tētahi hinengaro ao tino rangatira

Ko te hinengaro te mea matua e whakahaere ana i te tinana, ā, he mea tino nui kia karohia e te tangata ngā

whakaaro hinengaro o ngā ngoikoretanga o te tangata pērā i
te mate, te ngoikore, te koroheketanga, me te pouri, ā, kia
whakaū i a ia anō kei te rere te mahi mutunga kore i roto i a
ia, ā, kei roto i tēnei mahi te mātauranga, ā, ka taea te
whakakī i ngā pūtau o te tinana ki te oranga me te ora o te
.taitamarikitanga

Ko te whakaaro te roro, ngā kare ā-roto, me ngā kare ā-
roto o ia pūtau ora; kei a ia te mana ki te pupuri i te tinana
kia ora, kia mataara, kia ngoikore rānei. Ko te whakaaro te
rangatira, ā, ko ngā pūtau o te tinana ōna pononga, e
whakarongo ana ki ngā whakahau me ngā aukati a tō rātou
rangatira nui: ko te whakaaro

He nui te aro ki te kounga o te kai e kainga ana e tātou i
ia rā, ā, me aro anō hoki tātou ki te kounga o te kai
hinengaro me te kai hinengaro e whakaratohia ana e tātou ki
.ō tātou hinengaro i ia rā

E mea ana te kaipūtaiao matatika ehara te tinana i te
ngaru hikohiko engari he ngaru o te hinengaro e rere ana i te
.moana o te hinengaro atua

I ia rā, me whakapakari tātou i tō tātou kaha tinana, me
whakanui i tō tātou kaha hinengaro, me te mōhio ki a tātou
anō mā te whakaaroaro, te whakaaro tika, me ngā mahi pai,
whai hua e whai hua ai te tinana, te hinengaro, me te
.wairua

Kua manaakitia ahau e te Atua i roto i ēnei tau roa o
tōku ao. Ahakoa e kite ana te tangata i te ataata o te ngākau
māhaki i tōku mata, kei ahau tonu te hari atua, ā, e kore e
wehe atu i ahau. E rere tonu ana te awa nui o te harikoa i
raro i te onepū o tōku hinengaro, ā, e pupū ake ana hei puna
.manaaki e whakamakuku ana i ngā māra o tōku ao

E kore e taea e ngā huringa ohorere o te ao te
whakararuraru i tōku rangimārie, e kore hoki e taea e te
.wairua o te mate te tango i te hari wairua e pā ana ki ahau
He uaua ki te hanga i taua āhua kia pumau, kia kore e
taea te whakarerekē, engari ko ngā hua o te wairua e

pārekareka nei ahau ki a ia, e tohaina ana hoki ki ētahi atu,
he mea tika te whakapau kaha katoa i whakapaua e au ki
.roto

Ko te wairua atua taku e whakaaro ana, e mahi ana
hoki. Kāore te moni i te whāinga i roto i te ao, engari ko te
mahi ki ōku teina me ōku tuākana i roto i te tangata. Nō
reira, kua whakatuwherahia e te Atua ngā tatau maha o te
pai kia taea ai e au te tautoko i ahau anō me te whakatutuki
i taku misioni. Ā, i ngā wā katoa e hiahia ana ahau ki te
.āwhina, ka homai tonu mai e te Atua
Ko tāku anake hiahia he mahi māu, koia ahau i konei ai
Kei te mahi te mana o te Atua i roto i ō koutou oranga.

Ka wheakohia e koutou tēnei pono ina whakakahangia tō
koutou whakapono, ā, ka mōhio koutou kāore te taonga
pono e ahu mai i te angitu ā-ipurangi engari nō te Atua Kaha
.Rawa

Ahakoia te āhua o te ao kāore e taea te matapae, te
hurihuri, me te ngaro, ki tonu i ngā feaa me ngā momo
raruraru me ngā āwangawanga katoa, kei raro tonu tātou i
te tiakitanga tonu a te Atua. Kaua e whakanui rawa i ngā
mea, kaua hoki e ngaro tō tātou marino i mua i ngā
huihuinga, nā te mea ki te tukua e tātou te matakua kia
taupokina tātou, ka hoatu e tātou te mana ki te kino, ka
hohonu ake ōna pakiaka, e tupu ana, e tupu ana i roto i te
.oneone o te wehi me te manukanuka

Kaua tātou e tumanako ki te kitea te harikoa me te
rangimārie pumau i roto i ngā whakamātautau o te ao;
engari, me rapu, me hura hoki i roto i a tātou anō. Nō reira,
ahakoia he aha ngā wheako e pā ana ki a tātou, ka rite tā
tātou whakahaere i aua wheako ki tā tātou mātakitaki i ngā
wheako o tētahi atu i roto i te kiriata, ahakoia he pai, he
.mamae rānei

Ka taea e te tangata te huri i ō rātou wheako katoa hei
whakamātautau mamae, hei whakamātautau pōuri mena ka
tukua e rātou tōna hinengaro kia pērā. Ahakoia he pai te

hauora o te tangata, kāore e mārama ki tōna uara. Engari ki
te pāngia rātou e te mate, ka whakaiti rātou i a rātou anō, ka
maioha ki te manaakitanga o te oranga. Me mihi tātou ki te
atawhai o te Atua, me whakawhetai ki a la mō ngā
manaakitanga e homai ana e la ki a tātou, me te kore e
tatari kia puta he āhuatanga kino hei mea kia whakawhetai
.tātou, kia mōhio ai ki Tōna aroha noa

Me whakakotahi te ao i te whakaaroaro me te mahi. Ina
ngaro te taurite hinengaro o te tangata, ka ngoikore ia ki te
whakaekenga mai o ngā manukanuka, ngā kapua o te pouri,
me ngā mamae. Ā, ki te ngana ia ki te takahi i ngā ture o te
hauora, te whai rawa, me te whakaaro nui, ka tino pāngia ia
.e te mate, te rawakore, me te kuware

Me pupuri e tātou ō tātou whakaaro kia ma, kia ma ō
tātou hihiri, kia mahi hoki i roto i te huarahi e homai ai te
rangimārie o te hinengaro ki a tātou, kaua hoki e tukua ngā
āhuatanga o te ao kia whakararuraru i tō tātou rangimārie,
.kia whakangaro hoki i tō tātou harikoa
hoki i tō tātou hinengaro, ā, whakakorea te
taumahatanga o te ngoikore hinengaro me te matatika i
tukua iho i ngā tau me ngā whakatipuranga. Me tahuna ēnei
poke ki roto i ngā ahi o te whakatau hou me te mahi whai
hua. Mā tēnei huarahi hanga, ka taea e te tangata pono te
tae atu ki ngā pae tawhiti o te herekoretanga me te
.rangatiratanga

Ngā ture mutunga kore o te harikoa

E kīia ana i te wā koura o tētahi o ngā rangatira tika o
Īnia, kāore he aituā, he matenga wawe, he āhuatanga taiao
rānei i whakararuraru i te rangimārie me te rangimarie o
.tōna kingitanga

Ina noho pono ngā mema o te whānau, ka nui ake te
rangimarie, te hauora, me te aroha i roto i ia kāinga. Engari
ina mahi kino ngā mema o te whānau tetahi ki tetahi me te
hiahia whaiaro, ka kī tonu te kāinga i te ngangau me te

mauahara. Ka pā anō hoki tēnei ki ngā iwi. Ina noho pono, ka
.kite te iwi i te rangatiratanga o te Atua i runga i te whenua
He poto te wā i tēnei rā tātou e noho nei, āpōpō tātou ka
haere Ko te rapu i te Atua te mana nui rawa atu o te tangata
Me whakamahi pai tātou i te herekoretanga kua homai e te
Atua ki a tātou i tēnei ao, me te whakamahi i aua mea me te
whakaaro nui kia taea ai e tātou te wheako i ngā pono
.wairua mutunga kore

Ko te hara te mea e mamae ai te tangata. Ko te pai te
mea e hari ai rātou ake ake. Ki te kore te tangata e whai i te
rangimarie wairua i roto i ōna whakaaro me te rangimārie i
roto i a ia anō, e kore e taea e te whare hou, e te motuka
hou, e tetahi atu mea hou rānei te kawe mai i te harikoa me
te marino ki tōna wairua; engari, ka mau tonu te mamae o
roto ahakoa kua riro mai i a ia aua mea hou me ētahi atu
.mea

Ko te harikoa pono kei roto i te kaha ki te whakahē i ngā
āhuatanga me te tu atu ki ngā whakamātautau katoa o
waho. Ka kitea ina taea e koe te whakamanawanui i te
mamae nui me ngā uauatanga nui i puta mai i te
whakahāwea me ngā ngana kino a ētahi atu ki te whara me
te mahanga i a koe, ā, ka whakautu koe ki ā rātou hara me
te aroha me te murunga hara. Ina taea e koe te pupuri i te
rangimarie o te hinengaro ahakoa ngā mamae o ngā
.āhuatanga o waho, ka reka koe i te harikoa

E mea ana ngā Karaipiture Tapu, ko te hunga e
whakahaweana ki ngā ture a te Atua, e whai ana i ō rātou
hiahia kuware me ō rātou hiahia, e kore e kitea te harikoa, e
kore hoki e tutuki i tā rātou whāinga matua. Ka akiaki rātou i
te hunga e rapu ana i te pono kia waiho ngā Karaipiture
Tapu hei rama ārahi, hei kaiwhakawā hoki i a rātou e
whakatau ana i ngā mea me mahi me ngā mea me karo, kia
mārama hoki ki ngā mea me te mahi i runga i te whakaaro
.nui

Ko te hunga e māia ana ki a rātou anō, ko rātou te
hunga e mahi ana me te ngākau pono. Ko te harikoa ka puta
mai i ngā whakaaro parakore me ngā mahi tika. Ki te harikoa
koe i nāianei, ka harikoa koe i te heke mai, i konei me te ao
.e tū mai nei

Me kohikohi tātou i ngā hua o te waimarie mā te
kohikohi i ngā hua o te whakaaro nui i te mea e whiti ana te
rā o ngā whai wāhitanga e wātea ana. Ara, me hopu e tātou
.ngā whai wāhitanga i mua i te tomuri rawa
ki te kore koe e hopu i te Hopukia te whai wāhitanga,)

(whai wāhitanga, ka waiho hei pūtake o te pouri
Kua homai e te Atua ki a tātou ngā ture wairua e kiia nei
ko ngā whakahau. Engari kāore ēnei whakahau e arohia ana,
e takahia ana hoki i ia rā, i ia wāhi. Ki te kore te tangata e
mārama ki tōna tikanga wairua, ka amuamu tonu rātou mō
ēnei ture, ka tahuri ke atu hoki i aua ture. He ture whanonga
pumau ēnei ture e tautokona ana e ngā whakapono katoa a
Āperahama. Heoi, he maha ngā wā kāore ngā tuhinga e
whakamārama i ngā āhuatanga hinengaro o ēnei ture me
ngā painga e pā ana ki te whai i aua ture. Ka whakaae te
tangata ki ēnei ture i ngā wāhi karakia, engari kāore e whai i
aua ture i waho atu i aua ture, e whakamārama ana i tēnei
mā te kī he koretake ēnei ture, he koretake, he koretake
hoki. Heoi, ko te takahi i ēnei ture te pūtake o ngā mamae
.katoa o te ao

Engari he aha te painga o aua ture, ā, kei hea ngā
?painga o aua ture

E tohutohu ana ngā pukapuka tapu i te tangata kia
whakaaroaro ki te Atua, kia rumakina tōna hinengaro ki roto
ki a ia, kia tukua ngā mea katoa ki a ia, kia karakia ki a ia me
te pono, me te kore e whakaranua ki te tinihanga, me te
.kore e poke i te tinihanga

Ko te mōhio ki te Atua te whāinga matua o te ao. Kāore
e taea te whakatutuki i ngā mahi o te ao me te kore te mana

kua homai e te Atua ki te tangata. He hapa, he hara te mahi
.i ngā mahi noa me te wareware ki te Atua
Ko te hara te tikanga o te kuware: te mahi i tētahi ara e
rerekē ana ki te pai nui o te tangata
He aha te take e pouri ai te tangata, e pōuri ai? Nā te
mea kāore rātou i mahi tika, nā te mea ehara te Atua i te
.tuatahi i roto i ō rātou ngākau
Kāore he mea i roto i te oranga o te tangata e tika ana
kia kiia he mea nui atu i te Atua. Ki te tino aroha te tangata
ki te Atua, ā, ki te whakatutuki i tana kawenga wairua ki a Ia,
ka pai ake ōna āhuatanga i ngā huarahi katoa, ā, ka noho
haumarū, ka noho pūmau hoki ia ahakoa ngā āhuatanga
.katoa e karapoti ana i a ia
Ina tīmata te tangata ki te karakia ki ngā taonga, ki te
moni, ki te rongonui, ki tētahi atu mea rānei i tua atu i te
Atua, ka pā te pouri ki a rātou. Ko te hunga e aro katoa ana
ki ēnei mea, kei te karakia tonu rātou ki a rātou, nō reira,
kāore rātou e whakatata atu ki te Atua, engari e mawhiti atu
ana i a Ia. Engari ko te hunga e whakaaroaro ana ki te Atua,
e whakaaroaro ana ki a Ia, e kōrero ana ki a Ia i roto i ō rātou
ngākau, e whakatata atu ana ki a Ia, ā, e wheako ana i te
.hari o roto i roto i tā rātou kōrero puku ki a Ia
Ko te Atua anake te kaha ki te whakatutuki i ngā
moemoeā me ngā tumanakohanga a te tangata mō te
harikoa pumau. Nō reira, kua tetahi mea e whakaaetia kia
.tangohia te tūranga o te Atua i roto i te ngākau
He tohu tapu kei reira hei āwhina i te tangata e rapu ana
kia maumahara ki te Atua, kia whakatata atu hoki ki a Ia.
Heoi, ki te tīmata te tangata ki te karakia ki ēnei tohu, ka nui
ake te kino i ō rātou painga. Me tuku te karakia ki te Atua
anake, nā te mea kāore he mea kē atu e tika ana kia
.karakiatia
Ahakoa te āhua o te karakia ritenga, e manakohia ana e
te Atua, mena ka mahia e te kaikarakia me te māramatanga
wairua me te hiahia ki a Ia. Heoi, he tokomaha te hunga

kāore e mārama ki te mauri o te karakia, ā, kua tahuri ke ō
rātou whakaaro me ō rātou ngākau i te Atua ki ngā ritenga,
.nō reira kāore e nui te painga o tā rātou karakia
Kāore ngā kaikarakia pono e tuku i ō rātou hinengaro kia
herea ki tētahi whakapakoko, ki tētahi āhua rānei, engari ka
arotahi rātou me te aroha hohonu me te aro nui ki te wairua
.atua kei muri i ngā whakapakoko me ngā āhua katoa
He Atua mutunga kore, he Atua mutunga kore, ā, kāore
he whakaahua, he whakapakoko rānei e taea te pupuri i a ia
Ka taea te kī ka whakakitea te Atua i a ia anō i roto i te
hunga katoa e aroha pono ana ki a ia, ā, e noho tahi ana me
ia, nā te mea kei ngā wāhi katoa ia, nō reira kei roto i te
katoa. Heoi, kāore i te katoa te kaha ki te whakaatu i te
aroaro atua. Ka whiti ōrite te rā ki te waro me te taimana,
engari ka whiwhi te taimana i te hihi o te rā, ka whakaata
hoki, engari kāore e taea e te waro. Waihoki, ka rumakina
ngā tāngata katoa ki te māramatanga o te Atua, engari he
tokoitī noa iho ka taea te whiwhi i taua māramatanga me te
whakaata i roto i ō rātou whakaaro me ā rātou mahi. Hei
mahi i tēnā, me pure rātou i a rātou anō mā te whakaaroaro
.me te whai i ngā whakaakoranga me ngā ture atua
Ina whakahuatia e tātou te ingoa o te Atua, me tino
mōhio tātou ki tā tātou e kōrero nei. Mēnā ka taea e koe te
kite i ngā whakaaro o te tangata i a rātou e inoi ana, ka kitea
e koe ko te nuinga kei te whakaaro ki ngā mea katoa engari
ko te Atua anake, ahakoa kei te whakahuatia e rātou tōna
.ingoa! Kāore he hua o taua inoi, kāore hoki he tikanga
Ina inoi tātou, me whakapau kaha tātou ki te arotahi i ō
tātou hinengaro katoa ki te Atua, kaua e whakahua noa i
tōna ingoa tapu me te tuku i ō tātou whakaaro kia
kopikopiko noa. I whakahuahia e tētahi o ōku whaea kēkē
āna inoi ki runga i ngā poroporo inoi, he onge noa iho te
korenga e taea te tango atu i tōna ringa. Engari i tētahi rā ka
whaki mai ia ki ahau ahakoa te mahi i tēnei tikanga inoi mō
ngā tau e whā tekau, kāore te Atua i whakautu i āna inoi.

Kāore he mea miharo! Ko āna "inoi" he tikanga manukanuka
.noa iho

Ina inoi tātou, kua e whakaaro ki tetahi mea engari ko
te Atua anake. Me whai tātou kia pono tā tātou karakia, kia
whakatapua hoki ki ā tātou inoi. He mea tino manakohia te
whakamahi i ngā poroporo inoi me te karanga tonu i te ingoa
o te Atua ina ahu mai te mahi i te ngākau, ā, e tautokona
ana e te pono me te hinengaro arotahi. Heoi, ka taea e tēnei
.mahi te noho aunoa i roto i te wā

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou
ngākau, i runga i te rōhari o te hiahia me te aroha atua;
koinei te karakia pono e pā ana ki te ngākau o te Atua. Ko te
whakahua i te ingoa o te Atua me te makariri me te
hinengaro kopikopiko he kohukohu me te kore whakaute. Ina
inoi te tangata, me whakakī te ngākau me te hinengaro i te
aroha o te Atua. Mā te arotahi hinengaro mā roto i ngā mahi
yoga teitei ake ka āwhina i a tātou ki te whakatata atu ki te
Atua, te puna nui o te kororia me te ataahua, ā, ka āwhina
.hoki i a tātou ki te whakaaroaro me te kōrero ki a ia

He mea nui kia whakatapua he rā kotahi i te wiki ki te
okiokinga wairua (ki te taea) hei whakaaroaro ki te Atua, hei
wheako hoki i te marino, te rangimārie, me te rangimārie o
roto. Ko te wā e pau ana i tēnei ara hei rongoā whakamarie
mō ngā raruraru me ngā manukanuka e pā ana ki a koe i te
.toenga o te wiki

Me noho motuhake te katoa i te rā kotahi i ia wiki, i te
"wātea wairua" rānei, hei whakaora i ō rātou patunga me
ngā mamae o te ngākau. Ina tae mai taua rā ki te
rangimārie, ki te harikoa, ki te ngākau māhaki, ka tatari koe
.ki a ia i ia wiki, i ia wiki

Ko te mokemoke te utu mō te hiranga. Ka miharo koe ki
ngā hua whakamiharo ka tutuki mō tō hinengaro, tō tinana,
me tō wairua mā tēnei okiokinga wairua me te hononga ki tō
wairua me te Atua. Ki te hiahia koe ki te harikoa pono, me

rumaki koe i a koe ki te moana o te rangimārie atua i te
.atatu i te oho ake, ā, i mua hoki i te moe i te pō
Kaua e tohutohu ngā tohunga o Īnia kia kotahi noa te rā
mokemoke, engari kia whakanuia te hiahia mō te
whakaaroaro mārie i ngā wā e whā i ia rā. I te ata, i mua i te
ara ake me te kite i tētahi atu, me pārekareka te tangata ki
te marino me te rangimārie. I te poutumarotanga, me
whakamarie te hinengaro i mua i te tina, ā, me pārekareka
anō ki te wā rangimārie i mua i te tina. Hei whakamutunga, i
mua i te moe i te pō, me hoki anō te tangata ki te
.rangimārie

Ko te hunga e ata noho puku ana i te wā mokemoke, ā,
puta noa i ēnei wā e whā o te rā, ka tino rongo rātou i te
noho tahi me te Atua. Ko te hunga kāore e taea te pupuri i
ēnei wā katoa, me whakatapua te iti rawa o ngā hāora o te
ata me te ahiahi. Mā te mahi pera, ka puta ke ō rātou oranga
hei pai ake, ā, ka kite rātou i te harikoa; ko te wheako te
.tohu pai rawa atu

Ki te tuhituhi tonu koe, ki te haina hoki i ngā haki, me te
kore e whakatakoto moni hei utu mō tō pūkete putea, ka pau
āu moni. Pērā anō hoki mō tō oranga. Ki te kore he
penapena rangimārie i roto i tō pūkete oranga, ka pau tō
kaha, ka ngaro tō marino, ā, ka memeha haere tō harikoa. I
te poto, ka pāngia koe e te pirau o te hinengaro, te tinana,
me te wairua. Engari mā te whakaaroaro hohonu ki te Atua i
.ia rā ka ea ngā ngoikoretanga o tō wairua

Ka whakaaroaro te tangata rapu pono i ia rā, ka kōrero
ki te Atua me te aroha me te hiahia nui i roto i tōna ngākau,
me te inoi ki a Ia kia whakakitea mai ia. Mena he tangata
aroha koe ki te Atua, ā, e hiahia ana koe ki te wheako i Tōna
aroaro, me rumakina tō hinengaro me tō tinana ki roto i
Tōna rangimārie, ā, ka menemene te ora ki a koe, ā, ka pai
ake ō mahi i roto i ngā huarahi maha. He onge te tangata
.marino ki te hē, ā, ka angitu i te wā e hinga ai ngā mano tini

Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki
.a la, ka pouri, ka pōuri. Ka riri rātou, ka huri hei mīhini hiko
Ka ara ake te rā o te whakaaro nui me te rangimārie i te
rangi o te marino, ā, ka taupokina koe e ōna hihi whakaora,
mena ka whakapau kaha koe ki te wairua, ka waiho te Atua
.hei tūranga tuatahi i roto i tō ngākau

Me waiho hoki he rā whakaaroaro hei rā okiokinga
hinengaro, tinana hoki, me te whakatipu i te rangimārie o
roto. Ko ngā mahi katoa e puta ai te whakaaro nui me te
.rangimārie, he mahi manaakitanga i taua rā

Mō te whakahonore i ngā mātua, kua tūtohu ngā
pukapuka tapu kia atawhai i a rātou: "Whakahonoretia tō
"pāpā me tō whaea" me "Kia atawhai ki ngā mātua
Me whakahonore ngā matua tāne me ngā whaea
tangata hei māngai mō te Atua, nāna nei i homai ki a rātou
te taonga o te hanga i te tangata. Ko te whaea te
whakaaturanga o te aroha parakore o te Atua, nā te mea ka
murua e te whaea aroha ngā hara i te wā kāore he tangata
kē atu e muru. Ko te matua te whakaaturanga o te whakaaro
.nui me te tiaki a te Atua mō āna tamariki

Kaua te tangata e aroha ki tōna pāpā me tōna whaea i
tua atu i te Atua, engari hei whakaaturanga i taua aroha. Ko
te kaitiaki me te tangata whakaaro nui. Ko te wairua atua nui
rawa hei matua me hei whaea hei āwhina i te tamaiti, nō
.reira me whakahonoretia tēnei e ngā mātua

E tohutohu ana hoki ngā karaipiture kia kaua e patu
tangata hei patu noa iho, nā te mea ka noho ko ia hei
kaikōhuru. Kaua te tangata e tango i te ora o tētahi atu i roto
i te wā e nui ana te kare ā-roto. Heoi, ki te whakawehihia
ngā whanaunga, me whawhai te tangata ki te tiaki i te
hunga kua tukua mai e te Atua ki a rātou, he mahi tapu hoki
.te tiaki i tōna whānau me tōna whenua

Mō te aukati i te puremu, ko te kaupapa tino pai o te
hononga ā-ira tangata ko te whānautanga o ngā tamariki i
hangaia kia rite ki te ahua o te Atua, me te whakaatu i te

aroha parakore e kitea ana e ngā hoa rangatira e kite ana i
te Atua i roto i a rātou anō. Ko te hunga e noho ana i runga i
te taumata tinana anake, me te kore e aro ki te aroha pono,
ki te kaupapa teitei ake rānei i hangaia ai te hiahia ā-ira
tangata, ka puremu rātou e ai ki tēnei ture. I tēnei wā, kāore
rātou i te rerekē i ngā kararehe e makona ana i ō rātou
.hiahia ā-ira tangata, kātahi ka haere tonu
Nā te Atua tēnei hihiri auaha i roto i ngā tāne me ngā
wāhine kia whānau ai, kia whakapuaki ai hoki i te aroha pono
i roto i te marena, ā, kaua e whakamahia hētia, engari kia
.hurihia hei mahi tapu, hei mātauranga tapu hoki
Ki te taea e koe te whakahaere me te tohatoha i te
mana moepuku i roto i tō tinana, ka taea e koe te
whakawhanake i ngā pūkenga hinengaro nui mō te tuhituhi,
te tuhi, te whakaatu rānei i ngā taranata huna i roto i te tini
.o ngā huarahi
Ā, ina taea e koe te whakahaere me te whakarerekē
wairua i te mahi auaha, ka wheako koe i te rangimārie nui,
.te aroha nui, me te hari wairua e piki haere ana
Ko ngā hunga tapu me ngā kaiārahi wairua kua
whakarerekē i ā rātou mahi moepuku, he hunga nunui e
kaha ana ki te mahi i ngā mahi whakamiharo me ngā mahi
whakamiharo i te ao, i roto hoki i te rapunga ngaro mō te
.pono
Nō reira, ko te whakamahinga nui rawa atu o te hiahia
moepuku ko te whakanui ake i tōna mana, arā, te
whakawhiti i tōna kaha ki tētahi kaupapa teitei ake hei
whakaatu i te whakaaro nui, i ngā whakaaro rangatira, me
ngā wawata wairua. Kaua te tangata e whiwhi i te ahua reka
mai i ngā whakaaro moepuku, kaua hoki e hiahia ki ngā mea
kua rāhuitia. Ina tutuki tēnei momo whakahaere whaiaro, ka
whai tirohanga pai te tangata mō te moepuku me tōna
.kaupapa teitei ake

Ko te noho hei pononga mā ngā take moepuku ko te
ngaronga o te hauora, te mana whakahaere i a ia anō, me te

rangimārie hinengaro, ā, i roto i ngā kupu poto, ko ngā
.āhuatanga katoa o te harikoa e hiahiatia ana e te tangata
Kei te akiaki hoki ngā pukapuka tapu i a tātou kia kaua e
tahae. Mēnā ka tahae tetahi rōpū mano tāngata i tetahi, ka
999 ngā hoariri o ia tangata. Nō reira, kaua e takahi i ngā
tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te
rangimārie, i te aroha, i te mana, i tētahi o ā rātou taonga ā-
tinana, ā-wairua rānei. Mēnā kāore koe e hiahia ki te tango i
ngā mea ehara i a koe, ka tae mai ki a koe ngā mea e
hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te
hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me
hutia ake ngā purapura o ngā hiahia kino i te hinengaro. Ko
te atawhai wairua te huarahi. Kātahi ka kukume mai te
tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e
rātou me ngā puna kāore e mōhiotia ana e rātou. He ture
tapu tēnei. Mō ngā tahae me ngā tāngata hiahia-ā-iwi, ka
pau ō rātou oranga ki te whai i ngā taonga ā-tinana, me te
titiro tonu ki ngā mea a ētahi atu, ahakoa kei te puea ake ā
.rātou ake putea i te koura

Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga,
e kore e taea e te ao te mōhio ki te harikoa
Ka puta te harikoa mā te mahi tahi wairua anake. Ka
puta mai ina rongo te tangata i ngā hiahia o ētahi atu me te
mea nōna ake, ā, ka mahi mā ētahi atu i a rātou e mahi ana
.mā rātou anō

Ko tētahi atu ture nui ko te karo i te whakaatu teka. Ko
te whara i tētahi tangata mā te whakapohehe i te pono he
huarahi anō tēnei hei whakararu i te rangimarie o te hāpori.
Ki te hiahia tetahi kia atawhaitia paitia, me atawhai ia i ētahi
.atu

Me kōrero tonu te pono, engari me wehewehe i
waenganui i te kī pono me te kī noa i ngā meka. He mea
mamae, he mea kore āwhina te kī he kopa, he matapo rānei
tētahi; me whai whakaaro ki ngā kare ā-roto o ētahi atu, ā,

me karo i te whakama i a rātou. Waihoki, he hē anō hoki te whakaatu i tētahi pono e taea ai te tuku i tētahi ki te kore he kaupapa rangatira. I tētahi atu taha, kaua e teka hei karo i te kōrero pono; engari, ka taea e te tangata te noho puku i tētahi wā hei karo i te whakama, i te whara rānei i tētahi atu.

Me tūpato te tangata i te hae, he mate whakangaro e ngau ana i te rangimārie o te wairua. Ka nui ake te hiahia o te tangata ki ngā mea a tētahi atu, ka nui ake te pouri me te pōuri. Ka noho te tangata hae i roto i te ao raruraru, kāore e mōhio ki te reka o te rangimārie. He pai ake mā rātou te whakaute i a rātou anō, te whakawhirinaki ki a rātou anō, me te rapu i te taonga wairua o roto.

He nui atu te mana me te uara ā-roto o te tangata i ngā mea katoa e hiahiatia ana e rātou, e hiahia ana rānei kia riro i a rātou. E kitea ana te Atua i roto i ngā tāngata katoa, i tētahi ara kāore e kitea i roto i tētahi atu tangata. He rerekē ō rātou mata i ō tētahi atu tangata, ā, he rerekē ō rātou wairua i ō tētahi atu tangata, nā te mea kei roto i a rātou te taonga nui rawa atu o ngā mea hanga katoa—ā, ko te Atua taua taonga nui rawa atu.

Kāore mātou e herea e ngā mea o mua. Ina he whakapono tika tā te tangata, ā, ka mahi i runga i tēnā, ka nui atu tōna harikoa i te hunga kāore i te whakapono, ā, kāore e mahi i ā rātou mahi i roto i te pakanga o te ao.

Kei te noho tonu te whakapono tika me te mahi tika (e tautokona ana e ngā kaupapa rangatira me ngā whakaaro pai) i ngā wāhi katoa e noho ana te harikoa, ā, ka ngaro i ngā wāhi katoa e ngaro ana te harikoa. Mai i tēnei, ka taea e tātou te whakatau ko ēnei ngā āhuatanga matua e rua mō te harikoa, e kore e taea te whakatutuki me te kore ēnei āhuatanga. Ko te hunga e hiahia ana ki te harikoa, me whiwhi noa i ēnei āhuatanga matua e rua, arā, ko ōna tūāpapa me ōna pou.

Kāore e taea e te tangata te whakahaere—i runga i tōna
hiahia—i ngā wāhanga mutunga kore o te ao tūroa, kāore
hoki e taea e rātou te whakarerekē, te muku rānei i aua
wāhanga. He mea whatu pai ēnei wāhanga ki te hanganga o
te oranga tangata, ā, kāore e taea e te tangata te mahi
motuhake mai i a rātou. Heoi, ka taea e rātou te whakahaere
.i ō rātou hinengaro kia urutau ki ēnei wāhanga
Kaua e whara i a ia

I harikoa ake ō tātou tūpuna i a tātou, ehara i te mea nā
te nui ake o ā rātou taonga me ā rātou ahua eka o te ao i a
tātou o nāianei, ehara rānei nā te mea kāore i tino pāngia e
ngā raruraru o te ao, engari nā te mea i a rātou te taurite
hinengaro i homai ai ki a rātou te whakamarie, te
.rangimārie, te ngākau māhaki, me te harikoa poto
Kāore rātou i whakawhirinaki ki ngā āhuatanga o waho
mō tō rātou harikoa, kāore hoki i hinga ki ngā āhuatanga o
waho ka tango i a rātou. He mea maori, he mea noa, he
hauora, he mea pumau hoki ō rātou kare ā-roto o te
whakamarie, o te rangimārie, o te harikoa, me te ngākau
māhaki. Me whakatipu hoki tātou i ēnei kare ā-roto mēnā e
hiahia ana tātou ki te whiwhi i te harikoa. Ā, ko wai o tātou
?kāore

Ko te aituā he hua o te whakamahinga o mua o te hiahia
noa, o te herekore rānei ki te whiriwhiri. Nā roto i ā tātou
mahi o mua o te hiahia noa, kua kawea mai e tātou, ā, kei te
kawea tonutia mai ki a tātou anō te aituā me te aituā. Heoi,
kāore tātou e herea e te aituā, kāore hoki tātou e herea
tonutia e ngā hua o ā tātou mahi. Ka taea e tātou te
whakakore i tā tātou i ruia, te muku i tā tātou i tuhi ai mēnā
e hiahia ana tātou, ā, ka whai tātou ki te whakatika i tō tātou
ara me te whakapai ake i te kouniga o tā tātou kotinga. Mēnā
ka whakakorea e tātou ngā purapura o ngā mahi me ngā
hua mamae, ā, ka whakatō ki ō rātou wāhi he purapura e
tika ana mō te āhua o te wairua, ka tino kokoti tātou i ngā
hua o te harikoa mai i aua purapura pai i ruia ki te oneone o

te wairua. Me whakamahi tātou i te hiahia noa ināianeī,
ināianeī, kua āpōpō, mēnā e hiahia ana tātou ki te
whakatutuki i te harikoa nui ake, ki te whakaiti rānei i te
.mamae me te mamae

Nō reira, kei roto i te tangata ngā āhuatanga mō te
harikoa, ā, ko tāna anake he aro nui ki taua whārite kāore e
hē, ā, ka pai ngā hua ki a ia mēnā ka aromatawai pai ia, ka
aro atu hoki ki tēnā. Engari ko te tangata he kaha tōna
ngākau, e noho tahi ana ia me te Atua

Pūngao hinengaro kua arotahi

Ina arotahi koe i te hihi o te rā Mā te arotahi i tētahi karu
whakanui ki tētahi pito iti, ka puta te wera, ā, ka taea e taua
wera te mura i te rakau Kakahu, pepa, me ērā atu Waihoki,
ina arotahi koe i tō hinengaro Ko tōna pūngao kua arotahi
Hei tahu i ngā kino me ngā pūtake o te ruarua, te take o ngā
hinganga katoa, ā, hei whakakanapa i te māramatanga o te
.whakaaro nui me te kanapa me te kanapa

Ina rite te whakaaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana manaakitanga katoa, ka
mōhio ia ki te aroaro o te Atua, ā, ka mau i a ia ngā
āhuatanga katoa o te angitu. He hononga tata ēnei
āhuatanga ki te mana nui o te Atua, ka taea te waihanga i
.ngā take hou mō te angitu i roto i ngā mara katoa

Kia karaunatia e te Atua ngā mahi pai me ngā mahi
atawhai ki te angitu

Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu
mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka
hua mai he hua e whakaata ana i ngā āhuatanga o aua
.whakaaro me aua mahi

Ina titiro koe ki te rā i ngā miriona maero te tawhiti i te
wāhi, he iti ake te āhua o taua whetu nui i tō tātou Ao. Heoi,

ko te whānui o te Ao he tata ki te 7,900 maero, ko te whānui o te rā he rau ngā wā nui ake. Me i taea e koe te whakanoho i tō tātou aorangi, a Papatūānuku, ki mua tonu i te rā, ka rite ki tētahi ira iti ki a ia. Whakaarohia te whānui o te rā e horapa ana tae noa ki te horomia e tōna papatipu nui te rangi kikorangi katoa. Ko te rangi e kitea ana e tātou he wāhanga iti noa iho, he ira noa iho, o te wāhi mutunga kore e horapa ana i te ao whānui. Ahakoa ka haere tonu te whānui o te rā ki te mutunga kore, kāore tonu e taea te kapi i te mutunga kore. Ko tēnei whakaaro nui o te iti me te mutunga kore e whakawhāiti ana i te kaha o te hinengaro ki te hopu i te whānui o te ao whānui, ōna takenga mai, me .ōna rohe

Ko ia, kāore i raro i ngā rahi me ngā inenga, kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho ana i ngā wāhi katoa, e noho ana i ngā pito tawhiti rawa o te wāhi. Kei roto ia i ngā whetū tawhiti, tawhiti, pērā i a ia e noho ana i roto i a koe, i roto hoki i ahau , ā, e mōhio ana ia ki ngā wāhi katoa e nohoia ana e ia ahakoa te iti, te rahi rānei. Nō te "pukapuka "Man's Ultimate Goal

Ngā inoi

Āe, e te Ariki

Tangohia tōku ringa i te pōuri ki te māramatanga

E te marino o te ao

Ka rongo ahau i tō reo i te haruru o ngā awaawa me te

tangi a ngā manu pōuriuri

I te aue a te hau, te haruru o ngā ngaru, me te whatitiri

o ngā wiri

E te Ariki aroha

Kāore au e karakia ana ki a koe mā te kupu, engari mā

te hiahia o te ngākau e mura ana i te hiahia ki a koe

Kia kite ahau i tōu whānui

Tō aroaro tonu i muri i ngā mea katoa

Tērā pea ka mōhio ahau he wāhanga ahau nōu ake tonu

atu

E te moana e pupū ake ana
Me i taea e ngā awa piko o aku hiahia te rere i roto i ngā
koraha o ngā arai me ngā aukati
Hei whakamutunga, kua hanumi tō raruraru nui rawa
atu

Āwhina mai kia rongo ahau i tōu reo, e te Ariki
Te oro o te ao tūroa i puta mai ai te wiri o te ao whānui
Tukua ahau kia kite i tō aroaro mā te tangi
manaakitanga (Om - Amene)
waiata Tapu mō ngā reo tapu katoa
Whakawhanuihia tōku mōhioanga i a au e whakarongo
ana ki te waiata o te oranga
Kia rite ahau ki te moana nui
Me ngā nekehanga riu o te tinana e kanikani ana i runga
i tōna uma

Kia rangona te reo tapu rawa i roto i ahau
Te whakawhānui ake i tōku mōhioanga mai i te tinana
ki te ao whānui
Kia rongo ahau i te harikoa mutunga kore, i te harikoa
whānui

E pahū ana mai i te moana o te māramatanga e pupū
ake ana

E te mana mutunga kore
E te whakaaro nui mutunga kore
Whakakīia tōku wairua ki tō wiri wairua
E te reo o te kupu tapu o te ao whānui
Whakatikahia aku hapa
Me hiahia ahau

Tangohia tōku ringa i te pōuri ki te māramatanga
Ia wā ka whakaaro ahau ki a Koe, e te Ariki, ka puta mai
he waipuke o te hiahia nui i roto i ahau, e wiri ana i ōku kare
ā-roto, e rere ana i tōku ngākau ki ia pūtau o tōku tinana, e
.whakakī ana i a ia ki te aroha atua
Ko taku hiahia nui kia tae atu ki te pūtake o tōu noho,
kia koa hoki ki tō aroaro

Ā, ka huaki whakarere te tatau o te wairua, ā, ka nui
!rawa tōku hari i te kitenga atu i tō māramatanga kanapa
Kāore te nuinga o te tangata e mōhio ki ngā mea o mua,
haunga ētahi tāngata whai mātauranga. Heoi, he painga anō
hoki tō tātou kore mōhio ki ngā mea o mua. Mehemea hoki i
mōhio tātou ki ngā mea katoa i mahia e tātou i tēnei ao me
ngā oranga o mua, kua taupokina tātou e te nui o ā tātou
mahi, ā, kua tino pōhēhē tātou. Ina hoki, tera pea ka
pararutiki tō tātou hiahia i te ohorere, ka kore ai e taea e
tātou te haere tonu i ā tātou mahi, ka waiho hoki tātou hei
taonga mō te ngakaukore. Ahakoa i tēnei ao, he
manaakitanga nā te Atua te warewaretanga, e ārai ana i ngā
maharatanga o mua, inā koa ko ngā mea kawa me ngā mea
mamae, kei taupokina ō tātou whakaaro me ō tātou kare ā-
.roto

Heoi, he waimarie, kei te tiaho tonu te mura o te atua i
roto i a tātou me te tumanako me te hiahia ki te haere tonu i
te haerenga mutunga kore o te ao. Me whakawhetai tātou ki
te Atua mō ēnei manaakitanga e rua: te wareware i ngā mea
.o mua me te tumanako ki ngā mea o muri mai
Kaua tātou e whakatau ko te aituā te take e ārai ana i te
hiahia. Heoi, me whakapau kaha tātou ki te ārai i ngā awe
kino e kīia ana e te nuinga o te tangata ko te aituā me te
aituā, me te whakamahi i tō tātou herekoretanga ki te
whiriwhiri i runga i ō tātou whakapono ā-roto, mena kei
runga ēnei whakapono i te whakapono pakari, ā, kei runga
hoki i ngā ture atua, ki te kore ēnei e kore e taea e te
.tangata te reka i te harikoa pono

Ina tīmata tātou i tētahi mahi, kaua tātou e matakū i
ngā āhuatanga kino, engari kia tino hihiri, me te whakapono
pūmau kāore he mea e arai ana i te whakamahi i tō tātou
hiahia me te whakamahi i tō tātou herekoretanga ki te
.whiriwhiri

Ki te kore e tutuki i a tātou tā tātou whāinga, he mea
tika kia whakaae puku tātou he arai nā tātou anō i aukati i a

tātou ki te whakatutuki. Me tohe tonu tātou, me te whakanui ake i ā tātou mahi kia tutuki ai tā tātou whāinga. Me whakaū anō hoki ki a tātou anō ahakoa te kaha me te whakamataku o ngā arai me ngā wero, kei a tātou tonu te kaha ki te tango atu i aua arai me te wikitoria. Ahakoa ka hinga tātou ahakoa ā tātou ngana katoa, kāore he take mō te ngakau pouri me te pouri, mena ka mārama tātou he kaha ake te hiahia o te tangata i te ao i whakaritea, nā tātou anō i hanga. Nō reira, kua e mutu te ngana, ahakoa te maha o ngā wā ka hinga tātou, nā te mea kei te tuwhera tonu ngā tatauranga. Me haere tonu tātou ki te ngana me te whakahoki i te ngana kia tae rā anō ki te wā e angitu ai tātou. Ka āwhina mai te Atua i a tātou mena ka whakawhirinaki tātou ki a ia me te whakapau kaha. Ko te tangata e hikoi ana i te ara ka tae ki tōna ūnga, ā, ko te tangata e whakawhirinaki ana ki te Atua, e kore ia e .pouri

Ina hiahia te tangata ki tētahi mea, ā, he kaha, he hiahia nui taua hiahia, e kore rawa taua hiahia e ngaro i roto i tōna hinengaro, ahakoa te wāhi e haere ana rātou, ahakoa te wāhi e tahuri ana rātou, ahakoa te aha ō rātou āwangawanga me ō rātou manukanuka. Nā tōna mahi tonu, he nui te whakatau me te kaha o taua hiahia. He kaha ake, he whai hua ake hoki tēnei hāmama hinengaro i te inoi ā-ringa, e kore e neke atu i te nekeneke o ngā ngutu. Koinei te mahi a te hunga aroha ki te Atua; ka hāmama tonu rātou i tō rātou aroha ki te Atua, ā, he pono, he kore e rangona ā rātou hāmama, puta noa i ā rātou mahi o ia rā. Kāore tēnei hāmama pono e whakararuraru i a rātou, kāore hoki e taupatupatu ki ā rātou mahi kē atu. I te tipu haere o tō rātou hiahia ki te Atua, ka kaha ake, ka hohonu haere tō rātou aroha ki a ia, kia pā atu rā anō rātou ki Tōna aroaro, kia kite i Tōna māramatanga ki te kanohi o te wairua, kia reka ai te harikoa nui, kia rongorongo ai i te rangimārie e kore e taea te .whakaahua

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e
tātou i te ao kia whai hua ai tātou i aua akoranga, kia whiwhi
ai hoki i te māramatanga me te wheako. Ko te tangata e
karo ana i aua akoranga ka akiakihia kia ako i aua akoranga
.ahakoa te roa o te wā

He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria e
tātou te whai wāhitanga, ka whakamahia kinotia mā te
.amuamu, te riri, me te whakaaro kino
Ina whiwhi tātou i te māramatanga pakari me te waiaro
tika mō te ao, ka ataahua te ao. Ā, kāore he raruraru

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i te ngaru
o te harikoa, te totohu rānei i raro i ngā wai pōuri o te pouri,
te toremi rānei i roto i te hōhonutanga o te hoha. I tēnei ao e
whakaatuhia ana e ngā takirua taupatupatu, ka pāngia te
tangata noa e ngā pikinga me ngā hekenga. Ka ara ake ia i
runga i te ngaru o te harikoa, ka ruku ki roto i te
hohonutanga o te kore aro, ā, ka whiua haeretia e ngā ngaru
riri o te pouri. Ā, he onge tana mōhio ki tētahi atu āhua o te
hinengaro. Ka tukua ngā āhuatanga kia hurihia te whakaaro
pēnei. Ko te tikanga he tuku i te hiahia o te tangata ki tētahi
.aituā hurihuri me te pōturi

Ko te taurite hinengaro te mea e hiahiatia ana e te
tangata kia angitu ai, kia whai hua ai hoki tōna oranga
Ka taea anake tēnei mā te arotahi i te hinengaro. Mā te
.whakahaere i ngā āheinga hinengaro

Ahakoa ngā pouri hohonu rawa ka ora i te wā, nō reira
kāore he take o te noho tonu ki te pouri i ia rā, i ia rā o ō
tātou oranga. Kāore te pouri roa mō tētahi e arohaina ana
kua wehe atu e āwhina i a ia, i a tātou rānei, ā, kāore e
whakarerekē i tetahi mea i roto i te ao tūturu. Te
whakawhanake i te matatini o te whakaiti i te whakaaro, te
whiu rānei i a koe anō. Kāore he hua o te noho tonu ki ngā

hapa me ngā hinganga o mua. Ka whakapōuri noa iho te ao,
.ka whakararu hoki i ngā pūkenga hinengaro
Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā āheinga huna i roto i te oumu o te kore aro
Me whakakore te korenga i ōna pakiaka, ā, me parau
ngā mara o te ao me te ngākau nui me te whakapau kaha,
me te whakatō ki ngā purapura o te pai kia nui ai te kotinga
.me te āwhina a te Atua

Te rino i te Hūpiri Hiriwa

I karangatia ahau ki tētahi whakanuinga tiupiri hiriwa
mō tētahi tokorua, ā, i te āhua nei ko rāua tētahi o ngā
tokorua tino harikoa, engari i taku taenga atu ki tō rāua
kāinga, ka kite ahau kei te hē tetahi mea. Ka pātai atu ahau
ki ētahi o aku ākonga tokorua kia tirohia te āhua o tā rāua
mahī tetahi ki tetahi i te ahiahi, ā, i muri mai ka kōrero mai
rāua ki ahau. Ka menemene te tāne me te wahine tetahi ki
tetahi i mua i te aroaro o ētahi atu, ka kōrero tetahi ki tetahi
me ngā kupu reka pēnei i te "Āe, e taku e aroha" me te "Ae,
e taku e aroha nei," me ētahi atu kupu hoahoa. Engari i te
wā tonu ka whakaaro rāua kei te mokemoke rāua, ka totohe
.rāua, ka tuku kupu mamae tetahi ki tetahi

I kōrero ahau ki a rātou, ka mea atu: I karanga mai
koutou i ahau kia haere ki tā koutou pāti, engari he āhua
pōrearea te āhua, ā, ki taku whakaaro he nui te ngangau i
roto i tēnei whare, ā, ki taku whakaaro he nui te rino i roto i
.tēnei tiupiri hiriwa

I te tīmatanga, i riri rātou, engari i muri mai ka whakaae
rātou he tika ahau, ā, ka whakapāha. I haere tonu ia, me te
kī: He aha te painga o te tautohetohe me te ngangau i ngā
?wā katoa

Te āhua nei kei te noho tahi kōrua kia mau tonu ai tō
kōrua ingoa hei tokorua tino pai, engari me pērā tonu kōrua
te noho tahi, me te noho i roto i te rangimārie me te

rangimarie mō tō kōrua ake harikoa me te rangimārie o te
.hinengaro

Kai aukume

Ina kōrero te tangata mō te kai, te matūkai rānei, ko te
tikanga ko te kai tinana e kainga ana hei oranga mō te
tinana. Heoi anō, tera atu anō ngā momo kai e kore e iti iho
te hiranga i te kai tinana, ā, he maha atu anō hoki, pērā i te
kai hinengaro, te kai wairua rānei. Te mahi hinengaro, te
arotahi rānei o te hinengaro, te whakaaro nui me te
.māramatanga wairua

Mā te kai tinana ka ora ai ngā pūtau o te tinana, mā te
kai hinengaro ka whakakī te hinengaro ki ngā whakaaro
hauora, ā, mā te kai whakaaro nui ka whakaora i te wairua,
.ka whakawhanake i ōna pūkenga

Ko te whāngai hinengaro ko ngā whakaaro e
whakaarohia ana e te tangata me ngā mea e riro mai ana i a
ia i ētahi atu mā te whakapā atu me te taunekeneke ki aua
.whakaaro

Mā te hunga ngākau mārie, rangatira hoki ō rātou
wairua ka āwhina i a rātou ki te hanga i ō tātou whakaaro kia
.hihiri, kia ora hoki

Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te
manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te whakahoahoa ki te momo tangata hē, ahakoa he
hoa, he whanaunga rānei. Ka puta ake ngā whakaaro
manukanuka me te wairua kino i tēnei

Ka whiwhi te tinana i te pūngao me te ora mai i ngā kai
ā-tinana, ko ngā kai aukume ia e whakarato ana i te tinana
me te hinengaro ki ngā pūngao e ngāwari ake ana te
nakunaku i ngā kai totoka me ngā kai wai, e kore nei e
.ngāwari te huri hei pūngao ora

Ina taea e koe te huri i te kuware hei whakaaro nui, te
ngoikore me te ngoikore hei hauora me te ora, ā, ka hikoi

māia, māia hoki – ahakoa ko koe anake – i ngā ara o te ora,
ā, ka wheako i te harikoa o roto i te whai i te hinengaro ora,
mataara hoki, me te whakapono pumau ki te tika o te Atua
me te wikitoria o te tika ki te hē me te pono ki te
.mānukanuka

Ā, ina ngana koe i ia rā ki te tuku i ō whakaaro ki ngā
taumata teitei ake, ki ngā taumata kua oti ake te whakapai
ake, ā, kei a koe he ngākau aroha, he ngākau whakawhetai,
me ngā whakaaro pai ki ētahi atu, ka nui te aukume o tō
whāngai hinengaro, ā, ka kukume mai koe i ngā mea
ataahua me ngā mea whai hua katoa, mai i ngā mea, i ngā
tāngata me ngā āhuatanga, e hiahiatia ana hei haere tonu i
.te haerenga ki ngā takutai o te haumaruru me te haumaruru

Ki te whakapau kaha koe ki te whiwhi i ngā mea e
hiahiatia ana e koe, ā, ki te makona koe ki ngā mea e homai
ana e te Atua, ka nui ake tō wairua, ka nui ake tō makona i
te hunga e aro nui ana ki ngā taonga o te ao, e apo ana ki
.ōna ahuareka memeha noa

Ina rapu te tangata i te Atua, ko ia anake te hoa pono, i
tua atu i ngā hoa katoa, ka taea te whakatū i te
whakahoahoa pono i roto i ngā whanaungatanga tangata
katoa: whānau, te whanaungatanga teina, te
.whanaungatanga mārena, me te whanaungatanga wairua

He mea nui te whakahoahoa i roto i ngā hononga
marena, ā, me matua hoatu te piripono hinengaro me te
piripono kare ā-roto, te kare ā-roto e kukume ana i te
.tangata, me te aroha pono me te whakahoahoa

Ko te hunga kāore e taea te wehewehe i waenga i te
aroha pono me te kukume ā-hinengaro, ka pouri tonu rātou i
.ngā wā katoa

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, ā,
ka mahi tahi rāua ki te whakamama i ngā taumahatanga o te

ao mō rāua anō, me te whakakore i ngā āwangawanga o te
.noho mā te aroha me te māramatanga hoa
Kāore he tangata e taea te whakahaere i ahau, te tango
rānei i taku hiahia, ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau

E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga kei mua i ahau. Ki te tūhura i ōku pūkenga me te
kite i tōku pūmanawa wairua, ka whakakapia e ahau ngā
herenga ā-tinana ki ngā wawata teitei ake. Ā, ka mōhio ahau
kei te taha tonu ahau i te wairua pono

I tēnei rā ka whakakīia ōku whakaaro ki te hihiri, ka

wehe atu i ngā wheako kino, ā, ka mahi i ngā mea hei
whāngai i te tinana, te hinengaro, me te wairua i runga i te
.taurite me te pumau

Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakaorangia e au ake tonu atu mā te tiaki i tōku tuakiri
wairua. Ā, ina pā mai ngā awha o ngā whakamātautau me
ngā raruraru ki ahau, ka rere ahau i roto i te kaipuke o tōku
wairua. Whiti i te moana o te ora ki ngā takutai haumarū,
.atua

Ina mahi ahau, ina waihanga, ka mahara ahau kei te
mahi te Atua mā roto i ahau; ko ia te Ariki o te ao whānui, ā,
ka taea e au te hono atu ki a ia mā te whakaaroaro hohonu
.ki a ia

E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro ki te hinganga, ki te angitu rānei, kei runga i te
whakaaro tino kaha i roto i tōku ao. Nō reira, ka ngana ahau
ki te mahara kei te totoro mai tō ringa āwhina ki ahau, ā, kei
.te whakarite i ahau mō ngā take o te angitu

Ina pā mai ngā aituā me ngā aituā ki ahau, ka
whakaarahia e au tōku wairua, ka whakapakari i tōku
whakatau ki te wikitoria i aua aituā. Ka whakamahia e au te
ngākau pono me te pono i roto i aku mahi me aku
taunekeneke ki te katoa, ā, ka tukuna e au ngā whakaaro o

te aroha me ngā wawata pai. Kātahi ka tautokona ahau e te
.Atua ki tōna mana me tōna whakaaro nui

E te Ariki, ka whakamahia e au tōku kaha me tōku
hinengaro ki te whakatutuki i ngā mea iti i te tuatahi, kātahi
.ka neke atu ki ngā whakatutukitanga nunui

Ahakoia ka tutuki ngā wawata katoa o te ao, ka kawea
mai tonutia he harikoa kore mutunga, ā, ko te kimi i te Atua
anake te harikoa pono ka kitea e au he puna mutunga kore o
te harikoa, ā, e kore e mutu te rere me te rere, i roto i ngā
.māra o te wairua me ōna mania matomato

Ngā kiwaha koura

Ko te harikoa tōku tika, tōku taonga tuku iho, me tōku
taonga huna atua. Aratakihia ahau, e te Ariki, kia kitea ai e
au i roto i ahau ngā taonga e hira ake ana i ngā moemoeā a
.ngā kīngi

* * *

Ko te atua e noho ana i roto i ngā ngākau e
whakamārama ana i roto i ana ākonga - nā roto i tana aroha
me tōna ngākau aroha - i ngā rama kanapa o te whakaaro
.nui e whakakore ana i te pōuri o te kuware

* * *

He nekehanga atamai te ora me tōna auau auau. Ka
hanga i a ia anō i roto i ngā mea kore ora, ka tango rānei i te
āhua ora, e nekeneke ana. Ka kapi te ora i ngā mea katoa, ā,
.ka horapa ki ngā mea katoa

* * *

E te Aroha Nui rawa atu, ko koe te ora tonu. Ko koe taku
whāinga me taku wawata. Meinga ahau hei rōhi puāwai i
roto i tō māra rangi, hei titi kanapa rānei i roto i te hei o tō
aroha kanapa, homai rānei ki ahau te honore nui rawa atu:
.te wāhi iti rawa i roto i tō ngākau

* * *

Ko ngā wāhi e mihi mai ai ētahi ki aku mahi pai, koinā te
.wāhi e taea ai e au te whakarato i te ratonga tino pai

* * *

Kia whatua he whāriki koura o ngā moemoeā ki ngā
miro hiraka o ngā maharatanga reka me ngā whakaaro kua
whakatikatikaina

* * *

He whare hanga te hinengaro kau [kāore he whakaaro
pai, he whakaaro whai hua] mō te raruraru, te manukanuka,
.te ngakau pouri, me te kore tumanako

Ki te tau te aroha whānui ki roto i tō ngākau, ka kawea
mai e ia he harikoa pumau, he harikoa hou, kāore e taea e
.tētahi atu mea te hoatu ki a koe

He tino ataahua, he reka hoki te titiro atu ki ngā putiputi
o te ora e puāwai ana i te māra o te ao tūroa. Engari he mea
whakamiharo, he mea whakahīhī hoki te puna o te ataahua
me te whakaaro nui kei tētahi wāhi, nō reira tātou i haere
.mai ai, ā, ka hoki atu tātou ki reira ka hanumi anō

I te oho ake o te ākonga i te ata, ka whakaū ia ki a ia
anō: "Ehara ahau i te tinana, he wairua ngaro ahau... Ko te
harikoa ahau... Ko te māramatanga ahau... Ko te whakaaro
nui ahau... Ko te aroha ahau. Ahakoa e noho ana ahau i roto
i tēnei tinana, he ora tonu tōku wairua, ā, kāore e pāngia e
".te pirau

Pērā i ngā pata tomairangi e āwhina ana i ngā putiputi
kia puāwai me te tupu, waihoki ka atawhai te atawhai i te
whakahoahoa me te whakatairanga i tōna tipu

* * *

He ngaru kei te mata o te moana, he ngaru hoki e ngaro
atu ana ki roto i ōna hohonutanga; i ngā āhuatanga e rua,
kei roto rāua i te moana, ā, he kotahi ki a ia. Waihoki, ko ngā
tāngata e rere ana i te wā "ora" i runga i te mata o te moana

nui, e ngaro atu ana rānei i roto i a ia i te "matenga" kei roto
.tonu i te moana mutunga kore

* * *

Kāore e kitea mārama te whakaata o te marama i roto i
te wai pōrearea, engari ina marino te mata o te wai, ka tino
mārama te whakaata o te marama. Pērā anō hoki te
hinengaro: ina marino, ka taea e koe te kite i te mata o tō
.wairua me te tino mārama me te tika

Tukuna mai, e te Ariki, ngā hihi o te rā o tō whakaaro nui
hei ārahi i ahau i aku rā harikoa o te whakatutukitanga, me
te māramatanga o te marama katoa o tō atawhai i ahau e
.haere ana i roto i ngā pō pōuri o te pouri

Ko te whakaaroaro te huarahi e hono atu ai koe ki te
hinengaro ao whānui, ā, ina hono atu koe ki taua
mōhiotanga mutunga kore, ka taea e koe te mōhio ki ngā
.mea ngaro katoa o te hanganga

Kāore te hiahia ki te whakatata atu ki te Atua, ki te
mōhio ki a ia e puta noa mai, engari me whakatipu, ā, kāore
.he uara o te ora ki te kore taua hiahia

He taunga rangitahi te ao nei, ā, ko te mahi matua a te
tangata ko te mārama ki te kaupapa me te whāinga o tēnei
haerenga. Ko taua kaupapa ko te mōhio ki te Atua, ā, kāore
.e taea te kī atu i tētahi atu mea

Ko tō rangimārie tō taonga utu nui, nō reira kaua e
.tukua kia tangohia taua taonga e tetahi

* * *

Akohia te tū takitahi, te noho haumaruru, te noho pūmau i
.roto i te pā o ōu tikanga pai me tōu mana ake

* * *

Nā te mea kei te ora te Atua, kei te ora anō hoki koe Nā
tōna oranga, kei te koa koe ki ngā whakamarie me ngā hari
.o te ao Nō reira, me nui te whakawhetai ki te Atua

Ka taea e ngā pukapuka pai te noho puku, te manaaki,
me te whakaute. Kaua e whakarērea ēnei pukapuka i ō wā
uaua, nā te mea e kore rawa rātou e whakarērea i a koe, he
.rerekē ki ngā hoa tūturu e whakarērea ana koe

Ko te tangata e hauora ana, e noho pai ana, e kaha ana
te hinengaro, engari kāore i te harikoa, kāore anō kia angitu
i te ao. Ina taea e koe te kī pono, "Kei te harikoa ahau, ā,
kāore he tangata e kaha ki te tango i tōku harikoa," kua
.kitea e koe te āhua o te Atua i roto i a koe anō

Whakanuia te marino me te rangimārie, ā, tukuna mai
ngā whakaaro aroha me ngā whakaaro pai anake mēnā kei
te hiahia koe ki te noho i roto i te rangimārie me te
rangimarie. Nohoia he oranga e ahu mai ana i te tika me te
karakia, ā, ko te hunga katoa e hono ana ki a koe ka whai
.hua mā te noho tahi me koe

Ki te kore he hoa āu, ki te moumou taima rānei ō hoa, ki
te kore rānei koe e noho tahi me rātou, tukua ngā pukapuka
[me ngā rauemi] kei roto te whakaaro nui hei hoa mōu, i a
koe e haere ana mā roto i ngā tatau o ā rātou whārangi ki
roto i tētahi ao o ngā whakaaro whakamiharo me te
.whakahihiri

Ko te kimi i te Atua ko te whiwhi i ngā mea katoa e
hiahiatia ana e te ngākau, ā, ko te wairua ko te
whakatuwhera i ngā tatau ki te hauora, ki te harikoa, me te
.angitu

Kei roto i a tātou te mura o te mana atua e hanga ana, e
.tautoko ana i te ora katoa, ā, e tatari ana kia mura

He mahi hinengaro tino whai hua te pānui pukapuka; ka
whakakorikori i te hinengaro, ā, ka noho ngāwari. Mā te
pānui pukapuka kotahi, e rua rānei hāora i ia rā ka hoatu he
pūtake mātauranga kanorau ki te tangata i roto i ētahi tau,
mena ka whiriwhiria e rātou he pukapuka whai hua. Kaua e
moumou taima, kaua hoki e whakararu i ō pūkenga
hinengaro mā te pānui pukapuka iti te utu, ngā pukapuka
.koretake rānei, kāore he kaupapa, he tikanga rānei

Mā roto i ngā akoranga o ngā pukapuka i tuhia e ngā
tāne me ngā wāhine rangatira, pūkenga, ka kitea e te hunga
whai whakaaro pāpori he kaha hou i roto i ngā pukapuka
.whai hua hei āwhina i te tangata

* * *

He mahi hinengaro tino whai hua te pānui pukapuka; ka
whakakorikori i te hinengaro, ā, ka noho ngāwari. Mā te
pānui pukapuka kotahi, e rua rānei hāora i ia rā ka hoatu he
pūtake mātauranga kanorau ki te tangata i roto i ētahi tau,
mena ka whiriwhiria e rātou he pukapuka whai hua. Kaua e
moumou taima, kaua hoki e whakararu i ō pūkenga
hinengaro mā te pānui pukapuka iti te utu, ngā pukapuka
.koretake rānei, kāore he kaupapa, he tikanga rānei

* * *

Me whakakore te hiahia whaiaro me te whakapehapeha
.nā te mea koinei ngā arai nui ki te mātauranga wairua

* * *

Ki te kore he māramatanga ki te Atua, e kī ana tēnei ao i
te pakanga, te tutu, me ngā pouri nui. Kei roto i te whakaaro
.tata ki te Atua te harikoa

* * *

Ko te hunga e mōhio ana ki te Atua, kei roto i ō rātou
ngākau te hari me te harikoa tonu. Nā te mea e rongo ana

rātou i te haumaru me te rangimarie, e kore e taea e ngā
tupuhi o te riri te whakangaeue i a rātou, e kore hoki e taea
.e te wehi te tomo ki roto i ō rātou ngākau

* * *

Ko ngā pukapuka pai ō hoa pai; mā roto i ēnei
pukapuka, ka taea e koe te whakarongo ki ngā hinengaro nui
e kōrero mārie ana ki a koe, e whakamarie ana i a koe, e
tuku ana i ngā tohutohu pai rawa atu. Ko te kore e
whakatipu i te hiahia pono ki te pānui i ngā pukapuka pai ko
.te ngaronga o te taonga tuku iho o ngā whakatipuranga

* * *

Ki te kore he āwhina a te Atua, ka hinga te tangata, nā
te mea ko te kaha me te whakaaro nui e hiahiatia ana hei
angitu i roto i te pakanga o te ao e ahu mai ana i tētahi
pūtake mutunga kore. Ina kore te tangata e aro ki te Atua,
ka motuhia e rātou te taura ora e whakarato ana i te āwhina
.me te tautoko e tika ana mō te angitu

Ko te hunga rapu e patuki ana i te tatau o ngā whai
wāhitanga wairua ka kitea e rātou kua tuwhera te tatau mō
rātou nā te mea e āwhina ana te Atua i te hunga e āwhina
.ana i a rātou anō

Ina noho tahi koe me te Atua, ka noho tahi te taiao

katoa me koe

* * *

He rite te aroha ki te pepa kirikiri e whakakanapa ana i
te hinengaro, e tango ana hoki i te taratara o te tangata

* * *

Ina kitea ohoreretia e koe te Atua i ngā wāhi katoa, ā,
ina tae mai ia ki a koe, ka whakaaweawe i a koe, ka ārahi i a
.koe, kua tīmata te kōrero o te aroha atua

* * *

Kia tiaho te aroha i roto i ngā ngākau, kia tukuna hoki
ngā hihi whakaora ki ētahi atu

* * *

Rapua te Atua i a koe e tamariki ana, e kaha ana, nā te
mea i te koroheketanga me te mate, kāore pea koe e kaha ki
te rapu i a ia. I te tau ka tīmata te tangata ki te mārāma ki te
tikanga tūturu o te ora, ka ngoikore te tinana, ā, ka pau te
toenga o ō rātou oranga ki te tiaki i ō rātou kaha tinana
.ngoikore, kaua ki te rapu i te pono

* * *

Ka tangohia e au te mea pai rawa atu i ia iwi, ā, ka
maioha ahau ki ngā āhuatanga pai o ngā iwi katoa, me te
.kore e aro ki ō rātou ngoikoretanga

* * *

Pērā i tā tātou aro nui ki te uara kai o ā tātou kai o ia rā,
me aro anō hoki tātou ki ngā matūkai hinengaro e
.whakaratohia ana e tātou ki ō tātou hinengaro i ia rā

* * *

He rongoā whakamiharo ngā kupu atawhai mō ngā mate
maha, he mana aukume kaha, tata ki te makutu, e kawē mai
ana i ngā manaakitanga me te taonga nui ki te hunga e
kōrero ana. Ko te hunga e whakamahi ana i ngā kupu
whakamarie, ngawari, ka rongo i te ia ngawari e rere ana i
roto i a rātou, kāore e mutu, ka ki tonu rātou i te wairua
marino hohonu. Nā te mea e hono ana tēnei ia ki tōna
pūtake teitei ake, he rere tonu e tae atu ana ki ngā wairua e
noho tahi ana me taua pūtake, e āhei ai rātou ki te tuku i te
.harikoa ki te hunga e hiahia ana ki te rangimārie

* * *

E hia ngā kupu atawhai o te ngākau kua whakakorea
ngā mamae maha, e hia hoki ngā reo whakaaro nui kua
whakamārama i ngā ara pōuri ki ngā rama o te hari me te
!marino

* * *

Ka tipu ake tātou i roto i ia wheako ka pā ki a tātou,
mena ka mōhio tātou ka taea e tātou te ako i ngā akoranga
whai hua mai i aua wheako. He tikanga, he kaupapa hoki tō
ia mamae me te mamae e pā ana ki a tātou. Ahakoa te kaha

o ēnei wheako, he rite ki te ahi e whakarewa ana i te rino, e
.huri ana hei maitai ataahua, kaha, me te maha o ngā mahi

* * *

Ko ngā whakatutukitanga whakamiharo katoa o tōku ao
i tutuki mā te mana o te hinengaro e mahi tahi ana me te
Atua. Ina rere te kaihanga atua, ka tutuki katoa aku hiahia,
ka puta tuatahi hei hoahoa e kore e kitea, kātahi ka puta me
.te kaha e kore e taea te ārai i roto i te ao tūturu

* * *

Ina hāhā te hinengaro ki te Atua i tētahi hāhā ngākau
pono, mai i te hohonutanga o te wairua e hiahia ana, ka pā
te karanga a te wairua ki te ngākau o te ao whānui, ā, ka tae
mai te whakautu, me te hari nui. Mā tēnei hāhā hinengaro e
whakatipu te hiahia kia whiwhi rā anō i te kaha e tika ana hei
.whakatutuki i te whāinga e hiahiatia ana

* * *

Ina rite te hinengaro me te hiahia o te tangata ki te
Atua, ka whakawhiwhia ia ki te mana mutunga kore, nō reira
ko te whakaaro noa ki tetahi mea ka ranea hei whakatutuki i
taua mea, nā te mea ka mahi te ture atua hei painga mō te
.hunga e rite ana ki te hiahia tino nui

* * *

Ahakoā ā tātou āwangawanga, me noho te Atua ki te
tūranga tuatahi i roto i ō tātou oranga. Ko tētahi o ngā mea
tino nui o te tipu wairua ko te kōrero puku tonu ki te Atua, ka
kite koe i tētahi huringa pai whakamiharo ka tino miharo
.koe

* * *

Kaua te tangata e whakapau i ngā pūkenga hinengaro
katoa kua homai e te Atua ki a ia ki te rapu i ngā mea
memeha noa, ki te kore ka ngaro ia i roto i ngā arai o te
taonga, ā, ka hanga he here me he herenga mōna ake kāore
e hiahiatia ana e ia. Engari, me whakamahi ia i ōna pūkenga
hinengaro ki te whiwhi i ngā mea e tika ana mō te ao, me te

whai kia whanake i ōna pūkenga wairua ki te wehewehe i
.waenga i te tika me te hē, i waenga i te kino me te whai hua

* * *

Kei tua atu i ngā whakaaro me ngā ariā te pono, ā, he
tokomaha e whai ana i tēnei huarahi ka herea e ā rātou ake
.whakatau takitahi

* * *

Whakatuwheratia, e te Ariki, ngā kūaha o te rangimārie,
tiakina hoki te wāhi tapu o ōku whakaaro wairua i ngā
whakaekenga a ngā kōrero kino. Ā, tukua ngā rōhi o ōku
wawata kia puāwai i roto i te māra o tōku ngākau i a au e
.tatari ana ki te ata o tōu taenga mai

* * *

Kāore e taea e te mātauranga ariā te whiwhi *
mātauranga atua, ā, he mea tika kia kaua e moumou taima
utu nui ki ngā ariā kāore e taea te whakamahi i roto i te ao
tūturu, ki te kore ka kitea koe i waenganui i ngā ngahere
hinengaro matotoru, ā, kāore e taea te whiti atu i te ao o ngā
.ariā

* * *

Ko te harikoa te hua o te wikitoria hinengaro i ngā
āhuatanga pōrearea o te ao

* * *

Ko te tangata e mōhiotia ana e te Atua, tera pea kāore e
mōhiotia e te ao

* * *

Ki te whakarite te tangata i a ia anō ki te mātauranga
ariā [me te kore whakamātautau tūturu], ka rite ia ki tētahi
taputapu hopu kōrero kawē e whakahua ana i ngā
whakataukī me ngā kīanga whakahirahira, ā, ka kiia ia e
ētahi he tohunga mātauranga, engari kāore taua
mātauranga e whakakahangia e te kitenga tika o te pono,
.kāore hoki e rite ki te whakatutukitanga wairua

* * *

Ka mau tonu ngā raruraru i te ao, nō reira, kei hea te tangata e tahuri ai ki te rapu arataki me te aronga? Kāore he painga o ngā whakaaro o te tangata, e pāngia ana e ngā tikanga, ngā whakahāwea, ngā whakaaro whakahāwea, me te wairua nanakia, ā, kāore e taea e ngā awe o te taiao, o te whānau, o te whenua, o te ao rānei te whakarato i te arataki pono. Nō reira, me tahuri te tangata ki te Atua, me te whakarongo ki te reo marino, marino e puta mai ana i te .hohonutanga o te wairua, he reo e rite ana ki te pono

* * *

Whakatuwheratia ō koutou ngākau ki te ringihanga atua kia rere ai i roto i a koutou, kia whakakīia ai ō koutou oranga .ki ngā manaakitanga wairua me te pai

* * *

Ahakoia te mahi e mahia ana e koe, me ngā whakatutukitanga ka taea e koe te whakatutuki, kia mahara tonu ko te Atua te pūtake e homai ana ki a koe te kaha katoa .e hiahiatia ana e koe hei mahi me te whakatutuki

* * *

Tukua ahau kia mahara ki a koe, e te Ariki, i roto i te * rawakore me te whai rawa, i roto i te mate me te ora, i roto i te kuware me te whakaaro nui, kia kite hoki ahau i tō māramatanga tapu e homai ana i te oranga me te whakaora .i tēnei wā tonu

* * *

I te mokemoke o ōku whakaaro, e hiahia ana ahau ki te whakarongo ki tō reo manaakitanga. Peia atu i ahau ngā reo kino o te whenua e huna ana i roto i ngā papa o tōku mahara. E hiahia ana ahau ki te whakarongo ki tō reo .marino, waiata ake tonu atu i roto i te marino o tōku wairua

* * *

Kua taupokina te ao e te pōuri, ā, me waiho e tātou te māramatanga o te Atua hei rama ārahi i a tātou e hiko ana i roto i ōna ara pōuri. Ko ia te marama katoa i ngā pō o te kuware me te pōuriuri, te rā o te māramatanga i ngā hāora o

te oho ake, te rama ārahi, me te Whetu Raki mō te hunga e
.whiti ana i ngā moana o te ao tūroa, te oranga poto noa

* * *

Kua tae te wā kia ara ake te tangata i tōna moe
wareware ki te ara wairua. E te Ariki, me whakaara ake e koe
tō mātou hinengaro i te hohonutanga o te mangere me te
whakaaro whaiti, ki ngā pae tawhiti o te rangimārie, te
.māramatanga, te aroha, me te atawhai tangata whānui

* * *

Ka pai ake ngā mea i te mutunga nā te mea kei muri i
ngā whakahē o te oranga tangata ngā mana me ngā
merekara a te Atua e huna ana, ā, ko te tangata kāore e tino
whakapono ki te kore e taea te karo i te āhuatanga, engari e
ngana ana ki te uru atu ki tua o te arai mā tōna hinengaro
.me tōna whakapono, ka whakatuwheratia te tatau mōna

* * *

Ehara te whakapono i te tikanga o te kore whakaaro nui,
te kore rānei e aro nui ki ngā āhuatanga. Engari, ahakoa te
aha ka puta, me whakamanawa te tangata ki a ia anō ko te
Atua anake ka taea te tautoko i a ia i roto i ngā āhuatanga
uaua, mena ka tahuri ia ki a ia me tōna ngākau katoa,
.wairua katoa, me ōna kare ā-roto katoa

* * *

Me i taea e ō tātou māia te kawē mai i te pono katoa ki
a tātou, kua kite tātou i te whenua he awa o ngā irahiko, ā,
ko ia puehu he puranga mārāma e hurihuri ana. Ko te hunga
e uru ana ki te ao o te rauemi ki te ao wairua, e mārāma ana
ki te āhua o te mānukanuka, e mōhio ana hoki ki te mauri o
.te pono

* * *

Ahakoa i roto i te ngahere o Āwherika, i runga i te papa
pakanga, e pāngia ana e te mate, e te rawakore rānei, me
whakamanawanui te tangata ko te ringa o te Atua he kaha
ake i ngā tūponotanga katoa, ā, ka taea e ia te tiaki i te
hunga e rapu piringa ana ki a ia. Kāore he huarahi tiaki e

whai hua ake ana. Ae, me whakamahi te tangata i te
whakaaro tika i roto i te whakatau i ngā kaupapa, me te
.whakawhirinaki katoa ki te āwhina a te Atua

* * *

Ko te aroha e noho ana i roto i ngā ngākau o ngā mea
hanga katoa—te aroha o ngā whaea, o ngā matua, o ngā
.hoa, me ngā whanaunga katoa—i ahu mai i te aroha atua

* * *

Me wehewehe i waenga i ngā mahi nui me ngā mahi iti,
me te whakarite i ngā mea tino nui i runga i ngā mea tino
nui. Hei tāpiri, kua tetahi mahi e whakahē i tētahi atu. E
mea ana ngā karaipiture ki a tātou, ina pā kino tētahi mahi ki
.tētahi atu, he tohu tēnā ehara i te mahi pono

* * *

I te horapa haere o ngā hihi ora o te rā, ka horahia e au
ngā hihi o te tumanako ki roto i ngā ngākau o te hunga
rawakore me te hunga kua whakarērea [te hunga kua
whakarērea e te hāpori], ā, ka whakatōkia e au he whakatau
hou ki roto i ngā ngākau o te hunga e whakaaro ana he
.rahua rātou

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Kua e panaia tetahi i roto i tō porowhita aroha. Puritia"
te katoa i roto i tō ngākau, ā, ka puritia koe e rātou i roto i ō
".rātou

* * *

E te Ariki, āwhina mai i ahau kia whakamahia tonutia
taku hiahia ki te whakatutuki i ngā mahi pai me ngā mahi
.whai hua

Āwhina mai kia rite ahau ki tāu e pai ai, kia rite ai ōku
.whakaaro katoa ki tāu e pai ai, kia rite hoki ki tāu e pai ai

I āwhina ia i ahau ki te whakaara i te mana huna,
manaakitanga i roto i ahau kia taea ai e au te wikitoria i ngā
.uauatanga me ngā whakamātautau katoa

* * *

E ara ake ki taua tuakiri wairua maia, ngākau mahaki –
tētahi e whakakotahi ana i te kaha o ngā raiona me te
.ngākau māhaki o ngā kukupa

* * *

E kore ahau e aro ki ngā whakahē kawa, ki ngā whakahē
teka, ki ngā whakamoemiti me ngā whakapatipati hoki. Ko
taku hiahia anake he mahi i tāu e pai ai, e te Ariki, kia
.whiwhi ai i tāu manako

* * *

Kāore e taea e koe te whakaaro ki te hari nui ka whakakī
i a koe ina rongu koe i te aroaro o te Atua. Ka haurangi tō
wairua i te aroha mutunga kore o te Atua. He aroha e
miriona ngā wā e nui atu ana i te aroha tangata—he aroha e
whakatutuki ana i ō hiahia katoa, e whakakī ana hoki i tō
.ngākau ki te hari me te ngākau māhorahora

* * *

Mā te arotahi ā-roto, ka taea e koe te wheako tika i te
harikoa wairua i roto i a koe anō me te taha o koe. Mēnā ka
whakatipu koe i tēnei mōhiotanga, ka tupu pai tō tuakiri, ā,
ka whiwhi koe i te aukume kukume mō te tangata me ētahi
.atu mea ora

* * *

E te Kaitiaki Nui, kāore he aha ki ahau mēnā ka ngaro
katoa i ahau nā tōku ao i hanga, engari ka inoi atu ahau ki a
koe, ki tōku piringa kotahi, kia tiakina te rama o tōku aroha
.ki a koe i ngā hau o te mangere me te wareware

* * *

Kia inu tātou i ngā wai parakore, whakahauora o te
rangimārie e rere mai ana i ngā puna o ngā āhuatanga pai, e
whakarei ake ana i tā tātou whakatau pakari ki te whakaaro
.pai me te whai tirohanga hihiri

* * *

Ko te hinengaro he kare ā-roto e whakaatu ana i te āhua
me ngā hihiri tūturu o te tangata. Ina mārāma tō hinengaro,

ā, e mōhio ana koe kei te tika tāu mahi, kāore he mea e wehi
ai koe. Ko te hinengaro mārama he tohu i te whanonga pai
mai i te Atua. Ko te whakakorekore i roto i te kooti hinengaro
he tikanga kei a koe te harikoa me te whiwhi i ngā
.manaakitanga a te Atua

* * *

Ngāna ki te mahi i ngā mea maia, ngā mea e pai ai te
ngākau, kāore e mahia ana e te nuinga o te tangata, ā,
hoatu te aroha me te rangimārie ki te hunga e warewarehia
.ana e ētahi atu

* * *

I mea atu te kaiako a Paramahansa ki tētahi o āna
:ākonga

Ki te kore koe e whakapau i te wā ki te whakatipu i te"
hinengaro, e kore rawa te nui o te taonga e makona ai koe.
Ehara tēnei whakatipu i te whakamamae engari he
whakangungu i te hinengaro hei whāngai i ngā whakaaro me
".ngā mahi e arahi ana ki te harikoa

Ko tō harikoa tō angitu, nō reira kaua e tukua kia
tahaetia e tetahi. Tiakina koe i te hunga e ngana ana ki te
whakararuraru i a koe. I ahau e tamariki ana, ka ngaro taku
manawanui i ngā wā katoa e horahia ana e ētahi tāngata
ngā kōrero teka mōku. Nō muri mai, ka mōhio ahau he mea
nui ake te rangimārie o tōku hinengaro i te whakaae mai a te
.tangata, i te whakamoemiti rānei

* * *

Me i mōhio koe ki te kōrero o te aroha atua e pā ana ki
ētahi o ngā tāngata karakia ki te Atua! Kāore he wheako kē
atu o te ao e taea te whakarite ki taua hari. I mōhio ahau ki
tētahi tangata tapu e mau tonu ana ki te aroha o te Atua, ā,
e whiti ana tōna mata i te aroha tapu. Kei runga tonu te
kanohi o te Atua i te hunga e aroha ana ki a Ia, ā, e kore
.rawa ia e whakarērea i a rātou mō tētahi wā poto

* * *

He tokoiti te hunga e hiahia ana ki te whakawhanake i ō
rātou kaha hinengaro me te wairua

* * *

Kaua e tukua koe kia totohu ki raro i te whakaroa. E ara
ake i te moe o te ao hoha, ka anga atu ki ngā pae tawhiti o
te ao kua whakapaingia, kei reira te whakatutukitanga, te
.harikoa, me te rangimārie

* * *

Kei roto i a koe te pūmanawa nui e tatari ana kia
whakangaohia, ā, ko koe anake te tangata e kaha ana ki te
.whakahohe me te whai hua mai i taua mea

* * *

Ko te whakaoranga mai i ngā tikanga kino me ngā
hiahia kino ka nui ake te harikoa i te angitu ā-tinana. Kei roto
i te angitu hinengaro te oranga hinengaro e kore e taea e
ngā āhuatanga o waho te tango atu. Ka taea e koe te
whakapau i tō wā katoa ki te kohi taonga, engari e kore taua
taonga e hoatu ki a koe te rangimārie me te haumarua pumau
e rapuhia ana e koe. Engari, ka nui ake te pouri nā te mea
kei roto i te hinengaro te harikoa me te rangimārie pono,
.ehara i te taonga ā-tinana
Ina pumau koe ki tō tuakiri pono, ka oti i a koe ngā mahi
katoa, ā, ka koa koe ki ngā mea pai katoa me te harikoa
.atua

* * *

Kaua e tukua te ngoikore kia uru ki roto i tō hinengaro,
kia tūpato hoki ina hono atu koe ki te hunga he whakaaro
kino, he tirohanga pōuri hoki ō rātou, kei uru ō rātou
whakaaro ngoikore ki roto i tō hinengaro, ki te kore tō
hinengaro kua eke ki tētahi taumata kaha e kore ai e taea e
ngā whakaaro o ētahi atu te whakangāwari, engari, i te
ritenga kē, ka taea e ia te whakapakari i ngā whakaaro o
ētahi atu me te whakarei ake i tō rātou whakapono ki a rātou
.anō

* * *

Ko te Atua te tuatahi, kaua hoki tātou e tīmata, e
whakamutu rānei i tō tātou rā me te kore e whakaaro ki a ia.
Me mahara tātou, ki te kore te kaha me te pūngao e riro mai
ana i a tātou i te Atua, e kore e taea e tātou te whakatutuki i
.tetahi mea. Nō reira, ko tā tātou mahi nui ko te haere ki a ia

* * *

He huarahi hei aromatawai me te whakawa i ngā
tikanga me ngā kōrero tuku iho I te tīmatanga, he
whakamārama kei ia tikanga tuku iho Mena ka kitea e tātou
kei te mau tonu te whakamārama, he tikanga, he painga
hoki tō te tikanga tuku iho Heoi, he mea kuware te whai
matapo i ngā tikanga tuku iho Me mōhio tātou ki te pono, me
te whai i taua mea, me te mārama ki ngā mea ka hari ai
.tātou, kātahi ka whakamahi

* * *

Ina kite koe i te tini o te tangata kāore i te harikoa, i te
angitu rānei, kaua e whakaaro koinei tō rātou mutunga. Ka
taea e koe te hanga i a koe anō e hiahia ana koe. Ko tō
.angitu ā-roto te mea e tino angitu ai koe

* * *

Ki te kore he mea i roto i a koe, e kore koe e harikoa.
Engari ki te kore he mea i te taha o koe, ā, e harikoa ana koe
i roto i a koe, he angitu koe. Nō reira, kāore e taea te
.whakawā i te tangata i runga i ō rātou āhuatanga o waho

* * *

I roto i te mano tini, tera pea tetahi tangata kua eke ki
te taumata wairua teitei, ā, e whiwhi ana i te rangimārie o
.roto me te harikoa wairua tino nui

* * *

E tino mōhio ana ahau ka tae mai ngā mea katoa e
hiahiatia ana e au, nō reira kāore au e manukanuka ki ngā
mea kei te heke mai. Ehara tēnei i te whakapehapeha, i te
whakakatakata rānei, nā te mea kua maha ngā wā kua kite
ahau i te mahi me te whai huatanga o taua mana manaaki i
.roto i tōku ao

* * *

Ahakoia kei te mānu ahau i runga i te mata o te ao, kei
te toremi rānei i te hohonutanga o te moana, e mōhio ana
ahau kei te Atua ahau, kei ahau hoki ia, ā, kāore he mea e
pā kino ki ahau. Nā taua mātauranga ahau i homai he
.harikoa nui, e kore e taea te kōrero

* * *

Kāore e kore he wheako ahuaireka te hoko i tētahi mea
hou. Engari i muri i tētahi wā, ka memeha haere taua kare
hari, ā, ka ngaro pea tō hiahia ki taua mea, ka wareware noa
atu, ka hiahia ki tētahi atu mea. Heoi anō, e kore e
warewaretia te pire mō taua taonga, ina koa mēnā i hokona
!e koe mā te utunga

* * *

Me whakahaere e te tangata tōna ake ao, me
whakangawari i te mea ka taea. Me penapena moni mō ngā
mea e tika ana me ngā āhuatanga ohorere, me
whakatairanga i te penapena i te whakapaunga ki ngā mea
papai, ā, me āwhina i ētahi atu ki te pai o ō rātou kaha. Ina
āwhina koe i ētahi atu, ka tae mai te āwhina ki a koe i tētahi
ara, i tētahi ara rānei, ā, e kore koe e hapa i tetahi mea, e
.kore hoki koe e tangohia i tetahi mea

* * *

I roto i te hari o ngā ngākau katoa, ka rongo ahau i te
haruru o tōu harikoa, e te Ariki, ā, i roto i te whakahoahoa o
te hunga pono katoa, ka rongo ahau i tōu aroha ka hari
ahau, ā, ka koa tōku ngākau i te angitu me te oranga o ōku
hoa, pērā i ahau e hari ana ki tōku ake oranga me te noho
humarie. I a au e whakaoho ana i te whakaaro nui ki roto i
ētahi atu, ka whakanuia e ahau ngā taonga o tōku ake
whakaaro nui, ā, i roto i te hari o te katoa, ka kitea e ahau
.aku ake

* * *

Ko te hoariri nui rawa atu o te harikoa ko te nama moni
hei hoko taonga papai. E whakapono hē ana te tangata

kāore e taea e rātou te harikoa mēnā kāore rātou e whiwhi i
tētahi mea motuhake. Ahakoa i muri i te whiwhinga i taua
mea, e kore rātou e kite i te harikoa pono, ahakoa te harikoa
rangitahi e kawea mai ana. He aha te take o te whai i te
pōhewa o te harikoa o te ao e oati ana ka pakaru noa iho?
Me noho noa te tangata, me te kore e hiahia ki ngā taonga
.maha e hiahia ana kia aro tonu

* * *

Kei roto i ahau tōku pararaiha I a au e pārekareka ana ki
ngā manaakitanga a te Atua, ka whakawhetai ahau ki a Ia, ā,
ka tipu ake tōku harikoa ā-roto Ki te kore taua ngākau
māhorahora ā-roto, ka noho ngā ahua eka me ngā mea
whakahari o te ao hei reinga Kua mōhio ahau me te kore
taua harikoa ā-roto, kua tangohia e te kawenga o ngā
kawenga i tukua mai ki ahau tōku rangimārie, tōku harikoa
.hoki

* * *

Ki te honoa te taonga ki te mate me ngā raruraru, ka
maha ngā hua. Ko te akuaku me te hauora kei roto i ngā
kaha o te Hauāuru. Kei te whakahaeretia pai ngā pepeke
kino me ngā iroriki whakamate i ngā whenua
whakawhanake, engari he nui i ētahi atu. Engari ehara te
whakakore i ēnei pepeke i te tihi o te whakatutukitanga, nā
te mea kei reira ētahi atu momo mate i ngā whenua
whakawhanake, pērā i te uaua ki te utu pire me ngā raruraru
pūtea whakamomori nā ngā pūnaha hoko utunga - he mate
e whakararuraru ana i te moe me te whakararuraru i te
.rangimarie o te hinengaro

* * *

He wāhanga nui tātou o te hinengaro kotahi i puta mai
ai tēnei ao nui

* * *

Kua kite koe i tētahi kahui hipi? Ki te peke tētahi o rātou,
ka whai te toenga o te kahui i taua mea, kāore he whakaroa.
He rite tonu te nuinga o te tangata ki tēnā. Tērā pea ka puta

ake he whakaaro, ka whakauru mai rānei i tētahi au hou, ā,
ka peke tonu atu ētahi ki te waka rererangi ka tārua. Kua
mau tonu tēnei tauira mō ngā whakatipuranga. He tikanga
me ngā kōrero tuku iho tō ia iwi, ā, kāore e taea e tātou te kī
he tika, he tika rānei katoa. Engari ko wai ka mōhio? Tērā
pea he koretake, he koretake hoki ētahi o aua tikanga me
.ngā kōrero tuku iho

* * *

Ina marino te ngaru o ngā whakaaro, ka tomo tātou ki te
rangatiratanga o te rangimārie, ka pā atu ki te aroaro o te
.Atua

* * *

Whakaarohia te Atua, he whenua ataahua rānei e
whakaoho ana i te rangimārie, he wheako harikoa, he
wheako whakamīharo rānei. He mea whakahauora, he mea
.whakahauora hoki te mahi hinengaro pai, marino

* * *

E noho ana tātou i tētahi ao pōrearea, pōrearea hoki.

Tērā pea ka whakaaro koe ko te moni te tikanga o te
harikoa, engari ina whiwhi koe, ka kitea tonu e koe kei te
pouri koe. Tērā pea ka whiwhi koe i te taonga, ā, ka ngaro tō
hauora (kāore rawa). Tērā pea he hauora pai tōu, ā, ka ngaro
tō moni. Tērā pea he taonga, he hauora hoki tōu, engari he
maha ngā raruraru e pāngia ana e koe me ētahi atu, ka tuku
atawhai noa iho, ā, ka tūtaki koe ki te mauahara me te riri. Ki
te kore te Atua, kāore he mea o tēnei ao e tino makona ai
.koe

* * *

Ka riro te whenua hei rūma whakamamae mō te hunga
e noho kuware ana ki te mahere atua. Engari ina titiro koe ki
ngā wheako o te ao hei kaiako māu, ā, ka ako koe i aua
wheako i te āhua tūturu o tēnei ao me te tūranga kua
whakaritea ki a koe i roto i te whakaari o te ao, ka riro aua
wheako hei whakamārama whai hua mō te ara ki te makona
.me te harikoa pumau

* * *

Kei reira, i tua atu i te pōuriuri, te ata noho kore, me te
korekore kāore anō kia hangaia, kei reira te mauri mutunga
kore, koia te pūtake o te oranga me te pūtake o ngā mana
.me ngā mea ora katoa, e kitea ana, e kore e kitea

* * *

Kāore te Atua i hanga i tēnei whenua hei kai, hei moe,
hei mate noa iho mā tātou, engari kia mōhio ai tātou ki tāna
e pai ai, kia mārama ai hoki ki te kaupapa o tō tātou oranga.
He tokoiti noa iho ngā tāngata whakaaro nui kua mārama ki
te tikanga o te mahere o te ao whānui, engari ko te nuinga o
.te iwi he matapo, kāore hoki i te mōhio ki taua kaupapa

* * *

Kāore rawa te moni i te whāinga mōku i te ao; ko taku
whāinga he mahi ki ōku teina me ōku tuākana i roto i te ao
tangata. Nō reira, i whakatuwherahia e te Atua ngā tatau
maha mōku ki te tautoko i ahau anō me te whakatutuki i
.taku misioni

* * *

I hangaia e te Atua tēnei ao kia whakahaerehia i runga i
tētahi ture pumau, kāore e rerekē. Mēnā ka takahia e tātou
tētahi o ēnei ture whānui, ka whiua tātou e tātou anō. Ka
whati ngā wheua o te tangata e peke ana i te tuanui o tētahi
whare teitei. Nō reira, kāore e taea e tātou te wareware i te
.ture o te kaha ā-papa me te kore e pāngia e ngā hua

* * *

Ina tirohia hōhonutia ngā iwi o te ao, me te tūhura i ngā
mea ngaro o ngā iwi onamata, ka puta he pikitia whānui, me
ngā rārangi honohono, ngā upoko kanorau, me ngā
taipitopito tika, ā, ka kitea e tātou he takitahi, he pāpori hoki
.te āhua o te tangata i te wā kotahi

* * *

Me i hiahia te Atua kia noho tātou i roto i te hinengaro
kikokiko anake, kua tino makona tātou i ngā mea kikokiko, ā,
.kua makona hoki tātou i ngā mahi o te ao

* * *

E whiti ana, e kanikani ana ngā hihi o te parakore, te
rangimārie, me te harikoa i tua atu i ngā moemoeā i roto i ō
tātou hohonutanga matua

* * *

I ia wheako e puta mai ana i te rangi o ō tātou oranga i
tēnei haerenga whenua, me ako tātou ki te whakawhānui
ake i tō tātou mōhiotanga me te mārama ake ki ngā
āhuatanga e karapoti nei i a tātou, e pā ana rānei ki a tātou,
.kia pai ake ai te noho tahi me te tangata me te ao

* * *

Ko te nuinga o te tangata e whai ana i ētahi atu. Me
auaha, me auaha hoki te tangata, ā, me tino matatau ki ngā
.mahi katoa

I te Rawhiti, ko te arotahi matua ko te whakatipu i te
harikoa wairua, engari ko ngā āhuatanga rauemi o te ao kua
warewarehia. I te Hauāuru, he iti noa ngā whakamarie
rauemi engari he iti noa te harikoa hinengaro. Ko te mea e
hiahiatia ana he taurite i waenga i ngā mea e rua, nā te mea
ko te arotahi ki te kotahi āhuatanga o te ao ka arahi ki te
.kore taurite me te kore e taea te aro tika ki ngā tono o te ao

* * *

Ko te hari nui rawa atu - i muri i te hari atua - ko te noho
rangimārie o te tangata me ōna whanaunga tata, e noho tahi
.ana rātou i ia rā o te tau

He nui te wā e moumouhia ana e te tangata ki te oho
me te mahi ohorere, engari kāore he nui o ngā mea e tutuki
ana. He iti noa te wā hei whakaaroaro me te ngana ki te
.mārama ki ngā mea e tukuna ana e te ao

* * *

Me mahi tātou ki te hanga i ngā whare o roto o te
whakaaro nui i roto i ngā māra o te rangimārie e tupu ana, e
tiaho ana me te tini o ngā putiputi o ngā tikanga wairua
.whakamiharo

* * *

He puna nui te rangimarie o roto, ā, he puna hoki mō te
.kaha ka taea te whakahou

* * *

Ki te titiro ki te ao, ka kitea e te tangata ehara i te mea
ngāwari te angitu. He uaua, he uaua hoki te ora, ā, me kaha
tātou ki te whiwhi oranga. Whakaarohia te kaha e hiahiatia
ana hei pupuri i tō tinana kia ora, kia kore ai e pāngia e te
mate! Ahakoa ka angitu koe i tēnei, he wā poto noa iho taua
angitu. Ka takoto te tinana—kia roa tō ora—ki te okiokinga.
Ko te hiahia kia whawhai ki ngā kaha maha, o roto, o waho
hoki, kia eke ki te angitu e hiahiatia ana. Ka mahi uaua ēnei
.kaha ki te tango i ngā whakatutukitanga tino nui

* * *

Ngāna kia noho marino i roto i ngā āhuatanga katoa, ā,
kia puāwai te purapura o tō rangimārie me te harikoa me te
.ataata o te ngākau māhaki

* * *

Ahakoa te hunga tapu nui rawa atu, kāore e tutuki i a
rātou te whakaoranga katoa ki te kore rātou e tohatoha i ō
rātou angitu—ō rātou wheako wairua me ō rātou
mātauranga teitei ake—ki ētahi atu mā te āwhina i a rātou
kia tae ki te māramatanga wairua. Koia te take e hiahia ana
te hunga kua tae ki ēnei taumata, ā, kua eke ki ēnei āhua ki
te tuku māramatanga ki te hunga e hiahia ana. Ki te hiahia
koe ki te angitu pono, ehara i te mea ko tō ake harikoa
anake te mea ka mau i a koe, engari ko te harikoa hoki o
.ētahi atu

* * *

Ka taea e te tangata whai whakaaro te whiwhi moni.
Engari ki te mea he aroha kei roto i ō rātou ngākau, e kore
rawa rātou e whakamahi i taua moni mō ngā mahi whaiaro;
engari, ka tohaina e rātou ki ētahi atu. He kanga, he aituā te
moni i roto i ngā ringa o te hunga whaiaro me te hunga apo,
he manaakitanga, he taonga hoki i roto i ngā ringa o te
.hunga ngākau atawhai me te hunga ngākau atawhai

* * *

Ahakoia ka whiriwhiri pea tētahi kia noho puku mō te wā
roa, kia kore ai e kōrero ki tōna whānau Ahakoia ka eke pea
tēnei tangata ki tētahi taumata o te rangimārie o roto, he
whanonga whaiaro tōna, ā, he kino ki te harikoa o tōna
whānau. Kāore e taea te kī he tino angitu rātou mēnā kāore
ō rātou whanaunga e whai hua ana i ā rātou
whakatutukitanga. Waihoki, ko te angitu o te ao ehara i te
mea ko tō tātou tika anake ki te whiwhi i te rawa; engari ko
tō tātou kawenga matatika ki ētahi atu kia āwhina i a rātou
.ki te whakapai ake i ō rātou āhuatanga pūtea me te oranga

* * *

Kei muri i ngā pakitara o tōku hinengaro mārāma ahau e
tiakina ana, kua tahuna e au te ao pōuri o mua, ā, ko te rā
.anake taku e āwangawanga nei

* * *

I tēnei rā ka mōhio ahau kei roto ahau i te māramatanga
o te pai nui rawa atu, ā, ko ahau te tohu mō te hunga e
.whawhai ana ki ngā ngaru o te moana o ngā mamae

* * *

He rerekē ngā tirohanga me ngā ariā o te tangata mō te
angitu, i runga i ō rātou wawata i te ao. He mea noa te rongō
i ētahi tātou e whakataurite ana i te angitu ki te tahae, e
kī ana, "He tahae angitu ia!" E whakaatu ana tēnei he mea e
hiahiatia ana, e rapua ana hoki te angitu i roto i ōna āhua me
ōna momo katoa. Heoi, kua tō tātou angitu e whara i ētahi
.atu

Tērā anō tētahi atu paearu mō te angitu: ina taea e
tātou te whakatutuki i ngā hua pai, whai hua hoki mō tātou
anō, me whakauru atu hoki ētahi atu ki roto i tō tātou angitu,
.me te whakapuaki i ngā hua ki a rātou

Ko te angitu te tikanga o te ngākau māhaki me te
ngākau māhaki o te tangata i roto i tōna taiao. Ko te angitu
tūturu he hua o ngā mahi i ahu mai i ngā mātāpono o te tika,
ā, e kapi ana i tēnei ko te harikoa me te oranga o ētahi atu

hei wāhanga nui o tōna ake harikoa. Ki te whakamahia e
tātou tēnei mātāpono ki ō tātou oranga ā-tinana, ā-
hinengaro, ā-tikanga, ā-wairua hoki, ka whiwhi tātou i tētahi
.whakamāramatanga whānui mō te angitu

* * *

I tēnei ao iti nei, ka kite tātou i te roa, te whānui, me te
mātotoru, engari kei reira tētahi atu taumata kāore he
whānuitanga; he mārama, he mārama hoki ngā mea katoa—
he hinengaro me te tirohanga ngā mea katoa. Ko te reka he
tirohanga, pērā i te hongī. Ko ō tātou kare ā-roto, whakaaro,
me tinana he āhua o te hinengaro. Pērā i tā tātou e kite ai, e
rongo ai, e hongī ai, e reka ai, e pā ai i roto i ngā moemoeā,
waihoki, i taua taumata teitei ake, ka wheako tātou i ēnei
.kare ā-roto katoa mā te hinengaro parakore

* * *

E te Ariki, meinga mātou kia hari mā te rongo i tōu tata,
wetekina mātou i ngā here o ngā hiahia, ā, homai he hari o
roto ki a mātou, kāore e pāngia e ngā wheako o te ao me
.ōna huringa

* * *

Ina hono ō tātou hinengaro ki ngā tirohanga teitei ake,
ka ara ake te māramatanga wairua i roto i a tātou, ā, ka
wheako tātou i ngā mea whakamiharo o te whakaaro nui me
.te aroha o te Atua

* * *

Ki te tino aroha tātou ki te Atua, ā, ki te tahuri ki a Ia me
ō tātou whakaaro me ō tātou ngākau katoa, ka tata tātou ki
a Ia, ā, ka kitea e tātou ko Ia te piringa nui rawa atu o te
.haumaruru i te ao

* * *

I roto i te whānui, te āhua takoto kau o te wāhi, he
hononga ao tūroa me te ora tonu e hono ana i a tātou ki ngā
mea ora katoa, me ngā mea kore ora o te ao tūroa—he
ngaru o te ora nui e rere ana i roto i te ao tūroa katoa. Ko te
mutunga kore tō tātou kāinga tūturu me tō tātou nohoanga

tuturu, ā, he wā poto noa iho tō tātou noho i roto i ēnei
tinana, he rite ki te okiokinga poto mō tētahi tira e haere ana
.i te koraha

* * *

Ina hono tātou i a tātou ki ngā mana auaha o te wairua,
ka hono atu tātou ki te hinengaro ao whānui, mutunga kore,
e āhei ana ki te ārahi i a tātou me te whakaoti rapanga. Ka
rere mai te mana auaha ki a tātou, mai i te pūtake nui rawa
atu o tō tātou oranga, ā, ka taea e tātou te angitu auaha i
.roto i ngā wāhanga katoa o ā tātou mahi

* * *

Ka tupu te aroha, ka puāwai i roto i te taiao
whakawhirinaki, manawanui, me te whakaute tetahi ki tetahi

* * *

Manaakitia mātou, e te Ariki, ki te māramatanga o ngā
whakaaro parakore me ngā tikanga pai, kia tere tonu ai te
memeha atu o te pōuri o ngā tikanga kino me ngā whakaaro
hē. Āwhina mai kia aroha mātou ki a Koe me te aroha
hohonu, kia kore ai e taea e ngā tinihanga o te ao, e ngā
whakamātautau o te ao rānei te hopu i a mātou, te hopu
.rānei i ō mātou hinengaro me ō mātou ngākau

* * *

Ko ngā mea e ngāwari ana te whiwhi kāore i te tino whai
hua. E mōhio ana tātou ki tēnei mā te ako i te oranga o ngā
tāne me ngā wāhine nunui, me pēhea rātou i tino hira ai mā
te whakawhanake i ō rātou pūkenga, te whakatutuki i ā
rātou mahi, te hanga i ō rātou uara matatika, ā rātou
rangahau hōhonu, me tā rātou karo i te hiahia whaiaro. Ko
ngā hua i whiwhihia e rātou me ngā whakatutukitanga i
.tutuki i a rātou he nui rawa atu i ngā mahi i mahia e rātou

* * *

Kei roto i te herekoretanga whiriwhiri te herekoretanga
pono, e arahina ana e te whakaaro nui, e tautokona ana e te
.māramatanga, te tika, me te ngākau pakari

* * *

Ina whakaarahia e koe tō hiahia, tō whakatau, me tō
māramatanga mohio, ka tukuna ngā mana ngaro mai i te
hinengaro teitei ake - mā te māramatanga o te wairua - hei
āwhina i a koe me te whakamārama i ngā ara e anga atu
ana ki te whakamarie hinengaro me te harikoa, me te
.āwhina a te Atua

* * *

Me whakatuwhera e te tangata ngā awa o te wairua mā
roto i tana ake mahi. Kāore he tangata e whiriwhiri ana i te
mamae me te pōuri i runga i te rangimārie me te harikoa. Ko
te kuware te pūtake o te mamae, me te arai me tango atu.
He taru kino te kuware, he hohonu te pakiaka, e tupu ana i
roto i te māra o te tangata, e peia ana ngā tipu pai me te
whai hua. Me hinga te kuware me te hiahia pumau me te
whakatau pakari. Me ngaki te oneone o te hinengaro me te
arotahi hinengaro tika [ki te pai] me te whakamakuku i ngā
purapura pai ki te wai o te whakapono. Ina whiti ngā hihi ora
me te mahana o te aroha, ka tupu te purapura o te pai, ka
hinga i ngā taru me ngā tarutaru pirinoa, nā te mea kāore e
.taea te noho i te aroaro o te māramatanga

* * *

Ka memeha haere ngā ahua eka o ngā taonga, engari
ko te hari atua e kore e memeha. He hari atua mutunga
.kore, e kore e taea te whakaahua

* * *

Kaua rawa tātou e whakamahi i ngā tikanga hē hei
whakatutuki i te harikoa, kaua hoki e whakarērea te
rangimārie me te taonga wairua kei a tātou anō, hei whai i te
whakamarie tinihanga me te oranga kanapa e iri ana i mua i
a tātou e ngā mahi me ngā whanonga kino e whai pānga
.kino ana

* * *

Ko te marino te kāmera pai rawa atu hei hopu i te
aroaro o te Atua. Mā te karu o te marino parakore, tino
.arotahi, ka puta te ahua tapu me te tino mārama

* * *

Ina hoki, kei roto i a koe te whakaaro nui katoa, ā, ko
.tāu noa iho he mōhio ki tēnā

* * *

Kei roto i te whakapai ake i a koe anō te ngākau māhaki,
kia rapua ai koe e ētahi atu, kaua ko koe e rapu ana i a
rātou. Me hoatu te aroha me te whakahoahoa me te kore e
tumanakohia, me tonu rānei hei utu, nā te mea ka puta te
riri me te kawa i te tumanako. Ahakoa te whai kia whakapai
ake i a koe anō, me tū takitahi te tangata, me te haumaru
me te rangimārie i roto i te pā o ōna tikanga pai me tōna
.mana ake

* * *

Kia rere tonu mai ngā rerenga wai o te harikoa me te
hihiri i roto i tōku ngākau, ā, kia pā mai ō rātou wai
.whakahauora ki te hunga katoa e tūtaki ana ahau

* * *

Mā te harikoa wairua ka puta te hiahia ki te āwhina i
ētahi atu i ngā huarahi katoa, ā, ka whakawhanake i te kaha
ki te maioha ki ngā ahuareka matatika kua oti te whakapai
ake e arahi ana ki te harikoa, ā, ka whakaiti i te hiahia ki ngā
.ahuareka matapōkere

* * *

Ahakoa te iti o tō tūranga, he rite tonu tōna hiranga ki
ngā tūranga nui rawa atu, arā, ko te whai wāhi atu ki te
angitu o te whakaari ao e whakaarihia ana e ngā wairua i
.runga i te atamira o te ao

* * *

He hinengaro mutunga kore, tino mutunga kore te
hinengaro whānui, e whakahou tonu ana i a ia anō, e kore e
mutu tana auahatanga, ā, mā roto i a koe ka ngana ia ki te
.whakaatu i tētahi āhuatanga ahurei o ia anō

* * *

Ki te reka koe i te aroha atua ahakoa kotahi noa iho, e
kore rawa koe e whakarērea, nā te mea kāore he mea hei
.rite i te ao whānui

* * *

Ko te hunga e mōhio ana ki te Atua kua tae ki ngā
taumata wairua tino matatau, ā, kāore rātou e makona noa i
te tuku tohutohu wairua ki te hunga hara, engari ka taea e
rātou – mā te aroha noa me te āwhina a te Atua – te whakakī
i a rātou ki te mana wairua e whakaora ana i a rātou i ngā
.hua o ā rātou mahi hara

* * *

Kei roto i ngā pūtau roro ngā mahi pai me ngā mahi kino
katoa, ā, ka puta mai hei tikanga pai, hei tikanga kino rānei i
roto i te whakaaro. Ka taea e te tangata e pāngia ana e ngā
tikanga kino nā te mea kua tukuna ki ōna pūtau roro te
mana o aua tikanga, te whakaora i a ia anō mā te kaha o te
ngākau, te whakaaroaro, te inoi pono, me te whakaū tonu i
te pai tae noa ki te hurihanga o ōna tikanga kino katoa hei
tikanga pai o te rangimārie me te ata noho. Ka puta tēnei ina
mahi te kaha ora e tika ana te whakahaere ki te
whakarerekē i te āhua rerekē o ngā pūtau roro, kia kī ai aua
pūtau i ngā mea pai katoa, i ngā mea tapu katoa, i ngā mea
.ataahua katoa

* * *

Ko te māramatanga te kanohi o roto, te tirohanga a te
wairua, me te karu tirohanga o te ngākau. Ko te taurite i
waenga i te marino o te hinengaro me te parakore o te
.hinengaro

* * *

Ia rā ka kite tātou i ngā āhuatanga rerekē, ā, i ia rā ka
kawea mai he akoranga hou hei ako. E tumanakohia ana ka
ako te tangata i te akoranga mā te arotahi ki te kaupapa
matua o tōna oranga: kia mōhio ki te pūtake o tōna oranga
.me te pūtake o tōna oranga

Kia kaha tātou ki te wareware i ngā mamae o mua, kia
kaua hoki e whakaaroaro ki aua mamae. Me te whakapau
kaha me te ngākau hihiko, kia whakahoutia ō tātou oranga,
kia whakarei ake i ō tātou angitu, kia whāngai hoki i roto i a
.tātou anō ngā tikanga pai me ngā āhuatanga rangatira
Ko te Atua tōku kaha, ā, kāore au e whakapono ki tētahi
atu kaha

Whawhaitia ngā pakanga o te ao, kia u tonu ki te
mutunga, kaua e ngenge. Kaua rawa e kī, "Kāore e kitea e
au te ara, nō reira ka mutu taku whakamātau." Inoi mō te
arataki mēnā kua hē koe, engari kaua e mutu te
whakamātau. He tokomaha e whakaae ana ki te hinganga
ina tūtaki ki ngā arai. Ko te hunga e hinga ana me hono atu
ki te hunga angitu, kaua ki te hunga hinga. Kia u ki te angitu;
.waiho tēnā hei rapunga whakaaro mōu i roto i te ao
I ia rā, me whakapakari tātou i tō tātou kaha tinana, me
whakanui i tō tātou kaha hinengaro, me te mōhio ki a tātou
anō mā te whakaaroaro, te whakaaro tika, me ngā mahi pai,
whai hua e whai hua ai te tinana, te hinengaro, me te
.wairua

Ki te hiahia koe ki te whakatū i tētahi tikanga pai, ki te
whakakore rānei i tētahi tikanga kino, arotahi ki ngā pūtau
roro kei reira ngā tikanga o ngā tikanga rerekē. Hei whakatū
i tētahi tikanga pai, tuatahi noho māriri, whakaaroaro, me te
.rapu i te arataki a te Atua

Arotahi tō hinengaro ki te pokapū kaha o te ngākau i tō
rae, i waenganui i ō tukemata, ā, whakaūtia te whanonga e
hiahia ana koe ki te whakatō ki roto i tō roro. Ina hiahia koe
ki te whakakore i ngā whanonga kino, arotahihia hoki tō aro
ki te pokapū kaha o te ngākau, ā, whakaūtia kei te mukua
.ngā awaawa katoa e mau ana aua whanonga

Mā te arotahi me te kaha o te ngākau, ka taea e koe te
ūkui i ngā awaawa hohonu o ngā tikanga tawhito kua mau
tonu

Whakaūtia anō ki a koe anō kei a koe te kaha o te
ngākau ki te tango i ngā whanonga kino mai i tō roro. Ko te
wā pai mō tēnei whakaū ko te atatu i te wā e tino kaha ana
tō ngākau me tō arotahi. Me whakaū tonu ki a koe anō kei a
koe te herekore i ngā whakahau katoa, ā, i tētahi rā ka kitea
e koe—me te āwhina a te Atua—kua tino wetekina e koe te
.whanonga e hiahia ana koe ki te whakamutu

Ahakoā he aha tāu e wehi ai, peia atu i roto i ō
whakaaro, ka waiho ki te Atua. Whakakahangia tō
whakapono ki te Atua, me te whakawhirinaki ka taea e la te
āwhina i a koe, me te mōhio he nui ngā mamae e puta mai
.ana i te manukanuka me te manukanuka
He aha koe me mamae ai ināianei i te mea kāore anō
kia puta te mea e wehingia ana e koe? Nā te mea ko te
nuinga o ō tātou raruraru i ahu mai i te wehi, ki te tangohia e
tātou te wehi i ō tātou oranga ka noho noa tātou, ā, ka tere
.tonu te whakaora

I ia pō, i mua tonu i tō haerenga ki te moe, whakaū ki a
koe anō kei a koe te Atua, e tiaki ana i a koe, e mātakitaki
ana i a koe. Whakaarohia Tōna māramatanga tiaki e karapoti
ana i a koe i ngā taha katoa, ā, ka rongo koe i Tōna tiaki
.whakamiharo

I roto i tēnei whakaari ao whānui, ka whakaarihia e te
tangata o ngā iwi katoa te whakaari o te ora i runga i te
.atamira o te wā

Me mārama tātou ki te tikanga o te ao, kaua e tino aro
nui ki ō tātou tūranga rangitahi. He maha ngā wā ka hē te
māramatanga o tātou ki te ao nā te mea ka tirohia e tātou
mā roto i ngā kanohi o te hiahia whaiaro me te tirohanga iti;
ki te titiro tātou mā roto i ngā kanohi o te wairua, ka kite
.tātou i ngā mea mai i tētahi tirohanga tino rerekē

Ina whakatuwherahia e tātou te kanohi o te whakaaro
nui, ka kite tātou i te māramatanga whānui o te Atua, ā, i
roto i taua māramatanga ka kite tātou i tō tātou āhua
wairua, he whakaata i te āhua o te hinengaro whānui e
horapa ana i ngā matūriki me ngā wāhanga katoa o te ao
.whānui

E karapotia ana tātou e ngā pono wairua, e patuki ana i
ngā tatau o ō tātou kanohi kua katia, e akiaki ana i a tātou
kia kite i te māramatanga kaua i te pōuri, kia mahi i runga i
te whakaaro nui kaua i te kuware, kia whakakīia ō tātou
ngākau ki te aroha kaua i te mauahara, kia mahi tahi hoki ki
te whakatū i te rangimārie me te kawe mai i te hua me te
haumaruru ki tō tātou ao. Ina mahia tēnei e tātou, ka ngaro te
kuware, ka ngaro ngā rerekētanga o te ao, ka kite tātou i te
kotahitanga i roto i te kanorau, ā, ka nui ake tō tātou noho
.tahi me te hiahia o te Atua

Ehara tō tātou whanaungatanga ki te Atua i te
whanaungatanga makariri, kore aroha rānei, pērā i te
whanaungatanga i waenganui i te kaituku mahi me te
kaimahi. He tamariki tātou nā ia, ā, e mau tonu ana tana
manaaki i a tātou; e whakarongo tonu ana ia ki a tātou. He
wāhanga nui tātou o tōna noho, ā, e ora ana, e ora ana hoki
tō tātou whanaungatanga ki a ia. Kua homai e ia ki a tātou
he taonga mutunga kore o te aroha, te māramatanga, te
māramatanga, te ngākau pai, me te kaha wairua, engari ko
te nuinga o tātou kua maumauria noa iho tēnei taonga ki te
.kore noa iho

E hiahia ana te Atua kia noho tātou i roto i te haumaruru,
te rangimārie, me te mahi tahi, e tika ana mō ngā mema o
tētahi whānau rangatira, aroha hoki, engari kua pihi ake, kua
whai pakiaka hoki te apo me ngā whakaaro whaiaro i roto i
.ngā wairua o te tangata, ā, kua wehewehea te whānau
E hiahia ana te Atua kia noho tātou hei rangatira, engari
kua whiriwhiria e tātou te noho hei pononga. Kua matara atu
te tangata i tōna kāinga i te rangi, kua ngaro te pararaiha o

roto, arā, te tata ki te Atua, me te Atua e tata ana ki a tātou,
ā, e kore e taea e ia te whakahoki mai i taua pararaiha me te
kore he mahi whaiaro. I hangaia tātou e te Atua i roto i tōna
āhua, engari kua ngaro atu tēnei pono i roto i ō tātou
.hinengaro

Kua tukua tātou ki te whakaaro pohehe ko tō tātou
mutunga he uaua, ā, ko tō tātou mutunga he
whakangaromanga, ā, me haehae e tātou te arai o te
whakaaro pohehe ki te maripi o te whakaaro nui kia kite ai i
.te pono kanapa i muri i te arai

Kua manaakitia ahau e te Atua i roto i ēnei tau roa o
tōku ao. Ahakoa e kite ana te tangata i te ataata o te ngākau
māhaki i tōku mata, kei ahau tonu te hari atua, ā, e kore e
wehe atu i ahau. E rere tonu ana te awa nui o te harikoa i
raro i te onepū o tōku hinengaro, ā, e pupū ake ana hei puna
.manaaki e whakamakuku ana i ngā māra o tōku ao

E kore e taea e ngā huringa ohorere o te ao te
whakararuraru i tōku rangimārie, e kore hoki e taea e te
.wairua o te mate te tango i te hari wairua e pā ana ki ahau
He uaua ki te hanga i taua āhua kia pumau, kia kore e
taea te whakarerekē, engari ko ngā hua o te wairua e
pārekareka nei ahau ki a ia, e tohaina ana hoki ki ētahi atu,
he mea tika te whakapau kaha katoa i whakapaua e au ki
.roto

Ko te wairua atua taku e whakaaro ana, e mahi ana
hoki. Kāore te moni i te whāinga i roto i te ao, engari ko te
mahī ki ōku teina me ōku tuākana i roto i te tangata. Nō
reira, kua whakatuwherahia e te Atua ngā tatau maha o te
pai kia taea ai e au te tautoko i ahau anō me te whakatutuki
i taku misioni. Ā, i ngā wā katoa e hiahia ana ahau ki te
.āwhina, ka homai tonu mai e te Atua

Ko tāku anake hiahia he mahi māu, koia ahau i konei ai
Kei te mahi te mana o te Atua i roto i ō koutou oranga.

Ka wheakohia e koutou tēnei pono ina whakakahangia tō
koutou whakapono, ā, ka mōhio koutou kāore te taonga

pono e ahu mai i te angitu ā-ipurangi engari nō te Atua Kaha
.Rawa

Ko ia wā e noho tahi ana koe me te Atua, hei painga
mōu, ā, ko ngā mea katoa e tutuki ana i a koe i runga i te
aroa, hei whakamanawareka i te Atua, ka tuhia ki roto i te
.pukapuka o te ao mutunga kore
Hoki atu ki te mokemoke o ō whakaaro hohonu, kia pai
.ai te rangimārie e rere mai ana i te puna o te wahangu
Ki te rui tātou i ngā mahi pai, ka kokoti tātou i te hari me
ngā manaakitanga; ā, ki te rui tātou i ngā mahi kino, ka
.kokoti tātou i ngā momo raruraru me ngā taumata rerekē
He rite ngā mahi pai katoa ki te toki e kerī ai tātou ki te
.oneone o te hinengaro kia hurahia ai te puna o te hari atua
Akohia te ruku ki te moana o te whakaaroaro me te
tūhuratanga, ahakoa e pā ana ki ngā pukapuka pai, ki ngā
whakapono, ki ngā raruraru, ki te rapunga whakaaro, ki te
harikoa o roto rānei, me te mōhio ko te noho mokemoke noa
.te utu mō te harikoa pono

Ahakoa te āhua o te ao kāore e taea te matapae, te
hurihuri, me te ngaro, ki tonu i ngā feaa me ngā momo
raruraru me ngā āwangawanga katoa, kei raro tonu tātou i
te tiakitanga tonu a te Atua. Kaua e whakanui rawa i ngā
mea, kaua hoki e ngaro tō tātou marino i mua i ngā
huihuinga, nā te mea ki te tukua e tātou te matakū kia
taupokina tātou, ka hoatu e tātou te mana ki te kino, ka
hohonu ake ōna pakiaka, e tupu ana, e tupu ana i roto i te
.oneone o te wehi me te manukanuka

Pātai atu ki a koe anō i ia pō: E hia te wā kua noho tahi
koe me te Atua, e hia te nui o ō whakaaro, e hia te nui o ō
whakatutukitanga, e hia te nui o ō mahi mā ētahi atu, ā, e
?hia te nui o tō whakahaere i ō hiahia

Kaua tātou e tumanako ki te kitea te harikoa me te
rangimārie pumau i roto i ngā whakamātautau o te ao;
engari, me rapu, me hura hoki i roto i a tātou anō. Nō reira,
ahakoa he aha ngā wheako e pā ana ki a tātou, ka rite tā

tātou whakahaere i aua wheako ki tā tātou mātakitaki i ngā
wheako o tētahi atu i roto i te kiriata, ahakoa he pai, he
.mamae rānei

Ka taea e te tangata te huri i ō rātou wheako katoa hei
whakamātautau mamae, hei whakamātautau pōuri mena ka
tukua e rātou tōna hinengaro kia pērā. Ahakoa he pai te
hauora o te tangata, kāore e mārāma ki tōna uara. Engari ki
te pāngia rātou e te mate, ka whakaiti rātou i a rātou anō, ka
maioha ki te manaakitanga o te oranga. Me mihi tātou ki te
atawhai o te Atua, me whakawhetai ki a la mō ngā
manaakitanga e homai ana e la ki a tātou, me te kore e
tatari kia puta he āhuatanga kino hei mea kia whakawhetai
.tātou, kia mōhio ai ki Tōna aroha noa

Me whakakotahi te ao i te whakaaroaro me te mahi. Ina
ngaro te taurite hinengaro o te tangata, ka ngoikore ia ki te
whakaekenga mai o ngā manukanuka, ngā kapua o te pouri,
me ngā mamae. Ā, ki te ngana ia ki te takahi i ngā ture o te
hauora, te whai rawa, me te whakaaro nui, ka tino pāngia ia
.e te mate, te rawakore, me te kuware

Me pupuri e tātou ō tātou whakaaro kia ma, kia ma ō
tātou hihiri, kia mahi hoki i roto i te huarahi e homai ai te
rangimārie o te hinengaro ki a tātou, kaua hoki e tukua ngā
āhuatanga o te ao kia whakararuraru i tō tātou rangimārie,
.kia whakangaro hoki i tō tātou harikoa

Ahakoa te tawhiti, e kukume mai ana ngā ngākau pouri
me ngā whakaaro maru i ahau
Whakawhanuihia ngā rohe o tō rangatiratanga kanapa o
te aroha kia uru māriri ai tō whānau, ō hoa noho, tō hāpori,
tō whenua, me ngā whenua me ngā mea ora katoa e mōhio
.ana

Me whakapakari anō hoki tātou i tō tātou hinengaro, me
te whakakore i te taumahatanga o te ngoikore o te
hinengaro me te matatika i tukua iho i ngā tau me ngā

whakatipuranga. Me tahuna ēnei poke ki roto i ngā ahi o te
whakatau hou me te mahi whai hua. Mā tēnei huarahi
hanga, ka taea e te tangata pono te tae atu ki ngā pae
.tawhiti o te herekoretanga me te rangatiratanga

Whakahohehia te mana mutunga kore i roto i a koe kia
taea ai e koe te whakaari i tō tūranga rangatira i runga i te
atamira o te ao

Ina tīmata te tangata ki te karakia ki ngā taonga, ki te
moni, ki te rongonui, ki tētahi atu mea rānei i tua atu i te
Atua, ka pā te pouri ki a rātou. Ko te hunga e aro katoa ana
ki ēnei mea, kei te karakia tonu rātou ki a rātou, nō reira,
kāore rātou e whakatata atu ki te Atua, engari e mawhiti atu
ana i a la. Engari ko te hunga e whakaaroaro ana ki te Atua,
e whakaaroaro ana ki a la, e kōrero ana ki a la i roto i ō rātou
ngākau, e whakatata atu ana ki a la, ā, e wheako ana i te
.hari o roto i roto i tā rātou kōrero puku ki a la

Ko te Atua anake te kaha ki te whakatutuki i ngā
moemoeā me ngā tumanakohanga a te tangata mō te
harikoa pumau. Nō reira, kua tetahi mea e whakaaetia kia
.tangohia te tūranga o te Atua i roto i te ngākau

He tohu tapu kei reira hei āwhina i te tangata e rapu ana
kia maumahara ki te Atua, kia whakatata atu hoki ki a la.
Heoi, ki te tīmata te tangata ki te karakia ki ēnei tohu, ka nui
ake te kino i ō rātou painga. Me tuku te karakia ki te Atua
anake, nā te mea kāore he mea kē atu e tika ana kia
.karakiatia

Ahako te āhua o te karakia ritenga, e manakohia ana e
te Atua, mena ka mahia e te kaikarakia me te māramatanga
wairua me te hiahia ki a la. Heoi, he tokomaha te hunga
kāore e mārama ki te mauri o te karakia, ā, kua tauri ke ō
rātou whakaaro me ō rātou ngākau i te Atua ki ngā ritenga,
.nō reira kāore e nui te painga o tā rātou karakia

Kāore ngā kaikarakia pono e tuku i ō rātou hinengaro kia
herea ki tētahi whakapakoko, ki tētahi āhua rānei, engari ka

arotahi rātou me te aroha hohonu me te aro nui ki te wairua
.atua kei muri i ngā whakapakoko me ngā āhua katoa
He Atua mutunga kore, he Atua mutunga kore, ā, kāore
he whakaahua, he whakapakoko rānei e taea te pupuri i a ia
Ka taea te kī, e whakaatu ana te Atua i a ia anō i roto i
te hunga katoa e aroha pono ana ki a ia, e noho tahi ana
hoki me ia, nā te mea kei ngā wāhi katoa ia, nō reira kei roto
i te katoa. Heoi, kāore i te katoa te kaha ki te whakaatu i te
aroaro atua. E whiti ōrite ana te rā ki te waro me te taimana,
engari ka whiwhi te taimana i te hihi o te rā, ka whakaata
.hoki, engari kāore e taea e te waro

Waihoki, ka rumakina ngā tāngata katoa ki te
māramatanga o te Atua, engari he tokoiti noa iho e āhei ana
ki te whiwhi i taua māramatanga me te whakaata i roto i ō
rātou whakaaro me ā rātou mahi. Hei whakatutuki i tēnā, me
pure rātou i a rātou anō mā te whakaaroaro me te whai i ngā
.whakaakoranga me ngā ture a te Atua

Ina whakahuatia e tātou te ingoa o te Atua, me tino
mōhio tātou ki tā tātou e kōrero nei. Mēnā ka taea e koe te
kite i ngā whakaaro o te tangata i a rātou e inoi ana, ka kitea
e koe ko te nuinga kei te whakaaro ki ngā mea katoa engari
ko te Atua anake, ahakoa kei te whakahuatia e rātou tōna
.ingoa! Kāore he hua o taua inoi, kāore hoki he tikanga
Ina inoi tātou, me whakapau kaha tātou ki te arotahi i ō
tātou hinengaro katoa ki te Atua, kaua e whakahua noa i
tōna ingoa tapu me te tuku i ō tātou whakaaro kia
kopikopiko noa. I whakahuahia e tētahi o ōku whaea kēkē
āna inoi ki runga i ngā poroporo inoi, he onge noa iho te
korenga e taea te tango atu i tōna ringa. Engari i tētahi rā ka
whaki mai ia ki ahau ahakoa te mahi i tēnei tikanga inoi mō
ngā tau e whā tekau, kāore te Atua i whakautu i āna inoi.
Kāore he mea miharo! Ko āna "inoi" he tikanga manukanuka
.noa iho

Ina inoi tātou, kaua e whakaaro ki tētahi mea engari ko
te Atua anake. Me whai tātou kia pono tā tātou karakia, kia

whakatapua hoki ki ā tātou inoi. He mea tino manakohia te
whakamahi i ngā poroporo inoi me te karanga tonu i te ingoa
o te Atua ina ahu mai te mahi i te ngākau, ā, e tautokona
ana e te pono me te hinengaro arotahi. Heoi, ka taea e tēnei
.mahi te noho aunoa i roto i te wā

Me kōrero puku tātou i te ingoa o te Atua i roto i ō tātou
ngākau, me te hiahia nui me te aroha atua; he karakia pono
tēnei e pā ana ki te ngākau o te Atua. Ko te whakahua i te
ingoa o te Atua me te makariri me te hinengaro kopikopiko
he kohukohu me te kore whakaute. Ina inoi te tangata, me
.whakakī te ngākau me te hinengaro i te aroha o te Atua

E te Ariki, ko koe te Whetu Tapu o te Raki e ārahi nei i
aku whakaaro i roto i te moana pōrearea o ngā
.whakamātautau me ngā raruraru

Mā te whakamahi i ngā mahi yoga teitei ake ka āwhina i
te whakatata atu ki te Atua, te pūtake nui o te kororia me te
ataahua, pērā i te āwhina ki te whakaaro ki te Atua me te
.kōrero ki a ia

He mea nui kia whakatapua he rā kotahi i te wiki ki te
okiokinga wairua (ki te taea) hei whakaaroaro ki te Atua, hei
wheako hoki i te marino, te rangimārie, me te rangimārie o
roto. Ko te wā e pau ana i tēnei ara hei rongoā whakamarie
mō ngā raruraru me ngā manukanuka e pā ana ki a koe i te
.toenga o te wiki

Me noho motuhake te katoa i te rā kotahi i ia wiki, i te

"wātea wairua" rānei, hei whakaaro i ō rātou patunga me
ngā mamae o te ngākau. Ina tae mai taua rā ki te
rangimārie, ki te harikoa, ki te ngākau māhaki, ka tatari koe
.ki a ia i ia wiki, i ia wiki

Ko te mokemoke te utu mō te hiranga. Ka miharo koe ki
ngā hua whakamiharo ka tutuki mō tō hinengaro, tō tinana,
me tō wairua mā tēnei okiokinga wairua me te hononga ki tō
wairua me te Atua. Ki te hiahia koe ki te harikoa pono, me
rumaki koe i a koe ki te moana o te rangimārie atua i te
.atatu i te oho ake, ā, i mua hoki i te moe i te pō

Kaua e tohutohu ngā tohunga o Īnia kia kotahi noa te rā
mokemoke, engari kia whakanuia te hiahia mō te
whakaaroaro mārie i ngā wā e whā i ia rā. I te ata, i mua i te
ara ake me te kite i tētahi atu, me pārekareka te tangata ki
te marino me te rangimārie. I te poutumarotanga, me
whakamarie te hinengaro i mua i te tina, ā, me pārekareka
anō ki te wā rangimārie i mua i te tina. Hei whakamutunga, i
mua i te moe i te pō, me hoki anō te tangata ki te
.rangimārie

Ko te hunga e āta pupuri ana i te wā noho puku i te wā
mokemoke, ā, puta noa i ēnei wā e whā o te rā, ka tino
pāngia rātou e te rangimarie me te Atua. Ko te hunga kāore
e taea te pupuri i ēnei wā katoa, me whakatapua te iti rawa
o ngā hāora o te ata me te ahiahi ki tēnei. Mā te mahi pera,
ka hurihia ō rātou oranga kia pai ake, ā, ka pāngia rātou e te
.harikoa pono; ko te wheako te tohu pai rawa atu
Ki te tuhituhi tonu koe, ki te haina hoki i ngā haki, me te
kore e whakatakoto moni hei utu mō tō pūkete putea, ka pau
tō moni. Pērā anō hoki mō tō oranga. Ki te kore he penapena
rangimārie i roto i tō pūkete oranga, ka pau tō kaha, ka
ngaro tō marino, ā, ka memeha haere tō harikoa. I te poto,
ka pāngia koe e te pirau o te hinengaro, te tinana, me te
wairua. Engari mā te whakaaroaro hohonu ki te Atua i ia rā
.ka whakakī anō i tō pūkete kare ā-roto

Ka whakaaroaro te tangata rapu pono i ia rā, ka kōrero
ki te Atua me te aroha me te hiahia nui i roto i tōna ngākau,
me te inoi ki a ia kia whakakitea mai ia. Ki te mea he tangata
aroha koe ki te Atua, ā, e hiahia ana koe ki te wheako i Tōna
aroaro, me rumakina tō hinengaro me tō tinana ki roto i
Tōna rangimārie, ā, ka menemene te ora ki a koe, ā, ka pai
.ake ō mahi i ngā huarahi maha

Kāore te tangata marino e hē, ā, ka angitu ia i te wā e
.hinga ai ngā mano tini o ētahi atu
Ko te hunga kāore e whakaaro ki te Atua, e aro rānei ki
.a ia, ka pouri, ka pōuri. Ka riri rātou, ka huri hei mīhini hikoi

Ka ara ake te rā o te whakaaro nui me te rangimārie i te
rangi o te marino, ā, ka horoi i a koe i roto i ōna hihi
whakaora, mena ka whakapau kaha koe ki te wairua, ka
.waiho te Atua hei tūranga tuatahi i roto i tō ngākau
Kotahi te marama e tiaho ana, he marama ake i ngā
whetū katoa. Ko te rā, he iti nei te āhua, ka pei i te pōuri i
tētahi wāhi miriona ngā wā nui atu i a ia anō. Waihoki, ko te
tangata pai, mā te noho noa i te ao, ka tukuna e ia ngā wiri e
ārai ana, e whakakore ana hoki i te maha o ngā wiri e tukuna
.ana e te hunga kino

Me waiho hoki he rā whakaaroaro hei rā okiokinga
hinengaro, tinana hoki, me te whakatipu i te rangimārie o
roto. Ko ngā mahi katoa e puta ai te whakaaro nui me te
.rangimārie, he mahi manaakitanga i taua rā
Mō te whakahonore i ngā mātua, kua tūtohu ngā
pukapuka tapu kia atawhai i a rātou: "Whakahonoretia tō
"pāpā me tō whaea" me "Kia atawhai ki ngā mātua
Me whakahonore ngā mātua tangata hei māngai mō te
Atua, nāna nei i homai ki a rātou te taonga o te hanga i te
tangata. Ko te whaea te whakaaturanga o te aroha parakore
o te Atua, nā te mea ka murua e te whaea aroha ngā hara i
te wā kāore he tangata kē atu e muru. Ko te matua te
whakaaturanga o te whakaaro nui o te Atua, me te kaitiaki o
.āna tamariki

Kaua te tangata e aroha ki tōna matua tāne me tōna
whaea i tua atu i te Atua, engari hei whakaaturanga i Tōna
aroha tiaki me te aroha whakaaro nui. Ka noho te wairua
atua nui hei matua, hei whaea hoki hei āwhina i te tamaiti;
.nō reira, me whakahonoretia tēnei e ngā mātua

E tohutohu ana hoki ngā karaipiture kia kaua e patu
tangata hei patu noa iho, nā te mea ka noho ko ia hei
kaikōhuru. Kaua te tangata e tango i te ora o tētahi atu i roto
i te wā e nui ana te kare ā-roto. Heoi, ki te whakawehihia
ngā whanaunga, me whawhai te tangata ki te tiaki i te

hunga kua tukua mai e te Atua ki a rātou, he mahi tapu hoki
.te tiaki i tōna whānau me tōna whenua

Mō te aukati i te puremu, ko te kaupapa tino pai o te
hononga ā-ira tangata ko te whānautanga o ngā tamariki i
hangaia kia rite ki te ahua o te Atua, me te whakaatu i te
aroha parakore e kitea ana e ngā hoa rangatira e kite ana i
te Atua i roto i a rātou anō. Ko te hunga e noho ana i runga i
te taumata tinana anake, me te kore e aro ki te aroha pono,
ki te kaupapa teitei ake rānei i hangaia ai te hiahia ā-ira
tangata, ka puremu rātou e ai ki tēnei ture. I tēnei wā, kāore
rātou i te rerekē i ngā kararehe e makona ana i ō rātou
.hiahia ā-ira tangata, kātahi ka haere tonu

Nā te Atua tēnei hihiri auaha i roto i ngā tāne me ngā
wāhine kia whānau ai, kia whakapuaki ai hoki i te aroha pono
i roto i te marena, ā, kua e whakamahia hētia, engari kia
.hurihia hei mahi tapu, hei mātauranga tapu hoki
Ki te taea e koe te whakahaere me te tohatoha i te
mana moepuku i roto i tō tinana, ka taea e koe te
whakawhanake i ngā pūkenga hinengaro nui mō te tuhituhi,
te tuhi, te whakaatu rānei i ngā taranata huna i roto i te tini
.o ngā huarahi

Ā, ina taea e koe te whakahaere me te whakarerekē
wairua i te mahi auaha, ka wheako koe i te rangimārie nui,
.te aroha nui, me te hari wairua e piki haere ana
Ko ngā hunga tapu me ngā kaiārahi wairua kua
whakarerekē i ā rātou mahi moepuku, he hunga nunui e
kaha ana ki te mahi i ngā mahi whakamiharo me ngā mahi
whakamiharo i te ao, i roto hoki i te rapunga ngaro mō te
.pono

Nō reira, ko te whakamahinga nui rawa atu o te hiahia
moepuku ko te whakanui ake i tōna mana, arā, te
whakawhiti i tōna kaha ki tētahi kaupapa teitei ake hei
whakaatu i te whakaaro nui, i ngā kaupapa teitei, me ngā
mātāpono wairua. Kua te tangata e whiwhi i te ahua reka
mai i ngā whakaaro moepuku, kua hoki e hiahia ki ngā mea

kua rāhuitia. Ina tutuki tēnei momo whakahaere whaiaro, ka
whai tirohanga pai te tangata mō te moepuku me tōna
.kaupapa teitei ake

Ko te noho hei pononga mā ngā take moepuku ko te
ngaronga o te hauora, te mana whakahaere i a ia anō, me te
rangimārie hinengaro, ā, i roto i ngā kupu poto, ko ngā
.āhuatanga katoa o te harikoa e hiahiatia ana e te tangata
Kei te akiaki hoki ngā pukapuka tapu i a tātou kia kaua e
tahae. Mēnā ka tahae tetahi rōpū mano tāngata i tetahi, ka
999 ngā hoariri o ia tangata. Nō reira, kaua e takahi i ngā
tika o ētahi atu, kaua hoki e tango i ō rātou whenua, i te
rangimārie, i te aroha, i te mana, i tētahi o ā rātou taonga ā-
tinana, ā-wairua rānei. Mēnā kāore koe e hiahia ki te tango i
ngā mea ehara i a koe, ka tae mai ki a koe ngā mea e
hiahiatia ana e koe. Ka puta tuatahi te tahae i roto i te
hinengaro ina tīmata te tangata ki te hae ki ētahi atu. Me
hutia ake ngā purapura o ngā hiahia kino i te hinengaro. Ko
te atawhai wairua te huarahi. Kātahi ka kukume mai te
tangata i te nui o te taonga, ā, ka rere mai ngā
manaakitanga ki a rātou mai i ngā puna e mōhiotia ana e
rātou me ngā puna kāore e mōhiotia ana e rātou. He ture
tapu tēnei e kore e taea te hē. Mō ngā tahae me ngā tāngata
hiahia-ā-iwi, ka pau ō rātou oranga ki te whai i ngā taonga ā-
tinana, me te titiro tonu ki ngā mea a ētahi atu, ahakoa kei
.te puea ake ā rātou ake putea i te koura

Ki te kore e whakarērea te hiahia whaiaro ki ngā taonga,
e kore e taea e te ao te mōhio ki te harikoa

Ka puta te harikoa mā te mahi tahi wairua anake. Ka
puta mai ina rongo te tangata i ngā hiahia o ētahi atu me te
mea nōna ake, ā, ka mahi mā ētahi atu i a rātou e mahi ana
.mā rātou anō

Ko tētahi atu ture nui ko te karo i te whakaatu teka. Ko
te whara i tētahi mā te whakapohehe i te pono tētahi atu
huarahi hei whakararu i te rangimarie o te hāpori. Ki te
hiahia te tangata kia atawhaitia ia, me atawhai ia i ētahi atu.

Me kōrero tonu te pono, engari me wehewehe te kōrero i te pono me te kōrero noa i ngā meka. He mamae, he kino hoki te kī he kopa, he matapo rānei tētahi; me whai whakaaro ki ngā kare ā-roto o ētahi atu, ā, me karo i te whakama i a rātou. Waihoki, he hē anō hoki te whakaatu i tētahi pono e tinihanga ai i tētahi kāore he kaupapa rangatira. I tētahi atu taha, kaua te tangata e teka hei karo i te kōrero i te pono; engari, ka taea e te tangata te noho puku i ētahi wā hei karo .i te whakama, i te whara rānei i ētahi atu

Me tūpato te tangata i te hae, he mate whakangaro e ngau ana i te rangimārie o te wairua. Ka nui ake te hiahia o te tangata ki ngā mea a ētahi atu, ka nui ake te pouri me te pōuri. Ka noho te tangata hae i roto i te ao raruraru, kāore e mōhio ki te reka o te rangimārie. He pai ake mā rātou te whakaute i a rātou anō, te whakawhirinaki ki a rātou anō, me .te rapu i te taonga wairua o roto

He nui atu te mana me te uara ā-roto o te tangata i ngā mea katoa e hiahiatia ana e rātou, e hiahia ana rānei kia riro i a rātou. E kitea ana te Atua i roto i ngā tāngata katoa, i tētahi ara kāore e kitea i roto i tētahi atu tangata. Kāore ō rātou mata i rite ki ō tētahi atu, ā, kāore ō rātou wairua i rite ki ō tētahi atu, nā te mea kei roto i a rātou te taonga nui rawa atu o ngā mea hanga katoa—ā, ko te Atua taua taonga .nui rawa atu

E hiahia ana mātou kia tiaho, kia puāwai ō mātou ao i ngā mahi pai, kia kakara hoki i te hari me te harikoa, kia ora tonu ai i roto i te maharatanga o te hunga e maioha ana ki a .mātou

Ina he whakapono tika tā te tangata, ā, ka mahi i runga i tēnā, ka nui atu tōna harikoa i te hunga kāore i te whakapono, ā, kāore e mahi i ā rātou mahi i roto i te .pakanga o te ao

Kei te noho tonu te whakapono tika me te mahi tika (e tautokona ana e ngā kaupapa rangatira me ngā whakaaro

pai) i ngā wāhi katoa e noho ana te harikoa, ā, ka ngaro i ngā wāhi katoa e ngaro ana te harikoa. Mai i tēnei, ka taea e tātou te whakatau ko ēnei ngā āhuatanga matua e rua mō te harikoa, e kore e taea te whakatutuki me te kore ēnei āhuatanga. Ko te hunga e hiahia ana ki te harikoa, me whiwhi noa i ēnei āhuatanga matua e rua, arā, ko ōna .tūāpapa me ōna pou

Kāore e taea e te tangata te whakahaere, te whakarerekē, te muku rānei i ngā wāhanga mutunga kore o te ao tūroa i runga i tōna hiahia. He mea whatu pai ēnei wāhanga ki te hanganga o te oranga tangata, ā, kāore e taea e te tangata te mahi motuhake mai i a rātou. Heoi, ka taea e te tangata te whakahaere i ō rātou hinengaro kia .urutau ki ēnei wāhanga, kia kore ai e whara i a rātou I harikoa ake ō tātou tūpuna i a tātou, ehara i te mea nā te nui ake o ā rātou taonga me ā rātou ahua eka o te ao i a tātou o nāianei, ehara rānei nā te mea kāore i tino pāngia e ngā raruraru o te ao, engari nā te mea i a rātou te taurite hinengaro i homai ai ki a rātou te whakamarie, te .rangimārie, te ngākau māhaki, me te harikoa poto

Kāore rātou i whakawhirinaki ki ngā āhuatanga o waho mō tō rātou harikoa, kāore hoki i hinga ki ngā āhuatanga o waho ka tango i a rātou. He mea maori, he mea noa, he hauora, he mea pumau hoki ō rātou kare ā-roto o te whakamarie, o te rangimārie, o te harikoa, me te ngākau māhaki. Me whakatipu hoki tātou i ēnei kare ā-roto mēnā e hiahia ana tātou ki te whiwhi i te harikoa. Ā, ko wai o tātou ?kāore

Ko te aituā he hua o te whakamahinga o mua o te hiahia noa, o te herekore rānei ki te whiriwhiri. Nā roto i ā tātou mahi o mua o te hiahia noa, kua kawea mai e tātou, ā, kei te haere tonu mai te aituā me te aituā ki a tātou anō. Heoi,

kāore tātou e herea e te aituā, kāore hoki tātou e herea
tonutia e ngā hua o ā tātou mahi. Ka taea e tātou te
whakakore i tā tātou i rui ai, te muku i tā tātou i tuhi ai mēnā
e hiahia ana tātou, ā, e whai ana tātou ki te whakatika i tā
tātou huarahi me te whakapai ake i te kounga o tā tātou
.kotinga

Ki te whakakorea e tātou ngā purapura o ngā mahi e
hua kino ana, ā, ki te whakatō ki ō rātou wāhi he purapura e
tika ana mō te āhua o te wairua, ka tino kokoti tātou i ngā
hua o te harikoa mai i aua purapura pai i ruia ki te oneone o
te wairua. Me whakamahi tātou i te hiahia noa ināianei,
ināianei, kua āpōpō, ki te hiahia tātou kia nui ake te
.harikoa, kia whakaiti rānei i te mamae me te mamae
Nō reira, kei roto i te tangata ngā āhuatanga mō te
harikoa, ā, ko tāna anake he aro nui ki taua whārite kāore e
hē, ā, ka pai ngā hua ki a ia mēnā ka aromatawai pai ia, ka
.aro atu hoki ki tēnā

E te Ariki, kia kī tōku wairua i tōu ora, tōku ngākau i tōu
aroaro whakamarie me tōu aroha, tōku hinengaro i tōu
.whakaaro nui, ā, kia kī tōku wairua i tōu māramatanga atua
I roto i te oneone o ō koutou ngākau, ka tupu ngā
purapura o te aroha. Whakamakukuhia aua purapura ki ngā
.wai o te aroha whānui me te atawhai whānui

Kāore he mutunga o te mana o te hinengaro, nō reira, ki
te whakaaroaro hōhonu koe mō tētahi kaupapa, ka whiwhi
.koe i te whakautu ki tētahi pātai e pā ana ki taua kaupapa
Ki te whakatapua e te tangata āna mahi katoa ki te
mahi ki te tangata, ā, ka tutuki i a ia aua mahi me te ngākau
māhaki, he tika rawa kia whakaarohia, kia whakawhetaihia
.hoki ia

Kua tātou e noho taha kotahi. Engari, me whakataurite
ā tātou mahi, me whakarite hoki i ngā mahi me ngā
.kawenga kia rite ki te hiranga o ia mahi, o ia mahi
Ko te kawenga te mahi e mahia ana e te tangata me te
harikoa, ehara i te mea hei whiwhi taonga, ā, ko te kawenga

wairua me te kawenga matatika me noho tuatahi i roto i te
.ao

He pūmanawa tō ia tangata, kāore anō kia whakamahia.

Kei a rātou ngā kaha katoa e tika ana. Ko te hinengaro tonu
te mana nui, ā, me wetekina i ngā tikanga me ngā ariā
.tawhito, whakawhāiti hoki

Ko te awe o ngā aorangi me ngā whetū ki te oranga o te
tangata, nā ngā kaha kukume me te pana i waenganui i ngā
.aorangi me ngā tinana tangata

Mā ngā whakaaro kino ka ārahi te tangata ki tētahi taiao

kino, ka taea e rātou te whakapuaki i a rātou anō i runga i ō
rātou hiahia. Heoi anō, ka taea e te tangata te whakarerekē i
ō rātou whakaaro me ō rātou hinengaro mā te kaha o te
ngākau, ā, nō reira, ko tō rātou taiao. Ki te noho tonu te
tangata i roto i tētahi taiao kino mō te wā roa, ka tīmata taua
taiao ki te awe i a rātou i roto i te hinengaro kore. I roto i te
wā, ka ngaro katoa tō rātou herekore ki te whiriwhiri i tētahi
taiao hauora, ā, ka noho hei takawaenga mō ngā awe kino o
taua taiao kino. Ko te hunga he kaha te ngākau, i tētahi atu
.taha, kei te noho tahi rātou me te Atua

Pūngao hinengaro kua arotahi

Ina arotahi koe i te hihi o te rā mā roto i te karāhe
whakanui ki tētahi pito iti, ka puta he wera, ā, ka taea e taua
wera te mura i te rakau, i te papanga, i te pepa, me te maha
atu. Waihoki, ina arotahi tika koe i tō hinengaro, ka taea e
tōna kaha kua kukū te tahu i ngā pakiaka o te ruarua i muri i
ia hapa, ā, ka taea te whiti mārama o te māramatanga o te
.whakaaro nui

Ina hono te hinengaro ki te Atua, te pūtake o ngā pai
katoa, me te pūtake o ngā mana tapu katoa, ka mōhio ia ki
te aroaro o te Atua, ā, kei a ia ngā āhuatanga katoa o te
angitu. He hononga tata ēnei āhuatanga ki te mana nui o te

Atua, e āhei ana ki te waihanga i ngā whai wāhitanga hou
.mō te angitu i roto i ngā mara katoa
Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi motuhake. Ko ō rātou mamae o nāianeī i ahu mai
i ngā whakaaro me ngā mahi i whakapuakina e rātou, i ahu
mai i te oneone o ō rātou hinengaro, ka pihi ake hei tipu, ka
hua mai he hua e whakaata ana i ngā āhuatanga o aua
.whakaaro me aua mahi
Kāore ngā whakamātautau me ngā raruraru e tae mai
hei wawahi i te tangata, hei whakararuraru rānei i tōna
hiahia, engari hei mea kia mārama rātou ki te nui o te Atua,
kia whakaute hoki i Ana ture, e taea ai e rātou te
whakatutuki i te harikoa pono. Kāore te Atua e tuku mai i
ēnei whakamātautau nanakia nā te mea he mahi nā te
tangata. Ko te mea anake e hiahiatia ana e te tangata ko te
whakaara ake i tōna hinengaro i tōna moe mangere, me te
puta mai i te pōuri o te kuware ki te māramatanga o te
.mātauranga
I te nuinga o te wā, ka oati mai ō tātou kare ā-roto ki a
tātou mō ngā ahuaureka poto noa iho, engari i te mutunga ka
puta mai he mamae me te mamae roa. Heoi, he iti noa iho
ngā oati mō te pai me te harikoa pono, engari i te mutunga
ka homai he harikoa parakore, he harikoa pumau. Koia ahau
i whakaaro ai ko te harikoa o roto, he harikoa pumau, ā, ko
.ngā ahuaureka ā-tinana rangitahi he ngahau noa iho

Ina titiro koe ki te rā mai i ngā miriona maero te tawhiti i
te wāhi, ka āhua iti ake taua whetu nui i tō tātou Whenua
Heoi, ko te whānui o te Ao he tata ki te 7,900 maero, ko
te whānui o te Rā he rau ngā wā nui atu i tō te Ao. Mēnā ka
taea e koe te whakanoho i tō tātou aorangi, a Papatūānuku,
.ki mua tonu i te Rā, ka puta he rite ki tētahi ira iti ki te Rā

Me kī tātou kei te whānui haere te papa rā nui, ā, ka
horomia katoatia te rangi kikorangi e tōna papatipu nui. Ko
te rangi e kitea ana e tātou he wāhanga iti noa iho, he iti noa
.iho, o te wāhi e horapa ana i te ao mutunga kore
Ahakoa ka toro tonu te rā ki te wāhi mo ake tonu atu, e
.kore tonu e taea e ia te hipoki i te mutunga kore
Ko te mānukanuka o te iti me te mutunga kore e
whakawhāiti ana, e aukati ana hoki i te hinengaro kia kite i
.taua whānui o te ao

?Nō hea tēnei takoto kau kore, ā, kei hea ōna rohe
Ko ia kāore i raro i ngā rahinga, i ngā inenga rānei,
kāore he rohe, kāore hoki he pūtake, ko ia te Atua, e noho
ana i ngā wāhi katoa, ā, e noho ana i ngā pito tawhiti rawa o
te ao. Kei roto ia i ngā whetū tawhiti, tawhiti rawa. Pērā i
tōna noho i roto i a koe, i roto hoki i ahau, e mōhio ana ia ki
.ngā wāhi katoa e nohoia ana e ia, ahakoa te iti, te rahi rānei

Kāore te nuinga o te tangata e mōhio ki ngā mea o mua,
engari ko ētahi tāngata whai mātauranga kua whiriwhiria.
Heoi, he painga anō hoki tō tātou kore mōhio ki ngā mea o
mua. Mehemea hoki i mōhio tātou ki ngā mea katoa i mahia
e tātou i tēnei ao me ngā oranga o mua, kua taupokina tātou
e te nui o ā tātou mahi, ā, kua tino pōhēhē tātou. Tērā pea
ka pararutiki tō tātou hiahia i te ohorere, ka kore ai e taea e
tātou te haere tonu i ā tātou mahi, ka waiho hoki tātou hei
taonga mō te ngakaukore. Ahakoa i tēnei ao, he
manaakitanga nā te Atua te warewaretanga, e ārai ana i ō
tātou whakaaro me ō tātou kare ā-roto kei pau i ngā
maharatanga o mua, inā koa ko ngā mea kawa me ngā mea
mamae. He waimarie, kei te tiaho tonu te mura o te atua i
roto i a tātou me te tumanako me te hiahia ki te haere tonu i
te haerenga mutunga kore o te ao. Me whakawhetai tātou ki

te Atua mō ēnei manaakitanga e rua: te kaha ki te wareware
.i ngā mea o mua me te tumanako mō te heke mai

Kaua tātou e whakatau ko te aituā te take e ārai ana i te
hiahia. Heoi, me whakapau kaha tātou ki te ārai i ngā awe
kino e kīia ana e te nuinga o te tangata ko te aituā me te
aituā, me te whakamahi i tō tātou herekoretanga ki te
whiriwhiri i runga i ō tātou whakapono ā-roto, mena kei
runga ēnei whakapono i te whakapono pakari, ā, kei runga
hoki i ngā ture atua, ki te kore ēnei e kore e taea e te
.tangata te reka i te harikoa pono

Ina tīmata tātou i tētahi mahi, kauatātou e matakū i
ngā āhuatanga kino, engari kia tino hihiri, me te whakapono
pūmau kāore he mea e arai ana i te whakamahi i te hiahia
.me te whakamahi i te herekoretanga ki te whiriwhiri

He rite tonu te tangata ki te rau e mānu ana i runga i te
mata o te awa, me huti atu rātou i a rātou anō i te ia o ngā
whanonga aunoa e kawea ana i a rātou ki ngā rerenga wai o
te mānukanuka me te whakangaromanga. Ko te nuinga o te
tangata te āhua nei kāore e aro, ā, ka tukua kia kahakina e
.te ia

Ki te kore e tutuki i a tātou tā tātou whāinga, he mea
tika kia whakaae puku tātou he arai nā tātou anō i aukati i a
tātou ki te whakatutuki. Me tohe tonu tātou, me te whakanui
ake i ā tātou mahi kia tutuki ai te hua e hiahiatia ana. Me
whakamana hoki tātou i a tātou anō ahakoa te kaha me te
whakamataku o ngā arai me ngā wero, kei a tātou tonu te
kaha ki te wikitoria i aua arai. Ahakoa ka hinga tātou ahakoa
ā tātou ngana katoa, kāore he take mō te ngakaukore, te

pouri rānei, mena ka mārama tātou he kaha ake te hiahia o te tangata i te ao kua whakaritea, nā tātou anō i hanga. Nō reira, kaua e mutu te ngana, ahakoa te maha o ngā wā ka hinga tātou, nā te mea kei te tuwhera tonu ngā tatau. Me haere tonu tātou ki te ngana me te whakahoki i te ngana kia tae rā anō ki te wā e angitu ai tātou. Ka āwhina mai te Atua i a tātou mena ka whakawhirinaki tātou ki a la me te whakapau kaha e tika ana. [Ko ia e hiko ana i te ara ka tae ki te ūnga, ā, ko ia e whakawhirinaki ana ki te Atua, e kore e .pouri]

Ina hiahia nui, ā, ka tohe tonu te tangata ki tētahi mea, e kore rawa taua hiahia e ngaro i roto i tōna hinengaro, ahakoa te aha te āhua o āna mahi. Nā roto i tana mahi tonu, kore e ngenge, he nui te whakatau me te kaha o taua hiahia. He kaha ake, he whai hua ake hoki tēnei hāhā o roto i te inoi ā-ringa, e neke noa ana i ngā ngutu. Koinei te āhua o te mahi a te hunga e aroha ana ki te Atua. Ka hāhā tonu rātou i tō rātou aroha ki a la, kāore e rangona ā rātou hāhā o te ngākau puta noa i ā rātou mahi o ia rā. Kāore tēnei hāhā o te ngākau e whakararuraru i a rātou, e taupatupatu rānei ki ā rātou mahi kē atu. I te tipu haere o tō rātou hiahia ki te Atua, ka hohonu haere, ka kaha haere tō rātou aroha ki a la, kia tae rā anō ki te wā e kite ai rātou i Tōna aroaro, kia kite rā anō i Tōna māramatanga ki te kanohi o te wairua. Ka pāngia rātou e te harikoa nui, ā, ka rongu i te rangimārie e kore e .taea te whakaahua

Ka tukuna mai e te Atua ngā akoranga e hiahiatia ana e tātou i te ao kia whai hua ai tātou i aua akoranga, kia whiwhi ai hoki i te māramatanga me te wheako. Ko te tangata e karo ana i aua akoranga ka akiakihia ia ki te ako i aua .akoranga ahakoa te roa o te wā

He hoa ia whakamātautau mēnā ka ako tātou i roto, ā,
he kaitukino, he mana whakahaere mēnā ka maumauria te
whai wāhitanga, ka whakamahia kinotia me te amuamu, te
.riri, me te whakaaro kino

Ina he māramatanga pakari tā tātou, ā, he waiaro tika
.hoki ki te ao, ka ataahua, ka kore he raruraru

-

ngā take hinengaro

Kāore e taea e te tangata te noho tonu i runga i ngā
ngaru o te harikoa, te totohu i roto i ngā wai pōuri o te pouri,
te toremi rānei i roto i te hōhonutanga o te hoha. I roto i
tēnei ao e taupatupatu ana ngā takirua, ka pāngia te tangata
noa e ngā pikinga me ngā hekenga—e piki ana i runga i ngā
ngaru o te harikoa, e totohu ana ki roto i te hōhonutanga o
te kore aro, e whiua ana e ngā ngaru riri o te pouri—kāore i
.te maha ngā wā ka pāngia e tētahi atu āhua o te hinengaro

Ko te tuku i ngā āhuatanga kia ārahi i ngā whakaaro o te
tangata i tēnei ara, ko te tikanga he tuku i tōna hiahia ki
tētahi ao hurihuri, e huri haere tonu ana. Ko te mea e
hiahiatia ana e te tangata kia angitu ai, kia whai hua ai te
oranga, ko te taurite hinengaro, ā, ka taea anake tēnei mā te
whakaaro arotahi me te whakahaere i ngā kaha kare ā-roto o
.te tangata

Ahakoa ngā pouri hohonu rawa ka ora i te roanga o te
wā, nō reira kāore he take o te noho tonu ki te pouri i ia rā o
ō tātou oranga. Ko te pouri tonu mō te matenga o tētahi e
arohaina ana, kāore e āwhina i a rātou, i a tātou rānei, ā,
kāore e rerekē te aha. Waihoki, ko te whakatipu i te
whakaaro whakaiti, te whiu rānei i a koe anō mō ngā hapa
me ngā hinganga o mua he mea kino; ka whakapōuri noa i
.te ao, ka whakararu hoki i ngā kaha hinengaro

Kaua tātou e tuku i a tātou kia taka ki roto i te poka o
ngā mahi o ia rā, he āhua hinengaro tēnā kāore i te tino
whakamarie, nā te mea ka whakararuraru i te hinengaro, ka
.tahuna hoki ngā pūkenga huna i roto i te oumu o te kore aro

Me whakakore te korenga i ōna pakiaka, ā, me parau
ngā mara o te ao me te ngākau nui me te whakapau kaha,
me te whakatō ki ngā purapura o te pai kia nui ai te kotinga,
.me te āwhina a te Atua
Mahia tētahi mea kāore anō kia mahia e tētahi atu—he
mea ka miharo te ao. Whakaaturia kei te mahi te mana
.auaha o te Atua mā roto i a koe

Mā te hunga marino, rangatira hoki ō rātou āhua ka
āwhina i te whakaaweawe i ō tātou whakaaro, ka hauora
hoki. Ehara i te mea uaua ki te whakatau mēnā kei te whiwhi
te tangata i tana oranga hinengaro mai i tētahi taiao
rangimārie, i tētahi taiao whakararuraru rānei. Ko te
manukanuka, te mamae, me te pōhēhē katoa e puta mai
ana i te hononga ki te momo tangata hē, ahakoa he hoa, he

whanaunga rānei, ka puta ai ngā whakaaro manukanuka me
.te wairua pōuri

Ka whiwhi te tinana i te pūngao me te mahi mai i ngā
kai ā-tinana, ko ngā kai aukume ia e whakarato ana i te
tinana me te hinengaro ki ngā utu pūngao e ngāwari ake ana
te nakunaku i ngā kai totoka me ngā kai wai e kore e taea te
.huri hei pūngao ora

Ina taea e koe te huri i te kuware hei whakaaro nui, te
ngoikore me te ngoikore hei hauora me te ora, ā, ka hikoi
māia, māia hoki—ahakoa ko koe anake—i roto i ngā ara o te
ao, ā, ka kitea te harikoa o roto i te whai i te hinengaro ora,
mataara hoki, me te whakapono pumau ki te tika o te Atua
me te wikitoria o te tika ki te hē me te pono ki te
mānukanuka, ā, ina kaha koe i ia rā ki te whakaara ake i ō
whakaaro ki ngā taumata teitei ake, ki ngā taumata pai ake,
ā, ka whai ngākau aroha, whakawhetai me ngā whakaaro pai
ki ētahi atu, ka noho tō whāngai hinengaro hei mea aukume,
ā, ka kukume mai koe i ngā mea ataahua katoa me ngā mea
whai hua—ngā mea, ngā tāngata, me ngā āhuatanga—he
mea nui mō te haere tonu o tō haerenga ki te takutai o te
haumarū me te haumarū. Ā, hei whakamutunga, ina
whakapau kaha koe ki te whiwhi i ngā mea e hiahiatia ana e
koe, ā, ka makona koe ki ngā mea e homai ana e te Atua, ka
nui ake tō wairua, ka makona koe i te hunga e pau ana i ngā
.hiahia o te ao, e apo ana hoki i ōna ahuareka poto noa iho

Ko te aroha te piriti e hono ana i ia wairua ki ētahi atu
wairua Ko te aroha te kuaha ki ngā ngākau katoa

Ina rapu te tangata i te Atua, ko ia anake te hoa pono i
tua atu i ngā hoa katoa, ka taea te whakatū i te
whanaungatanga pono i roto i ngā whanaungatanga tangata
katoa—te whānau, te tuakana, te marena, me te wairua. He
mea nui te whanaungatanga i roto i ngā whanaungatanga
marena, ā, ko te piripono hinengaro me te kare ā-roto, te
wairua, me te aroha pono me noho hei kaupapa matua. Ko
te hunga kāore e taea te wehewehe i waenga i te aroha
.pono me te aroha tinana ka pouri tonu

Ina whakatūria te marena i runga i ngā kaupapa teitei
me te whakaute tetahi ki tetahi, ka waiho hei hononga
harikoa, angitu hoki i waenganui i ngā wairua aroha e rua, e
mahi tahi ana, e whakamama ana i ngā taumahatanga o te
ao, e whakakore ana i ngā āwangawanga o te noho tahi me
.te aroha tetahi ki tetahi me te māramatanga hoahoa

Kāore e taea e tetahi te whakahaere i ahau, te tango
rānei i taku hiahia ki te kore ahau e tuku i ngā whakaaro me
.ngā mahi a ētahi atu kia awe i ahau
Ki te whakawhāitihia tō whakaaro ki te ao tūroa, ka kite
koe i ngā mea katoa mai i te tirohanga ao tūroa. Engari kia
ara ake tō hinengaro ki te āhua o te mōhiotanga wairua, ka
kite koe i te ia whānui o te māramatanga o te Atua e rere
ana i tua atu i ngā ao tūroa katoa, ā, ka kite koe i ngā mea
.katoa mai i te tirohanga wairua

E te Ariki, e mōhio ana ahau he mutunga kore te whai
wāhitanga ki ahau ki te tūhura i ōku pūkenga me te kite i
tōku pūmanawa wairua. I tēnei rā ka whakakīia e au ōku
whakaaro ki te hihiri me te wehe atu i ngā wheako kino. Ka
mahi ahau i ngā mea hei whāngai i tōku tinana, hinengaro,
.me tōku wairua i roto i te huarahi taurite me te rangimarie

Ka whakakapia e au ngā āpitihanga ā-tinana ki ngā
wawata teitei ake
Ā, ka mōhio ahau kei te taha tonu ahau i te wairua pono

Kei te mau tonu te kanikani o te ora me te mate, engari
ka whakawātea ahau i a au ake ake mā te whakaora i tōku
tuakiri wairua. Ā, ina tūtaki ahau ki ngā tupuhi o ngā
whakamātautau me ngā raruraru, ka rere ahau i runga i taku
.poti wairua i te moana o te ora ki ngā takutai haumarū, atua

Ina mahi ahau, ina auaha hoki, ka mahara ahau kei te
mahi te Atua mā roto i ahau. Ko ia te Ariki o te ao whānui, ā,
ka taea e au te hono atu ki a Ia mā te whakaaroaro hohonu
.ki a Ia

E te Atua aroha, e mōhio ana ahau ka arahi mai aku
whakaaro i te hinganga, i te angitu rānei, kei runga i te
whakaaro tino kaha i roto i tōku ao. Ā, ka ngana ahau ki te
mahara kei te totoro mai tō ringa āwhina, kei te whakarite i
.te ara mō tōku angitu

Ina pā mai ngā aituā me ngā aituā ki ahau, ka huihuia e
ahau tōku kaha, ka whakapakari i taku whakatau kia
wikitoria i aua aituā. Ka pono, ka pono hoki aku mahi ki te
katoa, ā, ka horahia e ahau ngā whakaaro o te aroha me ngā
wawata pai. Kātahi ka tautokona ahau e te Atua ki tōna
.mana me tōna whakaaro nui

Ngā mate wairua me ō rātou maimoatanga

Kaiwhakaako Paramhansa Yogananda

Whakaarohia tētahi rōpū āhua tangata kāore i te taurite,
:kāore hoki i te taurite
He iti te upoko, rite te rahi ki te pīni pīni, ā, he nui te
!tinana, rite te rahi ki te kamera
Ko tētahi atu he ringa kaha tōna rite ki te ringa o
Hamahona, o Hercules rānei, ā, ko te tinana he rite ki te
!tinana o te tangata ririki
Ā, ko te tuatoru he upoko arewhana nui tōna, ā, ko te
!tinana he kiore kikokore
Kāore ianei taua tirohanga e miharo, e miharo rānei ki a
koe, e pouri rānei, mēnā ka kite ohorere koe i tētahi mano
?tini o aua mea hanga me te hanganga rerekē, pōhēhē hoki
Whakaarohia tētahi atu rōpū tāngata he noa te āhua me
te āhua, engari he kore taurite te hinengaro, he hē hoki te
.āhua
Pērā i ngā kākahu e huna ana i ngā patunga, i ngā mate
pukupuku, me ērā atu āhua tinana, waihoki ka huna e te
tinana kaha, hauora, me te mata ataahua, kanapa ngā mate
.hinengaro nui me ngā hapa whānau
Me i tūtaki koe ki tētahi rōpū nui o te iwi noa e mōhiotia
whānuitia ana e ō rātou āhua ataahua me te hauora pai, ā,
me i taea e koe te uru atu ki ō rātou tinana hinengaro mā tō
tirohanga wairua, ka miharo koe, ā, tera pea ka taupokina
.koe e te pouri nui i ngā mea ka kitea e koe
Ka taea e koe te tiro tiro i ō rātou tinana hinengaro
:penei
Ko te hinengaro e tohuhia ana e te upoko, ko ngā kare
ā-roto me ngā kare ā-roto e tohuhia ana e te tinana, ā, ko te
hiahia e tohuhia ana e ngā ringaringa me ngā waewae, he
.mea rerekē katoa, he mate, he pēpeke hoki
Ka kitea e koe he iti te mahunga o ētahi engari kāore i
te tino whanake te mātauranga, e noho ana i runga i te

tinana ngoikore kua pupuhi i ngā wawata whaiaro me ngā
.hiahia taikaha

Ka kitea hoki e koe he tinana korekore, korekore hoki te
ora o ētahi tāngata, ahakoa he tino whanake, he kaha hoki
.te mahi a ō rātou ringa

Ahakoa he roro nui, he auaha hoki tō ētahi, kua pōturi,
kua memeha haere hoki ō rātou aroha me te kaha ki te kare
ā-roto. Ā, kei reira anō tētahi atu momo tāngata he āhua noa
tō rātou tinana me tō rātou hinengaro, engari he ngoikore,
he pararutiki rānei ō rātou kaha ki te whakahaere i a rātou
.anō

Ā, ka haere tonu te rārangi o ngā kitenga. Kia ora tonu
!koe

He tini ngā hapa hinengaro o ngā tinana hinengaro
kāore i te tino whanake i ētahi āhuatanga, ā, he tino
whanake i ētahi atu, kei te kitea tonu – ahakoa he huna – i
roto i te tangata. Ka mamae te hinengaro i a rātou, ka ārai i
a rātou ki te whakaatu i ō rātou pūkenga me ō rātou
.pūkenga e tika ana kia whakaaturia

Mā te aro atu ki ētahi mate hinengaro i konei ka āwhina
pea ki te tautuhi i ngā pūtake o ngā raruraru tangata katoa,
kia mōhiotia ai e te hunga katoa e pāngia ana e ēnei mate,
ahakoa kāore i te mōhiotia, kia mārama ai rātou ki te āhua o
aua hapa, ō rātou tohu, me tō rātou urunga puku ki roto i te
hinengaro, kia taea ai e rātou te ārai i te whakangaromanga
.ngokingoki o te rangimārie me te harikoa
pouri wairua

He whānuitia tēnei mate i waenga i te hunga kāore e
mahi ana i te hinengaro me te tinana i raro i te whakapae he
nui rawa te aro ki ngā mea wairua. Ka wareware ēnei
tāngata e pāngia ana ki ngā mahi nui me ngā mahi iti o te ao
rauemi i raro i te whakapae he mahi ki te Atua, ā, ka
tuwhera rātou ki a Hātana, ka taea e ia te whakararu i a
rātou. Ka pāngia rātou e te ngakau pouri me te kore e
maioha ki ngā mea pai, ataahua rānei e karapotī ana i a

rātou. He mate hopuhopu tēnei, ā, me tūpato te hunga katoa
he wawata wairua ki tēnei mate, me te whakawātea i a rātou
anō mā te pupuri tonu i tō rātou ora me tō rātou ārai mate
kia kaha mā te whakaaro pai, te tirohanga pai, me te mahi
.hauora, whai hua

te koretake o te wairua

Ka puta tēnei hei hua o te kai matapōkere (te inu nui),
arā, te horomitanga tere o te nui o ngā raau taero hinengaro
kua oti te hanga kua rēhitatia i raro i ngā ingoa
whakamīharo, ā, e whakaatuhia ana i roto i te ahua o ngā
pukapuka wairua rūpahu me ngā akoranga a ngā "tākuta
.wairua" he mātau ki te mahi tinihanga me te makutu
Ehara i te mea ka whakamate noa tēnei mate i te hiahia
wairua ki te mōhio ki te pono, engari ka whakangaro hoki i te
kaha ki te wehewehe i waenga i te pai me te kino, i waenga i
.te pai me te kino

Ko te tangata e horomia tonu ana ngā whakaaro
whakapono, e whāngai ana hoki i ngā mea katoa e taka ana
ki roto i ōna ringa, ehara i te mea ka nui rawa tana kai engari
ka pau hoki i a ia ngā whakaaro paitini me ngā mea whai
hua, ka pā mai ki a ia te koretake o te hinengaro, ā, ka pōturi
.te mate wairua

Ko te ako nui rawa, me te haere tonu hoki i ngā momo
whakaaro wairua me ngā whakaaro rapunga whakaaro, me
te kore e mārama, e ngana rānei ki te keri me te tiro tiro i
aua whakaaro mā roto i ngā wheako whaiaro kia kitea ai
tōna tika, ka hua ake te ruarua, te kore aro, me te kore
.whakapono ki ngā mātāpono me ngā ture wairua katoa

Te ngākau nui me te āwangawanga

Ko te hunga e pangia ana e tēnei mate ka noho
maumauria, ka koretake te oranga nā te mea he nui rawa ā
rātou moni me te wā, ā, nā te mea kāore i a rātou he
.kaupapa, kāore hoki he māramatanga tika mō te ao
Ko ō rātou hiahia te mea e akiakihia ana ēnei tāngata;
ka mahia e rātou ngā mea katoa e puta ake ana ki te

hinengaro, e pai ai rātou. Ka whakakīia ō rātou oranga ki ngā
pukapuka iti te utu, ki ngā kiriata whakamīharo, me ngā
whakangahau papaku, koretake. Kāore rātou e mōhio kei te
pāngia rātou e tēnei mate kino tae noa ki te pāngia e te
ohorere nui, e te pakaru o te io rānei—arā, i muri i te pakaru
.o te kino

makariri hinengaro

He ingoa anō tō tēnei āhua: te ngakaukore. Kāore te
tangata e mōhio ana āhea ka pā mai, ka pāngia hoki e ōna
tohu mamae, pērā i te kore tumanako, te manawanui kore,
te manukanuka, me te manawanui kore. Ko te mea kino
rawa atu, he maha ngā wā ka roa, ā, he maha ngā wā ka
hoki anō te hunga i pāngia, ahakoa e whakapono ana rātou
.kua tere te ora

Te mate pōrearea hinengaro

Ka puta tēnei mate i te noho tonu ki ngā āwangawanga
o te ao. Ko te hunga e pāngia ana e tēnei mate, ka wareware
ki te whakamahi i te patu o ō rātou kaha hiahia, ā, ka tuku
noa iho rātou i ō rātou wehi tonu, kua ki te aro atu ki aua
wehi me te maia, me te whakakore atu i a rātou i te wā e
.tamariki ana

te herenga hinengaro rerekē

Ka noho taha kotahi ngā tāngata e pāngia ana e tēnei
mate ki te whai i te harikoa. E whakapono ana rātou kei roto
i te kohikohi taonga, te whiwhi rongonui, te whiwhi hauora,
te mana rānei te harikoa, ka patua e rātou ngā mea katoa—
te hauora, te ingoa pai, te rangimarie o te hinengaro, te
honore, me te mana—ki runga i te aata o tā rātou wawata
nui. Kua roa rawa, ka mōhio rātou ko te oranga taurite
anake, ko te oranga e whakaute ana i ngā ture o te taiao me
ngā ture a te Atua, e whakataurite ana i te mahi me te
rangimārie, ka taea te kawē mai i te harikoa pono me te
.whakatutuki i te kaupapa o te oranga rangatira
Ko te hunga e pāngia ana e ngā mate piripono kino ka
horomia e ngā whakaaro o te hiahia nui, ka arahi ki tētahi

tirohanga pōhēhē me te whanoke o te ao. Hei tauira, i angitu
nui tētahi kaipakihi, ā, i kohia e ia he taonga nui, engari i
mua i tana painga ki tana taonga, i pāngia ia e te pakaru o te
io nā te nui o ngā manukanuka me ngā matakū, ā, ka mate
.ia me te ngākau pouri

Ko ētahi e whakapono ana he mea tika ngā mea katoa
hei whakatutuki i te whāinga. Nā tēnei pōhēhētanga, ka
ngaro i a rātou tā rātou whāinga tūturu, ā, kāore e taea te
whakatutuki i te iti rawa o te makona, ahakoa kei a rātou
ngā mea i hiahiatia e rātou, nā te mea he whānui, he maha
ngā āhuatanga o te tangata, ā, me whai whanaketanga
.taurite i ngā taumata katoa

Te piri matapo wairua

Ko tēnei ngākau nui hē ki ētahi whakapono ka puta mai i
te piripono ki ngā whakaaro me ngā ariā motuhake, me te
kore e pātai, e tiro tiro rānei, ā, ka puta te riri me te
mauahara i roto i te hunga e pāngia ana e tēnei mate ki
tētahi whakaaro wairua tika, ki tētahi whakaaro tuwhera,
wetekina rānei. Ko tēnei noho motuhake ka arahi ki te tutu ki
ngā ture a te Atua, e whakaatuhia ana i roto i te whai
huatanga hinengaro, te oranga tinana, te hauora hinengaro
me te tinana, me te aroha me te whakaute ki ngā tāngata o
.ngā momo āhua katoa

Te whakatō i ngā mātāpono wairua

Nā te mea he mea kitea, he mamae, he kino hoki ngā
mate tinana, ka akiakihia tātou kia kaha ki te ātete atu ki
aua mate, ka ārahi i a tātou ki te ngana ki te wikitoria i aua
mate mā roto i ngā tikanga rongoā maha, mai i te whakakori
tinana me te kai hauora ki ngā momo rongoā me ngā raau
taero. Heoi, ahakoa koinei te pūtake o ngā mamae me te
wehi o te tangata, kāore e āraihia, e rongoāhia rānei me te
tere, ā, e tukuna ana kia whakangaro, kia whakangaro hoki i
.ō tātou oranga

Ka taea e ngā kaiako, ngā kaiako whakapakari tinana,
ngā kaikauwhau, ngā kaiwhakahou, ngā rata, me ngā
kaihanga ture te akiaki i te ahunga whakamua ina ako
tuatahi rātou, ka tīmata mai i a rātou anō, kātahi ka
whakaako i ētahi atu i ngā huarahi tika hei whakatipu i te
āhua o te tangata i roto i te huarahi taurite me te
rangimarie, e ai ki ngā ture o te ora me ngā mātāpono o te
oranga hauora. Koinei te mātauranga tino whai hua me te
ahurea tangata whānui e hiahiatia ana e te tangata puta noa
.i te ao

E whakaaro ana ngā whare mātauranga kāore e taea te
whakaako i ngā kaupapa wairua i roto i ngā kura tūmatanui
nā te mea e kitea ana te pōhēhē i waenga i ēnei mātāpono
me ngā whakaakoranga whakapono rerekē. Heoi, mēnā i
arotahi ēnei whare ki ngā mātāpono whānui o te rangimārie,
te aroha, te mahi, te whakapono, te tuwhera o te hinengaro,
me te whakaae ki ētahi atu—he mau tonu wairua kua
whakapumautia—ā, i whakawhanake hoki i ngā tikanga mahi
hei whakatō i ēnei mātāpono ki te whenua momona o te
hinengaro me te wairua o ngā tamariki, ka kitea he otinga
whaitake me te whakaaetia mō tēnei uauatanga e
whakaarohia ana me te whakaaro noa. He hē nui te kore aro
.ki tēnei take nā te mea he uauatanga e pā ana ki tēnei
Ko te nuinga o ngā tauira kua puta i te whare wānanga
e wehe atu ana i te whare wānanga me ō rātou mahunga
taumaha rawa, pupuhi rawa i ngā kōrero o ngā pukapuka, ā,
kāore e taea e rātou te hikoi i ngā ara o te ao, nā te mea kua
tata korekore ō rātou kaha me te whakahaere i a rātou anō i
te kore aro me te kore whakamahi. Nō reira, ka kite koe i a
rātou e mahi pōrearea ana, e heke haere ana, e tere ana ki
roto i te poka o ngā marena kore taurite, e whakamahi hē
ana i ō rātou moepuku, e whai ana i te moni, e hinga ana
hoki i roto i ā rātou mahi nā te mea kāore rātou i ako ki te
whakamahi tika i te maripi koi o ō rātou hinengaro kua

whakakoihia. Nō reira, ka haehae rātou i a rātou anō, ka
.whara i a rātou anō

He mea whakamiharo, he maha ngā taiohi e pai ana ki
te whai wāhi atu ki ngā mahi e kawe mai ana i te kino me te
mamae ki a rātou. Ko ētahi ka huri ki te tahae me ētahi atu
mahi hē, tae atu ki ngā mahi taihara, me te kore he aukati,
he ārai rānei. Ko te hunga kāore e ārai i te horapa o te kino i
roto i te hāpori ka akiaki i ngā whanonga hē o ētahi. Ko ia
tangata whai hinengaro me te whakapono pono me noho hei
tauirā pai ki ētahi atu mō te ngākau pono, te pono, te mana,
me te whakaute ki a ia anō. Kāore ngā kura, ngā kāreti, ngā
whare wānanga, me ngā umanga pāpori e whakarato ana i
ngā tikanga pūtaiao e ranea ana hei whakaiti i te hara mā te
.aro atu ki ōna pūtake, e kitea nuitia ana i roto i te hinengaro
Me whakatū hoki ngā kura motuhake hei whakaako i te
toi o te oranga harikoa me te angitu, hei whakawhanake i te
pūmanawa o te tangata, hei whakarei ake hoki i ōna ake
.āheinga

Ka rite ēnei kura ki ngā māra me ngā pāka e tipu ai, e
puāwai ai ngā hinengaro o ngā tamariki. Me āta whiriwhiri
ngā kaiako, ā, me whakarite kia whai wāhi mai te mahi tahi a
ngā mātua me te hāpori. Ka āwhina ēnei kura ki te hanga i
ngā tāngata kia whai hua ake. Me maumahara ko te oranga
wairua o te tangata i ngā wā tōmua ka whakatau i tōna
.hauora me tōna kaha ki te tipu i muri mai

He tino whai hua ngā tikanga whakangungu hinengaro
me te tinana e whakamahia ana i ngā kura o ēnei rā, engari
kāore i te whai pūtake wairua. Ki te kore te whanaketanga o
.te wairua pai, kāore e oti te tipu

Me whakaako ngā pūtaiao o te whanaketanga tinana,
hinengaro, me te wairua ki ngā taiohi he ngawari tonu ō
rātou hinengaro, he ngāwari hoki, ā, kāore anō kia
.whakamahia ō rātou mana i roto i ētahi huarahi
Whai muri i te whakangungu whānui, me whai
whakamātautau whakaaroaro tonu ngā ākonga o aua kura,

ā, ko ngā tiwhikete ka riro mai ko te hauora pai, te ingoa pai,
te whai hua, te taonga ā-tinana me te ā-wairua, te harikoa,
.te angitu, me te whakapono ki a ia anō

Ko ngā hua o te whakamātautau whakamutunga i te
mutunga o tēnei haerenga whenua ka whakatauhia i runga i
te tapeke o ngā whakatutukitanga hinengaro me te wairua
me ngā tiwhikete i riro mai i ngā whakamātautau iti puta noa
.i te oranga

Ko te hunga e tino angitu ana i tēnei whakamātautau
whakamutunga, nui rawa atu, ka whiwhi i tētahi tiwhikete
tapu mō te tū pakari ki a rātou anō, me tētahi hinengaro
.herekore, parakore, me te harikoa
Ā, kua tuhia ngā manaakitanga ake ake ki te whārangi o
te wairua

E kore tēnei taonga onge e raweketia e ngā pūrerehua
E kore hoki e tae atu ngā ringa o ngā tahae
Mā te wā rānei e whakakore
Ka mahi hei uruwhenua
Mō te mema honore i roto i te Rōpū Tika

Kei hea te takoto o te harikoa?

**E te Atua, i roto i Tōna aroha nui, ka homai e ia ki
a tātou Tōna hari me tōna whakaaweawe**

Ā, ka homai he ora tūturu ki a tātou

Te whakaaro nui pono

Me te harikoa pono

**Ka puta te māramatanga pono i roto i ngā wheako
kanorau katoa o ō tātou ao**

**Engari ko te korōria o te Atua ka whakakitea
anake i roto i te rangimārie wairua e pā ana ki te
wairua, me te ngana pono o te hinengaro ki te
whakataurite ki a ia. I reira, ka tū kanohi ki te kanohi
tātou ki te pono. I waho, he tino kaha ngā
mānukanuka, ā, he tokoiti noa iho ka mawhiti i te awe**

o te taiao o waho. Kei te haere tonu te ao me ōna uaua mutunga kore me ngā whakamātautau maha. Kei muri i ngā āhua o te ora te reo o te Atua, e karanga tonu ana ki a tātou, e kōrero ana ki a tātou mai i ngā putiputi, i ngā karaipiture, i ō tātou hinengaro, me ngā mea ataahua katoa e whai hua ai te ora.

Ko te nui ake o tā tātou aro ki ngā mea o waho, ko te iti ake o tā tātou wheako i te kororia o roto; ā, ko te nui ake o tā tātou tahuritanga ki roto, ko te iti ake o ngā uauatanga o waho e pā ana ki a tātou. He whārite pumau tēnei. Engari ko te nuinga o te tangata kāore e mōhio ki tēnei pono nā te awe o te whanaungatanga o te ao, te hāpori e noho nei rātou, me ngā whanonga kino. Ka noho te tangata i roto i te hāpori ki roto, ka aro nui ki ngā mea papaku, ka ārai i a rātou ki te whakaaroaro ki ngā pono hohonu.

Ahakoā ngā wāhi wairua, ka torohia e ētahi me te kore e hiahia pono ki te whai hua mai i tō rātou āhuarangi manaakitanga, nō reira kāore he mea nui e riro mai i a rātou i aua haerenga.

Ko te tangata e hiahia ana ki te kite i te Atua ka kitea ia i ngā wāhi katoa. He whakangaro, he kaipahua, he hiakai hoki ngā tikanga a te tangata; ka whakangaromia, ka whakangaromia, ka whakangaromia. Kua tae ki te wā kia ako te tangata ki te harikoa me te makona ki ngā mea kei a ia. Kaua tātou e hiahia ki tētahi mea nui atu i ngā mea e tae mai ana ki a tātou. He atawhai te Atua; e mōhio ana ia ki tā tātou e hiahia ana, ā, ka whakaratohia e ia i te wā tika. Ehara tēnei i te kī me whakawhirinaki tātou ki te Atua me te kore e whakapau kaha. Kāore rawa. Ko te tikanga me mahi tātou i tā tātou wāhanga ki te pai o tō tātou kaha, ā, waiho te toenga ki te Atua, e

kore rawa ia e tango i a tātou i ngā mea e hiahiatia ana e tātou, me ngā mea e tika ana kia riro i a ia.

Ko te huarahi pai rawa atu ki te hari tonu ko te rongo i te aroaro o te Atua. Ko tā tātou hiahia nui ko te mōhio ki te Atua, me te whakatau kia noho tahi me ia. Ko te Atua te mea tuatahi i roto i ō tātou whakaaro me ō tātou kare ā-roto, ā, me whakaaro tātou ki a ia hei pou kaha rawa atu, hei pou pumau hoki i roto i ō tātou oranga.

(Nō reira, kia mau ki te taura a te Atua, me te rapu piringa ki a ia)

Ko ia hoki te pou mēnā ka hinga ngā pou katoa i a koe

Kua mōhio ahau ko te kaupapa anake o te ao ko te mōhio ki te Atua. Tērā pea ētahi kāore i te tino whakapono ko te kimi i te Atua te whāinga matua o te ao. Engari kāore e taea e tetahi te whakakahore ko te kaupapa o te ao ko te kimi i te harikoa. Ā, e kī ana ahau me te tino māia me te tino pono ko te Atua te harikoa nui. Ko ia te harikoa nui. Ko ia te aroha tino, te aroha whānui. Ko ia te harikoa mutunga kore e mahue i ngā wairua o te hunga e noho tahi ana me ia. Nō reira, he aha tātou te whai ai kia eke ki taua harikoa tino pai? Kāore he tangata kē atu e taea te homai ki a tātou. Me whakatipu tonu, me te atawhai i roto i a tātou anō. Ka tohe tonu ngā kaha o te taiao ki te tuku i ngā mea ahuaireka o te ao ki te tangata, engari ko aua mea ahuaireka poto ka arahi ki te pouri, te kawa, me te pouri. Ahakoa te tangata tino waimarie, e ahua nei kei a ia ngā mea katoa, kāore pea i te tino harikoa. Kāore rātou e makona ki ngā mea o te ao mō te wā roa, nā te mea kāore ēnei mea e whakamāmā i tō rātou matewai pono, e makona rānei i tō rātou hiakai wairua.

Ko ngā taonga ā-iwi he whakaaro teka mō te rangimārie me te ngākau māhorahora noa iho. Kua pōrearea te ao katoa i te pōhēhē me te ngangau, nā ngā hiahia whaiaro me te apo e whakatupu ana i te pakanga. Kāore he mea kē atu e whakatupu ana i te pakanga.

Ko te toa tūturu i te pakanga o te ao ko te tangata e wikitoria ana i a ia anō, e hinga ana i ana hiahia. Ko te moni, te rongonui, te hiahia taikaha, me ngā mea katoa e whakahē ana i tēnei kaupapa he mea kino ki tō tātou rangimārie me tō tātou harikoa. Me i ako te tangata ki te whakaaro tonu i runga i ngā uara pono o te ao, ka kitea e rātou te harikoa e rapuhia ana e rātou, engari ka kotiti ke atu rātou i tō rātou kaupapa, ā, ka kahakina e te ia o ngā hiahia o te ao. Kua kitea e au kāore he whakamatautauranga e taea te tahuri ke i ahau i te ara kua whiriwhiria e au, kua aru hoki māku ake.

Ka taea e au te kukume i ngā mano tini ki te mana kua homai e te Atua ki ahau, engari he kino taua ara ki ahau. Ahakoa pēhea, kāore au e hiahia ki te kukume i ngā mano tini, ki te kukume i ō rātou hinengaro. Ko taku hiahia anake kia kite i ngā ākonga pono e u ana ki te Atua. Ko te hunga e aroha ana ki te Atua ka pārekareka ki ēnei whakaaro, ā, ko te hunga e mau tonu ana te hihiri ka rongu i ngā manaakitanga me te aroaro o te Atua mā roto i ēnei whakaakoranga.

Kāore e taea e te tangata te tinihanga i te Atua, nā te mea kei reira tonu ia, e mōhio ana ki ngā mea kei roto i ō rātou hinengaro me ā rātou e hiahia ana. Ina whakarērea e rātou te ao, ā, e hiahia ana ki te rangimārie wairua, ka haere mai te Atua ki a rātou. Ina pūmau taua hiahia ki te ngākau o te tangata e rapu ana i taua mea, ka haere mai te Atua ki taua ngākau, ka whakakī i te pai me te manaakitanga. Ko

te mea anake e tika ana kia ora ai ko te noho tahi me te Atua, me te whiwhi i Tōna manako. Me waiho taua rangimārie hei kawenata mutunga kore, hei oati pumau (ko te hunga e pupuri ana i te kawenata a te Atua, ā, kāore e takahi).

E hiahia ana te katoa ki te taonga nui atu i ētahi atu Ahakoa ka whiwhi rātou i te taonga, ka noho tonu rātou me te kore e makona, ka kitea he nui ake te taonga o tētahi atu. E noho ana te tangata i roto i te pōuri o te mamae i whakatupuria e rātou anō, e whakakahangia ana e ō rātou hiahia. Me makona tātou ki ā tātou taonga. Kāore ngā taonga ā-iwi e hari mai; engari, he maha ngā wā ka whakanuia e rātou ngā manukanuka, ngā āwangawanga, me ngā matakū.

Ko te ara ki te Atua te ara māmā rawa atu, engari he tokoiti noa iho e hiko ana ahakoa te maha o ngā kawa me ngā tikanga whakapono. He pai ake te tahuri o ō tātou ngākau ki te Atua, me te tono ki a ia mō te mea pai rawa atu, te mea pumau rawa atu mō tātou. Ko te pono, kei te tatari mai te Atua ki a tātou nā te mea e hiahia ana ia kia matara atu tātou i te kino me te tūpono. E hiahia ana ia kia noho tātou ki a ia i roto i ō tātou ngākau me ō tātou hinengaro, nā te mea kāore e taea e ngā taonga iti o tēnei ao te whakamātau i te hiahia o te tangata, te whakakī rānei i te korenga wairua e kitea ana e tātou i roto rawa. Kei te kōrero tonu te Atua ki a tātou, engari he tokoiti noa iho e rongo ana i Tōna reo. He maha ngā wā ka ngaro te reo mārie i te haruru o ngā whakaaro haruru me ngā hiahia nui. Engari ina marino ngā whakaaro, ā, ka marino te hiahia, ka rongo māmā tātou i te reo o te Atua, ahakoa he mārie, he ngoikore. He pono, e mahi ana te Atua i ngā mea katoa hei āwhina i te tangata, e whakatuwhera ana i ngā tatauranga me te whakamārama i ngā ara kia kite ai tātou i te wāhi e

tika ana kia takahia e tātou, kei tūtuki, kei paheke rānei. Engari ko te nuinga o te iwi kāore e mōhio ki tēnei pono.

Kāore au e hiahia kia whakaaro te tangata ka taea e rātou te whiwhi mātauranga mā te whakarongo noa ki ētahi atu, mā te pānui pukapuka rānei. Me whakamahi i tā rātou e pānui ana, e rongo ana. He pai ake te haere ki ngā whare karakia i te noho ki te kāinga me te whakarongo ki ngā kōrero koretake. Ahakoa i roto i ngā whare karakia, me rongo te tangata i te aroaro o te Atua i roto i ō rātou ngākau, me te mōhio me pēhea te wheako. Kāore e taea e ngā pahūtanga o ngā kare ā-roto me ngā tātāritanga whakaaro nui te homai i te mātauranga e hiahia ana ō tātou wairua ki te whiwhi.

Ina tuku tātou i a tātou ki te Atua, ka poroporoaki ki ngā hiahia whaiaro, ā, ina tino mōhio tātou kei a tātou tonu te Atua, e noho ana i roto i ō tātou wairua, e whakahihiko ana i a tātou ki ngā whakaaro me ngā kare ā-roto pai, rangatira, ka whiwhi tātou i te harikoa me te herekore, ā, ka kite tātou i te putanga mai o te whakaaro nui i te pae tawhiti o te wairua.

Whakaarohia! I roto i ngā tekau tau mai i nāianei, ka noho ko tō tātou oranga hei moemoeā, ā, ko ngā mea katoa e mahia ana e tātou i nāianei ka noho hei wāhanga o taua moemoeā. Ahakoa ko ngā tino tangata nui rawa atu ka noho hei whakaaro noa iho o te hinengaro tangata. Engari i tutuki i aua tino tangata tā rātou whāinga matua nā te mea i eke rātou ki te taumata teitei rawa atu, ā, kei te ora tonu te wairua, e mōhio ana, e mārāma ana ki ngā mea katoa e tupu ana, nā te mea kua kotahi rātou i roto i te hinengaro atua. Ko te tangata e ngana ana ki te whakataurite ki a rātou mā roto i ō rātou whakaaro me ā rātou whakaakoranga, ka tino rongo ia i tō rātou

aroaro, ka whiwhi i ō rātou manaakitanga, ā, ka mōhio hohonu kei roto rātou i te hononga pono ki a rātou.

He moemoeā nui te ora. Heoi, ina titiro koe ki tō tinana ināianeī, ā, ka kite i tōna ora e ora tonu ana, ka tino whakapono koe ki te pono o tēnei moemoeā. E whakaaro ana koe me whiwhi koe i tēnei mea, i tēnā mea rānei kia harikoa ai. Ahakoa te maha o ngā hiahia e tutuki ana i a koe, e kore koe e kite i te harikoa mā roto i aua hiahia. Ko te nui haere o te whiwhi, ko te nui haere o te hiahia. Me tātari ngā hiahia, me whakangawari te ora mēnā e hiahia ana te tangata ki te noho i roto i te whakamarie, te marino, me te ngākau māhorahora.

E mea ana ngā karaipiture, ko te tangata e rere tonu ana ōna hiahia ki roto (ki tōna wairua) he tangata ia e mau ana te rangimārie o roto. I roto i tēnei, he rite rātou ki te moana, e kore e rerekē, e mimiti rānei, engari e kī tonu ana i te wai e rere tonu ana ki roto. Engari ko te tangata e hanga ana i ngā kōhao o te hiahia ki roto i te puna o tōna rangimārie, e tuku ana i ngā wai ora kia turuturu, kia maumauria, kāore ia e mōhio ki te rangimārie wairua me te harikoa o roto.

Me whai arataki tātou mai i te hunga e mōhio ana ki te Atua, e kaha ana ki te kōrero ki a ia, me te mārama ki tōna aroaro. Kua tono mai ngā poropiti kia rapu tātou i te Atua i roto i te rangimārie o roto, i te mokemoke o te wairua, kei reira te wairua pono me te hari wairua nui. E tautoko ana hoki ngā kaiako mārama o Īnia i ēnei whakaaro, ā, e whakanui ana i te hiranga o te whakaaroaro hohonu kia kite ai i te Ao Tapu i roto i ngā hohonutanga o te wairua.

He wiri ngaru ngā mea katoa o te ao, e arahina ana e te hinengaro o te Atua. Ko tēnei wiri mohio ko

te Wairua Tapu, ko te Wairua pono rānei, e taea ai e te tangata te kōrero ki a ia mā te inoi me te whakaaroaro.

I roto i te marino o tō wairua me te ngahere o tō hinengaro arotahi, he mutunga kore te aroha ki te Tino Pai me te Mutunga Kore. Engari he uaua ki te kimi i te Atua mēnā ka whaia e tātou te moni i te tuatahi. Me waiho e tātou te Atua hei wāhanga nui o ō tātou oranga, kātahi ka whiwhi tātou i ngā mea katoa e hiahiatia ana e tātou i tēnei ao. Ko te tangata e waiho ana te Atua hei wāhi pumau i roto i ō rātou ngākau, ka hoatu e te Atua ki a rātou he wāhi nui o ngā manaakitanga o te whenua me te rangi, ka whakatuwhera i mua i a rātou he pae whānui e whiti ana ngā rā o te whakaaro nui, e whakamārama ana i ō rātou ara, e whakakore ana i te pōuri e karapoti ana i a rātou. Ko te Atua te aroha mutunga kore, ā, kāore he harikoa mō te tangata engari ko te wā e aroha ana rātou ki te Atua pērā i tā rātou aroha - i te iti rawa - ki ā rātou e arohaina nuitia ana, nā te mea ki te kore te Atua, kāore tātou e mōhio ki te mauri o te aroha, e kore hoki e reka ki tōna reka.

Me ako tātou ki te whakamahi i ō tātou hiahia, me te arotahi i ō tātou hinengaro ki te rapu i te Atua me ō tātou ngākau katoa. Ko ngā mahi a te tangata e whakahaua ana e ngā hiahia, ā, ko ēnei tikanga e akiaki tonu ana i a tātou ki te mahi i ngā mea kāore tātou e hiahia ana. He pono, ko te tangata tōna hoariri ake, kāore e mōhio ana. Kāore ia e mōhio me pēhea te noho puku, kāore hoki ia e whakatapua te wā ki te Atua, engari e hiahia ana ia ki te harikoa me te urunga kua whakamanahia ki Pararaiha i te wā tonu. Kāore e taea te whakatutuki i te wheako tapu mā te pānui pukapuka anake, te whakarongo ki ngā kauwhau, te mahi rānei i ngā mahi pai. He tino whai

hua ēnei katoa, engari kāore e ranea. Ko te tae atu ki te Atua me aro nui me te whakaaroaro hohonu.

Me rapu tuatahi tātou i te manako o te Atua. Kāore e taea e tātou te whakamanawareka i te katoa, he mea e kore e taea. E ngana ana ahau kia kaua e whakapataritari i tetahi. Ka mahia e ahau taku e taea ai, ā, koinā anake taku e taea ai. Ko taku whāinga anake he whakamanawareka i te Atua. Ka whakamahia e ahau ōku ringa ki te inoi me te whakaiti i tōna aroaro, ōku waewae ki te rapu i a ia i ngā wāhi katoa, me tōku hinengaro ki te whakaaro ki a ia me te whakaaroaro ki āna mahi whakamiharo. Me noho te Atua ki te tūranga tuatahi i roto i ō tātou ngākau kia taea ai e tātou te kite i a ia hei rangimārie, hei aroha, hei māramatanga, hei atawhai, hei aroha, hei whakaaro nui. Koinei, kāore he mea kē atu, te mea i haere mai ai ahau ki te whakaatu me te kōrero ki a koutou.

Haunga te whakaaroaro, me noho tahi tātou me te tangata. Kaua e whai i te tangata, engari me whai i te Atua. Ki te kitea e koe he painga i roto i ēnei whakaaro, whakaarohia he manaakitanga nā te Atua, nā te mea nōna te mana katoa. Tuwha atu ki ētahi atu kia kitea ai e rātou i roto i aua whakaaro te mea e kitea ana e koe (Ā, mō te atawhai o tō Ariki, kōrerotia). Kaua hoki e wareware ki te āwhina i tētahi i ia rā, i ia rā, i runga i tō kaha. I te mea kei roto i taku pēke te moni, e kore ahau e mutu te hoatu, nā te mea ko te Atua taku puna e kore e mutu, e rere tonu ana.

Hei whakamutunga, me mōhio tātou ki te Atua pērā i te hunga nunui. Ka taea tēnei mā te whakaaroaro me te whakapau kaha whaiaro.

I tētahi wā, i a au e hiko ana i waho o te whare karakia, e whakaaro ana ki taku kaiako nui, ki a Sri Yuktiswar, kua mate atu i ētahi tau i mua i te

matenga. I tino pouri ahau mōna, ā, i pouri hoki ahau nā te mea kāore ia i ahau e noho tahi ana ki te pārekareka ki te ataahua me te āhuarangi o te whare karakia. Kātahi ia ka puta mai ki ahau i te rangi, ka mea mai, "E whakaaro ana koe ko koe anake te tangata e pārekareka ana ki tēnei wāhi ataahua? Kei te pārekareka ahau ki tēnei wāhi, pērā i a koe!"

Ko te tangata e rapu ana i te kotahitanga ki te Atua, me whai i roto i te mahi o ia rā o te whakaaroaro me te aroha ki a ia, me te whakawhānui i taua aroha ki te katoa Koinei anake te huarahi hei karo i te pakanga He mea nui te mahi tahi wairua Ki te kore he wairua pono, kāore he harikoa takitahi, he harikoa whānui rānei Ko te rangimarie tapu anake te otinga mō ngā raruraru tinana, pūtea, marena, matatika, me te wairua katoa.

Ka puta te harikoa i te tata ki te Atua. Kua mauheretia te tangata i muri i ngā tutaki o te kuware, ā, kua tae te wā ki te wetewete i tēnei whare herehere whakama. Me tahuri tonu te hinengaro ki te Atua, ahakoa te āhua, ā, ka kite koe i te rangimārie me te harikoa nui.

Ko te hunga e hiahia ana ki te Atua, e whakatapua ana i ō rātou oranga ki a ia, e whakatenatena ana, e whakamārama ana tetahi i tetahi, ā, e maumahara tonu ana ki te Atua, ko rātou te hunga harikoa i tēnei ao, ā, ko rātou hoki te hunga toa o te hari o te ao kei muri.

Kia tau te rangimārie ki a koe

Ka ara ake te ārai, ka mārama atu
I hangaia tātou katoa kia rite ki te ahua o te Atua. I ahu mai tātou i Tōna Wairua Tapu, ā, e noho ana Tōna mauri i

roto i a tātou i roto i tōna parakore, tōna kororia, me tōna harikoa nui whakaharahara. He pā kaha tēnei taonga tapu. Ko te whakahē a te tangata i a ia anō he tangata hara, e hē ana i ngā ara o te hara, ko tētahi o ngā hara nui rawa atu. Nā te mea i a ia e mahi ana i tēnā, e whakahē ana rātou i a rātou anō ki te kore āwhina, ki te ngakaukore, me te kore e taea te ara ake, te piki ake. He pono ka taea e te tangata te mahi i ngā mahi e rerekē ana ki ngā ture taiao me ngā ture atua, engari me huri tonu rātou i te huarahi me te tahuri ki te ara tika. I roto i tō rātou āhua parakore, he temepara tapu .te tangata, ā, e noho ana te Wairua Tapu i roto i a rātou Me maumahara tonu tātou e aroha ana te Atua ki a tātou, he mea tino tapu, he mea mutunga kore. Engari nā te mea kua homai e ia ki a tātou te whiringa tino tika kia whakatata atu ki a Ia, kia tahuri atu rānei i a Ia, e tatari ana ia kia whakapuakina e tātou tō tātou hiahia mō Tōna aroha i .mua i tōna taenga mai ki a tātou I tetahi wā ka rongo ahau i tōna reo e kōrero pōhewa ana i te wā e whakaaroaro ana: "E mea ana koe kāore ahau i a koe, engari kāore koe i titiro ki roto, kāore rawa ahau e whakarērea i a koe mō tētahi wā poto. Tomo ki te temepara o te wairua, ā, ka kite koe i ahau. Kei konei tonu ahau, hei manaaki i a koe, hei mihi atu ki a koe me te mihi o te aroha ".atua He mea nui te ngākau pono i te ara wairua. I roto i te .parakore me te pono, ka puao te ata o te wairua

Kāore he aha o tātou whakaaro tangata ki te whakataurite ki te Atua. Ko te huarahi anake e taea ai e tātou te whakatata atu ki a Ia ko te hoatu ki a Ia te aroha .parakore e homai ana e Ia ki a tātou Ka kitea e te katoa te whakaoranga i te mutunga, engari ko te hunga e hē ana i te ara ka taka ki roto i te poka o te kore aro. Ko te kore aro e aukati i a tātou ki te mōhio ki te

hiranga o te kimi i te Atua i tēnei wā tonu, i tēnei wā tonu.
Ko tō tātou ao nui, ko Papatūānuku, e rere ana i te wāhi, me
tō tātou tuakiri tangata, kāore i homai ki a tātou kia noho mō
ētahi tau ki konei, kātahi ka ngaro atu ki te kore. Engari, ko
tā tātou he whakaaroaro hohonu, he mārama hoki ki te mea
ngaro o te ao. He kuware, he whakakatakata, he moumou
taima te noho me te kore e mārama ki te kaupapa o te ao.
Kei ngā taha katoa tātou e karapoti ana i ngā mea ngaro o te
ao, ā, kua homai e te Atua ki a tātou te mātauranga hei kimi
.i āna otinga

I taku rapunga i te aroha pumau, i kite ahau i aroha te
Atua ki ahau i ngā huarahi katoa e taea te whakaaro. I aroha
.ia ki ahau hei whaea, hei matua, hei hoa hoki
,I rapua e au taua hoa pumau i tua atu i ngā hoa katoa
Mō taua hoa aroha nui e kite nei ahau i te kanapa i roto i
ngā kanohi atawhai me te aroha katoa. Kāore taua hoa atua i
.whakapōrearea i ahau, kāore hoki i whakarērea ahau e ia
Kei muri i ngā mea katoa te Atua Me whakaute, me
atawhai hoki tātou i ō tātou mātua, engari me aroha tātou ki
te Atua me ō tātou ngākau me ō tātou wairua katoa Me
mārama tātou ki te hiranga o te hononga ora ki a ia, me te
.kore e moumou taima

Ina moe tātou, kāore tātou e mōhio mēnā ka ara ake
tātou, kāore rānei. Ka wehe atu tātou i tēnei ao, takitahi.
Engari kua tēnei whakaaro e whakararuraru i a tātou. Ina
mate tātou, ka karangatia tātou kia whānau hou ki te ao, kia
tīmata ai he oranga hou mai i te wāhi i mutu ai tātou i tēnei
.ao

E kite ana ahau i te ora hei hanganga me te memeha o
ngā ngaru i runga i te mata o te moana. Ka ara ake te ngaru
tangata i te mata o te moana atua i tōna whānautanga, ā, i
tōna matenga, ka okioki ki te ngākau o te Atua. Kua mau ki
ahau tēnei pono, ā, e mōhio ana ahau kāore rawa ahau e
mate tūturu, ahakoa te matenga o te tinana. Ahakoa kei te
okioki ahau i te moana o te wairua atua, kei te ara rānei i te

tinana tinana, he kotahi ahau me te moana ao. Kāore e kitea
te harikoa nui i te ao. I taua wā anō, kāore he take e rere ai
tātou ki te ngahere ki te rapu i te kaupapa. Ka kitea e tātou
te Atua i roto i tēnei ngahere o te orange o ia rā—i roto i te
.hohonutanga o te ana o te wahangu

He maha ngā hapa a te tangata, engari he mea hanga
rātou kia rite ki te wairua atua. I hangaia e te Atua tēnei ao
tinihanga o ngā ahua eka o te ao mō te kaupapa kotahi
anake: kia mōhio ai te tangata he whakaari noa iho tēnei, kia
whakarērea ngā tinihanga, kia aroha ki te Atua anake. Koinei
te pono, ā, kāore e taea te kī atu he aha i hangaia ai tātou e
te Atua kia aroha ki ō tātou whānau, kia kite noa i a rātou e
wehe atu ana i a tātou, takitahi? Ka puta ēnei kaupapa hei
whakamōhio i a tātou ko te Atua te tino aroha ki a tātou, nui
.atu i te hunga katoa e arohaina ana e tātou

He raupapa whakaahua neke te ora, engari he uaua ki
te mārama ki tēnei pono nā te mea he tūturu ngā
mānukanuka, ā, he mānukanuka ngā mea tūturu. Ka
memeha haere te ao i roto i ō tātou hinengaro i ia pō i a
tātou e moe ana, kia mārama ai tātou ehara te ao tūroa i te
.mea tūturu

Kāore tēnei akoranga o te moe i tae mai hei
whakamataku i a tātou, engari hei mea i a tātou kia hiahia ki
te pono o te Atua Kāore he mea e makona ai te wairua
engari ko te Atua me Tōna aroha Ko te Wairua o te Atua te
pono e kore e taea te whakataurite Kāore he mea e kiia ana
he mea kore pono, ā, ko te mea pono e kore e taea te mea
kore pono Ka mārama te hunga whakaaro nui ki tēnei pono
.kanapa

He maha ngā tau kua pahure o ō tātou orange, ā, ko
ngā tau, ngā wiki, ngā rā, me ngā hāora anake e toe ana. He
aha tātou ka moumou taima ai ki ngā mea kāore e whai
hua? Me hiahia tātou ki te hono atu ki te Atua i te ao, i te pō,
ā, kia tino pono ki tēnei hiahia i mua i te paunga o te wā kua

whakaritea mō te oranga, ā, ka wehe atu tātou i tēnei ao me
.te kore e tutuki i tetahi mea nui

I taua wā tonu, ka kite ahau i te māramatanga nui o te
Atua e taupoki ana i te ao katoa. He hari nui whakaharahara!
!He māramatanga whakamiharo

E tōku Atua, e mihi ana ahau ki a koe, e piko ana ki a
koe mō ēnei manaakitanga maha o te rongō i tō aroaro
Ngā manaakitanga ki te katoa, kia mōhio ai mātou ko

Koe te pono tuturu o te ao whānui, ā, ko Koe tō mātou
.whāinga tuturu, kāore he whāinga kē atu i tua atu i tēnā
Me aroha tātou ki a ia, me kōrero ki a ia i ia hēkona o ō
tātou oranga—i te mahi, i te okiokinga, i te nekehanga me te
ata noho—me te inoi hohonu me te hiahia nui. Ko reira tātou

ka kite ai i te arai o te mānukanuka e ara ake ana, e
memeha haere ana. Kei a tātou te Atua i ia wā o ō tātou
oranga. Ko te hunga e whakaaroaro ana, e mahi tahi ana me
ia, ka kite i a ia i roto i te ataahua o ngā putiputi, te
rangatira o ngā wairua atawhai, ngā kare ā-roto
whakahirahira me te rangatira, me ngā moemoeā ataahua.

Hei whakamutunga, ka puta mai ia i muri o ngā arai
:matotoru ki te kī atu ki ngā kai rapu pono katoa
Kua roa tāua e wehe ana nā te mea i hiahia ahau kia"
homai e koe tō aroha ki ahau i runga i tō hiahia. Nāku koe i
hanga kia rite ki tōku āhua, ā, i tatari ahau kia whakamahia
e koe tō herekoretanga, ā, kia homai e koe tō aroha ki ahau i
".runga i tō hiahia ake

Me inoi tātou ki te Atua kia homai ki a tātou te koha
mutunga kore o Tōna aroha tapu. Engari ko wai ka kitea
tēnei Atua aroha me te kore e whakapau kaha? Ki te
whakapau kaha koe i te 25 ōrau o te whakapau kaha, ko te
toenga kei te Atua me tō kaiārahi wairua. Kāore au e tonu i
tetahi mea māku ake, nā te mea nō te Atua te
whakamoemiti katoa, te pūtake o te pai me te aroha noa. Kia
haere tahi Tōna aroha noa me koe, kia noho Tōna

mōhiotanga ki a koe, ā, kia kite koe i te nui o Tōna aroaro i
.roto i a koe me te hunga katoa e karapoti ana i a koe
Kāore te Atua e whakautu wawe mai ki a tātou nā te
mea e mangere ana tātou ki te whakaatu i te nui o tō tātou
hiahia ki a Ia. Kaua tātou e wehi ki te whakatata atu ki a Ia,
engari me whakaaro tātou ki a Ia hei tātou, hei Arohaina e
tātou, me te rapu tonu i a Ia me ō tātou whakaaro, mahi,
ngākau, me hinengaro, ā, ka kitea e tātou Ko Ia te piringa
.nui rawa atu o te haumarua me te rangimārie i tēnei ao
E te Ariki, ka tukuna atu e au tēnei putiputi wairua pai ki
a koe, kia whakapaipai ai rātou i te temepara o tō aroaro.
Hei hoa mō ēnei wairua, ko tō whānau, ko tō hunga aroha.
Ka waiatatia e mātou tō ingoa tapu. Whakakorea te pōuri o
te kuware ki tō māramatanga tapu. Whakakorea te pōuri i ō
mātou hinengaro ki te māramatanga kanapa mutunga kore o
tōu noho. Nāu mātou, ahakoa ō mātou āhuatanga.
Whakaaturia mai koe ki a mātou, e te Ariki o te Nui me te
Taonga. Manaakitia ia tangata o mātou. Whakaaetia ngā
kōrero a ō mātou whakaaro hiahia me ngā pā o ō mātou
ngākau aroha. Ki a koe ka tukuna atu e mātou te aroha, te
honore, me te hiahia katoa, ko koe hoki tō mātou Aroha me
.ā mātou mea katoa i tēnei ao
Manaakitia mātou ki tōu aroha noa Whakahorohia ngā
taiepa o te hiahia e wehe ana i a koe Kia noho koe hei Kīngi
atua e noho ana i runga i ō mātou wawata katoa Kia horapa
te māramatanga o tōu korōria puta noa i te ao whānui
Manaakitia mātou katoa Whakakīia mātou ki te kakara o tōu
aroaro Ā, kia mōhio ake mātou kua noho tonu koe i a mātou,
kei a mātou koe ināianei, ā, ka noho tonu koe i a mātou ake
ake
E mihi ana mātou ki a Koe mō te atawhai me te aroha
kua homai e Koe ki ō akonga pono e hiahia ana ki tō tata
mai, e tatari ana ki tō aroaro. Ko tā mātou e tumanako nei ka
tipu te porowhita o āu akonga kia taea ai e mātou te
.whakanui i tō aroaro tapu, me te koa hoki ki tō tata mai

Manaakitia mātou kia whakatuwherahia ai ō mātou
ngākau tetahi ki tetahi, kia purea ai ō mātou whakaaro, kia
tika ai mātou mō tō tiaki me tō manaakitanga. Whakaaturia
mai koe, ā roto, ā waho hoki. Whakakotahitia mātou katoa,
ā, i roto i te māramatanga o taua kotahitanga, kia mōhio
.mātou ki tōu oranga ahurei

Me te ngākau pono o ō mātou ngākau kotahi, me te
hiahia o ō mātou wairua marino, ka takoto mātou ki tō
aroaro, e rapu ana i tāu āwhina, i tāu arataki, me te mōhio
.tonu ki tō aroaro i roto i ō mātou wairua
Kia mura te ahi mutunga kore o te aroha i roto i ō mātou
ngākau, kia rongo hoki mātou i tōu tata ki a mātou ināianeī,
!ā, ake tonu atu, e tō mātou Ariki, e tō mātou Aroha

Te hiahia nui me ngā kāpū hinengaro

**He nui te korōria o te Atua Ko ia te mauri o te
pono, ā, ka kitea i tēnei ao He maha ngā inoi me ngā
tono a te tangata: mō te moni, te rongonui, te hauora
—ngā momo inoi katoa Engari ko te inoi kia noho
tuatahi i roto i ngā ngākau katoa, kia rongo ai tātou i
te aroaro o te Atua I a tātou e hikoī ana i ngā ara o te
ora i roto i te wahangu me te tino mohio, me mōhio
tātou ko te Atua te whāinga matua e taea ai e tātou
te whakamātau me te whakatutuki i ō tātou hiahia, nā
te mea kei roto i te Atua te whakautu ki ngā hiahia
katoa o te ngākau.**

**Ki te kore e taea e koe te whakatutuki i tētahi
hiahia mā roto i ō ake mahi, ka tahuri koe ki te Atua i
roto i te inoi. Nō reira, ko ia inoi e whakapuakina ana
e koe e whakaatu ana i te hiahia huna i roto. Engari ki
te kitea e koe te Atua, ka memeha haere ngā hiahia
katoa, ā, ka tutuki ngā wawata katoa.**

**Ka puta ake ngā hiahia o te ao i ngā whakaaro hē
mō te kaupapa o te ao. Ehara tēnei whenua i tō tātou
kāinga tūturu. E mea ana ngā karaipiture nō te Atua**

tātou, i hangaia tātou i tōna āhua, ā, ko tana hiahia
kia hoki tātou ki tō tātou takenga atua. Ko tā te
tangata kāore e mōhio, ki te kore ia e hoki ki tōna
pūtake atua, ka akiakihia ia ki te whawhai ki te
whakatutuki i ngā hiahia maha. Whakaarohia tēnā! He
pono kāore e taea e te tangata te kore e hiahia, ā,
kāore he he o te whai i aua hiahia. Heoi, ko te nuinga
o ngā hiahia o te tangata ka ārai i te
whakatutukitanga o te hiahia nui ki te hoki ki te Atua.
Nō reira, he kino ki te harikoa o te tangata. Ki te kore
te tangata e hiahia ki te Atua, ā, ka kitea ia, ka mura
tonu te hiahia ki tetahi mea e whakaarohia ana e ia ka
hari ai ia. Engari ko te whakatutukitanga tonu o ngā
hiahia katoa ka puta aunoa ki te hunga e kite ana i te
Atua.

E rua ngā momo hiahia: ko ngā mea e āwhina ana
i a tātou ki te kimi i te Atua, me ngā mea e ārai ana i
a tātou ki te kimi i a ia. Hei tauira, ki te hē tetahi ki a
koe, tera pea ka hiahia koe ki te rapu utu. Heoi, ki te
hinga koe i tēnei hiahia mā te whakamahi i te mana
teitei ake, e manakohia ana hoki o te aroha, kua
whakamahia e koe te taputapu hei āwhina i a koe ki
te kimi i te Atua. Me whakatutuki ngā hiahia katoa i
runga i te huarahi rangatira, nā te mea ina tutuki i
roto i ngā tikanga o te ao, ka nui haere ngā hiahia, me
ngā raruraru me te mamae. Ki te ako tātou ki te tuku i
ō tātou hiahia katoa ki te Atua, ka mahi ia ki te
whakatutuki i ō tātou hiahia pai, me te whakakore i ō
tātou hiahia kino me ō tātou hiahia whakangaro.
Kāore he parenga nui atu i te hinengaro mārama, ā,
kāore he parenga pai ake i ngā whiu o te ao i te whai i
ngā hiahia rangatira me te whakahīhi.

Ina mōhio tātou kei roto i a tātou te āhua tino tika
o te Atua, ka tutuki ō tātou hiahia katoa. I roto i taua
mōhiotanga tapu, e hipa ake ana i ngā taonga me ngā

taonga o te ao, e kore koe e whakakorikoria ahakoa ka hoatu ki a koe te ao katoa. E kore hoki te whakamoemiti e whakatupu i te whakapehapeha ki roto i a koe, e kore hoki e whara i a koe te whakapae, nā te mea ka reka koe i te hari o te Atua i roto i a koe anō, ā, koinei te mea nui rawa atu hei whakaaroaro māu i roto i tōu ao.

Me tono tuatahi tātou i te arataki a te Atua i roto i ā tātou mahi ki te whakatutuki i ō tātou hiahia tika, ā, koinei te huarahi pai ki te whiwhi whakautu ki ā tātou inoi katoa. Engari me tango te inoi i roto i te inoi. Me huri te tikanga tawhito o te inoi, ā, me tahuri tātou ki te Atua me te whakawhirinaki katoa me te whakapono pumau e whakarongo ana ia ki a tātou, ā, ka whakamana i ā tātou tono. Kāore te Atua e hiahia kia whakarērea e tātou ō tātou hiahia—ahakoa ka inoi tātou ki a ia—nā te mea ko taua hiahia te taonga tino utu nui kua riro mai i a tātou i Tōna ringa atawhai, he tika tapu i whakaarohia e ia mō tātou mai i te wā i hangaia ai tātou.

Me wehewehe te tangata i waenga i ngā inoi me ngā hiahia whaitake me ngā inoi koretake. Kia mahara ko te hiahia he mana; ki te pupuri tonu koe i tētahi hiahia—ahakoa he pai, he kino rānei, he pai, he kino rānei—ā, ka noho tonu ki taua hiahia i te ao, i te pō, ka tutuki i te mutunga. Nō reira, me tūpato te tangata, me karo hoki i te pupuri i ngā hiahia kino, nā te mea ka tutuki, ā, ka kawea mai he kino nui me te mamae nui.

I roto i te wā, ka kitea e koe ahakoa kua tutuki ō hiahia, kei te takoto kau tonu tō ngākau, ā, ka pāngia koe e te tutu o roto. Whakaarohia he ngoikore tō pūnaha nakunaku, engari e hiahia ana koe ki ngā kai parai. Ae, ka mamae koe i ia wā ka kai koe i aua kai, ahakoa te pai o te kai. Nō reira, ka rite koe ki te mea

kua hē koe. Ka whakahau te whakaaro nui mā te whakamahi i te māramatanga hei wehewehe i waenga i ngā hiahia pai me ngā hiahia kino, ā, kia tutuki ai tēnei, kua aua hiahia hē e tutuki. Kei te tangata te mana o roto o te māramatanga, ā, me whakamahi tonu i taua mana, hei ārahi i ō rātou oranga i runga i ngā whakahau a te hinengaro, arā, ko te reo o te Atua.

Kei roto i te ngākau ngā hiahia kāore anō kia tutuki He aha te kino o te pupuri i aua hiahia ki reira? Anei te whakautu:

He mana motuhake kei roto i ia hiahia: he pai, he kino rānei, he rua rānei. Ina mate te tangata—kia aroha te Atua ki a ia—kāore ēnei mana e mate ahakoa te pirau me te pirau o te tinana. Engari, ka haere tahi rātou me te wairua ki ngā wāhi katoa e haere ana ia. Ina whānau hou te tangata i roto i tētahi tinana hou, ka puta ēnei pū, ngā papa hinengaro rānei hei whanonga. Nō reira, ko te tangata i mate hei tangata inu waipiro ka mau mai i a ia te hiahia ki te waipiro ina whānau hou mai, ā, ka mau tonu tēnei hiahia kia hinga rā anō i a ia te hiahia ki te waipiro. E pā ana tēnei ki ētahi atu mea anō hoki.

Ahakoa ngā tamariki nohinohi rawa, he āhuatanga anō kei a rātou i ahu mai i ngā oranga o mua. Ko ētahi tamariki e pāngia ana e te riri nui. Ko ētahi he riri kino. Ae, kāore te Atua i hanga i a rātou pēnei. Nā ngā hiahia kāore anō kia tutuki i ngā oranga o mua i hanga ēnei āhua hinengaro, ā, nā ēnei, he āhua rerekē te wairua, ahakoa i hangaia i roto i te āhua parakore o te Atua. Ki te whakapohehetia te āhua o te Atua i roto i te tangata i tēnei ao, ahakoa nā te riri, te wehi, te hiahia rānei, ā, kāore ēnei āhua i hinga i nāiane, ka whānau anō rātou me ēnei āhua (ka whānau anō rānei rātou me ēnei āhua), me te pikau i

te taumahatanga o ēnei āhua pōuri tae noa ki te hinganga i tēnei ao, i ngā tinana ā muri ake nei rānei. Kāore he mawhiti atu i a rātou tae noa ki te hinganga.

Nō reira, he pai ake te whakatutuki i ngā hiahia katoa ināianei, te wikitoria rānei i aua hiahia

Ko te huarahi pai rawa atu ki te whakakore i aua hiahia mō ake tonu atu ko te wheako i te hari nui o te Atua. Ki te kore, ka whaiwhai, ka whakamamae hoki i te wairua ēnei hiahia kua pehia me ngā wawata kāore anō kia tutuki.

Me mārāma te tangata, mā te māramatanga me te whakaaro nui, ko te Atua anake te kaha ki te homai i te harikoa parakore, pumau tonu.

I te nuinga o te wā, ka noho huna ngā hiahia i roto i te hinengaro kore. Tērā pea ka whakaaro koe kua memeha haere, engari kāore; ko tētahi tēnei o ngā mea ngaro o te ao, he mea ngaro nui anō hoki.

Engari ka memeha haere te mea ngaro ina tātarihia e tātou te ao, ka whakaaroarohia tōna tikanga. Mēnā ka noho puku koe mō tētahi wā poto i ia rā, ka tirotirohia koe e koe anō, ka kitea e koe he maha ngā hiahia kāore anō kia tutuki. He rite ēnei hiahia ki ngā iroriki whakamate e mauria ana e te tangata ki ngā wāhi katoa e haere ana ia, i tēnei ao, i tērā ao anō hoki.

Ko te huarahi pai ki mua ko te kite—mā te whiriwhiri whakaaro nui—i ngā hiahia kino o tēnei ao, me te arotahi ki te whakatutuki i ō hiahia pai. Mena kei te hiahia koe ki te whakamomori, ki te mahi hē rānei, me peia atu taua hiahia inaianei.

Whakaponohia koe, i roto i te whakaaro me te mahi, kei a koe te mura o te atuataanga i roto i tō wairua, ā, kia mahara kua hangaia koe i te ahua o te Atua Kaha Rawa, nō reira kei a koe te mana ki te neke atu i tō āhua tinana me ō tikanga.

Kia iti ake te piri ki ngā mea papai, kia matara atu i ngā hiahia, ā, ka toa koe i te pakanga o te ao. Ki te mamae koe i te mamae uaua, ngana ki te wehe atu i te mōhiotanga tinana. Mā te māramatanga, ka taea e koe te wikitoria i ngā kare ā-roto. Ko te māramatanga whakaaro nui te ahi e tahu ana i ngā hiahia kino me ngā hiahia whakangaro, ka meinga kia pungarehu.

He mahi noa mā te tangata te penapena i ngā taonga tawhito, kua tawhito, me ngā mea kāore e hiahiatia ana ki te kokonga o te whare, ā, me te whakapaipai me te horoi i te whare i ia wā, i ia wā. Waihoki, kei te kokonga o tō hinengaro huna he maha ngā hiahia me te kino huna, ka raru pea koe i tētahi rā ki te kore koe e whakahaere tika i aua mea.

He mea nui te tātari i a koe anō i te ara wairua. Tērā pea he tangata mauahara koe, he pukuriri, he tere rānei te riri. Mena koinā, ko ēnei āhuatanga kua rongoatia i roto i tō hinengaro he hua nō ō mahi o mua. Hei whakakore i ēnei taonga kua pakaru, kua tawhito i roto i tō hinengaro, me tīmata koe ki ngā mahi pai, whai hua, me te whakatipu i te aroha ki ētahi atu. Ko te nui ake o tō aroha ki te tangata, ko te nui ake hoki o tō rātou aroha ki a koe, ā, ka rongo koe i tō rātou aroha. Engari ki te whakahe koe i a rātou, ahakoa ki a koe anō, ka rongo rātou i taua whakahe, ā, ka whakahokia mai ki a koe!

Mehemea kua mate tētahi hoariri tawhito, engari kei te pupuri tonu koe i te riri me te mauahara ki a ia. Ka mamae koe i tēnei kawa, ā, ka puta ōna pānga kino ki roto i tō tinana me tō hinengaro. He pai ake te muru i a ia mō te Atua, nā te mea mā te mahi pera, ka wātea koe i ngā hiahia kino o te rapu utu e whakangaro ana i tō rangimārie o te hinengaro, e pakaru ana hoki i tō marino. Ko te whakanui i te mauahara ki runga i te mauahara, te whakautu rānei

ki te mauahara ki te mauahara, ehara i te mea ka kaha ake te mauahara o tō hoariri ki a koe, engari ka paitini hoki tō tinana me ō kare ā-roto. Nō reira, murua te hara me te murunga hara ataahua.

I ētahi wā, me whakarērea e te tangata ngā mea katoa kia noho ko ia anake, kia whakaaroaro ai ki te kaupapa o te ao. Ko te nuinga o te tangata e rere ana i roto i te ia o ngā tikanga me ngā āhua. Ko te mea pono, kāore rātou i ora i ō rātou ake oranga, engari i ora i te ao whānui. He aha tā rātou i whakatutuki ai, ā, kei hea rātou i mutu ai?

Nō reira, he mea whakaaro nui kia tangohia e te tangata ngā mahi me ngā "mahi" o ia rā i ētahi wā, kia marino ai te ngangau o tōna hinengaro, kia mārama ai hoki ki tōna mauri, kia whakatauhia ai te whāinga e hiahia ana ia kia tutuki.

Kia maumahara ko te whakaaturanga nui rawa atu ka taea e koe te whiwhi ko tō hinengaro: ko te reo mārama, kore e taea te hē o tō wairua. Ko tā tō hinengaro e kī atu nei ko wai koe, me te kore whakapaipai, me te kore huna.

Whakaarohia te mana o Ihu Karaiti i mea ai, "E Pa, murua ō rātou hara, kāhore hoki rātou e mōhio ki te mahi i ngā mea kāhore rātou e mōhio."

Whakaarohia hoki te Poropiti nui i mea: "Kāore ianei ahau e kōrero ki a koutou he aha te mea e whakaara ake ai te tangata?" Ka mea rātou: "Āe, e te Karere a te Atua." Ka mea ia: "Kia manawanui ki te tangata e kore e mōhio ki a koe, hoatu ki te tangata e kore e hoatu ki a koe, kia mau tonu te hononga ki te tangata e momotu ana i a koe, ā, murua te hara o te tangata e hē ana ki a koe."

Mā te whakarongo ki te reo o tō hinengaro mārama ka mārama ai tō ara, ka manaaki hoki i tō ao. Ina rongo koe i te hiahia nui i roto i tō ngākau kia

tutuki ai tētahi hiahia, whakamahia tō māramatanga, ka pātai ki a koe anō: "He hiahia pai, he hiahia kino rānei tēnei e whaia ana e au kia tutuki?"

He maha ngā āhuatanga e whakakaha ana i ngā hiahia o te tangata Ina kite te tangata i tētahi tauira waka hou, ka hiahia ia ki tētahi rite ki taua waka Ina kite ia i tētahi momo whare hou, ka hiahia ia ki tētahi rite ki taua waka Ka rongonui haere tētahi momo ahua hou, ā, ka hiahia te tangata ki te hoko me te mau i taua momo kāhua!

Nō hea ngā hiahia? I pau ngā hāora ki te whakaaroaro i tēnei Ka taea e koe te whakarōpū i ō hiahia katoa? I taea e au te wehewehe i a rātou katoa, ā, ko ngā mea pai anake te pupuri. Ā, i taku taenga ki te huihuinga atua, i kitea e au kua tutuki katoa aku hiahia pai i te wā kotahi I tēnei rā kei te hiahia koe ki tētahi mea, ā, āpōpō kei te hiahia tō wairua ki tētahi atu mea Kāore e taea e tō hinengaro, i ahu mai i te Atua Kaha Rawa, te makona i ngā taonga o tēnei ao, ā, e kore rawa e makona, nā te mea, e taku hoa aroha, kua ngaro i a koe te taonga tino utu nui o tō wairua, ko ia anake kei a ia te mana ki te makona i tō hiahia me te whakatutuki i ō hiahia Ko taua taonga ngaro ko te Atua.

He pono kei reira ētahi hiahia pai, ētahi hiahia e tika ana, ā, me mahi koe ki te whakatutuki i aua hiahia. Engari i a koe e whai ana ki te whakatutuki i ō hiahia iti, kua e wareware ki te whakatutuki i tō hiahia nui ki te Atua i te tuatahi. Ko te whakapono ko ngā hiahia me ngā mahi iti me whakatutuki i te tuatahi he whakaaro pohehe, he tinihanga. Kei te maumahara tonu ahau i te tīmatanga o taku haerenga wairua he tangata whakaroa ahau, kāore hoki i whakaaroaro i ngā wā katoa, ahakoa i kī tonu ahau ki a au anō ka whai wā ahau mōna. I pahemo te tau

katoa pēnei i mua i taku mohiotanga kāore au i whakatutuki i taku i oati ai ki a au anō. I oati tonu ahau ki a au anō ko te mea tuatahi ka mahia e au i te ata ko te horoi, kātahi ka whakaaroaro ki te Atua. He maha ngā mahi o ia rā i taua wā, ā, ehara i te mea ngāwari ki te mawhiti atu i aua hiahia, ahakoa he wā poto noa iho. Nō reira, i whakatau ahau ki te mahi i aku mahi wairua i te tuatahi. Nō reira, i ako ahau i tētahi akoranga nui: ko taku mahi ki te Atua te mea tuatahi, ā, ko reira anake ka aro atu ahau ki ētahi atu mahi iti ake te hiranga.

He aha rā te Atua me whakatuwhera ai i ngā kūaha o te ao mutunga kore ki te tangata mēnā he mea nui ake i te Atua ētahi atu mahi me ngā whakaaro? Kua whakanohoia e te Atua he parirau wairua ki roto i a tātou, ā, e tumanako ana ia kia rere tātou i roto i ngā ao o te wairua. Ko ēnei parirau ko ō tātou wawata wairua, ko ō tātou whakaaro teitei, me tō tātou hiahia pono ki tō tātou pūtake atua.

Me rapu tātou i te Atua i te tuatahi. Kāore i te whakaaro nui kia tino hira ngā mahi o te ao nei, nā te mea ka taea e Azrael te karanga i te wairua i tētahi wā, ā, ka mutu katoa ngā mahi, ngā herenga, ngā āwangawanga me ngā herenga mō ake tonu atu. Nō reira, he aha rawa te take e piri pūmau ai ki te ora?

E whakaaro ana te tangata kei te whiwhi ia i te haumarū me te rangimarie o te hinengaro, kātahi ka ngaro ohorere tetahi o ōna whanaunga, ka ngaro rānei tōna hauora, tana mahi rānei, ā, ka maumauria te haumarū me te rangimarie o te hinengaro!

Aue te nui o tōku aroha ki tōku whaea! I mahara ahau ka noho tonu ia ki ahau, engari kātahi anō ka kitea kua whakarērea ahau e ia i ahau e tamariki ana! Kua tātou e wehi i te mate, engari kia rite tātou mōna.

Kāore te ao i rite ki tōna āhua Kaua e whakawhirinaki ki a ia, he mea hurihuri hoki, he tinihanga, he kī tonu i ngā pouri me ngā tumanako pakaru Kāore e kitea te tino pai i konei Kāore au e hiahia ki te hoatu ki a koe he pikitia tūturu o te ao Ehara tēnei ao i te pararaiha He taiwhanga atua tēnei e whakamātautau ai te Atua i ngā wairua kia kite ai mēnā ka hinga i a rātou ngā hiahia kino ki te pai, ā, ka meinga la—arā, kia meinga te Atua—ko tā rātou hiahia nui rawa atu, kia hoki ai rātou ki Tōna rangatiratanga.

Kī tonu te ao i ngā momo aituā me ngā katakata, ngā aituā me ngā harikoa He whāriki whānui, he hurihuri tonu, he kanapa hoki o ngā āhua maha Kāore he mea e rua e tino ōrite ana He ahurei te ao o ia tangata He rerekē ngā āhuatanga o ia tangata, he rerekē te hinengaro, he rerekē ngā hiahia Me i pāngia tātou e ngā whakamātautau ōrite i ia rā, ka ngenge tātou, ka hoha Ahakoa ko Pararaiha, me i rite tonu, ka ngaro tōna ataahua He pai ki a tātou te kanorau me te kanorau He hē rawa te ariā tuku iho o Pararaiha Me i tino hoha, kua inoi ngā tāngata tapu me ngā tāngata tapu a te Atua kia hoki mai ki te Ao ki te whakangahau i a rātou anō! Ka whakahoutia tonutia te Pararaiha i roto i te huarahi tino ataahua, ko te Ao ia ka whakahoutia tonutia, engari i roto i te huarahi hoha me te kore pai.

Ahakoa te hoha me te uaua o te ao, ka taunga te nuinga o te tangata ki tēnei mea, me te whakapono kāore he ara kē atu hei oranga. Nā te kore e taea te whakarite i tēnei ao ki te ao wairua, kāore rātou e kite i te nui o te mamae me te ngenge e huna ana i roto i ngā ao o tēnei ao.

Ko te pono, ehara te ora i te mea tūturu He whakangahau noa iho, kāore he mea atu Pērā i ngā

kiriata tawhito e tukuna anōtia ana i ia wā, i ia wā, ka pērā anō hoki ngā mahi tawhito e whakahokia ana i roto i ngā āhua rerekē Ahakoa te haere tonu o te ora, ka whakahokia anōtia ngā kaupapa ōrite i whakaatuhia i roto i ngā kiriata o mua He pono, ka whakahokia anō te hītori, ā, he taonga tuku iho noa iho ngā tāngata i roto i ngā whare taonga o te wā.

Kia tukuna ngā ohorere o te ao, kia manakohia me te harikoa, te kore whakaaro, me te wehe, kaua e pāngia e ngā kare ā-roto, me te mea kei te mātaki kiriata. He rongoā whakamiharo te kata ngākau mō ngā mate katoa o te tangata.

Me whakatata atu koe ki te ao me te ngāwari me te whakamarie. Koinei taku i ako ai i taku kaiako. I te tīmatanga o taku whakangungu wairua i roto i tōna whare karakia, i mahi ahau i aku mahi me te kanohi pōuri, kāore rawa e menemene. I tētahi rā ka kite taku kaiako i tēnei, ā, ka mea ia, "Ki te pai te Atua, kei te pai ngā mea katoa! Kei te haere koe ki tētahi tangihanga? Kāore koe i te mōhio ko te kimi i te Atua he tikanga ki te huna i ngā āwangawanga me te huna i ngā pouri katoa? Kaua e tino aro ki te ao."

I whakaakona ahau e ia ko te kawenga a te tangata kia whakaara ake i tōna hinengaro ki runga ake i ngā mea whakararuraru me ngā raruraru o te ao kia kitea ai e ia te herekoretanga katoa i roto i te Atua.

Me pupuri te tangata i te taurite i roto i te harikoa me te pouri, te hua me te mate, te wikitoria me te hinganga, kia taea ai e ia te aro atu ki ngā wero o te ao me te maia me te whakapono ki a ia anō.

Ko te pupuri i te rangimārie o roto ahakoa ngā āhuatanga katoa te huarahi pai ki te wikitoria i ngā hiahia tinihanga. Koinei taku i ako ai i ngā mea nunui kāore i pāngia e ngā huringa o te wā, engari i mau

tonu, kāore i rerekē tae noa ki te mutunga. Ahakoa ngā poropiti, i te wā i whakamamaetia ai rātou, kāore i ngaro tō rātou hinengaro tapu, kāore hoki i tukua tetahi kia tahae i te aroha o te Atua i a rātou. Ko te harikoa wairua he parenga manaakitanga, ko te pā kaha rawa atu o ngā mea katoa. I waenganui i ngā whakamātautau me ngā raruraru, kia mahara ki ngā manaakitanga kua homai e te Atua ki a koe. He temepara tapu tō wairua nō te Atua. Kaua e tukua te pōuri o te kuware kia poke i taua wāhi parakore. He mea whakamiharo te noho i roto i te āhua o te mōhiotanga wairua, te honore, te mana, te haumaruru, me te rangimārie! Kaua e wehi, kaua e kino ki tetahi. Hoatu tō aroha ki te katoa. Kia rongo i te aroha o te Atua, kia kite i tōna aroaro i roto i ngā tāngata katoa, ā, kia waiho tō hiahia kaha hei aroaro tonu i roto i tō ngākau. Koinei te huarahi ki te noho i roto i te rangimārie me te marino i tēnei ao. Engari he uaua ki te whakamātau i tēnei ngākau māhaki i te mea kei te pupuhi ngā hau kaha o ngā hiahia i roto i te puna o te ngākau, me te whakangaeue i ōna rākau.

Ka hangaia ngā hiahia e te taiao o te tangata. Ka whānau mai i roto i ō tātou tirohanga ā-pāpāho, ā, ka herea e ngā herenga o aua tirohanga. Mā te haere ki tētahi whakaaturanga taiwhenua ka ea te hiahia mō te whakahihiri, engari i muri i te toro atu ki tētahi whakaaturanga o te ao me te mātakitaki i ngā whakaaturanga rerekē katoa, ka ngaro te ataahua me te ātaahua o te whakaaturanga iti. Nō reira, me wheako tuatahi tātou i te hari o te hononga ki te Atua kia taea ai e tātou te whakarite i taua hari ki ngā ahuareka iti o te ao. Kātahi ka teitei ake te āhua o ngā hiahia. He mutunga kore te hiahia; i te wā e ea ai tētahi hiahia, ka puta mai tētahi atu. Engari ina kitea e koe te Atua, ka ea katoa ō hiahia. "Rapua te

rangatiratanga o te Atua me tana tika i te tuatahi, ā, ka hoatu ēnei mea katoa ki a koe (Ā, ko te mea kei te Atua he pai ake, he pumau ake)" Nō reira, he aha e kore ai e rapu tuatahi i te ea o taua hiahia nui rawa atu, me te whiwhi mai i te ringa atawhai o te Atua i te mea pai rawa atu, te mea pumau rawa atu?

Ina whakautua e te Atua te inoi a te tangata e rapu ana kia mōhio ki a ia, ka tutuki tonu ana hiahia katoa ake ake.

Kei te whakaaro ētahi kāore ā rātou hiahia. Āe!

Kua kite ahau i ngā mea e tupu pinepine ana ina haere te tangata ki te māketē. Kāore pea i a rātou he hiahia motuhake ki te hoko, engari ka kitea ohoreretia e rātou tētahi mea, ā, ka whakaaro rātou, "Āe, me hoko e au!"

Ahakoā kāore e hokona tonutia, ka noho tonu i roto i ō rātou hinengaro i te ao, i te pō tae noa ki te wā ka hokona e rātou, ahakoā me nama moni rātou. Ka pārekareka ki a rātou mō tētahi wā, engari ka memeha haere tōna ataahua, ka heke te harikoa o te whiwhi i taua mea, nō reira ka hiahia rātou ki tētahi atu mea, ā, pērā tonu.

I ētahi wā ka tūtaki tātou ki tētahi e mea ana: "Āe, me i whai moni ahau pēnei, pēnei rānei (he motuka tauira motuhake rānei, he puna kaukau rānei)" ā, ina tutuki taua hiahia, ka ara ake tētahi atu hiahia mō tētahi mea hou.

He tino koretake ngā hiahia o te tangata, nō reira kāore e taea e rātou te whakatutuki i te harikoa katoa mō ō rātou rangatira.

Ka ngana te ao ki te whakararuraru i a koe kei mahara ko te hiahia pono anake ko te kimi i te Atua. Engari me whakamahara koe i a koe anō ki tēnei i ia rā. Ina whakatau te tangata ki te whakamutu i te momi hikareti, ki te mutu te kai nui, ki te mutu te

teka, ki te mutu rānei te tinihanga, me whakataua tonu rātou, kua hoki e whakaroa. Ka mimiti, ka ngoikore te hiahia i roto i te taiao kino, ka hanga i ngā hiahia teka i roto i te tangata. Ka tangohia te mea pai mai i a rātou, ka hoatu ki a rātou te mea kino rawa. Ko te hunga e noho tahi ana me ngā tahae e whakapono ana koinei anake te huarahi ki te ora. Engari ko te noho tahi me te hunga pai ka arahi i te hinengaro ki ngā mea teitei ake, kia kore ai e taea e ngā hiahia teka te whakamatautau i te tangata. He rerekē, he rerekē hoki ngā mea katoa o tēnei ao. Engari ko ētahi wā poto o te whakaaroaro hohonu, o te ako me te whakaaroaro ki ngā kaupapa wairua parakore ka waiho hei puna whakahihiko, ka kawe i te tangata rapu pono i tērā taha o te moana o te tinihanga me te mānukanuka ki ngā takutai atua, "e kore rātou e pā ki reira e te ngenge, e kore hoki e peia atu i reira."

(Kua rite te okiokinga nui rawa atu mō te hunga i mahi, ā, ko te tangata kāore i wareware ki te rapu i te pono, kua toa ia.)

Ko te harikoa pono kei roto i te hiahia nui ki te Atua, me te whakaaro tonu ki a ia. Mā te manawanui, ka tae mai te wā ka pumau, ka kore e taea te whakakorikori i taua whakaaro, ā, kāore e taea e te mamae tinana, hinengaro, kare ā-roto rānei te tahuri ke i tō māramatanga mai i te Atua. He mea whakamiharo te noho me te māramatanga ki te Atua, te whakaaro ki a ia, me te rongoi i a ia i ngā wā katoa, me te noho tonu ki te wāhi tapu o tōna aroaro kore e taea te whakaeke, ki te wāhi e kore ai e taea e te mate, e tetahi atu mea rānei te tahae i tō rangimārie o roto? (Ko te hunga e whakapono ana, ā, e okioki ana ō rātou ngākau i roto i te mahara ki te Atua. He pono, i roto i te mahara ki te Atua ka okioki ai ngā ngākau.)

Ina ārai koe i ngā hiahia katoa, ka koa koe ki te aroaro tonu

He tino rerekē te ao, nā te mea ka huri ngā mea katoa. Nō reira, kaua e herea te kaipuke o te harikoa ki runga i te onepū e nekeneke haere ana o tēnei ao. Ka pahemo tō tātou wā, ā, ko tā tātou e kite nei i nāiane i ka ngaro i tētahi rā. He mea whakaae te huringa mena kāore koe e tuku kia whara koe. Ā, ina whara koe, ko te pōrearea o roto e pā ana ki a koe he karere ki a koe kia kaua e puritia e ngā hiahia. Ina noho pūmau koe i roto i te wairua atua, ka koa koe ki ngā mea katoa me te kore he piripono, he whakawhirinakitanga rānei. Nō reira, ko te ngana ki te mōhio ki a ia he mea tino nui mō te hunga e aro nui ana; ki te kore, ka waiho te ao hei pouri nui, ka pakaru ngā tumanako i te huarahi whakamataku.

I taku hokinga atu ki Īnia i te tau 1935, i tumanako ahau ki te toro atu ki ngā wāhi i arohaina e au i taku tamarikitanga, engari i taku taenga atu, kua rerekē ngā mea katoa. Kua rerekē te āhua o te ao. Ko te pouri me te ohorere nui rawa atu i taku haerenga ki tōku whare tawhito i Aykapur, i reira ahau i takaro ai, i mātakitaki ai i ngā manu. Kotahi noa te rākau i toe i roto i ngā mea katoa i mahara ahau. Koinei te ao! Ka ngaro atu ngā mea rongonui me ngā mea e arohaina ana i tō tātou tirohanga, kotahi i muri i te kotahi. I rite ahau ki te tuku i aku mea katoa kia kite i tō mātou whare i tōna āhua o taku tamarikitanga. Heoi anō, i whakamanahia e te Atua taku hiahia, nā te mea i muri mai ka kite ahau i te whare i roto i tētahi moemoeā, i reira mātou e kaukau ana i te puna kaukau, kātahi ka piki ahau ki runga, ka takoto ki runga i te moenga, ka kai māngo, pērā i taku mahi i ngā tau maha kua pahure.

Me tirotirohia, me āta tirotirohia ngā hiahia, me whakarite kia pai, ā, ko ngā mea pai anake me pupuri, kua rawa aua hiahia pai e pehi i te hiahia nui ki te Atua.

Me noho ora tonu taua hiahia, me mura tonu, kua hoki e tukua kia memeha, kia mate rānei. Kei raro te tangata i te maminga nui ina tono ia ki te Atua kia whakatutuki i ana hiahia o te ao, engari kāore e tono kia whakakitea mai ia ki a ia. Whakaarohia he tamaiti e tono tonu ana kia whakaaetia e ōna mātua āna tono, ā, ki te kore, kāore e pātai, kāore hoki e whakaaro ki aua tono. He kore whakawhetai tēnā, he whakakore i tō rāua atawhai, ā, kei roto i tēnā he akoranga mō te hunga e whakaaroaro ana.

Ina whakamahia tēnei pukapuka o te ora, ka haere tahi te tangata me te mātauranga wairua i riro mai i a ia e noho ana i te ao nei. Nō reira, me noho tonu te Atua i roto i te hinengaro o te tangata, me te karanga tonu ki a ia, me te kore e wareware ki a ia mēnā he tino āwangawanga te tangata mō tōna heke mai wairua. Ina noho tahi tātou me te Atua, ka kitea e tātou ka tutuki ngā hiahia katoa i roto i tētahi ara ngaro. Engari me rapu tuatahi tātou i te Atua. He atawhai ia, ā, kua homai e ia ngā mea katoa ki a tātou, engari ka kitea noa ia e tātou ina kore tātou e makona ki āna taonga, engari ka tahuri ki te Kaituku. Ka mōhio tātou ki a ia mēnā he pono tā tātou rapu, he ngākau nui ki te whakatata atu ki a ia, me te wheako i tōna aroaro manaaki.

Ko te arai nui rawa atu e pā ana ki te tangata ko ia anō. Ina ngana rātou ki te noho puku, ki te whakaaroaro ki ngā mea wairua, ka puta whakarere mai ngā whakaaro o te ao, ka whakararuraru i a rātou, ka aukati i a rātou ki te whakatutuki i tā rātou whāinga. Me whakangungu rātou i a rātou anō ki te

whakahaere i ō rātou whakaaro me ō rātou tinana, ā, mā te mahi pera, ka mau i a rātou he pararaiha kawē i roto i ō rātou wairua. I te ora, i te mate rānei, i te rangi, i te reinga rānei, ka haere tahi mai taua harikoa nui me rātou.

Me inoi hohonu tātou ki te Atua, me te ringihia o ō tātou hiahia nui, me te inoi ki a Ia i te reo o te ngākau, te hiahia o te wairua, me ngā hāhā o te hinengaro, kia rongo ai Ia i a tātou, kia whakautu mai hoki ki a tātou. Engari ki te inoi hapa te tangata, ā, i taua wā anō ka whakaaro ia ki tētahi atu mea—he mea e mōhiotia ana e te Atua ehara i te mea nui o taua tangata—e kore ia e whakautu mai.

Me whai Atua tātou i te tuatahi. Nā, kua tae te wā. Kua e tatari, he kaha rawa hoki ngā mānukanuka. Ka tere te haere o te ao, ā, he mea whakama te wehe atu i tēnei ao me te kore e mōhio ki te kaupapa o te ao. Me whakaaroaro tātou i ngā wā katoa e wātea ana tātou. Ahakoā kāore āu inoi i te tuatahi, kua e ngakaukore ki te aroha o te Atua, engari me inoi tonu. Inoi pono, me te whakawhirinaki ka whakautua tāu inoi.

Kua kite ahau i roto i tōku ao i te tohu nui rawa atu o te urupare a te Atua ki te inoi. Engari me whakapau kaha tēnei urupare, nā te mea kāore he mea nui e puta mai me te kore e tohe. He mea nui te whakaaroaro hei hura i ngā mea ngaro o te ora, hei tomo hoki ki te rangatiratanga o te Atua.

Ka ngana ngā tikanga kino me ētahi atu mea whakararuraru ki te whakararu i ō mahi, ki te whakaiti hoki i tō whakatau. Engari ki te hiahia koe kia harikoa, kia anga tonu ō whakaaro ki te Atua, ā, ka kitea e koe Ia e tata ana ki a koe.

Mā ngā hiahia mō ngā ahua eka o te ao ka hangaia he kukume aukume e kukume ana i te

tangata ki tēnei ao, te ao i muri i te ao. Kāore e hiahia te hoki ki te kikokiko mō te hunga kua kitea ō rātou hiahia i roto i te Atua. Ina hiahia rātou ki te whakatutuki i tētahi hiahia, ka whakaarohia e rātou, ā, ka puta mai ki mua i a rātou. I puta mai tōku whaea ki ahau i muri i tōna matenga, ā, i whakamarietia ahau i te kitenga i a ia, ā, i whakawhetai ahau ki te Atua mō Tōna pai. He pono, ko ia te Tino Atawhai me te Tino Aroha. E whakatutuki ana ia i ō tātou hiahia hei whakaatu i Tōna aroha me te whakawhetai ki a tātou ina hoatu e tātou ki a ia te tūranga tuatahi i roto i ō tātou ngākau.

Ina tae te tangata ki te Atua, ka riro ko ia hei rangatira mō te ora me te ao mutunga. Kaua e okioki kia mau rā anō te aroaro o te Atua i roto i ō tātou ao. Māna tātou e homai ki a ia ngā mea katoa e hiahia ana e tātou, ā, māna tātou e whakamātautau.

He maha, he nunui hoki ngā whakamātautau me ngā arai i te ara wairua, engari i a tātou e whiti ana i aua whakamātautau, e wikitoria ana i aua arai, me kī tātou: "E te Ariki, kua whakautua e koe aku inoi, kua whakatutukihia hoki aku hiahia nui, nō reira kua whai rawa tōku ngākau i tō aroaro, ā, kua tiaho tōku wairua i tō māramatanga" Kia tau te rangimārie ki a koe

Ka whakawhānui ake te atawhai i te mōhiotanga

Ina tukuna e koe ngā whakaaro pai ki ētahi atu, ka whānui ake tō mōhiotanga. Ina whakaaro koe ki tō hoa tata, ka tukuna tētahi wāhanga o tō wairua me taua whakaaro. Engari kāore e ranea te whakaaro anake; me rite tātou ki te .whakatinana i te whakaaro

He akoranga te marena mō te atawhai tangata Tokorua ngā tāngata e ngana ana ki te whakawhitiwhiti i te ao tetahi ki tetahi Kātahi ka puta mai ngā tamariki, ā, ka tohatoha ngā mātua i ā rātou taonga ki a rātou Engari ko te whakaaro anake ki te whānau tata, kāore he tangata kē atu (arā, ko au .me koe, ko tāua anake rānei) he momo hiahia whaiaro

Tērā te wā ka wehe atu ai ō tātou whanaunga i a tātou; koinei te ara o te ora. He whakamahara tēnei ki a tātou ko te whāinga matua o te tangata ko te whakawhānui i ngā rohe o tō tātou mōhiotanga mā te mahi mā ētahi atu, me te .tohatoha i ngā manaakitanga o te ao ki a rātou

He maha ngā manaakitanga me te hari nui e kawea mai ana e te atawhai tangata ki tōna rangatira, nā te mea mā te atawhai tangata ka tiakina tōna ake hari. Ko taku whāinga

he mea kia hari ētahi atu, nā te mea ko tō rātou hari te
.pūtake o tōku hari

Kāore e taea e tātou te tino reka o te whakatutukitanga
ki te kore tātou e whakapuaki i tō tātou harikoa ki ētahi atu.

Ehara i te mea ko ngā mema o te whānau anake taku e
.kōrero nei, engari ko ngā tāngata katoa

Me whakaaro tātou ki ētahi atu, me āwhina hoki i a
rātou ki te pai o tō tātou kaha. Ehara tēnei i te tikanga kia
whakarawakoretia tātou, engari me whakaatu he aroha
pono, he manaaki hoki ki ētahi atu, me te ngākau nui ki te
.tohatoha

Me whakamahi tuatahi tātou i ngā mātāpono o te pono
ki a tātou anō. Kāore e taea e tātou te whakaako i te atawhai
ki ētahi atu mēnā kāore tātou i te atawhai. Ki te tīmata tātou
.i a tātou anō, ka noho tātou hei tauira pai mō ētahi atu

Kua whakatapua e au tōku ora ki te mahi me te whai
hua ki ētahi atu. He maha ngā haerenga me ngā kauhau kua
mahia e au ki te hunga whakarongo nui. Engari e mōhio ana
ahau he pai ake taku mahi ki ētahi atu mā roto i aku tuhinga
.me aku whakaakoranga

Ka haere mai te mano ki te whakarongo ki ngā kauhau,
ehara i te mea nā te aroha pono. Ka haere mai te iwi ki te
rapu i te hihiri me te whakamarie wairua. Engari e hiahia ana
ahau ki ngā wairua e rapu ana i te pono, e aroha ana ki te
Atua. Koia ahau i arotahi ai, ā, kei te arotahi tonu ahau, ki te
.hiahia o te whakaaroaro ki te Atua

Ka karaunatia te angitu e te hunga rapu pono,
manawanui hoki i roto i tā rātou rapunga wairua mēnā ka
.haere tonu rātou me te hiahia me te uaua
Me aroha tātou ki te Atua me ō tātou ngākau katoa, me
ō tātou wairua katoa, me ō tātou kaha katoa, me te aroha ki
tō tātou hoa tata, pērā i a tātou anō

He aha te tikanga o te aroha ki te Atua me tō ngākau
katoa, me tō hinengaro katoa, me tō wairua katoa, me tō
?kaha katoa

Ko te ngākau te tikanga o te kare ā-roto, ko te
hinengaro te tikanga o te arotahi, ko te wairua te tikanga o
te rangimarie wairua hohonu i roto i te whakaaroaro, ā, ko te
.kaha te tikanga o te tuku i ō tātou kaha katoa ki te Atua
Ko te tikanga o tēnei ko te aroha ki te Atua me ō kare ā-
roto katoa, me te arotahi katoa ki te whakaaroaro, mā te
huri i te kaha, i te mana rānei o te ora mai i te mea ki te
.wairua, me te neke atu i te tinana ki te Atua
Kāore e taea te aroha ki te Atua me te kore e
whakaaroaro, nā te mea mā te whakaaroaro anake ka taea
ai e tātou te kite i tō tātou āhua wairua hei wairua e hono
.tonu ana ki te Atua, nāna nei i hanga kia rite ki tōna āhua
Me hanga e tātou he torona mō te aroha nui o te Atua i
roto i a tātou. Kāore he mea nui ake i te ao. Kāore he
wawata nui atu i te aroha ki a la, te kōrero mōna, me te
whakamārama i ētahi atu kia mōhio ai rātou ki a la. Kāore he
.mea kē atu e hiahiatia ana e au mai i te tangata
He mea whakaharikoa te whakapuaki i aku wheako
wairua ki te hunga e rapu pono ana i tēnei mea. Kāore he
mea e nui ake ai te hari i ahau i te kōrero ki a rātou mō te
.Atua, me te āwhina i a rātou kia kite i Tōna aroaro
He mea whakamiharo te aroha ki te Atua, me te aroha ki
āna pononga. Ina kitea ia e tātou, ka rongo tātou i tōna
aroha i roto i te katoa. Kāore he mana nui atu i te mana o te
.aroha i te ao whānui
E kite ana ahau i te Ariki Runga Rawa e noho ana i
runga i ngā rangi me ngā moana, ā, i runga i te torona o
tōku hinengaro, e kite ana ahau i a la e noho ana i roto i
ahau, i roto hoki i ngā wairua o te katoa, ā, e awhi ana ahau i
a la i roto i ōna āhua mutunga kore me ōna whakaaturanga i
.roto i te hanganga
Me i kore te hiahia whaiaro, kua rite te ao ki te pararaiha
Me i whakarērea e te ao tōna hiahia kino, ka kite tātou i
te pararaiha i runga i tēnei whenua

Kei te pūtake o te hiahia kino ngā purapura o te pakanga. I whakamahia tuatahitia e ngā tāngata tōmua ngā patu kōhatu, ā, i muri mai ka whanake hei kopere me ngā pere, hei tiaki i ō rātou ake hiahia mai i te hiahia o ētahi atu. Nō muri mai, ka hangaia ngā pū raiwhara me ngā pū pītara, kātahi ka hangaia ngā pū mīhini, ā, i muri mai ko ngā poma me te hau paitini—hei tiaki i te hiahia o tētahi rōpū tangata .mai i te hiahia o tētahi atu

Kua nui ake te tipu me te whanaketanga o te kaha whakangaro o te tangata i tōna kaha hanga. Ka pā mai tēnei whewhe kino—te whewhe o te hiahia kino. Engari, he mea pōuri, he maha ngā oranga ka mate i mua i te oho ake o te tangata, me te mōhio ko te hiahia ā-motu he rite tonu te kino ki te hiahia whaiaro. He iti ngā rōpū o te iwi, ā, he .takitahi ngā tāngata o aua rōpū; me tīmata ki a ia anō Nā tēnei hiahia whaiaro whakarihariha, ka pakaru ngā pakanga, ka pakaru te taurite ōhanga, ā, ka pā mai te .ōhanga ōhanga, kātahi ka pā mai te pouri nui Kāore ngā rohe i waenganui i ngā whenua i te pumau, ā, .kei te huri haere tonu ngā kāwanatanga o te ao Ko te hiahia whaiaro e rapu ana i te harikoa me te kore e aro ki ngā tika me te harikoa o ētahi atu, e takahi ana rānei i ngā tika me ngā painga o ētahi atu mō āna ake .kaupapa, ka puta te rawakore, te pouri, me te pōuri He hapa nui te whakanui i a koe anō i runga i te whakapaunga o ētahi atu. Ko te Kōmiuniti, e oati ana ki waho i te nui me te whai rawa ki te marea, e kore e angitu, ā, ka hinga i tētahi rā nā te mea e ahu mai ana i te akiaki me te pehi i ngā herekoretanga whaiaro (Tuhipoka: I hoatu tēnei kauhau e te Kaiwhakaako Paramhansa i te tau 1937, ā, kua tutuki tēnei whakatau!) Ka tautoko te hunga nunui i te atawhai tangata i runga i te hiahia wairua pono ki te hoatu Ki te arotahi noa te tangata ki ōna ringa me ōna waewae, ā, ka wareware ki tōna mahunga, kāore te roro e

mahi hei ārahi i ngā pūkenga nekeneke. Me whakarite
ngātahi ngā mahi katoa o te tinana. Waihoki, me mahi tahi
ngā hinengaro (ngā kaiwhakatau) i roto i ngā iwi me ngā
haporī me ngā ringa me ngā waewae (te hunga mahi), nā te
mea ki te taupatupatu ngā hiahia, ka pakaru te tikanga, ka
.puta te pōrearea, ā, ka puta te mamae

E rua ngā kaiako o te ao. Ko te tangata e tango ana i te
Atua hei kaiārahi, hei kaiārahi hoki, kāore he mea e wehi ai.

Ko te tangata e tango ana i a Hātana hei kaiārahi, hei
.kaiārahi hoki, ka nui te mamae

Ko te kupu matua mō te nuinga o te tangata i tēnei ao

ko "au". Ko te hunga he wairua, he wairua hoki ō rātou
whakaaro ki ētahi atu, pērā i tā rātou whakaaro ki a rātou
anō. Ko te hunga e whakaaro ana ki a rātou anō anake ka
kawea mai te mauahara me te riri o te hunga e karapotī ana
i a rātou. Engari ko te hunga e whakaaro ana ki ngā kare ā-
roto me ngā hiahia o ētahi atu, ka kitea e whakaaro ana
ētahi atu ki a rātou, e whakaaro ana hoki ki ō rātou kare ā-
.roto

Ki te mea kotahi rau ngā tāngata i roto i tētahi tāone, ā,
ka ngana ia tangata ki te tango i tētahi atu, ka iwa tekau mā
iwa ō rātou hoariri. Engari ki te ngana ia tangata ki te āwhina
.i tētahi atu, ka iwa tekau mā iwa ō rātou hoa

I noho ahau pēnā, ā, kāore i ngaro tetahi mea i taku
hoatutanga ki ētahi atu. Ina hoki mai ngā mea katoa i hoatu
e au ki ahau, kua whakanuia e te aroha noa o te Atua.

Ināianei kāore au e hiahia ki tetahi mea nā te mea he nui
ake, he utu nui ake hoki ngā mea kei roto i ahau i ngā mea
katoa e taea e te ao te tuku. Ko te mea e tino rapua ana e te
tangata ko te harikoa, ā, ina tutuki te harikoa, ka ngaro te
.hiahia mō ngā āhuetanga e ārahi ana ki tēnā

Kāore āku pūkete peeke nā te mea ko taku taurangi
anake i tēnei ao ko ngā kare ā-roto pai o te tangata ki ahau.
Kāore au e whakapono ki tētahi atu taurangi o te ao. Kei roto

i te noho i roto i ngā ngākau o ngā teina me ngā hoa te
.taonga pono

Ina atawhai tātou, ka harikoa tātou. Ā, ki te whai tātou i
tēnei huarahi, ka awehia ētahi atu e ō tātou whanonga, ā, ka
ngana ki te whai i a tātou. Me whakakore e tātou te hiahia
whaiaro, koinei te pūtake o ngā kino katoa o te tangata
.takitahi me te motu

Te tangata tapu i whakaarahia ki te rangi

**Mai i te pukapuka "The Philosophy of India in the
Life of a Yogi"**

**"I kite ahau i a Yogia e iri ana i te rangi i te pō
nei"**

**Nā taua kīanga whakamere, ka tīmata taku hoa, a
Upendra Mohan Chaudhry, i tana kōrero.**

**Ātaata ana ia me te hihiri, ā, ka mea, "Kua mōhio
pea koe ki tōna ingoa: kāore ianei koe e kōrero ana
mō Bhaduri Mahasaya e noho ana i te huarahi
porowhita o runga?"**

**I pōkaikaha a Upendra hei whakaae, ahakoa i
pōuri ia nā te mea kāore i tae mai te rongō ki ahau
māna. I mōhio ōku hoa ki tōku hiahia ki te mōhio ki
ngā hāhi tapu, ā, i harikoa tonu rātou ki te whakaatu
mai i tētahi hāhi hou ki ahau.**

**I haere tonu ahau, me te kī atu, "He tata rawa te
whare o te yogi ki tō mātou whare, ā, he maha tonu
taku toro atu ki a ia."**

**I ara ake te hiahia nui o Upendra i aku kupu, i te
mea i kitea te hiahia i runga i tōna mata, ā, ka tāpiri
atu ahau:**

**"I kite ahau i a ia e mahi ana i ngā mahi merekara.
I tino mōhio ia ki ngā tikanga manawa e waru ⁽¹⁾ o te
yoga tawhito e ai ki te tuhituhi a te tohunga a
Patanjali ⁽²⁾. I tētahi rā, i mahi a Bhaduri Mahasaya i te
Bhastrika Pranayama i mua i ahau me te mana
whakamiharo, ā, i rite ahau ki te mea kua pā mai he**

tupuhi kaha i roto i te rūma! I muri iho, ka whakamarie ia i tēnei manawa tupuhi, ā, ka noho korekore i roto i te āhua o te mōhiotanga nui ⁽³⁾. Ko te āhuarangi o te rangimārie i whai mai i tēnei tupuhi he tino mārama, ā, e kore e warewaretia."

I te reo o Upendra, i kitea te kore whakapono i a ia e kī ana, "Kua rongo ahau kāore te tangata tapu e wehe i tōna whare, he pono rānei?"

I whakahoki ahau: "Āe, koia te pono! E rua tekau tau ia e noho ana i roto i tōna whare. Heoi, ka whakangawari ia i ngā here o tēnei ture tino pakari i whakatakotoria e ia ki a ia anō i roto i ā mātou hararei tapu, ā, ka hiko ki te ara taha e huihui ai ngā kai tono kai, nā te mea e mōhiotia ana a Hato Bahaduri mō tōna ngākau atawhai."

I mea ia: "Engari me pēhea te noho tonu o te tangata tapu i runga i te rangi, e whakahē ana i te ture o te kaha ā-papa?"

I whakahoki atu ahau: "Ka ngaro te matotoru o te tinana o te yogi mā te mahi i ētahi mahi manawa pranayama, kātahi ka taea e ia te rere, te peke rānei pērā i te poroka. Ahakoa ngā hunga tapu kāore e mahi i te yoga tuku iho ka rere i te rangi i a rātou e uru ana ki ngā āhua whakahirahira o te hiahia nui ki te Atua."

I puta te hiahia nui ki ngā kanohi o Upendra, ā, ka mea ia, "E hiahia ana ahau ki te mōhio atu mō tēnei tangata whakaaro nui. Kei te haere koe ki āna hui o te ahiahi?"

Ka mea atu ahau, "Āe, he maha āku haerenga ki a ia, ā, he tino miharo ahau ki tōna tere me tōna whakaaro nui whakamiharo. I ētahi wā ka whakararu taku kata i te hui nui. Ahakoa kāore te tangata tapu e māharahara ki tēnei, ka titiro mai āna ākonga ki ahau me te riri!"

I taku hokinga mai i te kura i taua ahiahi, ka tū atu ahau ki te whare o Bhaduri Mahasaya, ā, ka whakatau ahau ki te toro atu ki a ia. I noho motuhake te yogi, i raro i te tiaki a tētahi ākonga i te papa o raro. He tino āta tiro tiro tēnei ākonga i ngā manuhiri, ā, ka pātai mai mēnā he wā hui tāku ki tana kaiako. Engari i puta tonu mai te kaiako, me ōna kanohi e kanapa ana, ā, nā reira i kore ai ahau e peia i taua wā tonu. Ka mea ia ki te ākonga:

"Tukua a Mukanda kia haere mai i ngā wā katoa e pai ai ia. Ehara te ture o te noho motuhake i te mea hei whakamarie i ahau, engari hei whakamarie i ētahi atu. Kāore te hunga o te ao e pai ki tō mātou pono, e pakaru ai tō rātou whakapehapeha. Ehara i te mea he onge noa iho te hunga tapu, engari he pōhēhē hoki. Ahakoa i roto i ngā Karaipiture Tapu, i ētahi wā ka kitea rātou e whakama ai ētahi atu."

I aru ahau i a Bhaduri Mahasaya ki tōna whare noho māmā noa i te papa o runga, he whare kāore i te maha ngā wā i mahue i a ia. Ko te tikanga, ka wareware ngā rangatira ki te kanapa me te ataahua o te ao mā te wehe atu i te tirohanga a te marea. Kāore i te maha ngā wā ka aro atu te ao ki a rātou kia mau rā anō rātou ki ngā hītori o te wā, nā te mea kāore ngā tāngata o taua wā i te herea ki te hunga e noho ana i ngā rohe whaiti o nāianei.

Ka mea atu ahau, "E te tangata whakaaro nui, ko koe te yogi tuatahi kua mōhiotia e au e noho tonu ana i roto i tōna whare."

Ka whakahoki ia, "I ētahi wā ka whakatōkia e te Atua āna tāngata tapu ki te oneone kāore i te tūmanakohia, kia kore ai tātou e whakaaro ka taea e tātou te tuku i a rātou ki raro i tētahi ture motuhake."

I noho te tangata tapu me ōna waewae whiti e whakaaroaro ana, ko tōna tinana oraora e okioki ana i

roto i te tūnga lotus. Ahakoa neke atu i te whitu tekau ōna tau, kāore tōna tinana i whakaatu i ngā tohu o te koroheketanga, o te heke rānei i te noho roa. He kaha, he roa, he tino tika ia i ngā āhuatanga katoa. He rite tōna mata ki te mata o te tangata whakaaro nui i whakaahuatia i roto i ngā karaipiture he upoko rangatira, he pahau kapi tonu, e noho tika tonu ana, ko ōna kanohi marino e aro ana ki te Atua.

I noho tahi māua ko te tangata tapu e whakaaroaro ana, ā, i muri i te haora ka whakaarahia ahau e tōna reo mārie:

"He maha ngā wā ka tomo koe ki te āhua o te marino, engari kua tae atu rānei koe ki te āhua o te mōhio ki te Atua?"

I whakaaro te tangata tapu ki te whakamahara i ahau kia nui ake te aroha ki te Atua i te whakaaroaro, ā, i tāpiri atu ia: "Kaua e whakapoauau i te tikanga me te mutunga, kaua hoki e waiho te tikanga hei whāinga māu"

I tukua mai e ia ētahi māngo ki ahau, ā, nā tōna tere o te whakaaro, he mea whakakatakata ki ahau ahakoa tōna āhua pakari, ka mea ia:

"He nui ake te hiahia o te tangata kia kotahi rātou ki te kai i tō rātou hiahia kia kotahi rātou ki te Atua"

I kata nui ahau mō tēnei kupu whakaari, ā, i ngawari tōna titiro i te aroha i a ia e kī ana, "He kata nui!" He mata nui tōna engari he ataata harikoa. Ko ōna kanohi nunui, rite ki te rēmana, e huna ana i te ataata tapu o roto.

I tohu te tangata tapu ki ētahi reta matotoru i runga i tētahi tēpu, me te mea: "Kua tae mai ēnei reta ki ahau i Amerika tawhiti. He maha ngā rōpū e whakaatu ana i te hiahia o ō rātou mema ki te yoga. Kei te kitea anō e rātou a Īnia me te māramatanga pai ake i tō Columbus! E harikoa ana ahau ki te āwhina i a

rātou, nā te mea he kore utu te mātauranga o te yoga, pērā i te māmaramatanga o te rā, ki te hunga katoa e rapu ana."

"Kaua e wetekina ngā mea kua whakaarohia e te hunga whakaaro nui he mea tika mō te whakaoranga o te tangata, hei painga mō te Hauāuru. He rite tonu te wairua o te Rawhiti me te Hauāuru ahakoa ō rāua wheako o waho, ā, kāore he tumanako mō te ahunga whakamua me te whai rawa ki te kore e mahi i tētahi o ngā ara wairua o te yoga."

I titiro mārie mai te tangata tapu ki ahau, ā, kāore au i mōhio i taua wā he poropititanga huna āna kupu. Ahakoa i tēnei wā tonu, i a au e tuhi ana i ēnei kupu, kāore anō kia māmama ki ahau te tikanga katoa o āna tohu iti nei, arā, ka kawea e au ngā whakaakoranga o Īnia ki te Hauāuru i tētahi rā.

Ka mea atu ahau, "Aue, e te tohunga nui, he mea whakamiharo mēnā ka tuhia e koe tētahi pukapuka mō te yoga hei painga mō te tangata!"

Ka whakahoki ia, "Kei te whakangungu ahau i ngā ākonga, me ā rātou ākonga, hei pukapuka ora e tu atu ana i te pirau, i ngā huringa ā-taiao o te wā, me ngā whakamāmaramatanga koretake a ngā kairīti."

I noho ko māua anake me te yogi tae noa ki te taenga mai o āna ākonga i te ahiahi, i tana whakapuakitanga i tētahi o āna kauhau tino pai. Pērā i te waipuke ngawari, i horoia atu e ia ngā pakaru hinengaro me ngā para o āna kaiwhakarongo, ā, i arahina rātou ki te Atua. I whakapuakina āna kupu whakarite whakamiharo i te reo Bengali tino tika.

I taua ahiahi, ka tūhuratia e Bhaduri ngā āhuatanga rapunga whakaaro o te oranga o tētahi rangatira wahine Rajput o ngā tau waenga ko Mirabai te ingoa, i whakarērea e ia te oranga rangatira o te whare rangatira hei whai i te tapu. I te tīmatanga, i

whakakahoretia e tētahi wahine rongonui, a Sanatna Goswami, ia hei ākonga nā te mea he wahine ia, engari nā tana whakautu i turi ai ia i tana kīnga:

"Mea atu ki te kaiako, kāore au e mōhio ki tētahi atu tāne i te ao whānui engari ko te Atua anake. Ehara ianei tātou katoa i te wahine i tōna aroaro?"

(He whakaaro tapu tēnei ko te Atua anake te mātāpono pai me te auaha o te ao whānui, ā, ko tana hanganga he mānukanuka kino noa iho.)

He kaitito a Mirabai, ā, he maha āna rotarota i titoa e kī ana i te harikoa wairua, e kiia tonutia ana ko tētahi o ngā taonga tuhituhi o Īnia. Kei te whakamāoritia e au tētahi o aua rotarota ki te reo Pākehā (nā Mahmoud Abbas Masoud i whakamāori ki te reo Ārapi):

**Ki te horoia tonutia te tinana, ka mōhiotia
Kua rite ahau ki te raiona i waenganui o
te moana**

**Ki te kai ia i te tipu, ka tino mōhio ia
Ka whakahīhī ahau ki te tango i te āhua o
te koati**

**Mehemea ka tatauhia te maha o ngā rōhari,
ka puta**

**I whakamoemiti ahau ki te Atua me ngā
poroporo nunui**

**Me i piko noa iho ngā whakapakoko
Kua piko ahau ki ngā maunga, ki ngā
toka**

**Me i taea te inu i te miraka
Hei reka mā ngā kuao kau me ngā kuao
kau**

**Ki te mea ka puta he raruraru i te
whakarērea o tana wahine**

**E mano tini ngā tāngata ka tangohia
tonutia te kiriuhi i runga i tā rātou whiriwhiri.**

**Kāore e ranea ēnei mea katoa hei whakaatu
i tēnā**

**Kāo, ā, e kore rawa e taea te hura i te
ārai**

**Ka puta mai te Atua i raro i tētahi tikanga:
He aroha me te hiahia o te ngākau, pērā i
te ahi**

**I whakatakotoria e ētahi ākonga he rūpi ki roto i
te hu o Bhaduri, i takoto i tōna taha i a ia e noho ana i
roto i te tū yoga. Ko tēnei whakahere tikanga i Inia he
whakaaturanga whakaute me te maioha, e tohu ana
ka whakatakotoria e te ākonga āna taonga ki ngā
waewae o tana kaiako. Ko ngā hoa atawhai he
whakaaturanga o te manaaki me te tiaki a te Atua i te
hunga e arohaina ana e ia.**

**I a ia e wehe atu ana, ka titiro matatau atu tētahi
o ngā ākonga ki te rangatira, me te mea, "He tino
mīharo koe, e te Kaiwhakaako! Kua whakarērea e koe
te taonga me te oranga whaiaro kia rapua ai te Atua,
kia homai hoki te whakaaro nui ki a mātou" (Nā te
mea i mōhiotia whānuitia i whakarērea e Bhaduri
Mahasya tētahi taonga nui a te whānau i tōna
tamarikitanga i tana whakatau pakari ki te whai i te
ara o te yoga)**

**Ka whakahoki te tangata tapu, "Engari kei te mahi
koe i te ritenga kē!" I whakaatu te āhua o te kaiako i
tētahi riri ngawari, ā, ka haere tonu ia, "Kua
whakarērea e au ētahi rūpi me ngā ahuareka poto,
koretake, mō te aroha ki tētahi rangatiratanga o te ao
whānui, he mutunga kore tōna harikoa. Nō reira, me
pēhea e taea ai e koe te kī kua tangohia e au tētahi
mea i ahau anō? Ko te hunga tirohanga poto o tēnei
ao te hunga e tino whakarērea ana! Ka whakarērea e
rātou tētahi kingitanga tapu kāore he rite, e hiahia**

ana ki ngā ahuareka o te ao iti nei e kore e whāngai, e makona rānei i te hiakai!"

I kata ahau ki tēnei tirohanga rerekē mō te noho pūmau me te hunga noho pūmau: i te mea ka whakanuia e tētahi te tangata tapu rawakore, ka whakanuia ake hoki i a Croesus, ka huri tētahi i ngā mirionaere nui rawa atu o te ao hei rawakore rawakore, kāore e mōhio ki te mamae o te whakaiti i te rawakore.

I mutu te kōrero a te kaiako mā te akiaki i te whakapono pumau, me te kī: "Ko te pūnaha atua e whakahaere ana i ā tātou mahi, e whakarite ana hoki i tō tātou heke mai me te whakaaro nui e hipa ana i ngā mea e whakaratohia ana e ngā kamupene inihua. Kī tonu te ao i te hunga manukanuka e whakawhirinaki ana ki ngā tikanga tiaki o waho. Ko ō rātou whakaaro mamae he rite ki ngā koha i ō rātou rae. Ko te Kotahi Anake, nāna i homai te hau me te waiū ki a tātou mai i te wā i whānau mai ai tātou, e mōhio ana me pēhea te whakarato i ana kaikarakia i ia rā, i ia rā, i ngā mea katoa e hiahiatia ana e rātou i roto i ō rātou orange."

I haere tonu taku haerenga ki te hunga tapu i muri i te mutunga o ngā wā ako, me te hihiri puku i āwhina i ahau ki te mohio ki te aroaro o te atua. I tētahi rā ka neke te hunga tapu ki Ram Mohan Roy Road, tawhiti atu i tō mātou whare i Gurbar Road, i te mea ka hangaia e āna akonga aroha he whare karakia hou mōna e mōhiotia ana ko Tajendramath ⁽⁴⁾.

Ahakoia he mea wawe rawa taku e kōrero nei i roto i tēnei pukapuka whakamaharatanga, ka whakahuatia e au i konei ngā kupu whakamutunga a Bhaduri Mahasya ki ahau. I mua tata o taku wehenga atu ki te Hauāuru, ka haere ahau ki te poroporoaki ki

a ia, ka piko whakaiti ki mua i a ia, me te tono i tana manaakitanga poroporoaki. Ka mea ia:

"E taku tama, haere atu me te manaakitanga a te Atua, tangohia te korōria o Īnia onamata hei whakangungu rakau māu. Kua tuhia te wikitoria ki tō rae, ā, ka manaaki pai ngā rangatira o tawhiti i a koe."

Puna: Te Kōrero Whaiaro a Yogi (Te Rapunga Whakaaro Inia i te Oranga o te Yogi)

Ngā Tuhipoka

(1) E mōhiotia ana tēnei tikanga manawa ko te pranayama, arā, te whakahaere i te kaha ora, i te mahi rānei (prana) mā te whakahaere i te tukanga manawa. Ka mahi te Pranayama bhasrika ("pere") ki te whakamarie i te hinengaro.

(2) Ko Patanjali te tino tohunga o ngā kōrero tawhito mō te yoga

(3) I roto i tētahi kauhau i te tau 1928, i kī a Ahorangi Jules Bois o te Sorbonne kua whakahaerehia e ngā kaipūtaiao Wīwī ngā whakamātautau mō te hinengaro teitei, ā, i whakaae ia ki tōna noho. I whakaahuahia e ia "ko te hoa rite ki te hinengaro kore mohio i roto i te ariā a Freud. Ko tēnei hinengaro teitei e kapi ana i ngā pūkenga me ngā āhuatanga e hanga ana i te tangata kia tino tangata, ehara i te mea he kararehe kua whanake noa iho." I whakamārama te tohunga Wīwī ko te oho ake o te hinengaro teitei "me wehewehe i te whakaaro, i te hipnosis rānei. Ko te noho o te hinengaro teitei e mōhiotia ana i roto i te whakaaro, ā, ko te tino tangata teitei i whakaahuahia e Emerson, i whakaaetia e te pūtaiao i ēnei wā tata nei." I kī a Emerson i roto i tana tuhinga (The Higher Soul): "Ko te tangata te kanohi o te temepara kei reira ngā whakaaro nui me ngā pai katoa, me te mea e kiia nei e tātou ko te tangata: ko te tangata kai, inu, whakato me te tatau e homai ana i tētahi whakaahua teka o tōna ao tūturu. Engari ko te wairua ko ia te taputapu me te whakaaturanga, mehemea ka tukuna kia puta mai i roto i ōna whakaaro me āna mahi, ka akiakihia tātou ki te piko ki raro,

nā te mea ka tū tātou ki mua i te āhua wairua, me mua i ngā āhuatanga atua katoa."

(4) Ko Tajnaramath Bhaduri tōna ingoa katoa, ā, ko te tikanga o te "math" i te reo Hindi he wāhi karakia, he maha ngā wā e pā ana ki tētahi whare karakia, ki tētahi whare mōneka rānei. I roto i ngā tāngata tapu i "rere i te wāhi" ko Hato Hohepa o Cupertino, he tangata tapu nō te rautau 17 i tuhia e ngā kaiwhakaatu āna wheako whakamiharo. I whakaatu a Hato Hohepa i te āhua o te miharo me te miharo ki te ao, he maumahara ki te Atua, he hononga hohonu ki a Ia. Kāore ōna teina i roto i te whare mōneka i whakaae kia mahi ia i te tēpu kai tahi, kei rere atu ia me te ipu. Ina hoki, kāore i taea e te tangata tapu te mahi i ngā mahi o te ao nā te mea kāore e taea e ia te noho ki te whenua mō te wā roa! I ētahi wā, ko te kitenga noa i tētahi whakapakoko tapu kua nui hei akiaki i a ia ki te rere poutū, ā, ka kite ia i ngā tāngata tapu e rua—te tangata me te kōhatu—e rere ana i te rangi.

I kitea anō hoki e Hato Teresa o Ávila, he tapu wairua nui, he āwangawanga mō te teitei o tōna tinana. Nā te maha o ngā mahi whakahaere i utaina ki a ia, i ngana ia ki te aukati i ngā whakamātautau rere, engari kāore i angitu, me te tuhituhi mō tēnei mea: "Kāore he hua o ngā mahi mēnā e pai ana te Atua." Ko te tinana o Hato Teresa, i tanumia ki tētahi whare karakia i Alba, Pāniora, i noho pirau mō ngā rautau e whā, ko tōna kakara he rite ki te kakara o ngā rōhi, ā, he maha ngā merekara i kīia he mea nā ia.

(He whakamahara anō hoki ēnei merekara ki ngā mea kua whakahuatia i roto i te Qur'an Tapu me ngā kōrero tuku iho a ngā Poropiti, pērā i te kōrero mō te hunga o te Ana me te tono ki a Meri, kia tau te rangimārie ki a ia, kia rūrūtia te take maroke o te nikau kia taka mai ai ngā tāti pakari i waho o te wā tika, me te pehea hoki i whāngai ai te Atua i a Meri, e ai ki te mea kua whakahuatia i roto i te Surat Al Imran (I ia wā ka tomo atu a Hakaraia ki a ia i roto i te wāhi tapu, ka kitea e ia me āna kai ka mea ia, "E Meri, nō hea tēnei māu?" Ka mea ia, "Nā te Atua") me te kōrero mō Jurayj te kaikarakia me te tamaiti i kōrero i roto i te whanga, me te tokotoru i tomo ki te ana, ā, ka neke atu te toka i a rātou me ētahi atu merekara)

Te kaha o te hiahia me te awe o te taiao

Ka puta ngā raruraru me ngā uauatanga i te kore mōhio
o te tangata ki āna mahi o mua, i mahia i tētahi wā me
tētahi wāhi. Ko ō rātou mamae o nāianei i ahu mai i ngā
whakaaro me ngā mahi i whakapuakina e rātou, kua pūmau
ki te oneone o te hinengaro, e pihi ake ana, e hua ana i ngā
.hua o aua whakaaro me ngā mahi

Mō te Atua anake ahau e ora nei, e mahi nei, Kāore he
whakamātautau o te ao, kāore hoki he mānukanuka hei
whakawai i ahau Kua titiro ahau ki te kanohi o te whakaaro
nui me te māramatanga, ā, kua werohia ngā arai o te
tinihanga me te mānukanuka Me mōhio hoki koe he
rangitahi tō haerenga mai ki tēnei whenua Kotahi te kaupapa
i konei ai koe: ki te ako i ngā akoranga e tika ana, me te
.āwhina i te hunga katoa e tūtaki ana ki a koe i te ao
I ia ata ka inoi ahau ki te Atua kia korerotia mai ki ahau
tana e hiahia ana kia mahia e au, kātahi ka kite ahau i a ia e
mahi ana i roto i ōku ringa me tōku hinengaro, ā, ka haere
.ngā mea katoa i runga i tana e pai ai

Kāore ngā whakamātautau me ngā raruraru e tae mai
hei wawahi i te tangata, hei whakararuraru rānei i tōna
hiahia, engari hei mea kia mārama rātou ki te nui o te Atua,
kia whakaute hoki i Ana ture, e taea ai e rātou te
whakatutuki i te harikoa pono. Kāore te Atua e tuku mai i
ēnei whakamātautau nanakia nā te mea he mahi nā te
tangata. Ko te mea anake e hiahiatia ana e te tangata ko te
whakaara ake i tōna hinengaro i tōna moe mangere, me te
puta mai i te pōuri o te kuware ki te māramatanga o te
.mātauranga

Whakangungua koe kia rongu i te rangimārie, nā te mea
ka nui ake tō mahi i tēnā, ka nui ake tō rongu i taua mana i
.roto i tō koiora

He mana nui ake tēnei hei whakamārama i tō ara, hei
homai hoki i te hauora, te harikoa, te rangimārie, me te
angitu ki a koe mēnā ka tahuri koe ki taua māramatanga
.atua

I te nuinga o te wā, ka oati mai ō tātou kare ā-roto ki a
tātou mō ngā ahuareka poto noa iho, engari i te mutunga ka
puta mai he mamae me te mamae roa. Heoi, he iti noa iho
ngā oati mō te pai me te harikoa pono, engari i te mutunga
ka homai he harikoa parakore, he harikoa pumau. Koia ahau
i whakaaro ai ko te harikoa o roto, he harikoa pumau, ā, ko
.ngā ahuareka ā-tinana rangitahi he ngahau noa iho
Mena he āhua kino tō te tangata e whakararuraru ana i
a ia, e kore ai e ara ake i te pō, ka taea e ia te whakakore
mā te karo i ngā mea katoa e whakaohoho ana i a ia, me te
kore e aro ki taua āhua hei pehi. He huarahi ā-kore tēnei hei
whawhai atu. Engari he huarahi tika anō hoki, he huarahi
pai: mā te aro atu ki tētahi āhua pai, me te mahi ki te
whakatipu i taua āhua kia noho rā anō hei wāhanga o tōna
.oranga ka taea e ia te whakawhirinaki atu
Ko te hunga whai āhua pai te nuinga o te wā ko rātou te
hunga tino harikoa. Kāore rātou e whakapae i tetahi mō ngā
raruraru me ngā raruraru e pā ana ki a rātou; engari, ka
whakapae rātou i a rātou anō nā aua raruraru, ā, e whakaaro
ana rātou ko rātou anō te hunga e whai kawenga ana. E
mōhio ana rātou kāore he mana o tetahi ki te whakahari i a
rātou, ki te whakapōrearea rānei i a rātou mēnā kāore rātou
e tuku i ngā mahi, ngā kupu, me ngā whakaaro o ētahi atu
.kia awe i a rātou, ahakoa pai, ahakoa kino
Ko te hunga pakari, kāore e harikoa. Kāore rawa he kare
ā-roto i a rātou, pērā i ngā kōhatu. Me noho te tangata me
ōna whakaaro katoa, ōna kare ā-roto, me ōna māramatanga
katoa, kia mataara, kia aro hoki ki ngā mea katoa e tū ana i
tōna taha, pērā i te kaiwhakaahua mohio e tatari ana mō
ngā whai wāhitanga pai ki te hopu i ngā whakaahua tino
.ataahua o ngā tirohanga tino ataahua

Ko te harikoa tūturu o te tangata kei roto i te rite tonu o
te tangata ki te ako me te mahi i runga i te tika me te
whakaute. Mā te whakapai ake i a ia anō, ka nui ake tana
takoha ki te whanaketanga me te harikoa o te hunga e
.karapoti ana i a ia

He tokoiti te hunga e tātari ana i tō rātou āhua, e
whakatau ana mēnā kei te anga whakamua, kei te
whakamuri rānei rātou. Hei tangata kua whakawhiwhia ki te
tirohanga, te whakaaro nui, me te māramatanga, ko tā tātou
mahi nui ko te whakamahi tika i ō tātou whakaaro nui me
ngā tirohanga kia mōhio ai tātou kei te anga whakamua, kei
te whakamuri rānei tātou. Ā, ki te pā mai te korenga ki a
tātou i ngā wā katoa, kua tātou e ngakaukore, e ngaro
.rānei te tumanako

Me mahi te hinganga hei whakakorikori, kua hei aukati,
ki tō tātou tipu tinana me te tipu wairua
Ko te hinganga te wā pai rawa atu, te wā tino tika hoki
mō te whakatō i ngā purapura o te angitu
Kua te tangata e noho roa ki te ngaronga me te
korenga e angitu, engari me ngana anō, ahakoa te maha me
te kawa o ngā nganatanga o mua. Me whakamahere pai ia
mahi hou i muri i te korenga e angitu, me whakaoho
hinengaro hoki. Hei tāpiri, me taurite te wawata o te ao me
ngā wawata wairua, me te kore e tukua tetahi kia taupokina
.tetahi

Kāore he tangata wairua pono e ora me te kore e angitu
i roto i te ao tūroa. Ā, kāore he āwangawanga ā-ao tūroa e
tino taumaha rawa ana, e kore ai e taea e rātou te whakaaro
ki te Atua, te whakatapua hoki i te wā e tika ana ki te
.whakaaroaro, ki te mahi, me ngā mahi wairua
Kāore anō te hinganga mau tonu i ako i ngā akoranga o
te ao, ā, ka whiua e te tangata wairua whaiaro ia ia anō mā
te ngaro o te taurite hinengaro nā tōna kore aro ki te ao
.tūroa

Ki te whakatapua e te tangata āna mahi katoa ki te mahi ki te tangata, ā, ka tutuki i a ia aua mahi me te ngākau māhaki, he tika rawa kia whakaarohia, kia whakawhetaihia .hoki ia

Kaua tātou e noho taha kotahi; engari, me whakataurite tātou i ā tātou mahi, me whakarite hoki i ngā mahi me ngā kawenga kia rite ki te hiranga o aua mahi. Ko te kawenga te mea e mahia ana e te tangata me te harikoa, ehara i te mea mō te taonga. Ko te wairua me te tikanga me noho tuatahi .te kawenga i roto i te ao

He pūmanawa tō ia tangata, kāore anō kia whakamahia.

Kei a rātou ngā kaha katoa e tika ana. Ko te hinengaro tonu te mana nui, ā, me wetekina i ngā tikanga me ngā ariā .tawhito, whakawhāiti hoki

Ka taea e ngā whakaaro kino te ārahi i te tangata ki tētahi taiao kino, ka taea e rātou te whakapuaki i a rātou anō e ai ki tā rātou e hiahia ana. Heoi, ka taea e te tangata te whakarerekē i ō rātou whakaaro me ō rātou hinengaro mā te kaha o te hiahia, ā, nō reira, ko tō rātou taiao. Mena ka noho te tangata i roto i tētahi taiao kino mō tētahi wā roa, ka tīmata taua taiao ki te awe i a rātou i roto i te hinengaro kore. I te roanga o te wā, ka ngaro tō rātou herekore ki te whiriwhiri i tētahi taiao hauora, ā, ka noho hei pāngia e ngā .awe kino o taua taiao kino

Ko te awe o ngā aorangi me ngā whetū ki te oranga o te tangata i ahu mai i te taunekeneke o te kukume me te whakahē i waenga i ngā aorangi me ngā tinana tangata. Ko te hunga whai whakaaro kaha e hono ana ki te Atua, ā, kāore e tatari kia homai e ngā aorangi me ngā whetū ā rātou manaakitanga ki a rātou. Engari, ka haere tonu tā rātou haerenga pērā i te meteor e wero ana, kāore e pāngia engari ko te whetū ārahi a te Atua, ko ia te Rā o ngā Rā, te Ariki o .te Ture me ngā wairua

Ngā reta ki te kaiako Paramahansa mai i āna ākonga

I roto i te Pukapuka XIV o te maheni Inner Culture

Ngā reta i tukuna mai e ō rātou kaituhi mai i ngā
:whenua rerekē, ā, ka tangohia mai i ēnei e whai ake nei

E hiahia ana ahau ki te whakamōhio atu ki a koe, mā
taku pānui whakaaro nui i āu akoranga

I whiwhi ahau i te māramatanga wairua

Ko te mea i rapua tonutia e au

Nā āu akoranga i huaki ngā tatau o te harikoa mōku

* * *

Ka whakaharatau ahau i ō whakapumautanga wairua i ia
rā, i ia rā

Ki taku titiro ka memeha haere ngā whakaaro kino

Kua memeha haere ngā wehi

Ka koa ahau ki ia wā o tōku ao

Ngā mihi nui mō tō āwhina

* * *

He maha ngā manaakitanga e riro mai ana i ahau

Mai i āu akoranga wairua

Kei te tino tatari ahau ki te pānui i ō whakaaro

Ka whakapau kaha ahau ki te whakamahi i tēnei ki tōku

ao

He ataahua āu akoranga, he whai hua hoki

* * *

Ka kitea e au i roto i tō rapunga whakaaro whakamiharo

He aha te mea e whakaohoho ana i te miharo me te

hihiri

Ngā mihi nui ki a koe mō ngā mea katoa i homai e koe ki

ahau

Mai i te āwhina me te whakamarie hinengaro

* * *

He tino kaha tōku whakaaro mō te whiwhi i tēnei ia wiki

I runga i tētahi akoranga hou mai i āu whakaakoranga

Ka kitea e au te harikoa me te māramatanga i roto i ia

akoranga

* * *

Ngā mihi nui ki a koe mai i te hohonu o tōku ngākau

Hei āwhina i ahau ki te mārama ki tōku āhua o roto

Ā, kia mōhio ai ahau ki ngā mana huna i roto i ahau

Ā, hei whakaatu i te māramatanga o te Atua ki taku

tirohanga

Nā roto i ngā akoranga i riro mai i ahau i a koe

* * *

Kei te maumahara tonu ahau ki taku haerenga atu ki a

koe

E whā tau ia e noho ana i roto i ōku whakaaro

Kei te maumahara tonu ahau ki tō whakapono katoa ki

te Atua

Me tō aroha ki te tangata
I āwhina i ahau kia mōhio ki ahau anō
I taku whakaaro ko au anake
Kāore ōku hoa, kāore hoki he tangata e aroha mai ana ki
ahau
I homai he whakapono ki ahau anō, ā, i whakanui ake i
tōku wairua
Nāna ahau i whakatenatena kia maia ki te aro atu ki ngā
āhuatanga o te ao

* * *

Mō ngā tau e whā tekau
I ako ahau i ngā momo peka o te pūtaiao me te
mātauranga
Engari kāore i puta mai i ahau tetahi mea i taua ako
katoa
I runga i tētahi mea e rite ana ki tāku i ako ai i roto i āu
akoranga

* * *

He nui ngā painga mōku i te pānui i āu akoranga
Mena he nui ake te tokomaha o te tangata
Ka ako rātou, ka whakatinana hoki i ō whakaaro
Ko te ao e noho nei tātou ka rite ki
Pai atu i tōna āhua

* * *

Ka mihi atu ahau ki a koe mai i te hohonu o tōku ngākau

Mō ngā manaakitanga kua tae mai ki tōku ao
Mai i taku tīmatanga ki te pānui i āu akoranga me te
arotahi me te aro nui

Ngā mihi nui ki a koe, ā, kia manaakitia āu mahi
whakamiharo e te Atua

Ā, ko tāu mahi i whakatapua ki te mahi ki te tangata

* * *

Mai i taku tono atu kia inoi koe mō taku angitu
Kua tino pai ake taku āhuatanga
Ngā mihi nui ki a koe, me te tumanako ka inoi tonu koe

* * *

I taku taenga mai i tāu karere whakamutunga
I haereere tonu ahau i roto i te ngahere pōuri o te
ruarua
Ā, kāore i taea e ia te kite i te ara i waho o taua ngahere
Engari, ngā mihi ki te Atua, me āu inoi motuhake
I mārama ake te ara, ā, i kaha ake taku whakapono ki te
Atua

I pai ake taku āhua i ngā taha katoa
Ā, kia maumahara tonu mai ki ahau i roto i āu inoi kua
whakautua mai

* * *

He nui te āwhina a āu akoranga ki ahau
Ā, i whiwhi ahau i ngā painga nui mai i reira

Ā, i whakamātauria mai ki ahau me ngā taunakitanga
whakaū

Te whai huatanga o ō whakaū wairua me te whakaaro
pai

E nui ana te whakawhetai i roto i ahau
Nā te hauora, te hari, me te rangimārie e pā ana ki ahau
Kei te kite ahau kei te ahu whakamua ahau i ia rā i roto i
te whakaaroaro

* * *

Me i kore āu whakaakoranga whakamiharo, whakahihiko
hoki

He tino iti rawa tōku oranga i tēnei taumata whenua
Ka mihi atu ahau ki a koe mō tō aro nui mai
Nāna i homai ki ahau i ngā tau e toru kua pahure ake
nei

* * *

Ngā mihi nui ki a koe mō te maheni Ahurea Wairua
E kitea ana e au te manaakitanga me te oranga mō te
wairua i ia rā, i ia rā
E mihi ana ahau ki te Atua, nāna nei ahau i whakamōhio
ki a koe me āu akoranga

* * *

Ka mihi atu ahau ki a koe mō āu reta o ia marama
I kitea e au te karere whakamutunga he mea
whakahihiko

Nō reira i pānuitia ai e au ki aku ākonga i te akomanga
tuhituhi

I pai tā rātou urupare ki ngā ihirangi o roto

He wā harikoa mō mātou katoa

I tino pārekareka ahau ki ngā whakaaro i whakaurua e
koe ki roto i te reta

Nā reira i hiahia ai ahau ki te whakapuaki ki aku ākonga

Nā tēnei karere i whakaoho te whakaaroaro hōhonu

Me te tirotiro hohonu ki ngā mea ngaro o te wairua

Ki taku whakaaro ka āwhina i ahau ki te whakaoti
rapanga

Ā, kia pai te whakahaere i ngā wheako o te ao, me te
whakaaro nui hoki

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He taonga utu nui āu akoranga

Kāore au e hiahia kia ngaro i tētahi o āu akoranga